

PAM FLOWERS

EXPEDITIONS

Attn: News Director/Assignment Desk
Contact:

FOR IMMEDIATE RELEASE

ARCTIC EXPLORER PRESENTS POWERPOINT PROGRAM

Record-breaking arctic explorer **Pam Flowers** will share Powerpoint images and stories from her solo 2,500-mile dog mushing expedition across the arctic from Barrow, Alaska to Repulse Bay, Canada.

Date:

Time:

Location:

Audiences will hear about intense blizzards that kept her stranded for days, melting pack ice literally breaking up beneath her and the team, a terrifying run-in with polar bears and more. Learn about dog mushing and the arctic, how she prepared for this amazing expedition and met the generous people who helped her when all hope was lost.

To learn more, visit www.pamflowers.com

Pam Flowers' story is of interest to:

Outdoor Adventurers Sports fans: She is a recipient of a Gold Medal from the Society of Women Geographers (along with Amelia Earhart and Jane Goodall,) was named an "Outsider of the Year" by *Outside Magazine*, and has successfully completed numerous expeditions by dog team.

Children: Pam has spoken to more than 700,000 students at over 1200 schools. Her presentations emphasize Life Lessons ("you can do it!", "team work", "respect", "courtesy") Arctic Geography, and Native culture.

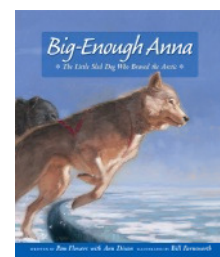
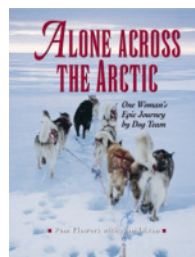
Women: Pam was in her 40s when she decided to quit her job in Houston as a respiratory therapist to mush dogs across the Arctic. In speaking to women across the US, she has heard many times how her story has inspired them to take a chance and follow their dreams.

"Dog People": Pam introduces each of the dogs that participated in the expedition within the presentation. Audiences get to know the dog's personalities, strengths and weaknesses and how this affected the expedition, as well as Pam's love and respect for her canine companions. Pam recently teamed with Nestle-Purina Pro Plan® to create bookmarks featuring "Ten Tips to Keep Your Dogs Happy and Healthy."

Pam is the co-author of:

Alone across the Arctic—One Woman's Epic Journey by Dog Team

- *It's an inspiring story, well told.* – Booklist
- *An engaging survival story with broad appeal.* – School Library Journal (Starred Review)
- *Flowers proves that the age of epic personal exploration is far from over and does not depend on corporate sponsoring. Rather, it requires spirit, passion, and bravery.* - The Explorers Journal



Big-Enough Anna: The Little Sled Dog Who Braved the Arctic

- *Destined to be a classic-* Patricia McConnell, Ph.D., Certified Applied Animal Behaviorist/Host of "Calling All Pets" public radio show

To schedule an interview please contact Pam Flowers at P.O. Box 874924 Wasilla, Alaska 99687, 907-733-3307 or by email at pam@pamflowers.com
For a review copy of Pam's books or for additional digital images, please contact Publicist Angie Zbornik at 907-278-8838 or angie@gacpc.com

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BIOGRAPHY

of Pam Flowers

Pam Flowers is a registered respiratory therapist who currently earns her living by public speaking and writing.

In 1996 Pam became the 14th recipient of the "Gold Medal from the Society of Woman Geographers," following in the footsteps of Amelia Earhart, Margaret Mead, and Jane Goodall.

In 1991, Pam was named an "Outsider of the Year" by *Outside* magazine.

She has participated in nine Arctic expeditions, seven by dog team, two by snowmachine. Pam has completed the 1049 mile Iditarod Sled Dog Race, reached the Magnetic North Pole three times, traveled north over the frozen Arctic Ocean farther north than any other solo woman and completed the longest solo dog sled journey on record by a woman.

Pam is the author of *Hug a Husky* and, along with Ann Dixon, is the co-author of *Alone Across the Arctic: One Woman's Epic Journey by Dog Team* and *Big Enough Anna: The Little Sled Dog Who Braved the Arctic*. She has written many magazine articles including articles for *Fur-Fish-Game* and *Dog World* magazines. She also has produced two documentary videos and publishes the Polar Expedition Newsletter.

Pam has spoken to more than 400,000 students at over 650 schools and has spoken at the Smithsonian and the St. Louis Science Center.

Her next goal is to hike the 2,160 mile Appalachian Trail.



Anna

Roald

Sojo



Pam Flowers and her team.

"One of the toughest characters on the continent..."

—Rich Landers, SPOKESMAN REVIEW

"Arctic packing list: 8 dogs, 2 sleds, 1 can't quit spirit."

—Peggy Mc Mullen, OREGONIAN

"Don't Tell Pam Flowers She Can't -- 'cause she will."

—Mark Dudick, ANCHORAGE DAILY NEWS



For more information visit
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PAM FLOWERS

EXPEDITIONS

FREQUENTLY ASKED QUESTIONS

Q. How do you stay warm?

Answer - Wear lots of layers and eat a lot of calories. Burning calories generates heat and the layers of clothing hold the heat in.

