

2019 MISSION: 1,000-MILE BIKE RIDE
CHARITY: VIP NEUROREHABILITATION CENTER | SAN DIEGO, CA
THE CENTER IS LED BY FORMER US NAVY SEAL - DAVID CHARBONNET



BEYOND THE TEAMS

"We are at our Best when we are helping others become their Best!"



2021 MISSION: 300-MILE PADDLE
CHARITY: TRIDENT HOUSE CHARITES PROGRAM
UNDER THE UMBRELLAS OF THE US NAVY SEAL MUSEUM



WWW.BEYONDTHETEAMS.ORG

CALL TO ACTION

200-MILE RUN - RELAY



BEYOND THE TEAMS

“We are at our Best when we are helping others become their Best!”

Beyond The Teams (BTT) is currently planning a running relay from Santa Barbara to San Diego to raise money for Charity. We are looking to execute in November of 2022.

This is a precursor to a longer 1,000+ mile relay to be run next Winter.

Like our 1,000-mile bike ride and our recent 300-mile paddle off the coast of Florida to support the **Trident House Charities Program** under the umbrella of the **US Navy SEAL Museum**, we intend to challenge ourselves physically by continuing to take on difficult, high-profile events that gain attention and promote charitable giving.

Anybody who's participated in one of our previous events, to a person, they will tell you that it was a positive, life-affirming pursuit.

- **This is worth doing. Period. You will not regret the time you invest!!!**
- **It's a Great Feeling to help others**
- **This unifies teammates that give & participate**
- **You will be personally fitter.**

We need 30 runners to volunteer for these events. We need at least a dozen support personnel. We have half of that number right now, and now is the time to whole-heartedly jump in with both feet if you have an interest in this event.

This not a race. It's a fundraiser.

You don't need to run a 6:30 mile to get this done. In fact, for the Santa Barbara run. I need guys that can run about 6.5 miles the first day, and about 4.5 the second day. As a team, we need to average a 10:00 mile pace to stay on schedule!

So if you're in, email me and roger up. If you haven't run in a while, start walking. Find some elevation and do some steep hikes, at some point, you'll want to slow jog. Where it feels good to do that, and go at it slow. Nobody gets broken, training for this. Don't go nuts. Getting in the miles is way more important (and better for you) then speed.

Talk to your teammates, let them know what you're doing. Enroll them in doing something that makes difference and is simply AWESOME!!!

When you email me, here's what I need:

- Full Name | Age | Class # (so we know if you were part of the last hard class or not)
- Phone number/preferred email
- What you're going to contribute (runner, support, fundraising, planning/logistics)
- Where you're at in training now i.e. (just starting/walking, mile pace, max distance, etc.) Note any limitations or injuries.

If you have any questions, call me.

Thanks.

LLTB

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