



WellPath

WellPath Endorsed Events
January – December 2012

~ January 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day 5K	2	3 The Heart of a Woman – A Support and Educational Forum	4	5	6	7 3 rd Annual Run, Walk & Roll 10K/5K 12 Hours in the Papago
8 National Folic Acid Awareness Week (Jan 8 – 14)	9	10	11	12 Salt River Men's All- Indian Basketball Tournament	13	14
15 PF Chang's Marathon and Half – Marathon	16	17	18	19	20	21
22	23	24	25	26 Salt River Adult Co-Ed Basketball Tournament (Departmental Employee)	27 HELP Brown Bag Lunch & Learn: Stress Management	28 4th Annual McDowell Sonoran Challenge The Color Run 5K 2012 New Years Roadrace 8k + 1-mile Walk & Kid's 0.6 Mile Run Co-Ed Kickball Tournament
29	30 Brain Health: Jigsaw Puzzle Challenge	31	Notes: National Birth Defects Prevention Month* Cervical Health Awareness Month			

~ February 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Benefits of Exercise for the Heart	2	3 Give Kids A Smile Day National Wear Red Day	4 7th Annual Sedona Marathon, Half Marathon, 10K and 5K
5 12th Annual Chinese New Year 5K Run and "Wok" and Kids 50 yard dash Super Day 10K	6	7 H.ELP Brown Bag: Exercise is Medicine: Warning! Not exercising may kill you.	8 Healthy Eating for a Healthy New Year SRP-MIC Heart Walk	9 Heart Attack Awareness: Recognition and Early Action	10	11 2nd Annual Gilbert High School Pancake Run 10K and 5K Run/Walk Ethan's Run 10K run or 1 mile fun walk/run Softball Tournament
12 Runner's Den Classic Road Races	13	14	15 Know Your Numbers – Two Waters A	16 Know Your Numbers – Community Center SRP-MIC Zumba Carnival	17	18 4th Annual Girls Gone Riding Bike Ride (15, 34, 62 and 100 mile routes) Heart & Sole (5K Run/Walk or 1 Mile Fun Run) 4th annual Walk in the Wild @ Phoenix Zoo 5K Fit City Run Fit City Health Expo
19 Lost Dutchman Marathon (Marathon, Half Marathon, 10K, 8K, and 2 mile fun run/walk) IMS Arizona Marathon	20	21	22	23	24 Ragnar Relay	25 American Heart Association Phoenix Heart Walk American Cancer Society Climb to Conquer Cancer
26	27 SRPMIC HHS Cardio Club	28	29	Notes: American Heart Month*		

~ March 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 American Diabetes Association Tour De Cure – Tucson Stride for Sight – 5K, Run/Walk, 1 Mile Walk, Blindfold Challenge	5	6	7 Know Your Numbers – Two Waters A	8 KJZZ SCITECH Forum – Personalized Medicine	9	10 Gila River Wellness Half-Marathon
11 17th Annual Unity Run	12 SRP-MIC Health/Wellness Week Noon Fitness Walk	13 SRP-MIC Family Fun Health Fair	14	15 Emotional Intelligence for Success	16 SRP-MIC Bench Press Competition Work-Life Balance L&L	17 Kiss Me, I'm Irish Run Spring Break Madness – 4mile/1mile
18	19	20 Eating Your Way to Wellness	21	22 SRP-MIC Family Wellness Night	23	24 American Diabetes Association Tour de Cure - Phoenix
25 Tri for the Cure Arizona Triathlon, Relay Triathlon and Duathlon	26	27 American Diabetes Alert Day Importance of Fiber Lunch and Learn	28	29	30	31 Chasing the Sun 5K, 10K and 1 Mile Health Walk

NOTES: SRP-MIC HHS Health & Wellness Week

National Nutrition Month Workplace Eye Wellness Month

Colorectal Cancer Awareness Month*

~ April 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 National Benefit's Day 80's Retro Walk	3	4	5	6	7
8	9	10	11	12	13	14 Pioneer Days 5k El Tour de Mesa Cycling Walking connection
15	16 SR Recreation Employee Kickball Tournament	17 Zumba Night	18	19 HHS Diabetes Program Wellness & Fitness Panel LY&L	20	21 National Infant Immunization Week (April 21-2 SRP-MIC Earth Day 2012) Pat's Run
22	23	24	25	26 Arbor Day 5k Tempe	27 Law Enforcement Torch Run 2012 Cooking for Diabetics	28 Red Mountain Duathlon Warrior Dash Walking connection
29	30	Notes: Alcohol Awareness Month*				

~ May 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Ironcare Splash & Dash & Swin Only	3	4 Cinco De Mayo Softball Tournament	5
6 Herbalist Seminar	7	8	9	10	11	12 The Night Owl – 8K and 3K Fun Run/Walk Desert Reach Run for Education
13 Tempe Intrntl Triathlon	14 National Women's Check-Up Day	15	16	17	18	19
20	21	22 Managing Stress Class	23	24	25	26 Walking connection
27	28	29	30 National Senior Health and Fitness Day	31	Notes: National Physical Fitness and Sports Month* Employee Health and Fitness Month	

~ June 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Men's Health Week (Jun 11-17) Father's Day 4-Mile	18	19	20	21	22	23
24	25	26	27	28	29	30

Notes:

Home Safety Month*

~ July 2012 ~

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[Your Routine Financial
Check-up APS Webinar](#)

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Notes:
UV Safety Month*

~ August 2012 ~

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World Breastfeeding
Week (August 1-7)

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Notes:
National
Immunization
Awareness Month*

~ September 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Relaxation at the Work Place - Webinar	19	20	21	22
23	24	25	26 National Women's Health & Fitness Day	27	28	29 Family Health & Fitness Day
30	Notes: Fruits and Veggies – More Matters Month*					

~ October 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Drive Safely Work Week	2	3 Walk to School Day	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 Lincoln Family Downtown Y Half Marathon and 5K Walk/Run
28	29	30	31	Notes: National Breast Cancer Awareness Month*		

~ November 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10 Veteran's Day 5K
11	12	13	14	15 Great American Smokeout	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	Notes: American Diabetes Month*

~ December 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 World AIDS Day*
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Creating Your Personal Development Plan	19	20	21	22
23	24	25	26	27	28	29
30	31	Notes: December 1 st , World AIDSs Day* Safe Toys and Gifts Month				

4th Annual McDowell Sonoran Challenge

10 WellPath Points

Date: 1/28/2012

Registration Opens 8:00 AM

22 Mile Mountain Bike 9:00 AM

15K Trail Run 9:00 AM

9 Mile Trail Hike 9:00 AM

Fee: \$50

Location:

Alma School Trailhead

Registration:

www.mcdowellsonoran.org



This timed challenge will be held on Saturday, January 28, 2012 in State Trust Land designated for conservation, to help spread the message that the Preserve needs to be completed. Through a special land use permit, we have been granted access by the Arizona State Land Department for this special event to support McDowell Sonoran Conservancy.

Separate courses for mountain bikes, and trail runner and hikers will lead participants through beautiful mountains and desert. All participants will explore beautiful mountains and desert. All participants will explore beautiful, seldom-seen areas that Scottsdale hopes to acquire for conservation.

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Interdepartmental Basketball Tournament

25 WellPath Points



Salt River Recreation Department
2012 Departmental Employee
Adult Co-ed Basketball Tournament
January 26th – 28th, 2012
Pi-Copa & Lehi Gymnasiums

For team entry or for more information contact:

Robin.martinez@srpmic-nsn.gov
480.362.5785

Kimberly.whitelock@srpmic-nsn.gov
480.362.5790

The Salt River Recreation
480.362.6360

Eligibility: SRPMIC Tribal employee and/or Salt River Enterprises
Co-ed male/female - Must have 2 females on the court at all times.

Entry Fee: \$150.00 Cash or money orders - \$100 deposit is required!

Deadline: January 13th, 2012

Bracket: (16) sixteen teams double elimination w/one championship game

Awards: Champions—4th Places M.V. P. Male & Female + (10) All Tourney

<http://www.srpmic-nsn.gov/government/recreation/athletic.asp>

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H.E.L.P. Brown Bag Lecture Series:

10 WellPath Points

Date: 1-27-2012


Registration: None

11:30 AM

Fee: Free

Location:

Health & Human Services
Conference Room.

A promotional poster for the H.E.L.P. Brown Bag Lunch Series. The background is dark brown with gold and green decorative swirls and stars. In the center is a stylized illustration of a brown paper lunch bag. The text is as follows:

H.E.L.P.
Brown Bag Lunch Series
Each session will be held in the
Health & Human Services Conference Room.
Bring your lunch and enjoy the following presentations:

FRIDAY JANUARY 27 @ 1130AM
STRESS MANAGEMENT
MaryLynn Marshburn
Health Educator
SRPMIC Health Education Department

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2012 AZ Color Run

10 WellPath Points

Date: 1/28/2012

Registration Opens 8:00 AM

22 Mile Mountain Bike 9:00 AM

15K Trail Run 9:00 AM

9 Mile Trail Hike 9:00 AM

Fee: \$30-\$50

Location:

Alma School Trailhead

Scottsdale, AZ

Registration:

www.thecolorrun.com/arizona/

THE COLOR RUN

What is the Color Run?

