

PRESS KIT



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Brian

Rick

Mike

HardKnocks with the Averys airs weekly as a one hour, action driven celebrity series with bolstering, gut-wrenching wit, full of shop talk, side splitting laughs, and banter like one has never experienced . . . even in the best of locker rooms.

Rick, Brian and Mike Avery . . . 3 of Hollywood's hottest and most successful stuntmen spend an hour chatting with the coolest and most exciting celebrities in the world!

Saturdays 2:00 - 3:00 PST



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Three of Hollywood's hottest (figuratively and literally) go-to guys for action movie making hit the cyber-air waves with their new show, "HardKnocks with the Averys" in June of 2009. Within a week of its debut, the greatly anticipated "chat show with a frat house flair" was in the black (\$\$\$) with advertisers; and that after just the first show! To date, eight sponsored shows have aired and can be downloaded directly from www.latalkradio.com/HardKnocks.php

Hosting the show is Rick Avery, the patriarch of the Avery family, who is an award winning veteran director, stuntman, and actor. Rick has created, coordinated, and performed in some of Hollywood's biggest action sequences. Poseidon, Batman: Dark Knight, Batman: Begins, Heat, Get Smart, Titanic, The Prestige, Star Trek Insurrection, The Abyss, The Crow and Charlie Wilson's War, are included in 500 film credits.

Along with Dad, Brian Avery, Rick's eldest son, made a name for himself, with film credits such as Valkyrie, Transformers 2, Angels and Demons, Frost/Nixon and many more. Brian adds sense and sensibility with a tongue in cheek timing that can crack even the strongest concrete.

Mike Avery, the youngest of the group, was inducted into the 'biz" at the early age of three and has since worked on hundreds of projects including, Jumper, Titanic, Hancock, Poseidon, Ocean's 13 and Anchorman. His gut-busting comedy and celebrity impressions round-out this trio taking the audience on a side splitting rollercoaster ride.

HardKnocks with the Averys began as an internet radio show which debuted on L.A. Talk Radio. It quickly vaulted to success with exciting and racy guests such as international film and television star, Lorenzo Lamas; World Supercross Champion Jim Holley; International Motorcycle Champion Rick Miller; 5 time World Jet Ski Champion Larry Rippenkroeger; Warrant Officer Jonathan Thorp, Iraq and Afghanistan combat helicopter pilot; Author and Stuntman, Jim Palmer; Perry Barndt, Producer of Fear Factor; and Corey Eubanks, Producer of the new Auto Barrel Racing league which will premier on television this fall. These are just a sample of the amazing Celebrities and Extreme Sport Stars on HardKnocks with the Averys. And, due to its overwhelming audience response, word spread quickly throughout the entertainment industry.



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E mmy Award Winning Producer/Director, Donna Keegan, is on board to take the show to the next level . . . Internet Television. The show will launch in September and show case such celebrity guests as . . . Grammy Award Winning singer, JR Richards, from the band Dishwalla; NASCAR and Indy car racer, Stanton Barrett; film and television star, Ken Howard, from Michael Clayton, In Her Shoe's, and The White Shadow; International Kenpo Martial Arts film star, Jeff Speakman; television star Stephanie Kramer and the list goes on and on, as well as an extensive list of X-Game Superstars, elite extreme sports competitors, professional athletes and world champions.



“Be sure to catch all the latest shows, download archives and keep in touch with our hosts and sponsors via your computer, any mobile device and our website.”



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Rick Avery
Host

Rick Avery, the patriarch of the Avery family, is an acclaimed stuntman, stunt coordinator, actor, and director with over 500 credits including Get Smart, Frost/Nixon, Charlie Wilson's War, The Prestige, The Italian Job, Meet the Fockers, Spiderman, and Poseidon.

Rick recently joined forces with Emmy Award Winning Producer/Director Donna Keegan, of Controlled Chaos Productions, to create their production company, Check 6 Productions. C6P is currently in the distribution stage of the documentary, Raiders Remembered, which Rick wrote,

produced and directed. The objective now is bringing HardKnocks with the Averages to Internet Television with world wide distribution.

This veteran filmmaker has directed several films, including The Expert and Deadly Outbreak, which premiered on HBO, Cinemax, and Showtime. He is also a second unit director who's credits include Tenacious D in The Pick of Destiny, Anchorman: The Legend of Ron Burgundy, Cursed, Identity, Scream 3, and The Sweetest Thing.

As an actor, Rick has appeared in a wide variety of feature films such as Heat, Batman Begins, and the soon-to-be released, Edge of Darkness, with Mel Gibson, as well as many television programs. Most recently, he had a leading role in Jesse James is a Dead Man: Jesse vs. the Cops.

Rick recently won a Screen Actors Guild Award for Best Stunt Ensemble in a Motion Picture for Dark Knight and a Taurus World Stunt Award for Best Vehicular Work for Dark Knight. He has also won a Screen Actors Guild Cast Award for Traffic.

