

TINGLEY BEACH TREK 4/2/11

Part of: **RACES FOR THE REST OF US!!!**



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 is short on distance and long on fun.

Tingley Beach is located on Tingley Drive, south of Central Avenue just east of the Central bridge. Meet at the south parking lot at 10:30. Awards for top male and top female. Join us for a post-race beer and prize giveaway at La Cumbre Brewing Company (this event is for those 21 and older please).

Contact Jon Pier for more information:
jon@adventwellness.com
www.adventwellness.com

RUN/JUMP/STACK/TOSS

Snake your way through the Bosque trails behind the Tingley Beach lakes.

- 11:00am Saturday, April 2nd 2011
- Cost: \$29 (limited to 40 participants)
- \$24 with a friend
- Includes Snack!
- Registration Deadline: 3/30/11
- Register at www.newmexicosportsonline.com
- Register before March to receive 1 free Adventure Boot Camp session!



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