FOR IMMEDIATE RELEASE CONTACT: 407-628-4478

NOTE: Video footage and photographs of the journey will be available upon completion of the paddle, between July 16 and July 18. For daily updates, including photos, visit www.paddleboards.com or www.TheMW.org

Four U.S. Female Athletes to Paddleboard from Cuba to Florida

Attempting to Set Record in Name of Women's Foundation

Key West, Fla. -- Four U.S. women will attempt to set a women's long distance paddle boarding record by crossing the treacherous 112-mile open ocean route from Havana to Key West, Florida, July 14-15, weather permitting, to bring awareness to the Millennium Woman Foundation, an organization dedicated to empowering women worldwide.

Millennium Woman™ Foundation (MWF) co-founder and avid paddle boarder, Leslie O'Shaughnessy, thought the sport was the perfect metaphor to underscore the economic, education, and social obstacles women face worldwide.

Their journey begins at the Hemingway Marina, 12 miles west of Havana and ends at Historic Harbor in Key West on July 14 with a five-day window of opportunity contingent upon weather. If successful, the team will establish a long-distance paddleboard world record for women and match a Guinness world record for the sport of paddle boarding. This paddle will be part of the **"Full Moon Cuba to USA"** paddleboard race which has an international field of teams represented by England, South Africa and the United Sates. In addition all teams will be representing chartable causes.

Team captain, Ramona d'Viola, 43, Santa Cruz, California has put together a formidable team comprised of paddlers from Florida, California and Hawaii.
The team will rely on a full moon, stars, compass, and a geotechnical satellite positioning system (GPS) for navigation. Trim Spa, a nation wide diet / energy Supplement Company is the main sponsor of the Millennium Woman paddleboard team.

The conditions will not be favorable. Expected weather conditions include extreme heat, thunderstorms, and possibly hurricanes. They will also cross shark-infested areas.

Their scheduled touch point at Key West is Fort Zachary Taylor. When the journey is complete, they will take a celebratory paddle past Mallory Square. Post paddle press conference will be at the Conch House Heritage Inn.

Only two all-male teams have previously completed the journey. A women's team last year failed in its only attempt due to 50 mph winds and 6-8 foot seas. D'Viola was a member of that team. "Alina and my self (one of last years paddlers) have some unfinished business, to reach any kind of success in life being knocked down is part of the process" said D'Viola recently.

The sport of paddle boarding involves a sleek, fiberglass board—a cross between a surfboard and a kayak. Paddlers lie prone, or in a position on their knees, and use only hands and arms for propulsion.

The Millennium Woman Foundation is a 501(c)3 organization whose mission is to empower women worldwide through knowledge, targeting the five integrated areas of a woman's life: health, personal, financial, family, and education. MWF is developing a self-sustaining brand that focuses on the creation and dissemination of knowledge, products, and services to improve the economic and social well being of women.

For more information on the trip, the Millennium Woman Foundation, or to get daily updates during the trip, visit www.TheMW.org or www.paddleboards.com