The Color Run is a one of a kind experience that is less about speed and more about enjoying a color crazy day with your friends and family. Our events, are all about people of all different speeds, ages, shapes, and sizes toeing the start line. Whether you are a casual morning mall walker or an Olympic athlete, the 3 miles of the Color Run course will be the most enjoyable real estate you've traveled in a VERY long time.

How does it work?

The Color Run pretty much has 2 SIMPLE rules. 1. White shirts (any mostly white T will work great) mandatory at the start line and 2. Color plastered EVERYTHING at the finish! Runner/walkers begin the 5k at the start line like a brand new pristine coloring book, they end looking like they fell into a Willy Wonka... tye died... vat of colored goodness.

What is the Color?

Each kilometer of the event is associated with a designated color. 1k is yellow, 2k is blue, 3k is green, 4k is pink, and the 5k finish is a "Color Extravaganza." As the runners/walkers hit the KILOMETER COLOR ZONE, they will be blitzed by our volunteers, sponsors, and staff with COLOR. The color is a special "elf made" recipe of magical color dust. All products are 100% natural and safe. You can eat the stuff if you'd like (we have tried it and don't suggest it, it is surprisingly high in calories and leaves a chalky aftertaste).

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2012 New Year's Roadrace

25 WellPath Points

"Run to Honor Salt River Cancer Support Group!"

The Diabetes Program presents

2012 New Year's Roadrace 8k

plus

1-Mile Walk & Kid's 0.6 Mile Run (12 and under)

Salt River High School

Athletic Building parking lot

(On Chaparral rd. between country club dr. & center st.)

Saturday, January 28, 2012

Register now at Salt River Fitness Center

Or

7:00 am: Day of registration & pre registration number pick-up

Event Starting Times:

8:00 am: Kid's 0.6 Mile Run

8:10 am: 1-Mile Walk

8:15 am: 8k (4.97 miles)

Limited Incentive!

For the First 150 participants to arrive on race day.

Questions contact us at 480-362-7320

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Co-Ed Kickball Tournament

15 WellPath Points

Event Date: 1-28-2012

9:00 a.m. to approx. 2:00 p.m.

Fee: FREE

Location: Eldorado Park
2311 North Miller Road
Scottsdale, AZ



Scottsdale Healthcare Corporate Challenge Co-Ed Kickball Tournament

Dear Community Partner,

Scottsdale Healthcare, with the support of the City of Scottsdale, invites your company to participate in this year's **FREE Co-Ed Kickball Tournament**.

- Your co-ed team would consist of between 10-15 players and at least half of the players on the field must be female.
- The Kickball Tournament will be held January 28, 2012 at **Eldorado Park**, 2311 N. Miller Rd., Scottsdale, beginning at 9:00 a.m. and concluding at approximately 2:00 p.m.
- The tournament will be double elimination format. We have three softball fields we will be playing on. More information will follow about rules and times.
- Water and healthy snacks will be provided for each team member during the tournament.
- Trophies for first and second place will be presented at the end of the tournament.
- An exciting new twist is being added to Challenges! An annual scoring system will apply (details to follow)! Each year, we will have an "ANNUAL FIT CITY CHAMPION" AWARD, individual and team, based on cumulative points. The more events your team participates in, points awarded, if you place 1st, more points, 2nd, still gets points! We will even award you points for spectators that you bring to support your fitness initiatives!

If you have further questions or would like more information, feel free to call Gail Lara 480-220-9418, or Email glara@shc.org. We look forward to working with you and thank you for your continued commitment to a healthier community. We wish your team Good Luck in the Kickball Tournament.

**DEADLINE TO REGISTER YOUR TEAM:
January 24th, 2012 by 5:00 p.m.**

Your Partners in Health,
Gail Lara, Marketing Manager
Janel Bennett, Marketing
Maria Giordano, Marketing

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Brain Health: Jigsaw Puzzle Day Challenge

10 WellPath Points

Jigsaw Puzzle Day

Challenge!

When: Mon 1/30, High Noon

Where: Round House Café

Who: First 10 teams to enter

What: Timed Puzzle Assembly

Rules

- Teams can have from 2 to 4 people each
- Each team will be given identical puzzles and have 30 minutes to assemble them
- First team finished **WINS!**
- If no team finishes, team furthest along wins

How to Enter & Other Info

- Email Paul Johnston your team members' names
- Entries end at 2 pm Friday 1/27; Limited to first 10 teams to enter
- Winning team members each receive a \$50 Walmart Gift Card
- Other entrants receive \$5 one visit Café Gift Certificates
- All contest entrants earn 10 WellPath Points
- WellPath info will be available regarding Mental Health, puzzles and how to better "exercise your brain"

All Prizes Awarded by ARAMARK – Have fun on your lunch hour!
(Contest puzzle WILL NOT be the one shown on this flyer!)

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Benefits of Exercise for the Heart

10 WellPath Points

Event Date:

2/1/2012 7:00 p.m. to 8:00 p.m.

Fee: FREE

Facility:

Barnes & Noble

10500 N 90th St

Scottsdale AZ 85260

Barnes & Nobles is located
across the street from the
Shea Hospital, next to Fry's.

Event Description:

Learn the best ways to stay active, including types of exercise that work to keep your heart and whole body young and healthy.

Join Annie McAferty, MS
CES, Exercise Physiologist.

Programs offered free of charge. If you have any questions, please call (480) 882-4636.

7th Annual Sedona Marathon, Half Marathon, 10K and 5K

10 WellPath Points

Date: 2-4-2012

Registration Opens 8:00 AM

22 Mile Mountain Bike 9:00 AM

15K Trail Run 9:00 AM

9 Mile Trail Hike 9:00 AM

Fee: \$20-\$115 depending on event

Location:

Sedona Medical Center

Registration:

www.sedonamarathon.com



On Saturday, February 4, 2012, the Sedona Chamber of Commerce, along with the entire Sedona area, will welcome thousands of runners, their families and friends for a weekend of fierce competition and neighborly camaraderie in the world famous resort destination of Sedona, Arizona.

More than 2,500 runners will participate in 5K, 10K, Half or Full Marathon races which will take the runners through the scenic Coconino National Forest District, known for its magical red rock formations, and onto the streets of what Good Morning America has chosen as one of the Top 10 most beautiful cities in the United States.

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Super Day 10K

10 WellPath Points per event

- Super Day 10K Run
Feb. 5 at 8:00am
 - \$15 before Jan. 5
 - \$20 before Feb. 3
 - \$25 on Race Day
- Pioneer Days 5K Run
April 14 at 8:00am
 - \$15 before March 14
 - \$20 before April 12
 - \$25 on Race Day
- Pioneer Days 1 Mile Walk
 - \$10 before April 12
 - \$15 on Event Day
- Father's Day 4 Miler
June 17 at 7:30am
 - \$15 before May 17
 - \$20 before June 14
 - \$25 on Race Day
- Veteran's Day 5K Run
Nov. 10 at 7:30am
 - \$15 before Sept. 10
 - \$20 before Nov. 8
 - \$25 on Race Day
- Veteran's Day 1 Mile Walk
 - \$10 before Nov. 8
 - \$15 on Event Day



2012 Runners Series

For information or to register: www.peoriaaz.gov/running



Super Day 10K Run

Feb. 5 at 8:00am
Rio Vista Park



Pioneer Days 5K Run & 1 Mile Walk

April 14 at 8:00am
Downtown Peoria



Father's Day 4 Miler

June 17 at 7:30am
Rio Vista Park



Veteran's Day 5K Run & 1 Mile Walk

Nov. 10 at 7:30am
Rio Vista Park

Race Day Schedule

- 6:30am - Race Day Registration & Race Check-in

T-Shirts

All pre-registered participants will receive an event t-shirt on race day. Race day registrants will receive t-shirts if sizes are available or it will be mailed to you following the event.

Awards

Medals/awards presented to the following immediately after the completion of the race:

- Top Male & Female
- Top Three Finishers in Each Age/Gender Division (13 & Under, 14-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70+)

[Register Here](#)

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Chinese New Year 5K Run and “Wok”

10 WellPath Points

Date: 2-5-2012

Registration: 8:00 AM

Start Time:

Run – 9:00 AM

Walk – 9:01 AM

Free Kids 50 Yard Dash – 9:45 AM

Fee: \$22 by 1-29-12, \$35 Late
Registration, \$30 Day of Race

Location:

453 North Galvin Parkway, use
the Zoo entrance

Registration:

www.active.com



A great Chinese Zodiac run.. THE YEAR OF THE DRAGON. Colorful dragon t-shirt, continental breakfast, door prizes,.

Free non-competitive Kids 50 yd dash,. 5yr age group divisions in run, 10 year in walk.

Packet pickup on race morning starts at 8:00 am.

