

Best Buddies ULTIMATE CHALLENGE on Lake Tahoe!

Just Think! 50 years, 44 miles, 24 hours, 8 gallons of Gatorade, 4 dozen packets of GU, and more friends than you can count!

I turn 50 this year, and to celebrate, I will travel to the mile high Lake Tahoe in the heart of the Sierras to swim 44 miles in 24 hours and raise \$150,000 for 3 phenomenal non-profit organizations. I am one of only a few swimmers who have successfully tackled the 22 mile length of Lake Tahoe. And now I am set my sights on the ultimate Lake Tahoe challenge, something no one has ever done, swimming the length and back. I am swimming to raise awareness and donations for Best Buddies International, The Down Syndrome Network of Northern Nevada and the Karen Gaffney Foundation, led by Karen Gaffney, the long distance swimmer who gained national media attention, including live video coverage from CNN, by swimming the width of Lake Tahoe in September of 2007. Karen has Down syndrome.

Karen Gaffney and I first met in 2007, when I trained Karen for her 9 mile swim across the width of Lake Tahoe. Karen is now one of a handful of swimmers who have successfully completed a solo swim across Lake Tahoe, and the only one with Down syndrome. Karen are teaming up once again to accomplish the Ultimate Tahoe Challenge! In order to swim 44 miles in 24 hours, I need friends to help pace me in the water. Karen Gaffney will be one of 5 swimmers in the lake with me, alternating throughout the day and night, lending encouragement and helping me keep up my pace to complete the journey.

Won't you Buddy Up with Karen and Me on this daunting Challenge? Your tax deductible donation will be divided equally amongst Best Buddies International, the Down Syndrome Network of Northern Nevada and the Karen Gaffney Foundation, all of which are non profit 501(c) 3 entities. Please help us create a swell of support on Swim Day, August 21, 2010! Go to www.bestbuddies.org/tahoechallenge to donate.

Thank you for your consideration!

Ken Harmon

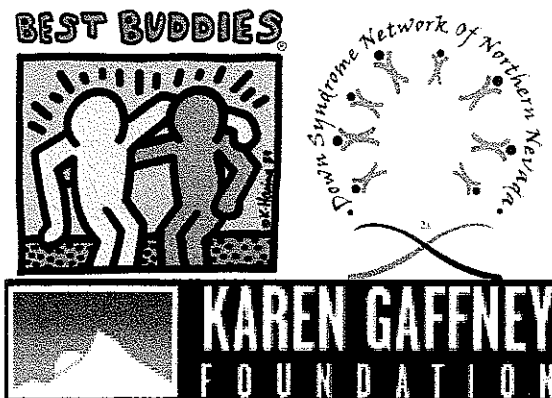
On behalf of all who take the time to make a difference in other people's lives!

AND

Anthony Shriver
Best Buddies International

Karen Gaffney
KarenGaffneyFoundation

Colette McKenzie
Down Syndrome Network
Of Northern Nevada



SWIMMERS BACKGROUND

Ken Harmon

Ken Harmon, age 50 from Danville, CA., started swimming in events at Lake Tahoe in 1993 when he participated in the Olympic Club Trans Tahoe Relay across the width. He then swam in the same relay event as a soloist in 1999, 2000 and 2003. He completed a 22.1 mile swim of the length of Lake Tahoe in August 2005, in an all time record of 11 hours and 19 minutes. He also swam across the Maui Channel in 2000, around Coronado Island in 1994 & 1995, Golden Gate Bridge to Bay Bridge in 1995, Alcatraz to Aquatic Park in under 29 minutes several times, Huntington Beach to Seal Beach in 3.5 hours and Capitola to Santa Cruz in under 2 hours to name a few. Ken played Water Polo at the University of the Pacific from '78 – '81 and was All American at Las Lomas High School in 1976 & 1977. His most rewarding swim was with Karen Gaffney across the width of Tahoe on September 25th, 2007.

Ken has set his sights on a much bigger challenge as he turns 50 this year. His goal is to raise \$150,000 for three non-profit organizations as he breaks all records by swimming a dual length of Lake Tahoe, *a grueling 44 mile*, non-stop swim!

The Pacing Team

Clark Bird, age 39, from Merced, Ca, is an experienced long distance open water swimmer, having completed a solo swim across the width of Lake Tahoe, and as well as swims across San Francisco Bay. He is also a former Water Polo player for Merced Community College where he earned All American Honors and at UC Davis where he achieved record breaking scoring levels.

Dr. Michael Ennis, age 48, from Alamo, Ca, served as a pacer for Ken Harmon when Ken swam the length of Lake Tahoe in August 2005. Now he is coming back for more! Ken and Michael have participated in many Trans Tahoe Relay swims in the past and they were teammates on the University of the Pacific Water Polo Team from 1980-1983. Michael is currently a member of the Olympic Club Water Polo 40+ age group as well as the Olympic Club's National and World Champion Master Team.

