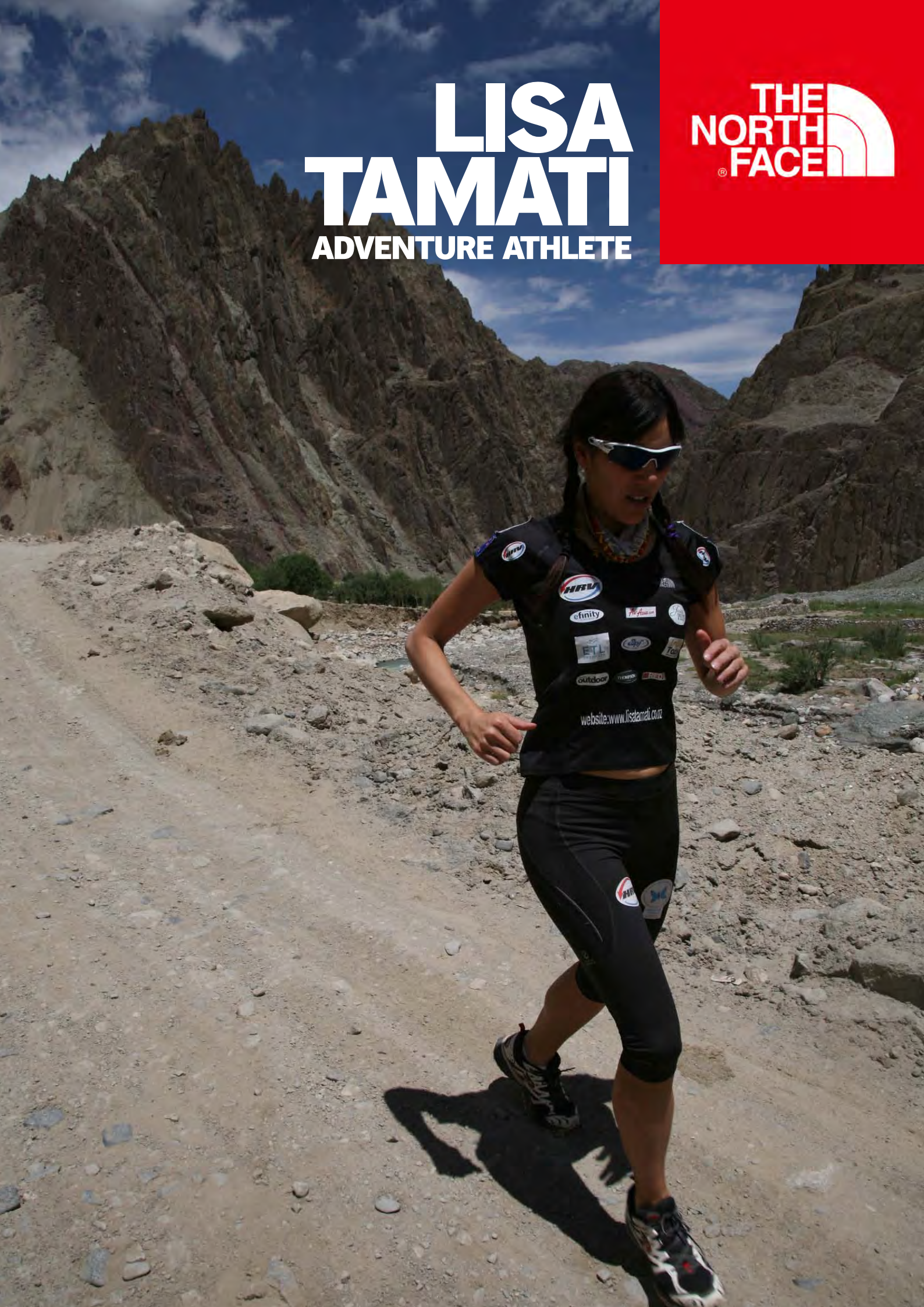
LISA TAMATI

ADVENTURE ATHLETE

THE NORTH FACE®



PROFILE

LISA TAMATI BELONGS TO AN EXCLUSIVE CLUB OF ELITE ULTRA RUNNERS THAT INCLUDES THE LIKES OF DEAN KARNAZES, THE 'ULTRA-MARATHON MAN', HAVING ACHIEVED FEATS OF ENDURANCE THAT, UNTIL A FEW YEARS AGO, NO-ONE THOUGHT WAS HUMANLY POSSIBLE.

Lisa's running resume reads like a *Lonely Planet* guide to the...the planet.

