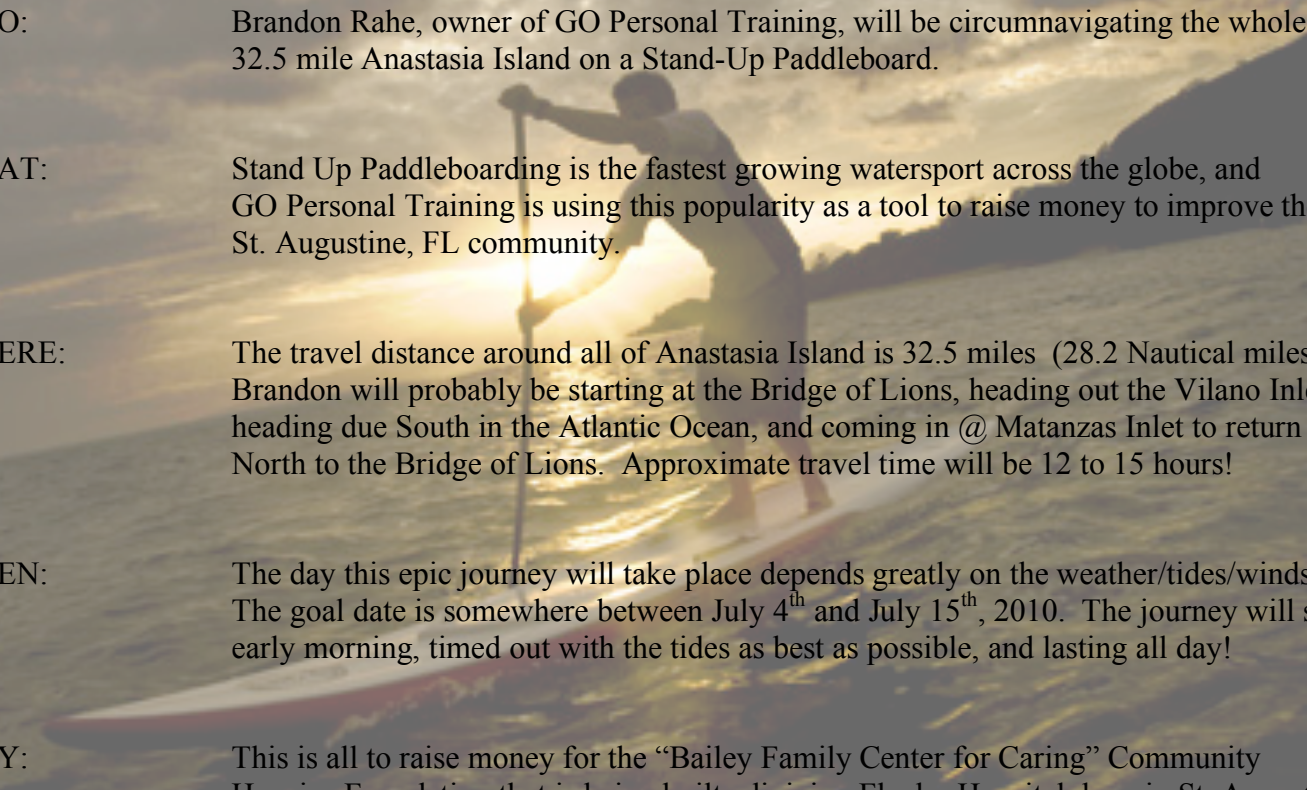


The Battle of the Paddle

AT A GLANCE:

THE DETAILS OF THE BATTLE



WHO:	Brandon Rahe, owner of GO Personal Training, will be circumnavigating the whole 32.5 mile Anastasia Island on a Stand-Up Paddleboard.
WHAT:	Stand Up Paddleboarding is the fastest growing watersport across the globe, and GO Personal Training is using this popularity as a tool to raise money to improve the St. Augustine, FL community.
WHERE:	The travel distance around all of Anastasia Island is 32.5 miles (28.2 Nautical miles). Brandon will probably be starting at the Bridge of Lions, heading out the Vilano Inlet, heading due South in the Atlantic Ocean, and coming in @ Matanzas Inlet to return North to the Bridge of Lions. Approximate travel time will be 12 to 15 hours!
WHEN:	The day this epic journey will take place depends greatly on the weather/tides/winds. The goal date is somewhere between July 4 th and July 15 th , 2010. The journey will start early morning, timed out with the tides as best as possible, and lasting all day!
WHY:	This is all to raise money for the “Bailey Family Center for Caring” Community Hospice Foundation that is being built adjoining Flagler Hospital, here in St. Augustine.

How can you help?

- 1) Pledge to Brandon’s journey with a flat donation.
- 2) Pledge a dollar amount for each mile completed. 32.5 miles possible!
- 3) Join in on the journey yourself!
(i.e. Collect your own pledges, and tag along for a few miles of the trip!)

Checks may be made payable to:

“Bailey Family Center for Caring” and dropped off, in an envelope,
@ either World Gym location in St. Augustine, FL with attention to:
“Brandon Rahe” on your envelope.

Contact Brandon Rahe for details/donations/pledge forms:
904-540-6076 garvorahe@hotmail.com
www.staugustinetrainer.com

