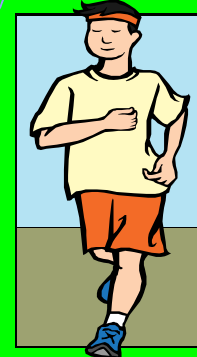
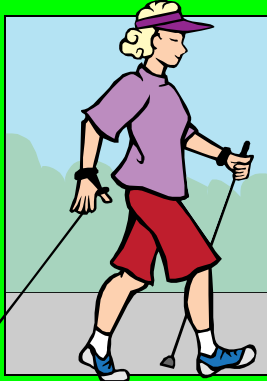


# September 2009 Lunch N Learn

## DU-ATHLON THROUGH THE ROCKIES



**Come and find out about our newest Virtual Challenge!  
Are you ready to do a Du-Athlon? This 8 week challenge  
incorporates personal goals of biking, walking, running and  
physical activity over 8 Colorado peaks across the Rockies  
Sept. 21-Nov. 15  
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, you 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!***

**Wednesday** at SFMC/2<sup>nd</sup> Floor NorthCare Bldg, Julie Penrose Auditorium,  
12:05-12:35p.m.

**Thursday** at PH/E-Tower Basement Gala Room, 12:05-12:35p.m.