



Canadian Ultra Distance Cyclist to Compete in one of the World's Toughest Endurance Races

Toronto Resident Larry Optis Enters Race Across America in Support of Childhood Cancer; Ranked as Contender to Win Rookie-of-the-Year Recognition

Oceanside, CA, June 7, 2007 - On Sunday, June 10, Larry Optis will launch his bid to win Race Across America, competing with more than 220 other cyclists in what is considered to be one of the toughest endurance races in the world. Race Across America (RAAM), now in its 26th year and with its largest field ever, is a dash across the continental USA, starting in Oceanside CA and finishing in Atlantic City NJ approximately 8 days later, covering more than 5000 kilometers.

RAAM tests riders' physical and mental limits. This is what attracted Larry to the ultra cycling challenge; pushing his own physical and psychological boundaries, revealing his true spirit. Since first taking up cycling over 10 years ago, Larry has viewed RAAM as something of a mythical adventure. He describes his RAAM entry as the realization of a dream: "I was inspired by it, I was motivated by it, and I was driven to take my ability, along with my determined mindset, to pursue a dream that gave me a sense of purpose."

Entering RAAM under TeamRACE (Race Against Cancer Everywhere), Larry has found further inspiration and aims to create awareness and raise funds for children with cancer. Funds raised will support Coast to Coast Against Cancer Foundation and Tour For Kids, an annual 4-day adult cycling adventure that raises funds for children's cancer camps in Canada.

"I am proud to dedicate my entry in RAAM to all children with cancer and to help bring the joys of childhood to brave kids living with, and beyond cancer," says Larry.

Over the last 10 years, RAAM has been the catalyst for Larry's training rides and races. Every ride, every epic experience has brought him closer to his dream, shaping and preparing him for the rigors of RAAM. Larry has trained with patience and commitment for more than 10 years. He has competed in progressively more challenging events that not only tested his fitness, but strengthened his resolve, culminating in his winning a RAAM qualifier in 2006. Larry also gained first-hand experience with RAAM as a crew member for Kevin Wallace, a Mississauga, ON resident who challenged for the win in the solo category of RAAM in 2006.

Larry will also race in the solo category, requiring him to cycle every kilometer of the distance for periods of 24-36 hours at a time, with brief recovery naps and occasional 3-hour rests. To maintain his strength, nutritionist and health advisor Dr. Pat Hewitt, has built a specially-formulated low volume nutrition plan that will provide Larry with the needed 8-10,000 calories per day.

Larry will be supported by a crew of seven friends and family. The team will drive the support and follow vehicles, maintain his health, nutrition and fitness regimen and ensure his bicycles and other equipment are well maintained and operational.

About Larry Optis

- Born in 1979 in the Czech Republic, Larry immigrated to Canada at age 9 and now lives in Toronto with his family
- In his early childhood he was active in hiking and cross country skiing
- At age 6, while still living in the Czech Republic, Larry planned and completed a 25 Km, 7-hour hike in the local mountain region, an early signal of his need for adventure and exploration
- At age 10, he enrolled in Tae Kwon Do (Martial Arts) training for 6 years, attaining a black belt
- Larry started cycling at the age of 16 doing overnight rides and eventually leading to longer multi-day tours
- After completing high school, Larry cycled solo from Toronto to Key West, FL (3000 KM) in under 25 days
- At age 19, he competed in his first ultra cycling event, the 1998 RSD 24-Hour Challenge. He finished tied for 1st overall and 1st in his age group
- MEMORABLE MOMENT: "In March 1996, at the age of 16, I set out for Lake Placid in the Adirondack Mountains. It was day 3; I had covered about 150km in -10 Celcius weather and, as the sun went down, the temperature dipped down to -27C. I made the decision to ride all night long in order to stay warm. I had with me only a mesh tent and a sleeping bag rated to -5C, so the thought of lying there and risking frostbite was not very appealing. I rode all night until the following afternoon, on the road for 36 hours straight. Little did I know I would come back to this very place 10 years later and qualify for RAAM, the world's toughest race."

For more information:

www.TeamRACE.com

www.TourForKids.com

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