Q. What do you eat?

Answer - I eat the same thing everyday, a diet high in fat and protein. Cheese and sausage for breakfast; a really high calorie, dense bread slathered in margarine for lunch; steak, rice, frozen vegetables for dinner; trail mix of nuts, dried fruits and a little candy during the evening when I'm writing in my journal; lots of decaffeinated tea, Gatorade and water. I also take daily supplementary vitamins.

Q. What do the dogs eat and how do they stay warm?

Answer - Purina Pro-plan dog food and water, nothing else. (You asked and that's the truth! They now provide my dogs' food.) They come with their own dense, high-insulation fur coats.

Q. Why did you want to do this?

Answer - It's a dream that got out of hand. When I was about 11 years old, a man showed us some slides from the Antarctic and I harbored a dream about dog sledding for many years. Not until I was 35 did I finally get to Alaska and started mushing. The sport was more enjoyable than I ever dreamed and so I decided to do long trips with my dogs. Eventually, after reading a book called *Across Arctic America* by Knud Rasmussen, I decided to retrace his route. It was the longest trip I could think of, to sled 2500 miles across the continent. I was 46 when my dream came true. I like to tell students and their teachers, you're never too young to have a dream and you're never too old to make it come true.

Q. Did you and the dogs have fun?

Answer - Yes. It was lots of work for all of us but we also had fun. Sometimes when we were far away from any community, I would turn the dogs loose and we would play all day. Dogs love to eat, go for long walks and hang out with other dogs. On dog sled treks they eat three times a day, go for really long walks with a whole bunch of their friends. Best of all, they get to do this with the human they are bonded to. It's about as much fun as a dog can have.

Q. Would you do the trip again?

Answer - Yes, but I probably won't because I have too many other plans.

Q. Did you see any polar bears?

Answer - Yes, I saw a mother and single cub. The dogs ran right up to it, she chased them and they chased her until she finally walked off with her little cub and disappeared into their den. You'll find a lot more detail about the encounter in *ALONE ACROSS THE ARCTIC*.

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CROSSING THE FROZEN ROOF OF THE WORLD

As we came around a slight corner, I saw a polar bear about a hundred yards away, standing up in a ravine, nursing her cub. She looked so beautiful. She didn't move, just stood there watching us as we went by.

Because the bears were above eye level, I was praying that we would get by them without any of the dogs seeing them. But just as we came even with them, Robert looked over and saw them. Robert is very social and decided to go visiting.

At first the other dogs didn't see them. I told Douggie to "haw" to help keep us going straight. Then, suddenly, everyone saw them... (ALONE ACROSS THE ARCTIC)



ANCHORAGE, ALASKA. Pam Flowers set out alone and unsponsored with an eight-dog team in an attempt to cross the frozen roof of the world. Her goal was to follow the route of Knud Rasmussen's portion of the 1923-1924 Fifth Thule Expedition. Enduring darkness, isolation, one of the stormiest winters on record, a polar bear attack, and flooded sea ice, she successfully completed the first solo expedition both by a woman and an American across 2,500 miles of Arctic from Barrow, Alaska to Repulse Bay, Canada.

(See the detailed map of Pam's route in her book, or online at www.pamflowers.com)

In her new book, ***Alone across the Arctic: One Woman's Epic Journey by Dog Team*** (Alaska Northwest Books, October 2001) she recounts her gripping adventure story. Sharing triumphs and trials in revealing journal entries and accompanying photographs, Flowers immerses the reader in her journey, giving insight into the incredible tenacity required to complete such a trip, and, when tenacity and hope simply ran out, the empowering generosity and encouragement of strangers. She also shares what drove her to do the trip in the first place—the utter joy of being truly alone, accompanied only by moody arctic light and the raspy sound of dogs panting.

A section introducing each of her beloved canine companions with charming photographs and personality descriptions is also included, along with fact-filled sidebars providing informative trip details, as well as an illustration demonstrating how the team and gear were put together. Pam is particularly proud that "all eight dogs that started the journey finished in excellent health and good spirits." And makes it clear that they were not only her partners, but often the inspiration for her to continue on her long trip *Alone across the Arctic*.

As we were sledding down a side channel, every time Alice saw a leaf blowing along the ice toward her, she would try to grab it as it blew by. It was rather poor form for a lead dog, but she was having fun and working at the same time, so I let it go. Thank heavens I have these dogs with me! No matter how tired I am or how hard the day has been, they always seem to do something to make me laugh. (ALONE ACROSS THE ARCTIC)

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NEW CHILDREN'S BOOK TELLS TRUE STORY OF GREATEST DOG HERO SINCE BALTO

Pam grew worried. Was Douggie all right? Would they find him? Without a lead dog, the expedition could not continue.

She studied Anna. Could such a small, young dog possibly take over as leader?

