

Restless Josie to air on CHEK TV

Vancouver Island woman will host adventure sports and travel television show

Restless Josie's (www.restlessjosie.com) wanderlust inspired adventure sports and travel show will air on British Columbia's CHEK TV (www.cheknews.ca) beginning this fall. Hosted and directed by Josie Boulding, a Campbell River raised, Courtenay based photographer and videographer, Restless Josie's first season includes 13, 30 minute episodes shot on location in Canada.

"I'm attracted to successful people who work hard," Boulding says. "There are so many world class Canadian athletes who are overlooked because their sport is not well known. I want to tell their stories."

The television show will combine interviews with athletes, action footage and Canadian scenery with Boulding guiding viewers through it all. To add flow and colour, the show's soundtrack will tap the Canadian music scene.

"I'm a huge music fan," she says. "I love finding new music. This is a great opportunity to expose independent bands and talented musicians."

Music choices will play off the energy of athletes at the pinnacle of their sport. One of the first episodes will feature Tofino's Peter Devries, Canada's leading professional surfer and the winner of the international surfing contest Cold Water Classic Tofino, 2009. Another exposes the world's most humble world record holder, Quadra Island's Sam Wittingham, a cyclist who pedals his bike faster than any other human. Downhill mountain biking, extreme whitewater kayaking, beach volleyball and rock climbing are all slated for the first season as Restless Josie travels from the surf breaks near Tofino to the Alberta prairie in the first season.

"The show's success will come from the extremely talented athletes, beautiful scenery, excellent music and a great team to put it all together, including the people at CHEK," Boulding says. "I'm grateful for CHEK's support."

About Restless Josie

Launched as an Internet travel show, Restless Josie remains true to its roots as an independent and eclectic show focused on adventure sports and exotic locales. Hosted and directed by Josie Boulding, a Vancouver Island born and raised, photographer and videographer, the show's emphasis is dramatic action in spectacular locations with a great soundtrack backing it up. Restless Josie will air in Fall 2011 on CHEK TV. www.restlessjosie.com

About CHEK TV

CHEK TV is an employee owned television station based in Victoria, British Columbia. On the air since 1956 it was the first private TV station in BC and now the only employee-owned station in North America. The independent station is

building on its stable of unique television shows with the addition of Restless Josie in fall 2011. www.cheknews.ca

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High resolution photos and HD video footage is available upon request.

For interview requests and more information:

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