

Marshall Ulrich Completes the Triple Crown of Extreme Sports and the Journey 2 Extremes

It's that time of year again when, on behalf of Sister Mary Beth Lloyd, we respectfully ask for your financial support of the Religious Teachers Filippini. The Sisters are continuing their work to promote the dignity of women and children in some of the poorest countries in the world – and here at home – by providing an education to those who previously had limited opportunities and choices in their lives. More than that, the Sisters also help provide the necessities of life: water, food, shelter, and clothing.

The Triple Crown of Extreme Sports

In 2005 I reached the summit of Mount Vinson in Antarctica and the summit of Mount Kosciusko in Australia, completing my quest for the Seven Summits – reaching the highest point on each of the seven continents. Taking the message of the Sisters to the top of the world (Mount Everest in 2004) and to the top of each of the Seven Summits provided motivation and meaning to my quest.

I was honored to carry the Religious Teachers Filippini banner, taking Saint Lucy's message to **Go and Teach**, to the highest point on each continent!



Daniel Fisher and Marshall Ulrich with the Religious Teachers Filippini banner on the 16,067-foot summit of Mount Vinson, Antarctica, January 16, 2005

Completing the Seven Summits was the final jewel in the Triple Crown of Extreme Sports. In addition to **mountaineering**, I am one of only three people in the world to have competed in all nine Eco Challenges, a record in **adventure racing**, the second jewel in the crown. My first jewel is **ultra running**. Over my 20-years career I've completed more than 110 races averaging more than 100 miles each, including the Badwater Quad, Solo, and four-time winner. Without the motivation of the fundraising I could not have achieved so much...or it would have meant so little.

Journey 2 Extremes

In July 2005 I will attempt to complete my Journey 2 Extremes – combining my quest for the Seven Summits (**cold, high-altitude mountaineering**) with completing the Badwater 146-mile footrace from minus 282 feet in Death Valley (**hot, desert ultra running**) to the 14,494-foot summit of Mount Whitney. My Journey 2 Extremes includes the following Seven Summits and Badwater...every year.

2002 Denali and Badwater
2003 Aconcagua, Kilimanjaro, and Badwater
2004 Everest, Elbrus, and Badwater
2005 Vinson, Kosciusko, and Badwater

Knowing that you have contributed to the Religious Teachers – making a difference in the lives of the women and children – will provide motivation for me to (hopefully!) complete my record 13th Badwater 146 July 11-13, 2005.

The Work Continues

In September 2005 my wife and I plan to visit one of the missions where the Sisters are making a difference in the world: Hamelmalo, Eritrea. When the Sisters arrived in Hamelmalo in 2004, there were 1,500 children under the age of 5 that needed water, food, shelter, clothing, and an education. The 200 pregnant women in the village had never been to school and had one of the highest maternal mortality rates in the world. There is now a well in the village to provide water, and the Sisters provide some milk and food to the children every day, as well as daily lessons.

But, there is still work to be done! And not just in Eritrea. The 900 Sisters of the Religious Teachers are also working in Albania, Brazil, England, Ethiopia, India, Ireland, Italy, Switzerland, and the United States. Through your generosity, the Sisters are able to provide aid to underprivileged children and their families.



Sister Antonio with the children.

There's more information about the efforts of the Religious Teachers Filippini on the Fundraising page of the Stray Dogs Web site at www.teamstraydogs.com.

You can show your generous and sacrificial spirit and give thousands of poor mothers and children a chance in life by making a donation today.

You can donate directly from the Fundraising page using your credit card. Or, send a check today, made out to the Religious Teachers Filippini, to:

Religious Teachers Filippini
Mission Fund/Marshall Ulrich
455 Western Avenue
Morristown, NJ 07960

Your donation is tax deductible, and your **entire** donation will go directly to the women and children. Any donation that you can make will be **greatly** appreciated!

Thank you!

Marshall Ulrich