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Pam Reed Crushes Arrowhead 135 and Updates PR Project
Legendary Ultra Runner Announces New Date for TransCon Attempt in 2019

Jackson Hole, WY: Today, ultra running legend [Pam Reed](#) announced a new date for her World Record attempt at a Trans Continental Crossing of the United States. The 56 year old Jackson Hole resident is fresh off a win at the at the [Arrowhead 135](#), a 135 mile footrace across northern Minnesota and a podium finish at this fall's [Moab 200](#), a grueling 240 mile race through the Utah desert.

In a career that spans over 3 decades, Pam is one of the most decorated ultra runners ever, with multiple wins at the Badwater 135, dubbed the “Toughest Foot Race on Earth” by Outside Magazine, World Records in the 24 Hour and 48 Hour Races and well 100 finishes in 100-mile races. She has shared “that all of these races have been training for her ultimate goal, the Transcontinental Record.” Dubbed the [PR PROJECT](#), her record attempt will kick off in California in the fall of 2019.

The PR PROJECT will also serve as a platform to raise awareness about a mental health concern facing 16.1 million American adults every year: depression. Despite a stellar racing career, Pam herself has struggled with the disorder and wants to use the PR PROJECT as a vehicle to advance the conversation about mental health. A portion of the funds raised for the PR PROJECT will go directly to the Jackson Hole Community Counseling Center, which supports the local community with a wide variety of mental health services.

For More Information:

<http://www.pamreedultra.com/pr-project-going-the-extra-mile-feb-march-2018/>

<https://www.youtube.com/watch?v=WnwWYrM6q2g>

<https://www.cbsnews.com/news/the-toughest-race/>

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