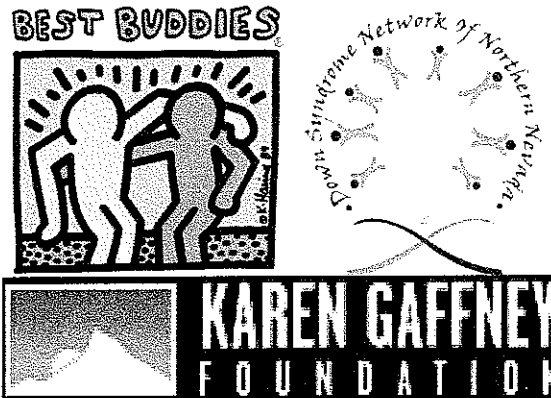
Karen Gaffney, age 30 from Portland Oregon is a member of the South End Rowing Club in San Francisco. She is in the English Channel swimming records as the first and only person with Down syndrome to complete a relay swim across the English Channel. She has competed several times in the Escape from Alcatraz relay triathlon, as well as the Donner Lake Swim. Karen completed the 4 mile

“round the rock swim”, from Aquatic Park in San Francisco out to Alcatraz Island, around the Island and back! She has also completed a 4 mile swim in the Boston Harbor and the 1.8 mile swim of Dun Laoghaire Harbor in Dublin Ireland. With Ken Harmon as her coach and pacer, Karen completed a 9 mile swim across the width of Lake Tahoe in 2007. She is returning the favor by joining Ken’s pacer team for his record breaking dual length swim!

Craig Klass, age 45 from Danville, Ca, was a member of the US Olympic Water Polo Team in 1988 and 1992. His team took the Silver Medal in the 1988 Olympics in Seoul South Korea! The theme song for those Summer Olympics was “Hand in Hand”, how appropriate for this Best Buddies Ultimate Tahoe Challenge! Craig is a celebrated Water Polo Hall of Famer, having been inducted into the United States Water Polo Hall of Fame in 2000. He has also been inducted into the Olympic Club Hall of Fame as well as the Stanford University Athletic Hall of Fame. Craig is no stranger to the challenge ahead of him as he served as a pacer during Ken Harmon’s 22 mile swim of the length of Tahoe in August 2005

Joe Londeree, age 42 from San Ramon has completed the Hawaii Ironman competition 7 times with an impressive personal best time of 9hrs, 33mins! He has completed 6 other Ironman competitions in Canada, Germany and Lake Placid, New York. Joe has also completed a round trip swim from San Francisco to Alcatraz Island and back.

Monique Londeree, age 42 from San Ramon is a member of the Dolphin Club in San Francisco and has an impressive resume of open water swims including several relay swims across the width of Lake Tahoe. She has also completed the Maui Channel Relay swim and several swims across San Francisco Bay in the Escape from Alcatraz swims as well as many other bay swims. Monique won her age group in the Santa Cruz Wharf to Wharf six mile open water swim and has also completed an Ironman Triathlon.



Best Buddies ULTIMATE CHALLENGE on Lake Tahoe!

**Benefitting Best Buddies International, the Down Syndrome Network of Northern Nevada
and the Karen Gaffney Foundation**

Ken Harmon, long distance open water swimmer, will add another incredible feat to his already impressive swim resume. Ken will take on the daunting challenge of swimming the length of Lake Tahoe round trip—a total of 44 miles of swimming!

Why is Ken taking on this challenge?

He is taking on the challenge for Best Buddies and for HIS best buddy, Karen Gaffney. Ken will swim to raise money for Best Buddies International, The Down Syndrome Network of Northern Nevada and the Karen Gaffney Foundation, non-profit organizations that are dedicated to improving the lives of people with intellectual and developmental disabilities (IDD).

How did the best buddy relationship form?

Karen had been building her own impressive swimming resume after becoming the first person with Down syndrome to swim a relay across the English Channel in 2001. She was the first person with Down syndrome to “escape from Alcatraz” when she participated in the Escape from Alcatraz triathlon relay. She also completed a “Swim Around the Rock”, a four-mile round trip swim from Aquatic Park in San Francisco to Alcatraz Island, all the way around the island and back. After that swim, she and her dad began planning for a swim across Lake Tahoe.

An internet search of Lake Tahoe swimmers turned up Ken Harmon, who held the record for the longest swim on the lake. Karen told Ken about her passion for swimming and her work as a self-advocate for people with intellectual disabilities. Ken and Karen teamed up in 2007 as she began to prepare for her nine mile, nonstop solo swim across the width of Lake Tahoe. Karen is the first person with Down Syndrome to accomplish this kind of open water swim across Lake Tahoe and she credits her buddy, Ken, for helping make it a successful swim. Ken put together a training plan to help Karen build up her endurance to go the distance. As lead pacer, Ken was integral to Karen’s success crossing Lake Tahoe.

