

Stu Mittleman
On behalf of the
Solana Beach Foundation for Learning

Solana Beach Foundation for Learning
309 North Rios Avenue
Solana Beach CA 92075
phone 858.755.8081 / fax 858.755.0873
edodge@sbsd.k12.ca.us

6 November 2003

Dear Friends:

As some of you may know, I have decided to enter the United States Track and Field Association 24-Hour National Championship, to be held this November 8 at the University Of California, San Diego Track in La Jolla. Nearly 100 of the world's greatest endurance runners will compete in this event, which will undoubtedly be one of the most important ultra-distance competitions in the world this year. Entrants compete to run the most mileage within a 24-hour period. Top competitors are expected to run up to 130 miles or more during this time. The event will begin at 10:00 AM November and will conclude on Sunday, November 9 at 10:09 AM. The public is invited.

For the past three years I have chosen the Solana Beach Foundation for Learning as a very special not-for profit that makes a difference in the lives of children. This year is no exception. Once again, I am asking for your support by donating to Solana Vista and Skyline through the Solana Beach Foundation for Learning. On the back of this flyer is a form for you to identify the amount per mile you are willing to contribute. These donations are completely tax deductible.

The Solana Beach Foundation for Learning is a non-profit organization created by parents in 1986. Its mission is to raise funds to support and enrich the public education of all students in the Solana Beach School District. This is a particularly challenging time for many of the local school systems in California, due to the recent wave of budget cuts.

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In addition, it is my pleasure to extend an invitation to the entire Solana Beach community - especially those with a passion for health and fitness and a commitment to the future well being of your children - to a series of "Unlimited Energy/Maximum Endurance" clinics, I have set-up, with the support of the Solana Beach Foundation for Learning. The first of these clinics will be held at the Solana Vista Elementary School on Wednesday, Nov 5 @ 7:00 PM. Topics will include: physical training, nutrition, and mind-set strategies for optimal health, peak fitness, and unlimited energy. I will be available to discuss these topics - and more - along with answering any questions you might have regarding the 24-Hour National Championship Race on Nov. 8 and 9.

Thank you in advance for your attention to these matters and your generosity. Please contact me directly if you have any questions.

Yours for the distance,

Stu Mittleman

Open Clinic for the Solana Beach Community

Topic/Presenter: Unlimited Energy/Maximum Endurance Clinic #1
with Ultra-distance Champion Stu Mittleman

Where: The Solana Vista Elementary School Kiosk

When: Wednesday, Nov 5 @ 7:00 PM

Contact: Stu Mittleman, 800-913-9266

- Discover physical training, nutritional, and mind-set strategies that maximize energy levels, enhance physical performance, and create optimal health and vitality.
- Learn more about the 24-Hour National Champions and how you can be part of this major fund-raising event on behalf of the Solana Beach Foundation for Learning.

Contribution Pledge Sheet

Yes, please put me down for the following contributions to
The Solana Beach Foundation for Learning:

Amount of Contribution:

\$1 per mile

\$5 per mile

\$10 per mile

Other

Name: _____

Address: _____

Telephone: (Home): _____ (Mobile/Work) _____

Email: _____ (Fax): _____

Please mail contribution pledge sheet to (we will contact you regarding Stu's final tally):

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