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H.E.L.P. Brown Bag: Exercise is Medicine

15 WellPath Points

A poster for the H.E.L.P. Brown Bag Lunch Series. The background is dark brown with a repeating pattern of gold and white swirls and stars. At the top, the acronym 'H.E.L.P.' is written in large, white, outlined letters. Below it, 'Brown Bag Lunch Series' is written in a smaller, gold, serif font. The text is centered and reads: 'Each session will be held in the Health & Human Services Conference Room. Bring your lunch and enjoy the following presentations:'. There are four sessions listed, each with a date, time, topic, and speaker. The sessions are: 1) Tuesday December 13 @ 1130AM: DESK EXERCISE - HOW TO BURN CALORIES AT WORK, Michele Kuhn, Coordinator of Wellness Education, Scottsdale Community College. 2) Friday December 30 @ 1230P: NEW YEAR'S RESOLUTIONS- LIFE BALANCE, MaryLynn Marshburn, Health Educator, SRPMIC Health Education Department. 3) Tuesday January 10 @ 1130AM: EXERCISE IS MEDICINE: HOW DOES REGULAR EXERCISE HELP US CONTROL BLOOD SUGAR?, Andrew Weiler (WellPath), Wellness Program Supervisor. 4) Friday January 27 @ 1130AM: STRESS MANAGEMENT, MaryLynn Marshburn, Health Educator, SRPMIC Health Education Department. The final session is: Tuesday February 7 @ 1130AM: EXERCISE IS MEDICINE: WARNING! NOT EXERCISING CAN KILL YOU, Andrew Weiler (WellPath), Wellness Program Supervisor. At the bottom, it says 'Questions call (480) 362-7320'.

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Healthy Eating for a Healthy New Year

10 WellPath Points

Event Date:

2/8/2012 1:00 p.m. to 2:00
p.m.

Fee: FREE

Facility:

Scottsdale Public Library –
Appaloosa Branch
7377 E. Silverstone Drive
Scottsdale, AZ

Event Description:

Did the holiday season add to your waist line? Want help honoring New Year's resolutions to eat right and stay healthy the rest of the year?

Dr. McMahon will discuss nutrition and ways to maintain your health.

Included will be vital information on lowering cholesterol and lipids.

SPEAKER: Dr. Jennifer McMahon, MD

SRP-MIC Heart Walk

10 WellPath Points

February is Heart Month!

Walking is a great physical activity. Walking 30 minutes for at least 5 days can lower your risk of , heart disease, stroke, and diabetes .



Lets walk together!

When:

Wednesday, February 8, 2012

Time:

Warm-up & Stretch: 12:05 pm-12:15 pm

Walk: 12:15 pm – 12:45 pm

Where:

Salt River Fitness Center 's Courtyard



Questions: 480-362-7320

No sign up! Just show up!

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Heart Attack Awareness: Recognition and Early Action

15 WellPath Points

Event Date:

2/9/2012

1:00 p.m. to 2:00 p.m.

Fee: FREE

Facility:

Desert Foothills Library

The library is located on the right (east) of North Scottsdale Road. Cross streets are East Cave Creek Road & North Scottsdale Road.

Event Description:

Learn about risk factors for cardiovascular disease, signs and symptoms of heart attack, the time sensitive treatments available and the life saving benefits of dialing 911 and beginning treatment in minutes.

SPEAKER: Todd Fredrickson, RN

2nd Annual Gilbert High School Pancake 10K and 5K Run

10 WellPath Points

Date: 2-11-2012

Start Time: 8:00 AM

Fee: \$35

Location:

Riparian Preserve at Water Ranch

Registration:

www.roadracerunner.com



Gilbert High School

Work up an appetite and join us for some pancakes after your run. Enjoy Classical Music by the Orchestra students. All participants will be entered into a raffle. Pancake tickets available for non- runners at \$5.00 per person. Come join us for some family fun!! All proceeds benefit the GHS Orchestra Booster. Sponsor a student: where a portion of the proceeds goes directly to the student just write their name when registering. Day of Registration Price \$35.00 Southeast Corner of Greenfield & Guadalupe 1 Park in the parking lot of the library and walk east to Riparian Preserve to begin registration at 7am!

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Softball Tournament

15 WellPath Points

Date: 2-11-2012

Start Time: 8:00 AM – 2:00 PM

(approx)

Fee: Free

Location:

Eldorado Park

2311 N Miller Rd Scottsdale, AZ

As a reminder, Parada Del Sol Parade is being held the same day. There are road closures in the area, but Miller Road is still accessible. Please allow yourself enough extra time that morning.

Registration:

If you have further questions or would like more information, feel free to call Gail Lara 480-220-9418, Email glara@shc.org OR Janel Bennett 480-415-3421, Email jbennett@shc.org .

Scottsdale Healthcare, with the support of the City of Scottsdale, requests your participation in this year's **FREE** Softball Tournament.

Your co-ed team would consist of between 10-15 players and at least half of the players on the field must be female.

The tournament will be double elimination format. We have three softball fields assigned to our tournament. More information will follow about rules and times.

Water and healthy snacks will be provided for each team member during the tournament.

Trophies for first and second place will be presented at the end of the tournament.

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3rd Annual Ethan's Run – 10K Fun Run

10 WellPath Points

Date: 2-11-2012

Registration Opens : 7:15 AM

10K Start: 8:20 AM

Fun Run/Walk Start: 8:30 AM

Fee: \$25-\$35 depending on event
and time of registration

Location:

Boulder Mountain Park

3120 N. Red Mountain

Mesa, AZ 85207

In the community of Las Sendas

Registration:

www.ethansrunaz.com



Ethan's Run has a three-fold mission. First, to create awareness for Congenital Heart Defects (CHDs). Second, to provide financial assistance to families going through difficult CHD battles. And third, to encourage others to take care of the heart they have. With 40,000 babies being born each year, CHD is the #1 birth defect in the United States.

Run Info: It will be on a paved loop through the HILLS of Las Sendas. The 10K will be chip timed by CEP Timing, LLC. There will be multiple water stations along the course. Bathrooms will be available at the start/finish line. The 1 mile fun run/walk will NOT be timed. The fun run course has slight incline and decline, no hills. The course is USATF CERTIFIED. 10K certification code: AZ11003TLB. ***There will be NO 1/2 Marathon in 2012*

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Runner's Den Classic Road Races

10K and 5K

10 WellPath Points

Date: 2-12-2012

Registration Opens : 7:15 AM

10K Start: 8:20 AM

Fun Run/Walk Start: 8:30 AM

Fee: \$25-\$35 depending on event
and time of registration

Location:

Paradise Valley Mall
4568 E. Cactus Road
Phoenix, AZ

Registration:

www.raceplaceevents.com



Awards

Top three finishers in each of the age groups will receive awards. Overall awards will be determined by gun time while age group awards will be by your Chip time. Awards to Top Ten Male and Female combined time "Double Down" finishers.

Highlights

This is the 34th annual staging of one of the Valley's original events.

Race Timing by Raceplace Events

This event is being timed by Raceplace Event Systems using the ChronoTrack system timing technology.

Age Groups

11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+, 5K walk is non-competitive.

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Zumba Carnival

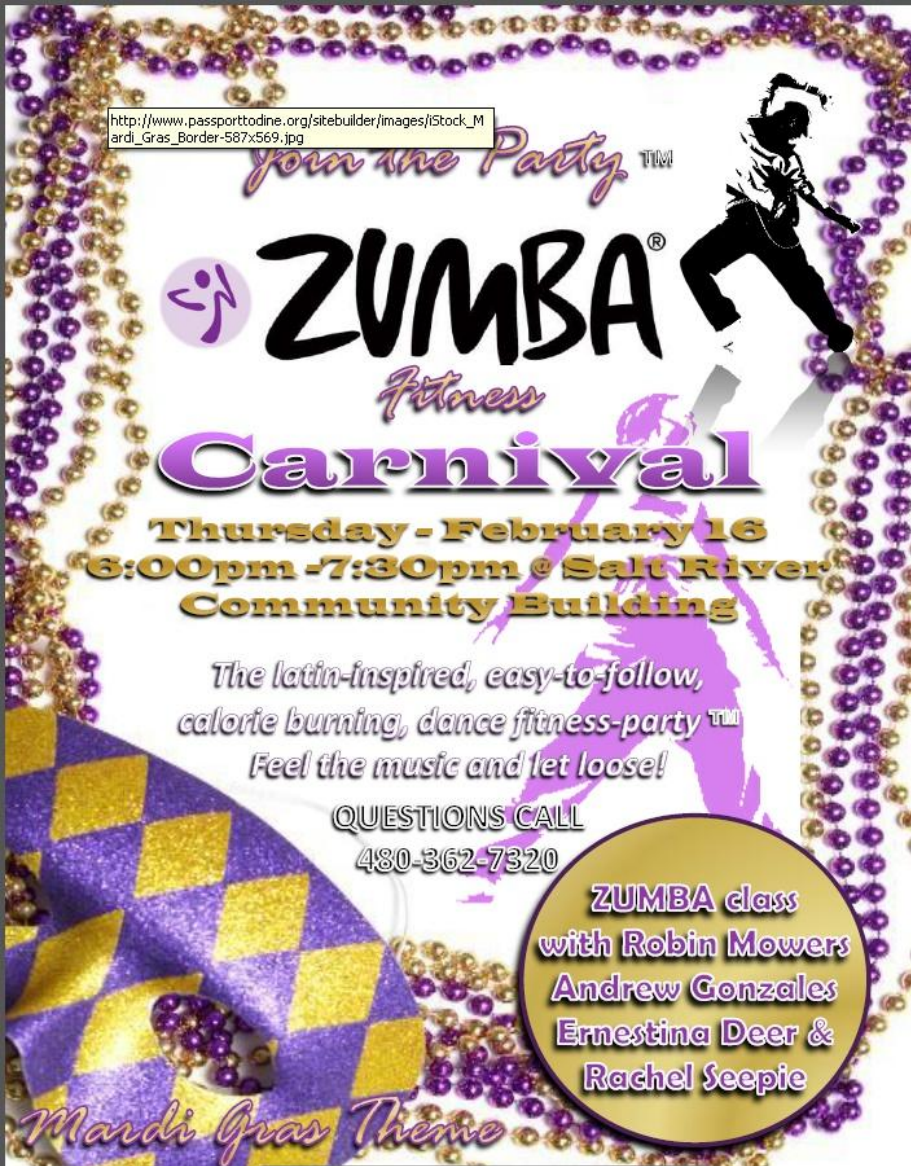
25 WellPath Points

Questions: 480-362-7320

SRP-MIC Community
Building

Feb 16th 6pm – 7:30pm

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http://www.passportodine.org/sitebuilder/images/1Stock_Mardi_Gras_Border-587x569.jpg

Join the Party™

ZUMBA®
Fitness

Carnival

Thursday - February 16
6:00pm - 7:30pm @ Salt River
Community Building

*The latin-inspired, easy-to-follow,
calorie burning, dance fitness-party™
Feel the music and let loose!*

QUESTIONS CALL
480-362-7320

**ZUMBA class
with Robin Mowers
Andrew Gonzales
Ernestina Deer &
Rachel Seepie**

Mardi Gras Theme

Girls Gone Riding

Cycling 15, 34, 62 and 100 mile routes

10 WellPath Points

Date: 2-18-2012

Cycling-15, 34, 62 and 100 mile routes

Fee: \$40.00

Location:

4605 E. Pecos Road
Gilbert, AZ

Registration:

www.active.com



Join women of all abilities to ride one of our four routes for the fourth annual GGR Ride!

