

**feat** – *noun*, a noteworthy or extraordinary act or achievement, usually displaying boldness or skill

## **MEDIA RELEASE**

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## **Find your FEAT**

**On Christmas day, a mountain biker and climber completed a self-organised sea-to-summit expedition in South America. Last April, a Capetonian spent 25 days on an uninhabited island, Survivor-style, with only the clothes he was wearing and a five-litre drybag containing considered items. These are just three of the guest speakers at FEAT, a celebration of South African adventurers.**

The first FEAT event took place in Jo'burg last October; and now this evening of time-limited, slide-show based presentations comes to Cape Town. Speakers are allowed only seven minutes to talk on specific aspects of recent adventures.

“FEAT is dynamic, captivating and fast-paced,” says the event’s organiser, Lisa de Speville, an adventure racer. “More importantly, FEAT is inspiring. The speakers are regular people who do extraordinary things. What really sets them apart is that they have the courage to pursue their passions, often at great risk – personally, financially and mortally! FEAT speakers do those things that many adventurous people dream of doing – and they prove that you could too.”

Allyson Towle and Marc Booyesen are a fitting example. Almost two years ago Allyson went through divorce; she began training in earnest. A recreational mountain biker at the time, she spoke to her trainer, Marc Booyesen, a climber, about doing ‘something’ in South America. As the months passed, they settled on combining their disciplines for a sea-to-summit attempt on Ojos del Salado (Chile), the highest active volcano in the world (6900m). Until April 2010, Allyson had never climbed much more than a flight of stairs and Marc had not been on a bicycle since tyres were solid rubber. Together they successfully completed their adventure, ‘The Andean Giant Expedition’.

FEAT celebrates the achievements of South African adventurers, bringing their outdoor experiences indoors. The talks at FEAT Cape Town cover a range of disciplines including mountaineering, ultra-distance running expeditions, mountain unicycling, adventure racing, ocean rowing, tall ship sailing and surviving on an uninhabited island. Speaker bios are available on the FEAT website.

FEAT, the ultimate armchair adventure experience, will be held in **Cape Town** on **Saturday, 12 February 2011**, at the Artscape Theatre on the Foreshore. Tickets are available through Computicket.

FEAT is made possible by its sponsors – [Black Diamond](#), [Buff](#), [CAPESTORM](#) and [Hi-Tec](#) - and media partners, [www.AR.co.za](#) and [Go Multi Magazine](#). For more information, visit the FEAT website at [www.featsa.co.za](#) and FEAT page on Facebook at [www.facebook.com/featsa](#). Photos and videos of talks, from the inaugural FEAT event held in Jo'burg in October 2010, can be viewed online.

\* Image: Allyson Towle and Marc Booyesen. The Andean Giant Expedition to Ojos del Salado. Photo by Marc Booyesen

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