Having run more than 60,000km to date, Lisa has traversed on foot almost every major desert in the world, run the 2250km length of New Zealand in 38 days (averaging over 50km a day), and is among the top female ultra-athletes in the world.

But she's not just a runner. Her infectious smile, her ability to hold a room, and general love for life has made her a huge hit with her running fans, readers of her book and viewers of her TV shows.

Lisa's personal story is one that legends are made of. She's an asthmatic who was told that for her, sport would never be possible. She then suffered three broken vertebrae at the age of 21, with doctors recommending fusing the broken vertebrae to avoid pain. Then there was a narcissistic controlling boyfriend who left her in the middle of the Libyan desert adventure with no way out but to run. And run she did, out of the desert and into history as an inspiration to tens of thousands of runners and non-runners alike.

And her profile continues to grow. Lisa's first book *Running Hot* was a best-seller and her second is keenly awaited, set for release later in 2012. Her run for Cure Kids, taking in the length of New Zealand, made her a household name Down Under. Now she is taking on the world, with more book launches, documentary film premieres and a TV series in the pipeline, not to mention a massive line-up of adventure runs planned globally which will see her profile continue to grow and her influence in the worldwide running and adventure comunity continue to inspire.

BACKSTORY

GIVEN HER A CHILDHOOD SPENT SURFING, SWIMMING AND RUNNING THROUGH THE WILD MOUNTAIN COUNTRYSIDE IN NEW ZEALAND, LISA TAMATI'S PROFESSION AS A FULL TIME ADVENTURER IS NO SURPRISE.

Lisa spent a number of years cycling and tramping her way around Europe, Africa, the USA and Canada, her passions concentrated on exploring personal limits and discovering new horizons both physically and emotionally.

But at the age of 21 Lisa suffered an accident while cycling through NZ, breaking two vertebrae and compressing two discs, which had doctors advising that she would never be able to run.

She had also battled severe asthma since early childhood, but was determined never to let that or her injury make a difference in the life she chose to lead.

In 1997 Lisa was invited to take part in a four-person expedition across the Libyan desert on a 250km unsupported trek that had to fly under the radar due to an unstable political and military situation. The draw of this incredibly beautiful and untouched part of the Sahara was worth the risk.

Equipped with only 2 litres of water a day (that was all they could carry), and with backpacks weighing over 35kg, they set off. It was to be a an adventure that would change her life.

Physically pushing her body beyond the limits, it would take her nearly two years to fully recover, but it sparked a love for the desert that drew her back to the sand many times after.

After reading about the famous Marathon des Sables ultra race, Lisa compared distances, backpack weights, water supply and medical controls and decided she could give this a go. Her first ultra marathon, a multi-day stage race across the Moroccan Sahara, was the beginning of Lisa's ultra running career that has now spanned more than 15 years.

Running has become an important part of her life, her philosophy, her way to inspire and help others ,and her passion.

Today, however, it is not only deserts that draw her but geographies across the globe and she is one of only a few full time adventure runners on the planet.

Lisa believes that there is so much more to explore, to learn; more limits to push and more people to inspire.

LISA TAMATI EMBODIES THE NORTH FACE PRINCIPLE OF NEVER STOP EXPLORING – SHE JUST HAPPENS TO DO THAT WHILE RUNNING.

2012
EXPEDITION 140km DESERT
Run the Planet television pilot in the near Alice Springs, Central Australia.

2011
ULTRA RACE 222km ALTITUDE
La Ultra-The High, 'Toughest Footrace on the planet', running over the two highest motorable passes in the Himalayas going up to 5400m. Second woman ever and one of seven athletes to have finished in two editions. India.

ULTRA RACE 100km MOUNTAIN
The North Face 100km event the Blue Mountains, Australia.

2010
MULTI DAY ADVENTURE/DESERT
Sahara Desert stage race, 5th place. Egypt.

MULTI DAY ADVENTURE/DESERT
Gobi Desert stage race, 2nd place. China.

2009
EXPEDITION RUN 2250km
Running the length of New Zealand, 52 marathons in 42 days for charity.

REPRESENTATIVE, NZ
Commonwealth 24hr Champs, Keswick, England.

ULTRA RACE 217km BADWATER
Ultramarathon through Death Valley, USA, 9th place.

NATIONAL TITLES, NZ
100km nationals, 2nd place.

2008
NATIONAL TITLES, NZ
24hr national title and qualification for World Champs, 1st place.

NATIONAL TITLES, NZ
100km nationals, 2nd place.

ULTRA RACE 217km BADWATER
Death Valley,USA, 10th place.

ULTRA RACE 160km MOUNTAIN
Round the Mountain, Taranaki, NZ.