Rick is a Master Helicopter Instructor at Group 3 Aviation and flies full-time for National Helicopters, piloting A-Star and Jet Ranger helicopters. He routinely flies helicopters and airplanes for both film and television.



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Rick is a commercial, multi-engine airplane pilot, commercial helicopter pilot and instructor, 5th degree black belt champion, certified NAUI Scuba diver, U.S. Army veteran, and former Santa Barbara Metro Police Officer.

He is also active in the community, participating in the Special Olympics as a donation partner since 1998 and continues to be involved in many charitable organizations. For example, Air LifeLine and Angel Flight, which fly patients with medical needs to hospitals throughout the United States, routinely depend on Rick for his tireless charitable giving of his time and piloting skills. Most recently, donating his services to the MS Foundation on behalf of the International Stunt Association, which he was a founding member of.

With all that this man has accomplished, and all that he still lists as, “I want to . . . one day”, he enthusiastically states with resounding love and pride, that the greatest joys in his life are his three children, Dianne, Brian and Mike, and his grand-babies . . . Bailey and Mia. For Rick Avery . . . it’s all about family.

Full list of credits, bio information,
and stunt reel can be found at:

www.imdb.com/name/nm0043076/

www.lamsports.com

www.hardknocks-averys.com



Rick Avery
2009 Taurus World Stunt Award Winner



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Brian Avery

Brian Avery is a stuntman, stunt coordinator, actor, and so much more. This vastly diversified man, who has hundreds of film, television, and commercial credits including, G-Force, Transformers 2, Angels and Demons, Letters from Iwo Jima, There Will Be Blood, Pirates of the Caribbean, and Scream 3, is also a PADI certified scuba diver, and an expert skier and snowboarder. Brian is also an aspiring racecar driver, and is licensed by the SCCA (Sports Car Club of America).

After receiving his late father-in-law's car, with great pride, he and his wife, Lisa, built it into an award winning show racecar. The 1978 Datsun 280Z "Fire Engine Red" is dedicated to Oreeko Racing.

Born in Santa Barbara, CA, Brian has entertainment in his blood. He is following in his father's footsteps, film director and legendary stuntman/stunt coordinator, Rick Avery. Brian has coordinated such movies as Anchorman: The Legend of Ron Burgundy and Tenacious D in The Pick of Destiny. As a skilled cinematographer, Brian has been producing and directing, along with his gorgeous wife and partner, actress Lisa Avery. They have their own production company, MadBad Enterprises.

Ever the consummate athlete, Brian has won many city league Championships in soccer and basketball, played football and is skilled in rappelling and rock climbing. Brian is involved in many charitable works. He also participates in the Stuntmen's Association Strongman, Golf, and Softball Tournaments, and the Stuntwomen's Association Charity Bowl.

Now on to third generation with their beautiful baby daughter Mia, who just completed working on her first short, another Avery joins the air waves. Yes, "it's a family legacy"!

Full credit list and film reel at www.imdb.com/name/nm0043013/ , or on youtube.com.



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Mike Avery

Mike Avery, at the young age of 24 already has over 100 film, television, and commercial credits as a Stuntman/Actor including Jumper, Valkyrie, Ocean's 13, Titanic, 17 Again, The O.C., Medium, and Hannah Montana.

At the age of 3, following in his parents footsteps, Mike became the youngest stuntman/actor of the time while playing the role of "Gnorm" in A Gnome Named Gnorm in a costume created by world-renowned creator Stan Winston. By age 12, he was a precision driver able to do 90s, 180s, and car crashes. At 18 years old, he had pulled upwards of 6G's in an aerobatic airplane, had dropped from helicopters, crashed cars, jumped off bridges and cliffs, and had done many fight scenes.

Mike trains regularly in the boxing garage with his father, film Director and legendary Stuntman/Stunt Coordinator, Rick Avery. He takes to the racetrack with his pit crew ... his mom, acclaimed Stuntwoman, Joni Avery, on either his bike or in his streetcar as a member of SCCA – Sports Car Club of America. Either way, the man was built lean, mean and wanting for speed.

He is PADI certified, trains with World Champion motorcycle racer Jason Pridmore, trained extensively at Gymnastics Unlimited, is an expert snowboarder, and is skilled at rock climbing. Mike spent many years playing hockey on both a local and national level, travelling all over the country. This resulted in two years as a Southern California Regional Champion, California State Championships, and 7 years in SCAHA.

The star of his heart is Bailey, his 5 year old daughter, who by no surprise, wants to follow in daddy's footsteps. What can you say . . . it's in the blood!

Full credit list at www.imdb.com/name/nm0043063/



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Donna Keegan
Producer

Donna Keegan, Emmy Award Winning Producer/Director, CEO of Controlled Chaos Productions, a multifaceted entertainment company is producing the new hit cyber-series, HardKnocks with the Averages. The one-hour informational, adrenaline driven, Hollywood shop-talk - “frat house” social hour hosted by the acclaimed Avery Men - Rick, Brian and Mike. The show is a comedic mix of film set banter with Celebrity guests from film and TV to

the most elite athletes and sports figures today.