Registration fee includes:

Fully-supported rest stops with fruit, water, sport drink, bars, sandwiches and other snacks

Terrific male (and female) volunteers staffing rest stops and Support And Gear (SAG) vehicles to help with mechanics

Free Pre-Ride Checks from local bike shops to assure safety

Post-ride lunch!

Terrific camaraderie and all for four great causes!

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Heart and Sole

5K Walk/Run or 1 Mile Fun Run

10 WellPath Points

Date: 2-18-2012

Start Time: 5K 8:00 AM
1 Mile 8:15 AM

Fee: \$15-25 depending on event
and time of registration

Location:
Goodyear Ballpark
1933 S. Ballpark Way

Registration:
www.active.com

Goodyear Special Events

**Heart & Sole Run/Walk - February 18th, 2012 at
Goodyear Ballpark**

Run or Walk to Compete, or for Healthy Fun

Goodyear's Heart and Sole Run/Walk will take place on Saturday, February 18, 2012 at the Goodyear Ballpark, (1933 S. Ballpark Way). The distances are 5K and 1M for all age groups. The 5K is timed and starts at 8:00 AM while the 1M starts at 8:15 AM.

You may also register in person at the Goodyear Recreation Office, (3075 N. Litchfield Rd.). Pre-registration is \$20 for the 5K and \$15 for the 1M. Pre-registration ends at 11:59 am on February 16, 2012. On race day, registration will be \$25 for the 5K and \$20 for the 1M. Race day registration opens at 6:00 AM. All participants receive an event t-shirt, goody bag, snacks, Mardi Gras beads and after race raffle. There will be health and leisure vendors as well as food vendor. Awards given to the top three places in each age group, male and female for the 5K. Awards also given for the overall male and female runners.

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4th Annual Walk in the Wild

10 WellPath Points

Date: 2-18-2012

Start Time: 7:15 AM

Register teams by Feb 15, individuals by Feb 17th

Fee: \$30 adult, \$15 children, discounts for teams

Location:

Phoenix Zoo

[Registration Here](#)

Additional Questions?

Contact Reservations at 602.914.4333 or email team_reservations@thephxzoo.com.

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Special Event

Walk in the Wild



FOURTH ANNUAL



WALK IN THE WILD
AT THE PHX ZOO

Saturday, February, 18, 2012

[Click here to purchase registration online](#)

Grab your sneakers and head to the Phoenix Zoo for the Fourth Annual Walk in the Wild as we honor the endangered Sumatran tiger. Strut, run or prowl your way through the 5K route inside the Zoo all while you learn about the Sumatran tiger. Participants receive a commemorative T-shirt, goodie bag and admission into the Zoo for the day. All proceeds benefit the non-profit Phoenix Zoo.

Walk as a team or as an individual . . . either way you are in for a ROARING GOOD TIME!

(Please note that this is not a competitive or timed walk/run)

Fit City 5K Run

10 WellPath Points

Date: 2-18-2012

Start Time: 5K 8:00 AM
Family Fun Run/Walk 8:30 AM

Fee: \$20 = pre-registration for 5K
\$25 = day of event for 5K
Free = Family Fun Run/Walk

Location:
Scottsdale Community College
9000 E. Chaparral Road
Scottsdale, AZ

Registration:
www.Fitcityscottsdale.org

A promotional poster for the Fit City 5K Race. The top half features a blurred image of runners in motion, overlaid with a decorative border of colorful, overlapping circles in shades of purple, blue, green, and yellow. The text '5K RACE' is prominently displayed in red. Below this, the poster provides event details: 'JOIN US Saturday, February 18, 2012'. It is sponsored by 'Scottsdale Healthcare's FIT CITY SCOTTSDALE' with the tagline 'Getting Healthy Together'. The event is powered by 'SCOTTSDALE HEALTHCARE®' with the tagline 'World-Class Patient Care'. Registration details include: '7am registration begins, 8 am ... 5K Race Starts', '8:30 am ... Free Family Fun Run/Walk', and 'Free T-Shirt to the first 300 people that register'. The location is 'Scottsdale Community College' at '9000 East Chaparral Road, Scottsdale', with a cost of '\$20 Pre-Registration \$25 Day of Event'. Registration information: 'To register go to FitCityScottsdale.org or call Health Connect at Scottsdale Healthcare 480.882.4636'. For more information: 'FitCityScottsdale@shc.org call 480.882.6477'. The bottom of the poster features logos for 'ARMEDZILLA' (www.armedzilla.com), 'TIMES PUBLICATIONS', and 'Airpark News Lovin' Life 50' (An Award-Winning Since 1979).

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Fit City Health Expo

10 WellPath Points

Date: 2-18-2012

Start Time: 8:00 A.M. – 1:00 P.M.

Fee: FREE

Location:

Scottsdale Community College
9000 E. Chaparral Road
Scottsdale, AZ



**Fit City Scottsdale
Joins Shape Up US**
in celebrating Scottsdale as the
Healthiest City in the Country
Saturday, February 18, 2012
Event Time: 8 a.m. - 1 p.m.
Location: Scottsdale Community College
9000 East Chaparral Road, Scottsdale, AZ 85256

Admission: FREE Fun for the Entire Family!
The Best HEALTH and WELLNESS EXPO in ARIZONA
It is for Kids, Teens, Parents, Teachers,
Seniors & the Community.

*1K Family Walk *Clowns *Face Painters
*Stage Performances *Amanda Borden Olympic Gold Medalist
*Meet NFL Alumni *Fabulous Food *Free Give-A-Ways
*Inflatables *Hip Hop Star Eric James *Fitness Stations
* FootKlan *Games* Prizes *Fabulous Free Tastings *Much More . .

Scottsdale Healthcare's
**FITCITY
SCOTTSDALE**
Getting Healthy Together

SCOTTSDALE
HEALTHCARE®
World-Class Patient Care

ShapeUpUS.org

CITY OF
SCOTTSDALE.

WELLS FARGO

KISSFM

eva95.5

SCOTTSDALE
COMMUNITY COLLEGE

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The Lost Dutchman Arizona Marathon, Half Marathon, 10K, 8K Trail Run, and Two Mile Fun Run/Walk

10 WellPath Points

Date: 2-19-2012

Start Time: vary from 7:00 am –
8:05 AM

Fee: \$17-\$90 depending on event

Location:

4605 E. Pecos Road
Gilbert, AZ

Registration:

www.lostdutchmanmarathon.com



Half Marathon, 10K, 8k Trail Run, and Two Mile Fun Run/Walk

There's a race for everyone! Not up for a full marathon? Starting and ending in Apache Junction's Prospector Park, the Lost Dutchman offers a race for everyone including Half Marathon, 10K, 8k Desert Trail Run and a Two Mile FunRun/Walk. All finishers of the Marathon, Half Marathon, 10k, and 8k receive a beautiful Lost Dutchman's finisher's medal.

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IMS Arizona Marathon

Full-Half-Relay-5K-Fit Kids

10 WellPath Points

Date: 2-19-2012

Start Time: vary from 7:00 am –
8:00 AM

Fee: \$5 - \$140 depending on
event

Location:
Varies by event

Registration:
www.thearizonamarathon.com



Sunday, February 19, 2012, the Integrated Medical Services (IMS) Arizona Marathon will, again, be sweeping through the West Valley! With the full (Boston Marathon qualifying) marathon, a half marathon, marathon relay, and a 5K walk/run.

Be sure to register today for this amazing marathon and support the West Valley in Arizona today!

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Ragnar Relay from Wickenburg to Tempe

10 WellPath Points

Date: 2-24-2012 and 2-25-2012

Fees:

\$10 per runner after January 13, 2012

\$20 per runner after January 27, 2012

Registration:

<http://ragnarrelay.com/race/delsol/registration>



A 200 mile running relay that takes you and 11 pals, day and night, through the beautiful Arizona Desert. This springtime running event starts in Wickenburg, Arizona. Running 'round the clock, passing beautiful Saguaro cactus and red rock cliffs you will make your way south to the Phoenix area. This running race (and your stamina) will wrap up in beautiful Tempe, Arizona. Get your running calendar set; this is a race everybody in Arizona will be talking about.

