

# Surf for Recovery

FleaHab Wave Challenge

November 1 – December 31, 2022

**FLEAHAB**

## FleaHab invites you to join our Surf for Recovery Wave Challenge!

Challenge runs November 1 – December 31, 2022  
100% proceeds benefit FleaHab Sober Living

### SURF FOR RECOVERY

Join us for this surf challenge to raise money and awareness for FleaHab Sober Living. Together we hope to raise \$50,000 to help recovering addicts of Santa Cruz reclaim their lives by integrating sports and nutrition into a healthy lifestyle. 100% proceeds benefit FleaHab Sober Living. The winner will have dinner with Flea!

### HOW TO ENTER

There is no fee for entry. Each surfer sets a price per wave and gets sponsors. A suggested goal is \$300 or higher per surfer but all donations welcome.

1. Sign up at [fleahab.org/surf-for-recovery](http://fleahab.org/surf-for-recovery)
2. Get as many people as you can to sponsor each wave you catch (\$1.00 and up)
3. Pick the best day in November or December for waves and your schedule
4. In one session catch as many waves as you can (keep track or have someone keep track)
5. Have sponsors pay on our website
6. Have a lot of fun!

### SIGN UP

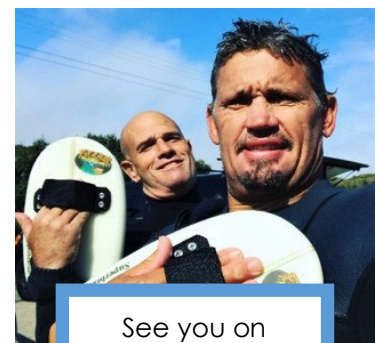
Go to [fleahab.org/surf-for-recovery](http://fleahab.org/surf-for-recovery) and register online. All contestants must submit a completed registration to participate in the challenge.

### SHARE YOUR STORY

Share your journey! Show pics and videos of your waves and connect with other surfers:  
[#SurfForRecovery](https://twitter.com/SurfForRecovery)

### MAKE A DONATION

Can't participate in the challenge but still want to help? Donate at [fleahab.org](http://fleahab.org)!



See you on  
the lane!

[fleahab.org/surf-for-recovery](http://fleahab.org/surf-for-recovery)

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## Pledge Form

Name \_\_\_\_\_ Price Per Wave \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Team Name (if applicable) \_\_\_\_\_

All contestants must register for the challenge at [fleahab.org/surf-for-recovery](http://fleahab.org/surf-for-recovery)  
Sponsors pay on our website or send check to FleaHab, Inc. P.O. Box 1903, Capitola Ca 95010-1903

Name	Donation	Phone Number	Paid