



PRESS RELEASE

For Widest Dissemination

5 March 2021

From: Team Fight Oar Die

Subject: Team Fight Oar Die Enters the Talisker Whiskey Atlantic Challenge for race year 2021.

The all-US Veteran ocean rowing team Fight Oar Die will be entering in its third race across the Atlantic Ocean in December of 2021 to race in the Talisker Whisky Atlantic Challenge. The Colorado-based nonprofit serves as a vehicle to raise awareness about veteran mental health within the veteran community.

Fight Oar Die is partnered with the University of Denver's Sturm Specialty of Military Psychology and the Marcus Institute for Brain Health.

The team will row 3000 nautical miles across the Atlantic Ocean in a race that is considered the toughest race in the world. Starting in La Gomera, an island of the Canaries, each member is expected to row over 1.5 million strokes before they cross the finish line on the Caribbean island of Antigua.

Denver-based Bryant Knight, raced in 2018 with the inaugural crew and will Skipper this year's team. Joseph Murdy and Spencer Milo also of Denver and Tony Morrow of Glenville, New York make up the crew of four. Their boat "Woobie" is a 28-foot ocean-rowing boat that will be their home during the weeks that make up the race.

More of an expedition than a race, the crossing will challenge the team as they battle ocean currents, waves, and the exhaustion of rowing for twenty-four hours daily.

Why do they do it? Raising awareness to veteran suicide, and mental health issues as well as traumatic brain injuries sustained during service is just part of it. They want to show their fellow veterans that life is challenging at times, but you must face the adversity and thrive. There is no better metaphor to this than rowing an ocean. You must cross your own ocean.

Fight Oar Die
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