

TAKE ^{the} 2011 LAKE

Photographs by: Mark Gilchrist, Dana Gore, Krystal Hawkins & Asleigh Heath Armstrong



ATTITUDE



Many people can walk, run or bike & hike 15 miles, can paddle 14 miles or swim four miles...



is your most



but no person can do any of those until he or she first believes they can.



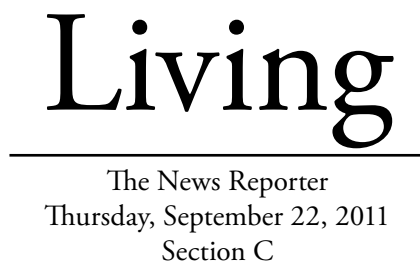
POWERFUL



Attitude can crush a spirit, or it can give it wings.



MUSCLE



Living

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