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US Harbors Premieres LIVE Video with Kirsten Neushcäfer, Solo Extreme Sailor and 1st Female Golden Globe Skipper, on Wednesday, July 8, 2020

Conversations with extraordinary women whose lives are about our coasts and the water.

Rockland, ME — July 5, 2020 — On Wednesday, July 8th at 12:00pm ET, the fourth video in US Harbors "Women on the Water" series will premiere LIVE on YouTube with Kirsten Neushcäfer, a solo trans-ocean sailor. Kirsten will talk about what it takes to tackle the high-seas alone, share her experiences as the skipper Skip Novak's research boats in the Arctic and Antarctic, and tell viewers about what takes to prepare for the 9-month, non-stop, non-digital, Golden Globe sailing race around the world... a race in which she is currently the only female participant.

The video premieres LIVE Wednesday, July 8th at Noon ET on US Harbor's YouTube channel with comments moderated by the US Harbors editorial staff, and Kirsten Neushcäfer.

- Episode premier: (7/8/20 at Noon ET): <u>https://youtu.be/6tIvKu7VRrs</u>
- Short 'teaser' with Kirsten: <u>https://youtu.be/LFi0AhlxHx4</u>
- Series Intro: Anastasia Fischer, President, US Harbors: https://youtu.be/HocKD5kllTY
- Page on usharbors.com: https://www.usharbors.com/womenonthewater
- More about Kirsten: https://kirstenggr.com

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About "Women on the Water"—A series of video shorts profiling extraordinary women who have built their lives and careers around the water and our coasts. Episodes include conversations with the leader of one of the world's foremost deep-sea exploration research programs, a commercial fisherman who is a state politician, an artist whose work is all about seaweed, a

Olympic sailor and novelist, and more. Videos premiere on US Harbors YouTube channel: https://www.youtube.com/user/USHarbors1

About US Harbors -- Based in Rockland, Maine, US Harbors specializes in hyper-local "tides, weather, & coastal knowledge" for over 1,400 harbors across 30 states; from the Arctic Circle to the Florida Keys, from Maine to Hawaii, and in the Great Lakes. The company's primary website, <u>https://usharbors.com</u>, helps over 5 million boaters, people who fish, paddlers, and travelers each year. As well as providing tide and weather data, the site has a continuously updated news feed, covering a wide variety of marine, and coastal topics. US Harbors also sponsors the annual <u>"Best Harbor in the US" contest –</u> a crowd-sourced online event to determine the best harbors in the country, as well as national <u>Harbormaster Appreciation Day</u> – celebrated annually on October 8th to recognize the stewards of our harbors and ports. The company also produces a podcast: <u>All About Our Coasts</u>. The mission of the company is to promote the sustainability and resilience of coastal communities, both economically and environmentally.

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For more information, press only:

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