ULTRA RACE 90-MILE BEACH
Houtaewa Run, NZ, 3rd place.

ULTRA RUN 100km
Oxfam100

2007
24HR ULTRA Auckland, NZ

ULTRA RACE 222km DESERT
Trans Niger, Niger

ULTRA RACE 338km
Isar Run, Germany, 4th place

24HR WORLD CHAMPS
Czech Republic.

24HR ULTRA
Worschach Race, Austria

6HR ULTRA
Mank Race, Austria

2001-2006
MULTI DAY 240km DESERT
Marathon des Sables, Morocco, 33rd

ULTRA RACE 168km DESERT
8th place Desert Cup Jordan

MULTI DAY 240km DESERT
Marathon des Sables, Morocco, 10th place.

ULTRA RACE 50km, Krems, Austria

ULTRA RACE 50km, Hungaria

10HR ULTRA, Burgenland, Austria

ULTRA RACE 78km, K78 Switz.

24HR ULTRA, Worschach x 2, Austria

12HR ULTRA Mank, Austria

6 HR ULTRA Schwechat, Austria

+ OVER 50 MARATHONS

1997
EXPEDITION 250km
Crossing Libyan desert unassisted

EXPEDITION 150km
Arabian desert crossing

1994-97 Cycled and trekked, canoed or kayaked,through countries including Sweden, France, Norway, Finnland, Italy, Switzerland, Austria, Hungary, Germany, Czech Republic, Slovakia, Scotland, Northern Ireland, Ireland, New Zealand, Tunisia, Canada, USA, Egypt.

ACHIEVEMENTS

CURRENT MEDIA PROJECTS

Run the Planet – television series pilot

Two runners. One planet. Many adventures. Run The Planet is a new television series in development that looks to unearth legendary endurance feats that have occured throughout history all around the world, from the Hopi and Apache Indians of America to the Kalahari bushmen of Botswana, the Kenyan long distance runners, the Lung gompa running monks of Tibet, and the Chasqui runners of Boliva to the Indigenous people of Australia.

Run The Planet is a natural history, travel and adventure series set in the most exotic locales with each episode exploring human history and anthropology with the underlying question being: are we as a species born to run.

The series is framed by a challenge that will see co host, Chris Ord, new to the ultra running world, be mentored by LIsa Tamati. Will he have what it takes to be an ultra marathon/ adventure runner? Will Lisa prove that, far from being 'crazy', her life as an endurance runner has been about tapping into an inherent ability we all have? The pair's journey will include hardships and obstacles, and all the crises and drama that are inherent in extreme undertakings.

STATUS: currently in talks with Discovery Asia/pacific as well as a number of other channels. Please see full proposal and screener (filmed in Australia) for the series. **web:** https://vimeo.com/42447988 **password:** rtp

Running High – Himalaya race documentary

Filmed during during Lisa's attempt to become the first woman ever to finish the 'world's toughest footrace': La Ultra - The High a 222km non-stop ultra run through the Indian Himalayas passing over the two highest motorable passes in the world at 5400m. Prior to the run only one man had finished the event in its inaugural running, the others having ended up in hospital. The altitude was the main concern and being an asthmatic made for some interesting moments for Lisa in this incredible race. Lisa finished as second woman behind world champion, Sharyn Gayter of England, and 4th overall.

STATUS: This documentary is currently in production and we are hoping to enter the Banff Mountain Film Festival sponsored by the North Face and to distribute internationally once completed.

The North Face 100 – documentary 2012

In May this year Lisa's production company, Lisa Tamati Productions filmed the documentary on The North Face 100 ultra trail event in the Blue Mountains, Australia. the film will give an insight into one of the biggest and most spectacular events on the ultra running calendar in the Souhern Hemisphere, covering the elite pack along with the trials and tribulations of the everyday runners who try to complete this gruelling race. This documentary is currently in production, due for release August 2012.

Desert Runners – documentary

A feature length movie due out later 2012, produced by film maker Jennifer Steinman. Profiles eight athletes running the four deserts series. Lisa Tamati is featured in this movie

Run to the Extreme – book

Lisa's second book *Run to the Extreme* (published by Allen and Unwin) is due out in October 2012. Following the success of her first book, Running Hot, there are strong indications that it will be published internationally. Includes stories and adventures of the past three years, leading up to and including her brutal experience in La Ultra The High, the world's toughest footrace, in 2011. Other highights include Lisa's 2250km run through NZ, the Gobi desert, the Sahara desert, the Badwater ultramarathon through Death Valley, and the North Face 100 in Australia.