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American Heart Association Phoenix Heart Walk

10 WellPath Points

Date: 2-25-2012

Opening Ceremonies: 8:30 AM

Start Time: 9:00 AM

Fee: Free – Walkers are eligible for a Heart Walk t-shirt once they have raised a minimum of \$100.

Location:

Tempe Beach Park

Registration:

www.phoenixheartwalk.org



Heart Walk.

The Heart Walk is a non-competitive 5K walk/run and 1 mile stroke walk that celebrates those who have made lifestyle changes and encourages many more to take the pledge to live healthier lifestyles, while raising the dollars needed to fund life-saving research and initiatives.

Come participate in the 5K Heart Walk or 1 mile Stroke Walk and stay to enjoy the Heart Healthy Festival afterwards at Tempe Beach Park.

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The American Cancer Society

Climb to Conquer Cancer

10 WellPath Points

Date: 2-25-2012

Registration: 5:30am - 9:00am

Climb Rolling Start: 7:00am

Top of the Mountain Opens:
8:00am

Festival at Bottom Opens: 8:30am

Fee: Free; this is a fundraising activity for The American Cancer Society

Location:

South Mountain Park
10919 South Central

Registration:

www.getsetaz.com

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The American Cancer Society

Climb to Conquer Cancer

Climb to Conquer Cancer represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported and that one day cancer will be eliminated.

Climb to Conquer Cancer is a one day event, where teams participate in a hike through beautiful mountain scenery and take part in a festival area at both the top and bottom of the mountain. Each team of 10 or more participants has the opportunity to submit their own artwork for the back of their t-shirts and to participate in fundraising for the event. Our festival features entertainment, food and a special celebration of cancer survivors.

Because **Climb to Conquer Cancer** is a non-competitive event, anyone and everyone can participate. Teams form from businesses, clubs, families, friends, hospitals, churches, schools and service organizations. These individuals all share a common purpose - their support of the American Cancer Society's Mission.

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SRP-MIC Health & Human Services Cardio Club

100 or 200 miles in 10 weeks

50 WellPath Points

Date: 2-27-2012

Fee: Free

Registration:

Contact Michelle Reina-Long
at 480-362-7320

A 10 week Cardio Club WellPath endorsed challenge.

Sign- up until end of day Monday, February 27th, 2012 and encourage your co-workers to join you in this challenge!

All you need to do is complete the registration form, come in and weigh in to get started.

The American Diabetes Association Tour De Cure (Tucson) 82, 62, 34 or 8 mile rides

10 WellPath Points

Date: 3-4-2012

Times: 6:15 am – 9:00 am
depending on event

Fee: Free; this is a fundraising activity for American Diabetes Association

Location: Innovation Corporate Center

Registration:

http://main.diabetes.org/site/TR/TourdeCure/TusconArea?pg=entry&fr_id=7994

For more information, call 1-888-DIABETES, x7093



Showcasing the splendor of the Sonoran Desert in full bloom, the Phoenix Tour de Cure offers cyclists the opportunity to experience the beauty of the Southwest in spring. Riders of all abilities may choose their route—from an 8 mile novice and family-friendly ride to challenging Metric Century or 80 mile route, all designed by experienced cyclists to offer safe and scenic rides in the natural landscape of the Valley of the Sun.

All routes are fully supported with well-stocked rest stops and SAG (Support and Gear) vehicles. Riders return to a party, full lunch and entertainment at the finish line at REACH 11.

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Stride for Sight

5K Run/Walk, 1 Mile Walk, Blindfold Challenge

15 WellPath Points

Date: 3-4-2012

Times: 7:00 a.m. Late Registration & Packet Pick-up begins

8:00 a.m. 5km Run begins

8:15 a.m. Blindfold Challenge begins

9:00 a.m. 1 mile walk begins

Fees: INDIVIDUALS

\$25 Prior to midnight February 12

\$30 Until 6:00 p.m. March 3

\$35 Day of Entry

BLINDFOLD CHALLENGE

\$50 per team Prior to midnight February 12

\$60 per team Until 6:00 p.m. March 3

\$70 per team Day of Entry

Location: Kiwanis Park 5500 S. Mill Ave.

Tempe AZ 85283

[Registration](#)



Stride for Sight is a unique event for all ages and abilities, with blind and sighted runners competing together. The event will help fund the comprehensive programs at the Foundation for Blind Children, an organization that assists all individuals who are blind or visually-impaired. The event features a 1-mile walk (wheelchair accessible) and a chip timed 5km run/walk.

For those looking for adventure, the Blindfold Challenge is an opportunity to compete in the 5K run blindfolded with a sighted guide. Running blindfolded takes competition to a whole new level and is sure to be a life-changing experience! The Blindfold Challenge will help participants understand what anyone with vision impairment already knows—being blind won't hold you back, you don't need your eyes to see what's inside you, and fear is the only disability. You provide your own sighted guide.

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KJZZ SCITECH Forum

Personalized Medicine

15 WellPath Points



Date: 3-8-2012

Times: 7:00 – 9:00 pm

Fees: Free

Location: Rio Salado College

Registration: Space is limited; please contact Claire Kerrigan at (480) 774-8444 or ckerrigan@rioradio.org to reserve your seat.

Imagine a medical treatment uniquely designed for you. Science fiction or fact? Examine the potential of Personalized Medicine during an ARIZONA SCITECH forum presented by KJZZ and Rio Salado College.

The conversation will focus on the latest developments in custom treatments, followed by an examination of how this new medical model can affect your wellness and the Valley's health and science-related industries.

KJZZ's Associate General Manager of News and Editorial Strategy, Mark Moran, will serve as the forum moderator. Joining Moran will be a panel of experts including TGen Clinical Professor Dr. Michael Demeure ([see CV](#)), TGen Researcher Dr. Darin Taverna, and Barry Broome, President and CEO of the Greater Phoenix Economic Council.

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1st Annual Gila River Wellness Half- Marathon

15 WellPath Points

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1st Annual **Half Marathon** **Gila River** **Wellness Center**

Including a

- 3 Person Half Marathon & Co-ed Relay **(Must complete Half Marathon at 3 hours)**
- Mul-Chu-Tha 10k, 5k Run
- 1 & 2 Mile Fitness Walk (non competitive)

March 10, 2012

Run will start in District One
VUHS-ICH HA-KE 'Everyone's House'
Multi Purpose Building
15747 N. Shegoi Rd.

On site registration from 6am thru 6:45a.m.
No onsite registration for any competitive runs.
Race for Half Marathon, Half Marathon Relay
10k, 5k at 7:00 a.m.



And 7:15 a.m. will begin at for
1 & 2 milers (non Competitors)



Entry Fee:

Free for all Gila River Community
Members and Gila River Tribal Employees
\$15.00 for Native American Indians
\$25.00 Non Natives

Make payable to: **MCT 2012 Half Marathon**
Payments (only) must be mailed to: Gila River
Indian Community Attention: Cashiers Office
P.O. Box 2160 Sacaton, AZ 85247

17th Annual Unity Run

- Relay Style from village of Wa:k ending at S'vegium Tho'ag (Red Mtn)
- A celebration of O'otham Culture
- Email andie.stepp@yahoo.com

25 WellPath Points

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Health & Wellness Week

March 12-16, 2012

10 WellPath Points per event up to 30 points

Monday
3/12



Noon Fitness Walk
12-1pm
Meet outside SR Fitness

Tuesday
3/13

RAFFLES!

Family Fun Health Fair
Salt River Community Building
Free Dinner! First 150
3-6:30pm

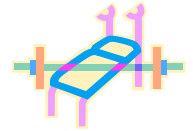
Zumba! 3:30-4:30pm



Colorado Rockies! 4pm



Friday
3/16



Bench Press Competition
1-3pm
Salt River Fitness Center
16 y.o. and up

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Welcome SRPMIC Members & Families, Employees, and Enterprise Employees!
More info: HHS Health Education 480-362-7221 Salt River Fitness Center 480-362-7320

Emotional Intelligence for Success Webinar

10 WellPath Points

Date: 3-15-2012

Times: 12:00 pm MT

Fee: Free

Registration:

Go to www.apshelplink.com Enter your code: SRPMIC, and look for Online Seminars in the lower right hand corner of the home page.

What's your EQ? Emotional intelligence helps us to recognize and understand feelings and how they affect our behavior and those around us.

Attendees will learn how to identify hot buttons, triggers, and emotional roller coasters to help promote success at home and at work.



Managing Work-Life Balance Webinar

10 WellPath Points

Managing Work Life Balance

Presenter: Rick Canfield



Date: Friday, March 16, 2012

Time: 12:00 P.M. – 1:00 P.M.

Location: B106-'Analy (Mesquite)



Bring Your Lunch & learn that the conflicting demands of work and home can create stress and zap the time and energy needed to get everything done. In this seminar, participants will find answers that will allow them to be more effective and more satisfied with both their home and work lives. Competing demands will be identified, and an assessment of central life goals will contribute to an understanding of how to achieve improved work-life balance.

How to Register

Log onto Breeze at:

<http://saltriver.mzinga.com>

1. Enter your Full E-Mail Address into the **Name** field.
2. Enter **breeze** into the **Password** field
3. Click the **Login** Button.
4. From **My Home Page**, select **Learning Activities** from the menu bar.
5. Select and click on the **Events Calendar**
6. Click on any class.
7. To register for a class click on the **Register** button on the bottom left corner.



