

# FRAANK

# 50@50:

Family Ride Across America to Nurture Kids

*A Human Powered Journey*

## Tour Itinerary

| No. | Capital          | Miles | Total | Complete | ETA      |
|-----|------------------|-------|-------|----------|----------|
| 1   | Juneau, AK       | 0     | 0     | 0%       | 4/18/12  |
| 2   | Olympia, WA*     | 1780  | 1780  | 11%      | 5/14/12  |
| 3   | Salem, OR        | 160   | 1940  | 12%      | 5/16/12  |
| 4   | Boise, ID        | 450   | 2390  | 15%      | 5/22/12  |
| 5   | Helena, MT       | 500   | 2890  | 18%      | 5/29/12  |
| 6   | Salt LK City, UT | 480   | 3370  | 20%      | 6/5/12   |
| 7   | Denver, CO       | 500   | 3870  | 24%      | 6/12/12  |
| 8   | Cheyenne, WY     | 100   | 3970  | 24%      | 6/14/12  |
| 9   | Peirre, SD       | 430   | 4400  | 27%      | 6/19/12  |
| 10  | Bismarck, ND     | 220   | 4620  | 28%      | 6/22/12  |
| 11  | St. Paul, MN     | 440   | 5060  | 31%      | 6/28/12  |
| 12  | Madison, WI      | 270   | 5330  | 32%      | 7/2/12   |
| 13  | Des Moines, IA   | 310   | 5640  | 34%      | 7/6/12   |
| 14  | Lincoln, NE      | 200   | 5840  | 36%      | 7/9/12   |
| 15  | Topeka, KS       | 170   | 6010  | 37%      | 7/11/12  |
| 16  | Jeff. City, MO   | 210   | 6220  | 38%      | 7/14/12  |
| 17  | Springfield, IL  | 200   | 6420  | 39%      | 7/17/12  |
| 18  | Indianapolis, IN | 190   | 6610  | 40%      | 7/20/12  |
| 19  | Lansing, MI      | 260   | 6870  | 42%      | 7/23/12  |
| 20  | Columbus, OH     | 260   | 7130  | 43%      | 7/27/12  |
| 21  | Frankfort, KY    | 190   | 7320  | 44%      | 7/30/12  |
| 22  | Charleston, WV   | 200   | 7520  | 46%      | 8/2/12   |
| 23  | Harrisburg, PA   | 370   | 7890  | 48%      | 8/7/12   |
| 24  | Albany, NY       | 300   | 8190  | 50%      | 8/11/12  |
| 25  | Montpelier, VT   | 170   | 8360  | 51%      | 8/13/12  |
| 26  | Augusta ME       | 180   | 8660  | 53%      | 8/16/12  |
| 27  | Concord, NH      | 150   | 8830  | 54%      | 8/18/12  |
| 28  | Boston, MA       | 80    | 9010  | 55%      | 8/20/12  |
| 29  | Providence, RI   | 60    | 9160  | 56%      | 8/21/12  |
| 30  | Hartford, CT     | 80    | 9240  | 56%      | 8/22/12  |
| 31  | Trenton, NJ      | 180   | 9300  | 57%      | 8/25/12  |
| 32  | Dover, DE        | 120   | 9380  | 57%      | 8/27/12  |
| 33  | Annapolis, MD    | 70    | 9560  | 58%      | 8/28/12  |
| 34  | Richmond, VA     | 140   | 9680  | 59%      | 8/30/12  |
| 35  | Raleigh, NC      | 160   | 9750  | 59%      | 9/1/12   |
| 36  | Columbia, SC     | 200   | 9890  | 60%      | 9/4/12   |
| 37  | Tallahasee, FL   | 350   | 10050 | 61%      | 9/10/12  |
| 38  | Mont., AL        | 200   | 10250 | 62%      | 9/13/12  |
| 39  | Atlanta, GA      | 170   | 10600 | 64%      | 9/15/12  |
| 40  | Nashville, TN    | 250   | 10800 | 66%      | 9/18/12  |
| 41  | Little Rock, AR  | 350   | 10970 | 67%      | 9/22/12  |
| 42  | Jackson, MS      | 260   | 11220 | 68%      | 9/25/12  |
| 43  | Baton Rouge, LA  | 160   | 11570 | 70%      | 9/27/12  |
| 44  | Austin, TX       | 430   | 11830 | 72%      | 10/3/12  |
| 45  | Okl. City, OK    | 400   | 11990 | 73%      | 10/8/12  |
| 46  | Santa Fe, NM     | 550   | 12420 | 76%      | 10/15/12 |
| 47  | Phoenix, AZ      | 480   | 12820 | 78%      | 10/22/12 |
| 48  | Carson City, NV  | 700   | 13370 | 81%      | 10/31/12 |
| 49  | Sacramento, CA   | 130   | 13850 | 84%      | 11/2/12  |
| 50  | Honolulu, HI**   | 2600  | 16450 | 100%     | 9/1/13   |

\* Includes 60 mile paddle in an ocean kayak from Juneau to Skagway AK

\*\* Includes 2400 mile row in row boat from Monterey CA to Honolulu



- Human powered travel (kayak, bicycle, & row boat) to all 50 US state capitals at the ripe age of 50.
- Over 17,000 miles in less than a year travel time.
- All monies raised to benefit local and national children's charities and causes.

### Contribution Pledge Form

Please help FRAANK founder Romano Scaturro to reach his goal of raising \$50,000 (\$1000 per capital) during his 50@50 journey to all 50 US state capitals to benefit children. Since FRAANK is a small, all volunteer based nonprofit corporation with no administrative costs, 100% of all donations go directly towards children's causes and charities.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ email: \_\_\_\_\_

Pledge amount: \$ \_\_\_\_\_ .00

Check this box if you would like a receipt for your donation.

Check this box if you prefer **to not** be listed as a donor on the FRAANK website.

Please fill out, copy and mail this form along with your tax deductible donation to: **FRAANK / PO Box 421, Cornville, AZ 86325** All personal information is strictly confidential.

If you would like to find out more about FRAANK or 50@50: A Human Powered Journey contact us at [romano@fraank.org](mailto:romano@fraank.org) or check out our website at [www.fraank.org/](http://www.fraank.org/)

*FRAANK is a small all volunteer based non profit organization located in central Arizona and dedicated to improving the lives of disadvantaged and troubled children through the procurement of funds and advancement of public awareness toward their plight. All monies raised through events staged by FRAANK are donated to national and local area causes or their affiliated charities.*