The Fit club – television series

Magazine style television series hosted by Lisa Tamati about health and fitness. Including tips on running, interviews with professional athletes, inspirational stories, nutrition and training advice. Currently on air in New Zealand.

In the Footsteps of legends – television series proposal

A television series following in the footsteps of legendary endurance feats by native Maori in New Zealand, In the footsteps.. takes a group of at-risk youth and reconnects them to their roots while pushing them to their limits physically in the hope of transforming their lives. Please see proposal. In development phase.

Ebook – How to run an Ultramarathon

Work in progress ebook on how to run ultramarathons. Includes advice from experts, runners, medical professionals, trainers, psychologists, Bio mechanics etc.

EXPEDITIONS+

Run The Planet - various expedition ultras Worldwide, 2013 - 14

As part of the *Run The Planet* television series, Lisa Tamati (and co host Chris Ord) will travel to the far flung corners of the globe, including Botswana, Kenya, Bolivia, Peru, USA, Japan, New Zealand, Greece, China, Scandanavia and Tibet, undertaking runs from 80km to 380km.

'Ice Maidens' - 100 mile record attempt Antarctic, January 2013

Lisa Tamati teams up with American ultra marathon runner Molly Sheridan from Las Vegas to mount an expedition to the Antarctic. Both have completed the Badwater ultramarathon and La Ultra - The High in the Himalayas together, and now want to be the first women to do a non stop 100 miler in the icy Antarctic. A documentary of the exploit is planned.

Manaslu - ultra trail race 212km Nepal, November 2012

A seven day stage race through Nepal's mountain trails leading to the base of iconic Mount Manaslu.This is an adventurous and tough race in the mountains through some of Nepal's most beautiful Himalayan landscapes. It is a total of 212km over 7 race days with 3 rest/ connecting trek days. Lisa will cross a 5,000m+ pass, sleep at monasteries, peer over the border into wild Tibet, run above a glacier to visit Manaslu basecamp with many awesome trails in between.

The Northburn 100 mile events NZ, March 2013

Lisa co-owns and runs New Zealand's only 100 mile trail event which is hosted on the spectacular Northburn station. Annual race over 100 mile, 100km and 50km. The event scores qualification points for UTMB and Hardrock 100 mile races enabling NZ and Australian runners to qualify for these great events. www.northburn100.co.nz.

To date, Tamati has run the equivalent of three times around the world, through the hottest, highest, harshest environments on the planet.

MEDIA PROFILE

BOOKS

Running Extreme (Allen and Unwin) due out in October
Running Hot (Allen and Unwin) - autobiography; published in NZ, Australia, USA, Canada, electronic book.
Readers Digest – collation of three books called Encounters incl. Jane Austen's Novel and a biography of Nelson Mandela. Published in Australia, due out in USA shortly.

NZ TELEVISION

The Fit club - health and fitness series; on air.
Documentary, Gobi desert race – aired 25 times, Sky TV
Documentary, Death Valley Race – aired 6 times, Sky TV & Maori TV

Appearances on:

Code Sports
Sports Tonight
Shine TV
Crowd Goes Wild
Sunday Sports
20/20 – current affairs show
Close Up – current affairs
TV3 Sports
Te Kaea – sports show
Te karere – Sports show
Breakfast TV
Good morning TV
TV Three breakfast show
The Good Word show
TVone sports news
Boil Up TV

AUSTRIAN TELEVISION

Documentary, Trans Niger Race 1-hour
Vera Show, Jordan ultra.

AUSTRALIAN TELEVISION

Documentary, The North Face 100, Fox Network

USA

Desert Runners Movie (due out later this year)

MAGAZINES

Ultra running magazine (USA)
Marathon and Beyond magazine (USA)
The Who magazine (Australia)
Outdoor Geographic magazine (Australia)
Womens Health Magazine (NZ)
Fitness magazine (NZ)
Trail Run magazine (Australia, NZ)
Womens weekly (NZ)
New Idea magazine (NZ)
Womans Day Magazine (NZ)
Wilderness Magazine (NZ
Geographic magazine (NZ)
Mana magazine (NZ)
Pacifica magazine (NZ)
Sport Unleashed magazine x 3 (NZ)
Red Bulletin magazine (international)
M2 magazine (NZ)
Mindfood magazine (NZ)
Next Magazine x 2 (NZ)
NZ Business Review magazine (NZ)
Listener (NZ)
Life Magazine (NZ) x 3
TV guide (NZ)
Sydney Morning Herald (Australia)
Sunday Star Magazine (NZ)
"All Women" Photo exhibition and book
Cloudy Bay book 25 inspirational New Zealanders
Maori Role models – educational book

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