

DU-ATHLON THROUGH THE ROCKIES



**Come and find out about our newest Virtual Challenge!
Are you ready to do a Du-Athlon?**

This is an 8 week challenge beginning Sept 21-Nov 15 that incorporates personal goals of biking, walking, running and physical activity over 8 Colorado peaks across the Rockies. Keep in shape after Lighten Up Colorado and get fit this fall. Presented and created by Rachel Cline, Club HIIP Intern.

***Invest in YOU! Only \$20 to sign up for the Duathlon Challenge!
If you complete your challenge, then you'll receive a \$15 Gift Card to Dick's Sporting Goods! Come prepared to sign up at the LNL and bring cash or a check made out to "PSF Wellness."
Your registration fee includes a packet of information, exercise tips, emails, postcards across the Rockies, and more!***

***** Last Day to register is Friday! Sign up today by stopping by at a location below or calling 776-7494.**

SFMC: Mon, Sept. 14, from 9 a.m.-noon in the HIIP office

ASC: Mon, Sept. 14, from 2-3 p.m. in the Gym

PH: Wed, Sept. 16, from 7:30-9 a.m. in the HIIP office
Thurs, Sept. 17, from 1-3 p.m. in the HIIP office

SFHC: Fri, Sept. 18, from noon-1 p.m. in the Gym