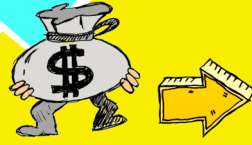


THE GREAT ROCKY STEPS EVEREST CHALLENGE

NOV' 2020



Step One

A BUNCH OF AWESOME
PEOPLE SPONSOR
MARK'S ATTEMPT



Step Two

MARK RUNS 29029
FEET UP AND DOWN
THE ROCKY STEPS



Step Three

ALSF GETS \$\$\$ TO
FIGHT KIDS CANCER!!!
(MARK'S LEGS HURT!)

Alex's
Lemonade
Stand

MARK GIBSON

STEPPING UP TO THE CHALLENGE

SPONSOR OUTREACH

YES! I'm going to try and run the height of Mount Everest (29,029 feet) up and down the Philly Art Museum (Rocky) steps

AND... I'M LOOKING FOR A FEW AWESOME SPONSORS to help me raise the \$\$\$\$ for the Alex's Lemonade Stand Foundation to help them fight childhood cancer.

WANT TO BE A SPONSOR?

Sweet! (I knew I liked you). Just go to the ALSF website:

www.alexslimonade.org/mypage/2161089

You can make a donation of any amount right there on the "Rocky Everest" page

OR REACH OUT TO ME

mark@highbarperformance.com

Do you know a potential corporate donor with deeper pockets?

After he completes the challenge Mark will present a live or "zoom" presentation to the employees of any Philly area sponsor of \$1000 or more. As a TEDx speaker and presenter of over 1000 programs across 38 states Mark will show your staff how they can step up and crush their own challenges.

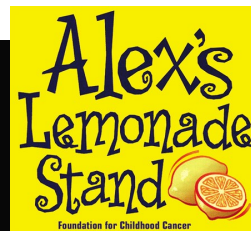
"THE PERFECT MESSAGE FOR TOUGH TIMES"



- **Curious** people are problem solvers, solution seekers and innovators
- **Audacious** people are decisive action takers
- **Tenacious** people have the grit to crush obstacles and complete the tough projects



TEDx



Alex's Lemonade Stand Foundation (ALSF) is changing the lives of children with cancer by funding impactful research, raising awareness, supporting families and empowering everyone to help cure childhood cancer.

Contact Mark to become a sponsor

Email mark@HighBarPerformance.com
Visit www.HighBarPerformance.com

ABOUT MARK

DO THE **THING** YOU THINK YOU CAN'T

Are you crazy enough to outthink, outplay and outlast everyone else's "normal"?

In his signature keynote Mark brings together humor, audience interaction, and real stories of his own misadventures to explain how he takes a crazy idea and makes it real. From running ten marathons in ten days from Pittsburgh to Philadelphia to riding a skateboard 600 miles to Canada, his programs are a highly engaging masterclass in thinking creatively, acting boldly, and persevering relentlessly.

3,400 mile solo bike ride across the US



- 5,000 mile bicycle ride across Europe
- 600 miles by skateboard from Washington DC to the Parliament Buildings in Ottawa, Canada.
- 276 mile run across Pennsylvania from Pittsburgh to Philadelphia (ten days - averaging over a marathon a day)
- 44 mile run across the Grand Canyon from rim to rim and back again
- 100 mile run along the entire length of the Florida Keys from Key Largo to Key West (29 hours straight through)
- 87 mile run around a 1.5 mile loop, just to see how far he could go in 24 hours
- 26.2 mile marathon up and down the Art Museum (Rocky) steps in Philadelphia (because Rocky is awesome)
- 100 km (62 miles) run around New York city
- 200 mile trek through the Nepal Himalayas
- scuba dived the Great Barrier Reef, Australia
- bicycled the length of Great Britain



Nationwide



Johnson & Johnson

TEDx



Contact Mark

Email: mark@highbarperformance.com

Visit: www.highbarperformance.com

MARK GIBSON
High Bar Performance.com 