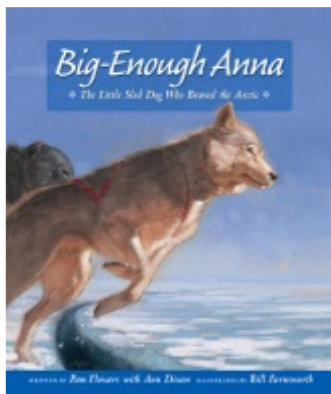
"What do you say?" Pam asked, scratching behind Anna's ears. "Are you big enough to lead this team on your own?" — from BIG-ENOUGH ANNA



ANCHORAGE, ALASKA — Anna may be the smallest member of the dog team, but she's surely the most determined. In her incredible true story, *BIG-ENOUGH ANNA* (by Pam Flowers with Ann Dixon, illustrated by Bill Farnsworth), Anna is picked to join a thrilling 2,500-mile expedition across the top of the world. When lead dog Douggie chases after a caribou herd and becomes lost, it's up to Anna to fill in. She takes charge, helps to find Douggie, and safely leads the team on the treacherous journey to their final destination. Facing many obstacles along the way, Anna proves that determination is more important than size.

Arctic adventurer Pam Flowers shares Anna's amazing story in classrooms and auditoriums all over North America. Children learn that even the smallest, seemingly the most powerless among us, are big enough to try their best. (The team's exciting record-breaking journey is also chronicled in text, photographs, and journal entries in the award-winning book *Alone across the Arctic: One Woman's Epic Journey by Dog Team*. For more information visit www.pamflowers.com)

"Destined to be a classic . . . stunning illustrations and a heartwarming story."
— Trisha McConnell, Certified Animal Behaviorist, Host of WPR's Calling All Pets



BIG-ENOUGH ANNA: THE LITTLE SLED DOG WHO BRAVED THE ARCTIC

by Pam Flowers with Ann Dixon
Illustrations by Bill Farnsworth

HB 0-88240-577-2, \$15.95 • SB 0-88240-580-2
8 3/8 x 10, 32 pages, 20 illustrations, 1 map, Ages 5 and up

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PRAISE FOR ALONE ACROSS THE ARCTIC and PAM FLOWERS

Book Reviews:

"The combination of adventure, personal challenge and the author's lyrical love of her dogs makes this book impossible to put down." —PATRICIA MCCONNELL, Ph.D., Certified Applied Animal Behaviorist and Host of "Calling All Pets" nationally syndicated public radio show

"Flowers proves that the age of epic personal exploration is far from over and does not depend on corporate sponsoring. Rather, it requires spirit, passion, and bravery." — THE EXPLORERS JOURNAL

"[An] exciting and captivating memoir." — PUBLISHERS WEEKLY

"It's an inspiring story, well told." — BOOKLIST

"A fine armchair read...packed with ongoing action and true-live adventure." — BOOKWATCH

"Beautiful color photographs greatly enhance this delightful and well-written story of perseverance. Recommended for public libraries." — LIBRARY JOURNAL

"An engaging survival story with broad appeal." — SCHOOL LIBRARY JOURNAL (STARRED REVIEW)

Book Awards:

Notable Children's Book in the Field of Social Studies —
CBC/National Council of Teachers of English
Benjamin Franklin Award — Best Travel Essay Book
A Booksense 76 Children's Pick

Testimonials:

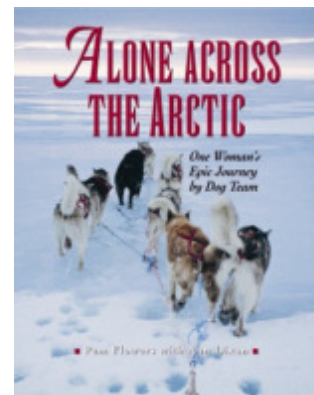
"We usually have 30 to 40 people in attendance, but we had between 120 and 130 people at her presentation. We had a diverse group of attendees, including children, and the presentation was appropriate for all ages. Pam's presentation was the most exciting and interesting of all the monthly speakers we've had since I've been in Greensboro (about five years). She was funny and informative, and everyone came away with a lot of respect for her and her trip."

— Dixon Cook, Greensboro, NC Sierra Club.

"Ms. Pam Flowers captivated those who attended our meeting with her story of adventure. She gave an awe-inspiring account of her trip—an experience that few in Texas would ever have a chance to encounter except through the lens of adventurers willing to share their experiences....Without a doubt, this night of frozen adventure was the best program the Dallas Sierra Club has witnessed in three years." — Kevin Yeats, Dallas Sierra Club

"Pam is a fantastic speaker who is able to engage her audience. Her energetic storytelling abilities along with her beautiful slides made the hour-long presentation seem like 15 minutes...It was one of the most successful clinics to date, and was standing room only with between 65-70 people in a room that normally holds about 40. She was so successful that I had people asking me when she was coming again." — Debra Rose, Special Events Specialist, REI, St. Louis

"The Bay Area Siberian Husky Club was privileged to have Pam Flowers present a slide show and talk to our members on May 3, 2002. The stories she told of her 2,500 mile adventure across the North American arctic coast were fascinating as well as entertaining...Being dog mushers ourselves we bombarded her with questions which she very graciously answered. All of us came away from the talk with an enormous respect for Pam's courage and abilities." — Janet Yeager, Secretary, Bay Area Siberian Husky Club



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