

MEDIA RELEASE

CANADA'S POPULAR MYTH BUSTING PODCAST *THE REALITY CHECK* CELEBRATES MILESTONE 600TH EPISODE

AWARD-WINNING SHOW NOW OVER 4.3 MILLION DOWNLOADS

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TRC Banner above: <http://bit.ly/TheRealityCheckBanner>

(September 23, 2020) – [The Reality Check](#), the popular weekly Canadian podcast that probes popular myths exposing the surprising truth behind them, reached a 600th episode milestone recently, surpassing **4.3 million** downloads. **To interview or book a host, contact: media@trcpodcast.com.**

The Reality Check picked up the [Mixcloud Online Radio Award](#) for the **Best Online Talk Show** in 2018 in the category of Science/Technology, notably beating out Neil deGrasse Tyson's *StarTalk Radio*. The Mixcloud Online Radio Awards is lauded as the biggest celebration of online radio in the world. The awards are decided by an impressive list of judges and include 29 categories, split into four groups. TRC is in good company considering the previous winner in the category was the uber-popular *Freakonomics* podcast.

Since its inception in 2008, Canadian-produced The Reality Check (TRC) has had an impressive and steadily increasing number of listeners around the world including a notable fanbase in Australia, the UK and the U.S. TRC has been a staple on iTunes' "What's Hot," and "Science" charts, reaching **#1** on iTunes "What's Hot" chart in the *Natural Sciences* category. The podcast has also been nominated for several *New Media* Podcast Awards alongside NPR's hugely popular *RadioLab*, Neil deGrasse Tyson's *StarTalk* podcast and CBC Radio's *Quirks & Quarks*.

Born out of a grassroots critical thinking group who decided a podcast was the way to go – before podcasting was cool - The Reality Check's proven track record has also led to **TRC hosts being regularly called upon to appear on national radio and television news/talk shows**. The show's range/scope runs the gamut from serious topics like debunking bogus claims which pose health risks and exposing misconceptions, to more sensitive topics such as racial bias training, discrimination in hiring, transgender transitioning and asexuality, to quirky segments about aliens, anime, pop culture, and Star Wars. The show also features guests who are experts in their field including an astrophysicist, a food scientist, an Artificial Intelligence expert, and various leading medical professionals.

In a world awash with information, The Reality Check helps listeners differentiate fact from fiction, yet strikes the perfect balance between providing entertainment and providing information. TRC cuts through the “nonsense” by applying critical thinking, looking at fact-based evidence and exposing dubious claims. The Reality Check is available on all major podcast platforms. To learn more about the show and listen to past episodes, visit: trcpodcast.com and subscribe to the podcast on Apple Podcasts.



Link to Download *The Reality Check* Press Photo: <http://bit.ly/2LF5SvP> | (Photo credit: TRC)
L to R clockwise: Darren McKee, Cristina Roach, Producer Pat, Adam Gardner

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