Now What?

Ken and Karen are teaming up again, only this time Karen will be in the support role as a pacer, coming in and out of the water, as Ken churns through 44 miles of open water, swimming roundtrip, dual lengths of Lake Tahoe. Karen will start the swim with Ken as they leave the Hyatt Beach in Incline Village, Nevada, in the late afternoon on Saturday, August 21. Ken will swim through the night to Camp

Richardson on the South Shore of the Lake, where Karen will greet him as he comes out of the water for a brief rest, and then they will both get back in the water and head for Hyatt Beach. Karen will swim off and on with Ken throughout the day as they make their way back, planning to swim onto the beach by late afternoon on Sunday, August 22!

Proof of the power of friendship

After many phone calls full of training advice and logistics planning, Karen and Ken Harmon met for the first time at Donner Lake near Truckee California about 6 weeks before Karen was to take on Lake Tahoe. Ken felt it would be good practice for Karen to do the 2.7 mile Donner Lake swim to help determine if she would have any problem with the altitude of the Sierra's, and he wanted to see firsthand how she handled it.

“As Karen emerged from the water with her big smile I remember asking her how she felt. She said, “Fine, my hands are a little cold.” It was the perfect response—no complaining, no whining, no frustrating remarks—just pure joy. I knew she had pain during that swim and would have to overcome so many mental and physical obstacles. All around her you could hear swimmers describing the challenges of swimming the length of Donner Lake, some even saying they would never do that again, but not Karen—she just smiled and enjoyed every moment.

As I train for swimming Lake Tahoe again this summer, I think about Karen's approach to the event, and it gives me the little extra to swim another challenging set when I want to get out of the water. There is no question in my mind that when she gets in the water with me to help pace my swim that could go for over 24 hours she will provide me the critical inspiration to keep moving forward just as she did that day on Donner Lake. “

—Ken Harmon

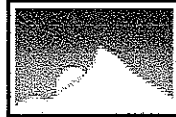
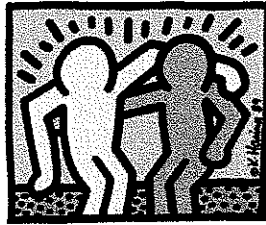
About Best Buddies International, Down Syndrome Network of Northern Nevada, and The Karen Gaffney Foundation

Best Buddies is dedicated to establishing a global volunteer movement that creates opportunities for one to one friendships, integrated employment and leadership and development for people with intellectual and developmental disabilities. Founded in 1989 by Anthony Kennedy Shriver, Best Buddies is a vibrant, international organization that has grown from one original chapter to more than 1500 college, high school and middle school, campuses across the country and internationally. Visit www.bestbuddies.org to learn more.

The Down Syndrome Network of Northern Nevada is a network of individuals with Down syndrome, their parents, families and friends. The mission of the DSNNN is to celebrate people with Down syndrome and their families; to create a positive understanding of Down syndrome, and to support community inclusion through events, information and awareness. The organization is headquartered in Reno, Nevada. Visit www.dsnnn.org to learn more.

The Karen Gaffney Foundation was founded by Karen Gaffney and a professor from Portland State University, Dr. Jean Edwards. The Karen Gaffney Foundation is dedicated to championing the journey to full inclusion in Families, Schools, the Workplace and the Community for people with Down syndrome and other disabilities. Visit www.karengaffneyfoundation.com to learn more.

BEST BUDDIES



**KAREN GAFFNEY
FOUNDATION**

Support the Best Buddies Ultimate Tahoe Challenge

Please go to www.bestbuddies.org/tahoechallenge to make your tax deductible donation on line.

To make a donation by check, please complete this form and mail it to the address below with your check payable to:

Best Buddies International, Tahoe Challenge

I would like to support Ken and Karen and the Best Buddies Tahoe challenge!

I am enclosing a check for the following amount _____

Donation Levels:

<i>Take the plunge:</i>	\$1 - \$250	<i>Make a Splash</i>	\$251 - 500
<i>Leave a Wake:</i>	\$501 - \$1000	<i>Create a Swell</i>	\$1001 - \$5000
<i>Cause Thunder:</i>	\$5001 - 10,000	<i>Bring Lightening !</i>	\$10,000+

Name: _____

Address: _____

Email address: _____

Please mail this form along with your check payable to Best Buddies Tahoe Challenge, to:

Best Buddies International
Attn: Patricia Trachtenberg
100 Southeast Second Street, Suite 2200
Miami, Florida 33131