

January 4, 2010

Dear all,

You may already know, but later today, I am about to set off with Stu Burbridge - a friend of mine from North Devon - to row the Atlantic Ocean, and then in late March, attempt to climb Mount Everest for the 6th time - all in aid of Marie-Curie Cancer Care charity.

Stu and I set off today (4th January 2010) from La Gomera in the Canary Islands. The race has been delayed by 1 month because of bad weather - and we've just heard that there may be some more on the way(!!) - but we have a sufficient enough window to make hay while the sun shines - so bring it on!

The Atlantic Ocean, from San Sebastian de La Gomera to English Harbour (Antigua) is 2550 nautical miles (nm) as the crow flies, but what with currents, wind, adverse conditions et al, we'll probably row between 2700nm - 3100nm. Lets hope it's the former!!!

So, we'd love you to be part of the race and follow our progress. You can do this in a number of ways:

(i) on the official race website =

www.atlanticrowingrace09.com.

You plug in our boat name (Ocean Summit) and there will be a link to our website www.ocean2summit.com as well as a box that you can click and then get our exact position via our tracking beacon. This is updated 4 times daily and is actually pretty cool. It will be like an Indiana Jones film where the dot moves across the screen as he travels (just sadly, not as fast as in the film!). Also you'll find any race news of note.

(ii) by tuning in to our 'twitter'. Well, we'll update daily, so there will be something new to look at should you wish every 24hrs. Although only 140 characters long, at least you'll know that we're alive and sending info out and you will get to learn a bit about what it's like to row and ocean. This site is

<http://twitter.com/OCEANSUMMIT>

So that's all from me now. SHIT, we leave later today!!!! Gulp.

Finally, PLEASE PLEASE PLEASE, if you have a spare pound or two, please donate to our justgiving cause - Marie Curie Cancer Care. You can read about the charity and our motivations for raising for them on our website (www.ocean2summit.com). There is a direct link to our justgiving website from there, but should you wish to go direct, then please do at

www.justgiving.com/ocean2summit

Well, all for now for a while. Happy New Year and fingers crossed...

Rob Casserley