

Summersdale New Book Press Release

“Sarah’s row across the Indian Ocean should be recognised as one of the most inspired and tenacious expeditions of a generation” **Mark Beaumont, BBC Presenter and Round the World record holder.**

“You are obviously certifiably bonkers” **Dawn French.**

Twenty-three year old Sarah rowed her tiny boat, *Dippers*, across 4,000 miles of ocean in memory of her courageous and beloved father. Summersdale are delighted to be publishing Sarah’s dramatic and inspirational story – which she has written while preparing for her next incredible challenge: circumnavigating the globe.

PUBLICATION DATE: Monday 7th February 2011

A DIP IN THE OCEAN

ROWING SOLO ACROSS THE INDIAN

Sarah Outen

ISBN: 978 1 84953 127 6 PB 288pp £8.99 7 Feb 2011

“My leaving party stood around in a semi-circle and I worked my way round, hugging them tight in turn and wondering if I would ever see them again. While we had never discussed that scenario, we all knew it was perfectly possible I might not make it out the other side.”



WHAT IS IT LIKE TO BE TWENTY-THREE, RECENTLY BEREAVED, ABOUT TO FACE 4,000 MILES OF UNPREDICTABLE OCEAN COMPLETELY ALONE AND THEN TO HUG YOUR MUM GOODBYE NOT KNOWING IF YOU’LL EVER SEE EACH OTHER AGAIN?

On 1st April 2009, driven-on by grief for the sudden loss of her father and her utter determination to live life to the full, Sarah Outen embarked on an ambitious solo voyage across the Indian Ocean in her rowing boat, *Serendipity* (*Dippers* for short),

“This was all in the name of adventure and honouring Dad. ‘It had better be worth it, Sarah Outen’, a voice warned inside my head. Gulp. I wondered if Mum was crying What the hell was I doing? Gulp again. ‘Sarah Outen – you had better come back in one piece,’ I growled at myself.”



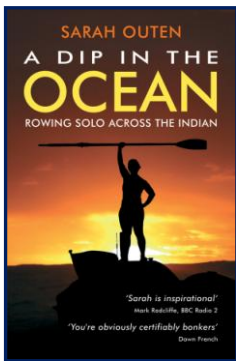
THIS IS THE STORY OF:

- 124 DAYS OF EXTREME PHYSICAL EXERTION • 3 GUINNESS WORLD RECORDS
- 1 INCREDIBLE JOURNEY • AN INSPIRATIONAL WOMAN • AND 500 MARS BARS!

Life-affirming, funny and poignant, Sarah’s tale of courage and endurance will inspire, astonish and touch everyone who reads it.

PLEASE SEE OVER FOR MORE PHOTOS & MEDIA OPPORTUNITIES >>>

↑ Sarah with her father shortly before his death.
Sarah has raised over £30,000 for arthritis charities in his memory.



Summersdale Press Release continued

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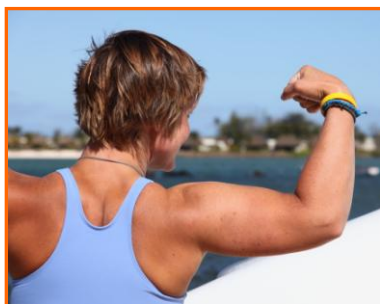
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"I let out a few big shouts of nothing in particular, just to test the acoustics of my new home. There was no reply and no echo. Nothing: just the sea doing its thing, gurgling and rippling and fizzing. I returned to the oars and rowed on"

Sarah and her tiny boat negotiated wild ocean storms, unexpected encounters with whales and the continuous threat of being capsized by passing container ships.



"Relief, pride, happiness, sadness, nerves, exhaustion – it all came crying out until there was no more cry inside and nothing left to do but row Solitude and sea salt lay ahead and I needed to embrace it and relax into it if I were to make it to the other side ..."

Along the way she broke two oars and lost 20kg of bodyweight before arriving in Mauritius. She became the first woman and the youngest person to row solo across the Indian Ocean.

Feature ideas: Coping with bereavement while still at University • Inspirational young woman: female courage, endurance and sheer bloody-mindedness • The sea: its beauty, its danger and its wildlife • The mental, physical and practical preparation for such an expedition • Adapting to solitude and learning one's limits AND hidden strengths • Awareness of the debilitating nature of rheumatoid arthritis.



Media opportunities: Author interviews between mid-January 2011 and mid-March 2011 (Sarah is embarking on her next challenge on 1st April 2011) • Wonderful photos available • Extracts / serialisations • Review copies will be available • Sarah will be doing a number of talks and making appearances at book shops, boat shows and travel events in early 2011.



SARAH OUTEN is an Oxford graduate. Her degree is in biology. Sarah has a well-established website and blog at www.sarahouten.co.uk. She is a popular speaker who has already raised more than £30,000 for arthritis charities.

SARAH OUTEN'S NEXT CHALLENGE: 'LONDON 2 LONDON: VIA THE WORLD': On **1st April 2011**, Sarah will set off on a two-and-a-half-year expedition around the world from London-2-London **using only her own physical strength**. Her solo journey, will involve rowing, cycling and kayaking. **Media enquiries about**

Sarah's London-2-London expedition: please contact: Vikki Rimmer, Tel: 0788 667 3412
vikki@presscontact.co.uk

A DIP IN THE OCEAN is published by Summersdale and available through all good booksellers. To request a review copy or to be put in touch with the author, please contact Elly Donovan.



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