



**STEP OUT
SHOVE OFF**

Stories & lessons from above the clouds & past the ocean's horizon.

We are pleased to host adventurer, speaker, podcaster:

Laval St. Germain

Tuesday June 6, 6:30
WR Myers Gym

Laval is the only Canadian to have climbed Mount Everest without the use of supplemental oxygen, the only person to have climbed and skied Iraq's highest peak, and the holder of the fastest ever crossing of the North Atlantic Ocean by solo ocean row boat from mainland North America to mainland Europe.

Laval has climbed the highest peak on all 7 of the earth's 7 continents (the 7 Summits), and the highest peaks of more than 18 nations.

lavalstgermain.com

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