

## **2 Tahoe adaptive athletes train locally for South Pole expedition**

On Jan. 17, 2012, for the first time in history two adaptive athletes will “push” the limits and themselves in sit skis 100 miles across the frozen Antarctic landscape to the most inhospitable place on the planet – the South Pole. This chosen date for “The Push” marks the 100-year anniversary when Capt. Robert Falcon Scott’s Terra Nova expedition set foot on this remote terrain.

As part of their rigorous training for this difficult journey – all of which will be professionally filmed – Lake Tahoe residents and spinal cord-injury athletes John Davis, a two-time Paralympics gold medalist, and Grant Korgan, a world-class kayaker and adventurer, will kayak approximately 50 miles in four days following the Lake Tahoe Water Trail. Seasoned guides Doug Stoup and Tal Fletcher of Lake Tahoe will accompany Davis and Korgan on stand up paddleboards.

“The Push” expedition team is encouraging the public to join the paddle, whether it be for an hour or day, creating a human-powered armada that will follow and cheer on the team via kayaks and stand up paddleboards.

The group will launch Aug. 9 at 6am from Sunnyside Restaurant & Lodge on the West Shore, then paddle clockwise 7 miles to Carnelian Bay. They will land just before noon at a lakefront estate (4850 North Lake Blvd.) for a private presentation by “The Push.”

From there, the team will paddle to Waterman’s Landing in Carnelian Bay for a quick stop before continuing onto Tahoe Vista, completing leg one (10 miles total) at Mourelatos Lakeshore Resort at 5pm.

This landing is open to the public and will include live music, along with free stand up paddleboard and kayak rentals and demonstrations. It's also where the team will overnight.

Day two begins at 8am with 16 miles along the North Shore and camping lakeside that evening on Nevada's East Shore.

The film crew will continue to follow the team Aug. 11 with another long stretch of paddle, 12 miles.

Day four (12 miles) is the final day of the trip. Davis, Korgan and company will depart the campsite early morning and arrive at Ehrman Mansion at Sugar Pine Point on the West Shore, 10 miles south of Tahoe City, at noon for a picnic lunch.

The team will close the loop on circumnavigating Lake Tahoe, ending their 50-mile paddling exercise, with an official landing taking place at Sunnyside Restaurant & Lodge at approximately 6pm.