# Patrick MALANDAIN'S NEW CHALLENGE

# U.S. WE CAN

In 2011, the German athlete Achim Heukemes **makes the first round trip on American soil.** A bike ride, and a running back, New York - San Diego - New York. A double **Coast to Coast** Atlantic - Pacific - Atlantic.

On May 18, 2019, three years after his challenge "France for Continent", **The French runner Patrick MALANDAIN will try the adventure but running.**
His itinerary : **New York - Los Angeles** (États-Unis) **Vancouver – Halifax** (Canada). **Almost 7000 miles.**

His goal : **A double continent crossing in one time ''Record'' !**

## TRANS – AMERICA

## 3066 miles

**11 States crossed**
New Jersey
Pennsylvanie
Ohio
Indiana
Illinois
Iowa
Nébraska
Colorado
Utah
Névada
Californie

## TRANS – CANADA

## 3607 miles

**8 States crossed**
British Columbia
Alberta
Saskatchewan
Manitoba
Ontario
Quebec
New Brunswich
Nex Scotia

CAN

VAN

HAL

LA

NY

USA

**Some numbers**
**16** to **18** hours of running per day
**253** Marathons
**154 000** strides
**679 000** calories burned
**15** Running pairs
**11** Kg (estimated weight loss)

## The challenge

On May 18, Patrick will leave **New York** to join **Los Angeles** on the West Coast of the United States. As soon as it is done, and after a car connection stage, it will leave **Vancouver**, Canada, and will start running round trip again to **Halifax** on the east coast of Canada. All in the shortest time.

Patrick intends to establish a reference mark round trip on the **North American continent**.

**He will become the first runner to cross the continent twice in a row.**

## Follow the race

You will be able to follow the evolution of Patrick's race via his geolocation beacon, and the social networks and his website.

**To succeed,**

the race must **be shared, federate** the collaborators, and sports practitioners and all those who **love the effort.**

## Team

An experienced family team accompanies Patrick. **Fabienne**, his wife who prepares all his races **since 2007** will be on the ground and will be in charge of all the logistics, itineraries, supplies, sleeping, care, photos **Mathurin** his son remained in France will be in charge of all communication.

The material will be loaded into a chartered motorhome in the **port of Antwerp** and will leave for the American continent.

**150** press articles (Le Monde, l'Equipe, specialized press, French and international press (United States - Germany)

**32** audio-visual passages (LCI - France Info France 2 - France 3 - NRJ France Bleu ...)

**34** public and private interventions

In 10 years, **62** companies have been partners in one or more challenges from Patrick

## Who is Patrick Malandain

Born in 1960, lives in France. Long distance runner,
He started running at the age of 30. From June 2009 to November 2013,
It crossed 3 continents without a single day of rest

**In 2016, he is the first man to run 62 milles (100 km) per day during 100 days, 6214 miles (10000 km)**

- 2009 : Le Havre Istanbul, 2025 miles in 53 days, 38 miles per day
- 2011 : Los Angeles – New York, 3193 miles in 70 days, is 45 miles per day
  **2nd in scratch, best French performance**
- 2013 : Sydney – Perth, 2399 miles in 38 days, is 62 miles per day
  **Record crossing Australia**
- 2016 : « France for continent », Patrick runs 6214 miles (10000 km) through
- France in 99 days.
  He breaks **record of distance** at the average of 63 miles per day

- **Recordman** of the 621 miles of France 2014 in 8 days 4 hours, ie 76 miles per day

- In 10 years, Patrick ran the total distance of 40390 miles. Since 2012 for each project, Patrick never runs less than 62 miles on average per day.

**Some numbers**
Size: **1.65 m**
Weight of form : **59 kg**
Resting heart rate
**44** : pulsations / minute
Heart rate in the race
**110** : pulsations / minute

# Values

Sport, sharing, effort, health, dreams are the essential factors for the good of man.
It is before the wall that man reveals himself. It is by seeking to surpass oneself that feelings
the deepest ones come back to the surface. Simplicity, tolerance, human being.

Running this way is not useless, it offers escape, reveals our abilities, opens everyone's door
with determination. With willingness, everything is possible.

**«The dream is not a utopia, it is the visualization of what can be achieved»**

Amérique

Australie

Europe

Afrique

Paris

*''Wait, I'm lacing my shoes !''*

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