

# RACES FOR THE REST OF US

Why offer a series of events “for the rest of us”? Because there are plenty of 5 and 10K’s out there. Running a marathon is an awesome accomplishment, but it’s not for everybody. Advent Health & Wellness believes that an event should be tough, but also so functional and fun that you want to do it again... tomorrow, not next year. Our events range from 2K treks to 2.2mile dashes - that remind you of what running felt like when you were simply running to explore. You will frequently stop and do something fun. It might be a challenging obstacle, but you will like it, and remember it, and even tell your friends about it. RACES FOR THE REST OF US is an awesome way for adults and kids to get outside, do a little running, and experience some competition that is more about challenging yourself – than beating that person in front of you. Who knows, you may even lend them a helping hand.



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## ***TINGLEY BEACH TRECK 4/2/11*** ***RUN/JUMP/STACK/TOSS***

Navigate your way through this unique short course, filled with twists, turns and tasks. You may find yourself stacking blocks, balancing on a log, or even tossing a Frisbee! Don't worry about pounding out mile after mile - this ~2K course through the Bosque is short on distance and long on fun. Join us for a post-race beer and prize giveaway at La Cumbre Brewery.

**Contact Jon Pier for more information: [jon@adventwellness.com](mailto:jon@adventwellness.com)**

11:00am Saturday, April 2<sup>nd</sup> 2011

Cost: \$24-29 (limited to 40 participants)

Register at [www.newmexicosportsonline.com](http://www.newmexicosportsonline.com)

## ***Arroyo Del Oso DAM 9 DASH 9/17/11*** ***Dash/Crawl/Scramble/Climb***

Take on the famous ADO - Dam 9 golf course in an entirely new way! Fly through the soft fairways and around the greens, but watch out for the sand traps and other obstacles that await. This 2.2 mile foot race has it all: scenery, hills, grass, and surprises. Join us in the Banquet Hall for prizes and breakfast after the race.

**Contact Jon Pier for more information: [jon@adventwellness.com](mailto:jon@adventwellness.com)**

7:00am Saturday, September 17<sup>th</sup> 2011

Cost: \$44-49 (limited to 100 participants)

Register at [www.newmexicosportsonline.com](http://www.newmexicosportsonline.com)

## ***TACKLE TIGUEX PARK 6/18/11*** ***EXERCISE BODY AND MIND***

This **free** kid's race starts with a run around the soccer field at Tiguex Park near Old Town Albuquerque. Participants then complete the “obstacle” course at the playground and wrap the race up with the Frisbee or Bean-bag toss. Next, visit the Museum of Natural History or Albuquerque Explora with your **free** pass (passes are limited).

**Contact Stephanie for more information: [stephanie@adventwellness.com](mailto:stephanie@adventwellness.com)**

10:00am Saturday, June 18<sup>th</sup> 2011

Cost: FREE (limited to 30 kids ages 5-10)