

# WIN PRIZES!

thewellnesscup  
www.thewellnesscup.org



It's simple - raise funds- receive awards and prizes\*!

## Top 3 Individual Fundraisers

### 1st:

- One full day 2010 spring seminar courtesy of North U., includes course materials
- Harken T-Shirt
- One year subscription of Soundings

### 2nd:

- North U. "Race Pack" includes both Trim & Tactics books & 2 CDs
- Harken T-Shirt
- One year subscription of Soundings

### 3rd:

- North U. "Race Pack" includes both Trim & Tactics books & 2 CDs
- Harken T-Shirt
- One year subscription of Soundings

## Top Fundraising Boat

### PRICELESS...

- One 4 hour coaching certificate\* with Instructor Bill Gladstone of North U.
- 2010 Spring Rig Tune-up courtesy of Sound Rigging
- One North Sails East fleece vest and hat Per crew

*Bill Gladstone is the director of North U, and author of Performance Racing Trim, Performance Racing Tactics and the North U Cruising and Seamanship workbook. Bill's 35 years of racing and instruction covers the spectrum, including everything from dinghies to Fifties, ponds to oceans, and foredeck to helm. A wealth of information and experience that will enable you and your crew to sail better, faster and smarter.*

\*To be used during spring or summer of 2010 on a mutually convenient date.

## Individually Raise \$1,000 cash

You will receive:

- One Wellness Cup Sweatshirt
- One Harken T-shirt
- One Party Ticket

## Individually Raise \$250 cash

You will receive:

- One Wellness Cup Long Sleeved T-shirt
- One Party Ticket

\*Prizes and award are based on cash donations and does not include the entry fee and are not cumulative. Prizes may vary and are limited. Please refer to the "How to raise money" sheet for further information.

