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## **NEWS RELEASE**

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*For Immediate Release*

### **DARREN E. MILLER CHANNELS EFFORTS TO SWIM 3<sup>RD</sup> LEG OF OCEAN'S SEVEN CHALLENGE FOR THE "FOREVER FUND"**

October 10, 2011 --- Delmont, Pennsylvania, Darren E. Miller is both physically and mentally prepared to complete the third swim of his Ocean's Seven challenge, the Molokai Channel, on Friday, October 21, 2011. Pending favorable weather and water conditions, Miller will charter to the western part of Molokai at 3:30 AM (Hawaiian time zone) and begin the 12-15 hour swim around 5:00 AM.

Having completed the Catalina Channel in August 2011 and the English Channel in July 2010, Miller will face new challenges during the 27 mile Molokai Channel swim. The expected water temperature for the Molokai is in the mid to upper 70's, which is significantly warmer than Miller's previous two swims. Heat stroke is a major concern and in preparation for this swim, Miller lost approximately 20 pounds and incorporated faster, sprinting type workouts into his training to build speed. Miller also plans to train in Hawaii for about a week prior to the swim, in order to acclimate to the six hour time difference, change in climate and water conditions. He departs for his journey on Saturday, October 15, 2011.

During Miller's attempt to swim the Molokai Channel, he will be utilizing a SPOT Satellite GPS Messenger in order to share his real-time location and progression across the channel with fans and supporters. To view Miller's progress during the swim, visit <http://bit.ly/oxw8zu> or follow him on Facebook at [facebook.com/darrenemiller](http://facebook.com/darrenemiller) and Twitter at [twitter.com/darrenemiller](http://twitter.com/darrenemiller) to read live posts and updates from his crew.

Known for its strong currents, sharp coral reef beds and aggressive marine life, including tiger sharks and deadly Portuguese man-of-war and box jellyfish, the Molokai Channel can be a dangerous feat for swimmers. Despite these impending challenges, according to Miller, "I am confident just completing the Catalina Channel was a great warm-up for Molokai. I'm prepared for the journey." Successful completion of the Molokai Channel will bring Miller just four channel swims away from completing his Ocean's Seven goal.

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The “Ocean’s Seven Challenge,” has never been accomplished by anyone to date and consists of swimming across seven of the world’s most difficult channels: the English, Catalina, Molokai and Tsugaru Channels, the Strait of Gibraltar, Cook Strait and Irish Channel. With his “Ocean’s Seven” goal in sight, Miller hopes to complete the Tsugaru Channel swim after Molokai in July 2012, and complete all seven swims in 2013.

Though completing the “Ocean’s Seven” challenge is a personal goal of Miller’s, it also serves a more meaningful purpose for him. Miller is swimming to benefit and raise awareness for Team Forever and the “Forever Fund,” a charitable foundation he played an integral role in establishing along with Cathy Cartieri Mehl and their families. The “Forever Fund” is dedicated to the memory of Mehl’s father, Anthony Frank Cartieri, and aids families in their struggle to afford the costs associated with infant cardiothoracic surgery that takes place in the cardiothoracic unit of UPMC Children’s Hospital of Pittsburgh. Team Forever is now a recognized 501c3 non-profit organization founded by Miller, which manages contributions to the “Forever Fund.”

Miller is accepting charitable donations through Team Forever towards the “Forever Fund” on his website at [www.darren-miller.com](http://www.darren-miller.com). Contributions may also be made by purchasing EnergyCare USA products through his website. As one of Miller’s supporting sponsors, EnergyCare will donate 25% of each sale referenced from his page towards the cause. Along with EnergyCare USA, Miller is also sponsored by Trustmont Financial Group, his premier sponsor and East Suburban Sports Medicine Center. Every contribution is important and charitable donations to Team Forever and the “Forever Fund” will not only help save lives, but will provide the opportunity for funding of vital medical research concerning infant cardiothoracic care.

For further information regarding potential sponsorships or arranging interviews and other media development for Darren Miller, Team Forever and the “Forever Fund,” contact Caitlin Vancas at 412-871-7125. Miller is also available for motivational speaking engagements/appearances and photo or video footage of his endeavors is available upon request.

Team Forever, a recognized 501c3 non-profit organization which manages contributions to the “Forever Fund,” was established by Darren E. Miller, Cathy Cartieri Mehl and their families in December 2009. The “Forever Fund” is a foundation dedicated to the memory of Mehl’s father, Anthony Frank Cartieri and aids families in their struggle to afford the costs associated with infant cardiothoracic surgery that takes place in the cardiothoracic unit of UPMC Children’s Hospital of Pittsburgh. The “Forever Fund” not only helps to save lives, but provides the opportunity for funding of vital medical research concerning infant cardiothoracic care. Information pertaining to Team Forever and the “Forever Fund” can be found on Darren E. Miller’s website at [www.darren-miller.com](http://www.darren-miller.com).