

Calgary Adventurer Confront Cancer Solo Ocean Row From Halifax to France

April 14, 2016, Calgary, Alta. — Laval St. Germain is about to leave from the safety of the Halifax Harbour for a 4,500 km solo ocean row across the Atlantic to France. St. Germain's **Confront Cancer Ocean Row** is in support of the [Alberta Cancer Foundation](#) with funds going directly to the Tom Baker Cancer Centre and Clinical Trials.

St. Germain is a Calgary-based adventurer and outdoor athlete. In the real world he's a husband, father and Boeing 737 captain for Canadian North Airlines. He's also the only Canadian to have climbed Mt. Everest without the use of supplemental oxygen. He has climbed and skied off Iraq's highest peak, cycled from the Arctic Ocean to Yukon in winter and – among other adventures – has climbed the highest mountain on six of the world's seven continents.

St. Germain says, "Confronting cancer is — I can only imagine — far, far more sobering, terrifyingly lonely and with none of the excitement that I'll experience on this row. I have been so fortunate because my parents, my career, good health and — most of all — the support of my family to have travelled and adventured over most of our planet. All the while being able to take my family with me, taking pictures, taking experiences, taking home stories, but always taking. Now I want to give something back."

On behalf of the 43 Albertans who hear the words "you have cancer" every day, St. Germain is looking to accelerate change and to honour Alberta's cancer patients with generous donations towards the Alberta Cancer Foundation.

Admittedly, St. Germain says, "The **Confront Cancer Ocean Row** will be frightening, even scary at times. Lonely and beautiful at times. And physically tough. It's my way to confront my own fears, challenge myself and ultimately give something back to Calgary and Alberta. It's a sobering yet exciting thought."

Having experienced unzipping his tent door at Camp III on Everest, and stepping out into the cold Tibetan night for the summit — with a just spare fleece jacket, one litre of water and no bottled oxygen in his backpack — was also sobering and exciting. St. Germain says, "I like a challenge. It's an opportunity to focus on a goal, confront fears and see what can be accomplished."

St. Germain will set out on the Atlantic Ocean from Halifax starting in June in a custom-built ocean rowing boat. This boat, the R10, is constructed by [Rannoch Adventure](#) from the UK. The R10 is the result of years of experience and exhaustive research by the team at Rannoch — plus testing and input from many experienced ocean rowers. These solo boats are self-righting - meaning the boat can roll inverted and right itself. St. Germain's living quarters will be the size of a very small low closet. He will be packing 100 plus days' worth of dried food and a fishing rod. The safety features include an aviation grade life raft, immersion suit, EPIRB (Emergency Position Indicating Radio Beacon), VHF radio and radar reflector. Additionally, he will have a full suite of satellite communications and live tracking equipment - including voice, email and the ability to upload photos — all powered by solar panels.

To date, only four Canadians have solo ocean rowed across the Atlantic and only one Canadian has completed the 'North American mainland to European mainland' solo row, interestingly more people have been to space than rowed across an ocean.

To book an interview please contact Laval St. Germain directly or Christina Rowsell, Media Relations.

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About Alberta Cancer Foundation

Patients and families requiring cancer care in Alberta have access to the best cancer care available anywhere in the world today, and this is thanks in large part to the donors and supporters of the Alberta Cancer Foundation—the fundraising partner of the Cross Cancer Institute in Edmonton, the Tom Baker Cancer Centre in Calgary, and fifteen other cancer centres throughout the province.

As it stands 43 Albertans are diagnosed with cancer every day. That's why we work tirelessly to provide the most powerful return on investment: more lives saved from cancer. At the Alberta Cancer Foundation, we focus on improving patient experience here in Alberta. By investing targeted research aimed at improving patients' lives we save more lives from cancer.

Clinical trials offer cancer patients treatment that will reduce symptoms, increase survival rates and increase quality of life. For more information, please contact Nicola OCarroll, Development Officer, Events South, Alberta Cancer Foundation at 403-476-2672 or via email at nicola.ocarroll@albertacancer.ca. Go to <http://albertacancer.ca/confrontcancer> to donate to Confront Cancer Ocean Row.

 **Canadian Solo Row of the Atlantic Ocean @LavalStGermain**
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