Professional Counseling and Work-Life Resource & Referral

Website:

www.apshelplink.com

Access Code: SRPMIC

Toll Free:

866-409-5451

ALWAYS AVAILABLE.

**ALWAYS
CONFIDENTIAL.**

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HR-Training & Development

For more information contact:

JustAskTraining@SRPMIC.nsn.gov

Kiss Me, I'm Irish Run

17K, 8K, and 4K Walk/Run

10 WellPath Points

Date: 3-17-2012

Times: 7:17 am start

Location: Westgate City Center
6770 N. Sunrise Blvd Glendale, AZ

Fee: \$25 - \$45 depending on
event and time of registration

[Registration](#)



Why? Because it's St. Patrick's Day.

Celebrate St. Patty's with a 17K or 8K run/walk on a flat scenic race course along Arizona Cardinals Stadium and thru Glendale wonderful park system. Or bring the kids and pets for the 4K four leaf Clover Run/Walk.

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Kiss Me, I'm Irish Run 17K, 8K, and 4K Walk/Run

10 WellPath Points

Date: 3-17-2012

Times: 7:17 am start

Location: Westgate City Center
6770 N. Sunrise Blvd Glendale, AZ

Fee: \$25 - \$45 depending on
event and time of registration

[Registration](#)



Why? Because it's St. Patrick's Day.

Celebrate St. Patty's with a 17K or 8K run/walk on a flat scenic race course along Arizona Cardinals Stadium and thru Glendale wonderful park system. Or bring the kids and pets for the 4K four leaf Clover Run/Walk.

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Spring Break Madness

15 WellPath Points



**SPRING BREAK
MADNESS**

4-MILE & 1-MILE

Register at SR Fitness Center now!
Registration day of race starting at 6:30am

4-Mile starts at 7:30 am
1-Mile start at 7:40 am

When:
Saturday, March 17

Where:
Salt River High Athletics Building parking lot
(located on Chaparral between Country Club & Gentry.)

Contact SR Fitness Center at 480-362-7320



The map shows a grid with Chaparral at the top, Country Club on the left, and Gentry on the right. A green square with an 'X' is located at the intersection of Chaparral and Gentry.

[Back to Calendar of Events](#)

Eating Your Way to Wellness Webinar

10 WellPath Points

Date: 3-20-2012

Times:

10:00 am MT

12:00 pm MT

2:00 pm MT

Learn tips and resources to eat your way to better and long-lasting health based on the USDA new “My Plate” guidelines.

Fee: Free

Registration:

Go to www.apshelplink.com Enter your code: **SRPMIC**, and look for Online Seminars in the lower right hand corner of the home page.

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SRP-MIC Family Wellness Night

25 WellPath Points

When: Thursday March 22nd 5 – 8pm
Where: Salt River High School
Why: For the fun of it!
What's Going On?

- Food Information, Samples, and Activities
Roundhouse Café, School Lunch Program
Food Distribution Program
U of A Extension Programs
School Garden Activities
- Health Professionals
School Nurses
Dentist
Sleep Specialist
Artisan Prosthetics
Disease Prevention Program, and more ...
- Fitness Center information and Physical activities for all age groups

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Sponsored by *SRPMIC Schools*

This event is WellPath approved for 25 points



The American Diabetes Association Tour De Cure (Phoenix) 82, 62, 34 or 8 mile rides

10 WellPath Points

Date: 3-24-2012

Times: 6:15 am – 9:00 am
depending on event

Fee: Free; this is a fundraising activity for American Diabetes Association

Location:

Reach 11 Sports Complex

Registration:

http://main.diabetes.org/site/TR/TourdeCure/NorthernArizonaArea?pg=entry&fr_id=7993

For more information, call 1-888-DIABETES, x7093

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Showcasing the splendor of the Sonoran Desert in full bloom, the Phoenix Tour de Cure offers cyclists the opportunity to experience the beauty of the Southwest in spring. Riders of all abilities may choose their route—from an 8 mile novice and family-friendly ride to challenging Metric Century or 80 mile route, all designed by experienced cyclists to offer safe and scenic rides in the natural landscape of the Valley of the Sun.

All routes are fully supported with well-stocked rest stops and SAG (Support and Gear) vehicles. Riders return to a party, full lunch and entertainment at the finish line at REACH 11.

Tri for the Cure

Triathlon, Relay Triathlon & Duathlon

10 WellPath Points



Date: 3-25-2012

Times: 7:00 am

Fee: \$110-215 depending on event

Location:

Chandler High School

Tri-Scottsdale Foundation presents the 6th annual TRI FOR A CURE - A ladies only Sprint Triathlon & Duathlon benefiting the Phoenix Affiliate of Susan G. Komen for the Cure at Chandler High School, Featuring a barricaded and Policed closed bike and a two-loop run course with an exciting stadium finish.

[Registration](#)

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100 & 200 Cardio Club Presentation

25 WellPath Points

Date: 3-27-2012

Times: 12pm

Fee: Free: seating is limited

Register: call 480-362-7566 or email:
brandon.boatman@sprmic-nsn.gov

Location:

Two Waters B106

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The Importance of Fiber

SRPMIC Food Bank

March 27, 2012
Time: 12pm-1pm

Contact: Brandon
Brandon.boatman@sprmic-nsn.gov
Or 480-362-7566

LOCATION: B106 (TWO WATERS)

Earn 2-miles for 100 & 200 Mile Cardio Club



25 WellPath Points!

Learn the importance of fiber:

- *The difference between soluble and insoluble fiber*
- *How much fiber should you be eating in a day?*
- *What are the health benefits of fiber?*
- *Is there a difference between the fiber in whole grain bread and the fiber in a Fiber One bar?*

Learn all of this and more! Plus, a light lunch will be provided.

Email or call to sign up. Class space is limited.



Chasing the Sun

5K and 10K and 1 mile Health Walk

15 WellPath Points

Date: 3-31-2012

Times: 6:30 am

Fee: 10K \$25 on/before 1/15/12; \$30 on/before 2/15/12; \$35 on/before 3/29/12; \$40 on-site. 5K \$20 on before 3/29/12, \$25 on-site; 1-Mile Health Walk free.

Location:

Wesley Bolin Memorial Plaza
1700 W. Washington Phoenix, AZ

Registration



To continue with the success of the NABI programs, the “Chasing the Sun 5K 10K & Health Fair”, in partnership with Ak-Chin Indian Community, was created in 2009 to promote health and fitness to our Native American communities. To entertain our runners the race features Native American music and dancers along the route.

Proceeds raised from the event benefit the NABI Foundation, a national foundation committed to supporting Native American youth by implementing programs that encourage higher education, sports, health & wellness and community building. A 5K and 1-Mile Health Walk encourages the participation of family, kids and pets! * Free shirts based on availability. 501 (c) (3) Non-profit Organization ID# 43-1967299

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El Tour de Mesa

70, 28, 4 and ¼ mile Cycling

10 WellPath Points



Date: 4-14-2012

Times: Depends on event

Fee: Varies by event

Location: Downtown Mesa, AZ on Center Street at 1st Street (start/finish lines)

[Registration](#)

Open to cyclists of all ages and abilities, there is a ride distance for everyone and opportunities to earn gifts, prizes and awards. El Tour de Mesa benefits [The Leukemia & Lymphoma Society](#), its [Team In Training](#) program and Perimeter Bicycling Association of America, Inc.

All contributions for the event must be sent to El Tour de Mesa event headquarters or brought to Packet Pick Up. Check out the opportunities to earn gifts and prizes through fundraising on the [registration](#) link.

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National Benefit's Day **80s Retro Walk**

- Monday April 2nd 2012 as part of the National Benefit's Day Celebration
- 10AM starting at Friendship Park
- 3-mile round trip from Friendship Park to SRP-MIC Community Building and back
- 15 WellPath Points
- **Best dressed contest**
- Benefits information and Q&A at the picnic tables

15 WellPath Points

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Pioneer Days

10 WellPath Points per event

- Super Day 10K Run
Feb. 5 at 8:00am
 - \$15 before Jan. 5
 - \$20 before Feb. 3
 - \$25 on Race Day
- Pioneer Days 5K Run
April 14 at 8:00am
 - \$15 before March 14
 - \$20 before April 12
 - \$25 on Race Day
- Pioneer Days 1 Mile Walk
 - \$10 before April 12
 - \$15 on Event Day
- Father's Day 4 Miler
June 17 at 7:30am
 - \$15 before May 17
 - \$20 before June 14
 - \$25 on Race Day
- Veteran's Day 5K Run
Nov. 10 at 7:30am
 - \$15 before Sept. 10
 - \$20 before Nov. 8
 - \$25 on Race Day
- Veteran's Day 1 Mile Walk
 - \$10 before Nov. 8
 - \$15 on Event Day



2012 Runners Series

For information or to register: www.peoriaaz.gov/running



Super Day 10K Run

Feb. 5 at 8:00am
Rio Vista Park



Pioneer Days 5K Run & 1 Mile Walk

April 14 at 8:00am
Downtown Peoria



Father's Day 4 Miler

June 17 at 7:30am
Rio Vista Park



Veteran's Day 5K Run & 1 Mile Walk

Nov. 10 at 7:30am
Rio Vista Park

Race Day Schedule

- 6:30am - Race Day Registration & Race Check-in

T-Shirts

All pre-registered participants will receive an event t-shirt on race day. Race day registrants will receive t-shirts if sizes are available or it will be mailed to you following the event.

