

CELEBRATE LIFE HALF MARATHON GYM CHALLENGE

What it is:

- ◆ The Celebrate Life Half Marathon Gym Challenge is a challenge between local gyms. The gym with the most participants will win a trophy to display at their gym.

You can win a prize valued at approximately \$100 from your gym!
Participants who officially register for the event and complete the distance will be entered into a random drawing at their gym.
(One drawing per gym, contact your Gym Contact for specifics).

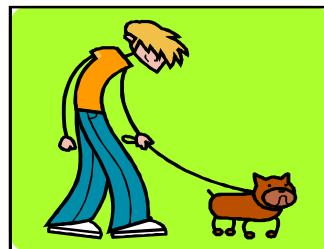
What you have to do:

- ◆ Officially register for the Celebrate Life Half Marathon in order to be counted as a challenge participant and to be eligible for your gym's drawing.
- ◆ Walk, jog or run the Celebrate Life Half Marathon (13.1 beautiful rolling miles in Rock Hill, NY, around Lake Louise Marie & Wolf Lake) to be held on Sunday, March 14, 2010.

Included with your Official Registration:

(\$32 pre-registered, \$35 day of race)

- ◆ The first 600 registered participants receive a **Windbreaker!**
- ◆ The first 500 registered receive a goodie bag
- ◆ Bananas & coffee before the event, and lunch after, provided by **The Outback Steakhouse!**
- ◆ Support on the course (water, Gatorade, gels, porta potties and people!)
- ◆ Training runs (Saturdays, January 16, 30 and February 13 & 27, 2010 at 9 am at the Lodge at Rock Hill). Training runs can be cut in distance for training purposes. Ask your Gym Contact for details.
- ◆ Chances to win door prizes!



Are you ready to take the challenge?

Participating Gyms:

Golds Gym, Middletown
 Gym Contact: Kathleen Rifkin
 krifkin@citlink.net

SportsPlex, New Windsor
 Gym Contact: Mary Distasio
 mdistasio@sportsplex-nw.com



Help make your gym #1!

Fitness Factory, Monticello
 Gym Contact: Myriam Loor
 myriamloor@hvc.rr.com

YMCA, Middletown
 Gym Contact: Joanne Shurter
 jshurter@hvc.rr.com
(2009 Winner!)

100% of the proceeds go to:

CRCA *Established 1999*
 citizens united overcome **Alumni**
 Turning Tragedy into Triumph

7th Annual Celebrate Life Half Marathon
 Visit www.celebratelifehalfmarathon.com
 for race applications & training programs
 or get in touch with your Gym Contact,
 they will be happy to help you get started!

Sunday, March 14, 2010
 The Lodge at Rock Hill, Rock Hill, NY
 8:30 am Early Walker Start
 9:30 am Early Slower Runner Start
 (expecting to finish in 2 hrs 30 mins or slower)
 10:00 am Regular Runner Start

www.celebratelifehalfmarathon.com

Or contact Race Directors Myriam Loor at (845) 866-1345 (e-mail myriamloor@hvc.rr.com) or
 Kathleen Rifkin at (845) 527-3825 (e-mail krifkin@citlink.net) for more information