“My goal is to bring HardKnocks with the Averages to all new media across the world so everyone with the need for speed and a passion for living can meet the Averages.”

Recently, Donna Keegan joined forces with Rick Avery, to create Check 6 Productions, with Donna taking on the charge of distribution of the long anticipated documentary, Raiders Remembered.

Donna has written, produced and directed several music videos, all airing on national television. You may have seen the music video project, The Inkspot’s, Purple Rain on BET or on Entertainment Tonight during Black History Month. Ms. Keegan has had the honor and privilege to direct President George H.W. Bush, Sr. in the White House for the Straight Holiday Telethon, she also Executive Produced, The Ghost, a feature film starring Michael Madsen, Cary Tagawa and Richard Hatch.

No stranger to the world of action, adrenaline junky Donna Keegan is a thirty-year veteran of the stunt world where she has performed as both a Stunt Performer and Stunt Coordinator. She possesses a few hundred credits, including True Lies, Indiana Jones and the Temple of Doom, Angels and Demons, and The Aviator; in which she has doubled for over 100 actresses including Jaime Lee Curtis, Amanda Peet, Sharon Stone, Kelly McGillis, Debbie Mazur, Rachel Welch, Kate Capshaw, and Nicolette Sheridan.



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Donna has been a board member of the Screen Actors Guild, appointed for two consecutive terms as National Chairperson for Stunts and Safety, served over ten years on the AMPTP/SAG Labor Management Safety Bulletin Committee, and works as an Expert Witness when injury or death occurs on the film set.

She is a member of the DGA Women's Committee, Television Academy of Arts and Sciences, Women in Film, and past American Film Institute Associate. Donna was a International Springboard and Tower Diving Champion, and much to her delight and those she cooks for, she received her certification as a Chef, graduating in the top class of Le Cordon Bleu, CA.

Among her other past accomplishments include serving as Dept. Head of Celebrity Products Division of Home Shopping Network which was based out of Hollywood, in the HSN Entertainment Complex, and Owner of Celebrity Advantage.



Donna Keegan
Emmy Award Winning Producer / Director

Partial list of credits,
bio information,
and stunt reel
can be found at:

www.imdb.com/name/nm0444432/

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SHOW SUMMARIES AND GUESTS

August 22, 2009 - Television and movie star Lorenzo Lamas stopped in to talk about his new motorcycle company, Lorenzo Lamas Cycles, his new reality show on E! called "Leave it to Lamas" coming out in October, and his passion for flying and auto racing. Also in the studio was Stephanie Kramer, probably best known for her role as the tough-minded detective, Sgt. Dee Dee McCall on the popular NBC-TV series "Hunter;" Stephanie is also a powerful and unique singer, trained as a Mezzo Soprano with two CD's to her credit. Rounding out the guest list was Jeff Speakman, Kenpo Martial Arts Expert who aside from starring in 10 feature films such as "Perfect Weapon" (Paramount), "Street Knight" (Warner Bros.), and "The Expert" (MGM), oversees the largest Kenpo Karate organization in the world, the AKKS, and operates the Jeff Speakman's Kenpo Karate 5.0 franchise schools now in 20 counties.

August 1, 2009 - On this Saturday's HardKnocks show we had the legendary Jeannie Epper, her daughter Eurlyne Epper and Donna Keegan joining us. The gang spoke on how the renowned Epper family started in the business and the vastness of their family tree. We touched on Jeannie's Taurus Lifetime Achievement Award, Donna's Emmy, and how Eurlyne got her start in Sparticus at the wee age of 3 weeks.

July 18, 2009 - Joining us today were 18-year-old Brett Smrz, already an open-wheel champion in the Jim Russell Series, and his father, former motorcycle racer and top Hollywood stunt coordinator, Gregg Smrz. Brett and Gregg spoke about Brett's incredible racing career, his brush with what could have been a career ending injury, his budding stunt career, and how their father/son bond has proven to be unbreakable.

June 20, 2009 - Today's guests were top stunt driver, Corey Eubanks, and action coordinator for "Fear Factor", Perry Barndt. We discussed their accomplishments, Corey's upcoming show for Versus "The Ultimate Driving Challenge" involving his auto barrel racing, and much more. Ending the show with the always hilarious "Irrelevant Questions" segment.

June 13, 2009 - Today's guests were 4-time World Champion jet skier and stunt double for Bruce Willis, Larry Rippenkroeger. Also we had veteran stuntman and author of "Stunt Adjustment", Jim Palmer. We discussed their accomplishments and how each broke into the stunt business. With exciting and informative banter from all, we ended the show with our hilarious "Irrelevant Question" segment.



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