Awards

Medals/awards presented to the following immediately after the completion of the race:

- Top Male & Female
- Top Three Finishers in Each Age/Gender Division (13 & Under, 14-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70+)

[Register Here](#)

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Walking Connection: Fit City



10 WellPath Points per event

Scottsdale Healthcare's Fit City Scottsdale
and The Walking Connection
invite you to
Come Walk With Us!

3 Fantastic and FREE Walks in the Heart of Scottsdale

Saturday, April 14
8:00 a.m. Walk Begins
MEET: Hotel Valley Ho's Lobby

Saturday April 28
8:00 a.m. Walk Begins
MEET: "The Boot", Scottsdale Old Town
Farmers' Market on the corner of 1st & Brown.

Saturday, May 26
7:30 a.m. Walk Begins
MEET: Orange Table Restaurant,
7373 Scottsdale Mall, suite #6

Get up, out and walking! Meet new like-minded menas! walk in new places and get motivated all while enjoying our great Arizona spring weather.

Walk as much or as little as you like, fast or slow! JUST WALK!
All walks are self-paced and non-competitive.

Each event starts with a Great Fun Walk. We'll then gather at an outdoor patio of a fabulous restaurant or the Old Town Farmers' Market for drawings, discounts and goodies.

- **Meet The Walking Connection's founder and active lifestyle blogger, Jo Ann Taylor.** She has led walking groups and adventures to more than 30 countries around the world for the past 22 years! She is on a personal mission to fitness walk everyday and on the day of our first walk she'll be on Day 895. **Come hear her story and you may be inspired to start your own streak of consecutive days of walking.**
- Expert Health and Fitness Information.
- All you have to do is **pre-register** below, show up and Come Walk With Us!

Free To All Walkers – Get More Information & Pre-register Online

WalkingConnection.com/fitcity

No Matter What Your Walking Shoes Look Like, Lace Them Up & Come Walk With Us!

[Back to Calendar of Events](#)

Salt River Recreation Department

2012 Departmental Employee

Adult Co-ed Kickball Tournament

April 16th – 20th, 2012
SR Rec. fields



15 WellPath Points

Eligibility: SRPMIC Tribal employee and/or Salt River Enterprises

Co-ed male/female - Must have 4 females/males on the field at all times.

Entry Fee: \$75.00 Cash or money orders - \$25 deposit is required!

Deadline: April 13th, 2012

Bracket: (8) eight teams double elimination w/one championship game

Awards: Champions—4th Places M.V. P. Male & Female + (10) All Tourney

For team entry or for more information contact:

Robin.martinez@srpmic-nsn.gov

480.362.5785

David.willis@srpmic-nsn.gov

480.362.5795

Ezekiel.mendoza@srpmic-nsn.gov

480.362.7439

Salt River Recreation Department 480.362.6360

<http://www.srpmic-nsn.gov/government/recreation/athletic.asp>

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Zumba Night!

15 WellPath Points

DESERT RIDGE SOFTBALL FUNDRAISER



Zumba Night!



ZUMBA
fitness

When– Tuesday, April 17th at 7:00pm!

Where– Desert Ridge HS Cafeteria,
10045 E. Madero, Mesa 85209

Cost- \$5 per person, presale tickets available!

Why– To Raise \$\$ for DRHS softball program

Zumba night will be a 60 minute Zumba Fitness Class led by certified Zumba Instructor Andrew Gonzales, CSCS. What is Zumba? Zumba is an exhilarating, effective, easy to follow, Latin-inspired, calorie burning dance fitness party that moves millions to joy and health!

The Desert Ridge HS softball team will be pre-selling tickets to the event for \$5 or you can purchase them at the door. Please help spread the word to all those who may be interested in attending this event! 100% of all money raised will go to the Desert Ridge Softball booster club!



*For questions about this event please contact
Coach Jen at 480.209.4146*



[Back to Calendar of
Events](#)

Cardio Club Wellness/Fitness Panel

15 WellPath Points

Wellness and Fitness Panel

[DATE] THURSDAY, APRIL 19, 2012

[TIME] 12:00 PM—1:00 PM

[LOCATION] TWO WATER BUILDING B, RM B106

This will be a great opportunity for participants in the 100/200 Mile Cardio Club, Fitness Center and WellPath clients to ask some questions on health and wellness. It will also give panelist the opportunity to share their knowledge regarding their specialty and their program that can assist you in your goals toward wellness.

Panel:

Andrew Weiler, Employee WellPath Coordinator
Steve Thompson, Nurse Practitioner, HHS
Brandon Boatman, CDM, CFPP Food Program Coordinator
Michele Kuhn, Coordinator of Wellness Ed, SCC

Contact:

Rachel Seepie by email: rachel.seepie@srpmic-nsn.org or call 480-362-7320 to sign up. Limited seating.

SRPMIC:
Health
Service's
Diabetes
Program
&
WellPath

*Earn 2-miles for
100/200 Mile Cardio
Club!
Plus WellPath points!*



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SRP-MIC Earth Day 2012

Date: 4-21-2012

Registration: 7:45am – 8:45am @
Round House Café: Tribal
Administration Complex: 10005 E.
Osborn, Scottsdale, AZ

Event Times: 8:00am – 2:00PM

Fee: Free

Location: Two Waters

Information: christopher.horan@srpmic-nsn.gov 480-362-7639.

The Salt River Pima-Maricopa Indian Community's (SRPMIC) Community Development Department (CDD) Environmental Protection and Natural Resources (EPNR) Division would like to invite you to our Earth Day Celebration on April 21, 2012.

Service projects this year will be familiar to those who have participated in previous years. Focus this year will include roadway cleanup, senior home cleanup, trash removal in Bunnyville, graffiti abatement, and a senior recycled crafts fair.

As always, there will be an environmental fair to accompany the cleanup and lunch will be provided to all who volunteer. Additionally, CDD-EPNR will be partnering with Public Works which will have information on its programs as well as demonstrations of its equipment at the event.

Participants at this year's event will also have the opportunity to vote on entries of the poster contest. This year's Earth Day Celebration will kick off with registration from 7:45-8:45 am in the Round House Café at the Two Waters Complex (10005 E. Osborn Rd., Scottsdale, AZ 85256).

15 WellPath Points

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Pat's Run



- Saturday, April 21st, 2012
 - 6am Finish line Expo & Kids Corner open
 - 7am race chair start
 - 7:05am 4.2 mile run/walk start (\$42.00)
 - 9:30am Pat's run kids run start (\$5.00)
- [Register @ Active.com](#)
- For more information:
<http://www.pattillmanfoundation.org/pats-run/>

10 WellPath Points

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Arbor Day 5K

Parks and Recreation Arbor Day 5K - Windows Internet Explorer

http://arborday5k.com/

View Favorites Tools Help Convert Select

Tempe Parks and Recreation Arbor Day 5K Home Feeds (3)

Calendar News E-Notification Email Us 480-350-4311 Search... SEARCH

CITY OF TEMPE ARIZONA City of TEMPE az

Tempe FORUM RESIDENTS VISITORS BUSINESSES City HALL Tempe 311 My TEMPE GET INVOLVED

Community Services

- Classes & Programs
- Connecting Tempe Newsletter
- Facilities
- Tempe Center for the Arts
- Tempe Public Library
- Tempe History Museum
- Parks
- Volunteer!
- Cultural Services
- Social Services
- Special Events
- FAQ- Community Services
- Arbor Day 5K
- Movies in the Park

Art, History & Culture

- Community and Recreation Centers
- Downtown Tempe/Mill Avenue
- Public Transportation
- Recreation
- Sneaky Peak Cameras
- Tempe Chamber of Commerce
- Tempe Tourism Office
- Tempe Town Lake
- Tempe Weather Station

Community Services » Arbor Day 5K

Font Size: + - Share & Bookmark Print [+]

3rd Annual Tempe Parks and Recreation Arbor Day 5K Benefiting Trees for Tempe

2012 Arbor Day 5K RESULTS

Thank you for participating in the 3rd Annual Arbor Day 5K!

More than 400 people ran or walked in the community 5K. Due to the generous support of our partners and the community, nearly \$14,000 was raised for the Trees for Tempe program.

Mark your calendar for the 4th Annual Arbor Day 5K ~ April 26, 2013

Where does the money go?
Race proceeds will go to benefit the Trees for Tempe program. After the 2008 summer monsoons destroyed more than 400 city-owned trees. Tempe was left struggling to find the

10 WellPath Points

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Law Enforcement Torch Run 2012

15 WellPath Points

LAW ENFORCEMENT TORCH RUN 2012



Benefiting Special Olympics AZ

Participants carry the Torch from designated state wide routes to the Opening Ceremony of the Summer Games for Special Olympics. The Torch will travel through Salt River Pima-Maricopa Indian Community, accompanied by Salt River Police Department personnel.

◆ Friday, APRIL 27, 2012

- ◆ Participants receive a LETR t-shirt.
- ◆ **BIKE:** From Shea Blvd/ SR 87 to Gilbert Road/ SR87 (Pick up Torch from Ft McDowell PD).
- ◆ **RUN:** Gilbert Road/ SR 87 to Country Club/ McDowell Road (Pass Torch to Mesa PD).



TO REGISTER OR FOR MORE INFORMATION, CONTACT:

DETECTIVE T. WOOD #87, 480-362-5435

OFFICER J. OWENS #90, 480-850-8200



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Cooking for Diabetics

Cooking for Diabetics

Round House Café

Lunch and Learn

Two classes same day!

Date: **April 27th**

Time: **10:45-11:45am (session 1)**

Time: **12:15-1:15pm (session 2)**

Location: **D1-Cafeteria Nyaa (Sun)**

25 Wellpath points for attending!

You must Register to attend!

How to Register:

Log onto Breeze at:

<http://saltriver.mznqa.com>

1. Enter your Full E-Mail Address into the Name field.
2. Enter breeze into the Password field
3. Click the Login Button.
4. From My Home Page, select Learning Activities from the menu bar.
5. Select and click on the Events Calendar
6. Click on class.



7. To register for a class click on the Register button on the bottom left



"Cooking for Diabetics", with recipes, menus and cooking tips designed specifically for folks with Diabetes. ARAMARK Chef/Manager Dan Barolli will demonstrate and SRPMIC Food Services Manager Paul Johnston (a

type 2 diabetic) will add commentary as you learn how to cook some quick and nutritious diabetic-friendly meals you can recreate at home. You will also receive a variety of written diabetic information and recipes; and take part in a Q & A discussion with HHS Diabetic Program Manager Roberta Johnston. You will learn to prepare a Stuffed Chicken Breast and Stovetop Stuffed Green Peppers – and then you will "Eat what you learn to cook."

So don't bring your lunch – bring your appetite!



25 WellPath Points

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H.R.-Training & Development

For more information please contact:

JustAskTraining@SRPMIC-nsn.gov

Red Mountain Duathlon

15 WellPath Points

For information contact Salt River Fitness Center: 480-363-7320



Red Mountain Duathlon

Saturday

April 28, 2012

ON-SITE

REGISTRATION

begins at 6:30 am

Salt River High School

Athletics Building

(Chaparral Rd. between Highland Ave. & Center St.)

ADULT DUATHLON

1-mile RUN – 8-mile BIKE – 2-mile RUN

RELAY DIVISION in Adult Distance ONLY

YOUTH DUATHLON

1/2-mile RUN – 4.5-mile BIKE – 1-mile RUN

- All participant must wear a helmet!
- All bikes must be place in bike area by 7:15 am
- All running and biking will be with traffic flow.
- Awards to 1st, 2nd & 3rd Place Male & Female in both events.

SCHEDULE

TIME	EVENT
7:30 AM	YOUTH DUATHLON (15 & UNDER)
7:35 AM	ADULT DUATHLON - Individual & Relay (16 & OVER)

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Warrior Dash

- For event information:

<http://www.warriordash.com/info.php>

- To Register:

<http://www.warriordash.com/locations.php>

10 WellPath Points

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Ironcare Splash and Dash & Swim Only – Race#3

Come out and enjoy an evening of fun and racing with your friends at Splash & Dash.

Splash & Dash is a unique event with a relaxed atmosphere that is suitable for all levels of athlete.

Whether fine tuning for that big race or getting your feet wet at your first multisport event, Splash & Dash is the place to be!

[Ironcare Splash and Dash](#)

10 WellPath Points

[Back to Calendar of Events](#)

Cinco De Mayo Softball Tournament

- District 5 Recreation Presents
- Cinco De Mayo
- Softball Tournament
- All Nighter!
- Friday May 4th at D5 Vah-Ki Ballpark
- Registration Begins April 9th and closes April 27th
- No Entry Fee.
- Double Elimination 8 team limit

Prizes: Male & Female MVP
1st T-shirts and trophy
2nd T-shirts
3rd T-shirts
Open bats except for Ultra, Ultra II, and Senior
For more information Contact
Justin Rhodes
(520) 315-3441 ext 2822
Not responsible for theft or injuries
Drug and alcohol free event

10 WellPath Points

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Herbalist Healthy Seminar



NEW DATES

3 FREE GET HEALTHY SEMINARS

INTRODUCTION TO HERBAL HEALING

Attend this amazing seminar and get expert advice on herbal healing from one of the top Herbalist in the country and leave with info that will change you and your body forever!

DISCUSSION TOPICS:

- Herbs for the prevention of various illnesses.
- Herbal treatments for Allergies, Hormone Balancing, Fibromyalgia, Menopause, Cancer, A.I.D.S., Hepatitis C, Digestive Issues, High Blood Pressure, Colds, Flu, Stress and MORE!
- Learn how to lose weight naturally with herbs.
- Learn about Kathleen's own daily herbal healthcare regime.
- Blending herbs specific to **YOU!** Making your own formulas and remedies right in your kitchen.
- How did we get so disconnected from natural healing? Learn how to reconnect!

MEET THE HERBALIST



Kathleen Gould has studied, taught and lived herbalism for 25+ years. Her passion and dedication began when her 3 year old son was diagnosed with ADHD. After several days of Ritalin, Kathleen knew there must be a better and healthier alternative.

Since then, Kathleen has been honored to have studied with known herbalists such as Patch Adams, James Duke, Ph.D and Rosemary Gladstar. Kathleen has founded several herbal practices including The Herb Corner in Florida, where she integrated cultivation herbs and teaching herbal healing. She is a professional member of the American Herbalist Guild and a nationally recognized author and lecturer.

3 New Dates to Choose From:

Saturday Afternoon April 28, 2012 1:00 - 2:30 pm	Thursday Evening May 3, 2012 7:00 - 8:30 pm	Sunday Afternoon May 6, 2012 1:00 - 2:30 pm
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All seminars held at SW Herb Shop & Gathering Place
148 North Center Street, Historic Downtown Mesa
EVERYONE ATTENDING RECEIVES FREE HERBAL GIFT!
Register Online www.SWHerb.com or call (480) 694-9931

Reconnect & Empower Yourself!!

10 WellPath Points

[Back to Calendar of Events](#)

The Night Run

10 WellPath Points

Date: 5-12-2012

Times: 5:30pm Packet Pickup/Late
Registration/"Owl's Nest" Expo
7:00pm 3 mile Fun Run/Walk Start
7:20pm Sunset
8:00pm 8K [USATF certified (pending)/chip-timed]
Race Start
8:05pm LIVE Entertainment by Repeat Offenders
10:00pm Game Over

Fee: varies by event

Location: Scottsdale Mall

[Registration](#)



Please join us at **The Night Run 8K** [USATF certified (pending)/chip-timed] & 3 Mile Fun Run/Walk on Saturday May 12, 2012, starting and ending at Civic Center Mall in Old Town Scottsdale, Arizona.

Proceeds benefit [Workshops for Youth and Families \(WYF\)](#), an award-winning, Arizona 501(c)3 non-profit that provides afternoon and weeklong workshops for preteens and teens, fostering personal leadership, character development, and resiliency.

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Run for Education 5 K & 10K

10 WellPath Points

Date: 5-12-2012

Times: 8:00 am

Fee: This is a fundraiser for Desert Reach.
Minimum donation of \$25.00

Location: Desert West Park (67th Avenue
and Encanto)

[Registration](#)



Desert Reach wants to see more learning in Maryvale. That's why we are excited about the 1st Annual Desert Reach Run which will raise money for school supplies for children living in the West Valley.

The goal for this run is to raise \$5,000 for school supplies to better equip our children for educational success.

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Tempe International Triathlon

- **START TIME**

- 6:30am

- **INTERNATIONAL DISTANCE TRIATHLON**

- SWIM: 1500 meters
- BIKE: 40 kilometers
- RUN: 10 kilometers

- **SPRINT TRIATHLON**

- SWIM: 400 meters
- BIKE: 20 kilometers
- RUN: 5 kilometers

- **WATER TEMPERATURE/WETSUITS**

- Approximately 78-82 (wetsuits ruling made on race day)

- **AIR TEMPERATURE**

- 70 at start, 85 at finish

- **PACKET PICK-UP**

- 12:00pm - 5:30pm, May 12, 730 N. Mill Ave (under 202 Freeway, just west of Mill Ave)

- **AWARDS CEREMONY**

- May 13, 1:00pm
- Macayo's Depot Cantina
- 300 S. Ash
- Tempe

10 WellPath Points

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[Register here](#)

[Entry form](#)

ENTRY FEES - - No Refunds/No Entry Transfers

MAKE CHECKS PAYABLE TO TEMPE INTERNATIONAL TRIATHLON
SEND ENTRY TO TEMPE INTERNATIONAL TRIATHLON, BOX 417, LOVELAND, OH 45140

OLY TRI			
Postmarked Prior to 5/6	\$120 _____		
5/7to 5/12		\$130 _____	
OLY RELAY			
Postmarked Prior to 5/6	\$156 _____		
5/7to 5/12		\$174 _____	
SPRINT TRI			
Postmarked Prior to 5/6	\$99 _____		
5/7to 5/12		\$110 _____	
SPRINT RELAY			
Postmarked Prior to 5/6	\$156 _____		
5/7to 5/12		\$174 _____	
YOUTH SPRINT 12-15 Postmarked Prior to 5/6	\$99 _____	\$60 _____	
5/7to 5/12		\$99 _____	
YOUTH SPRINT 16-19 Postmarked Prior to 5/6	\$99 _____	\$60 _____	
5/7to 5/12		\$99 _____	
MAIL IN ENTRY SURCHARGE		\$5	ONE DAY USAT LICENSE IF NOT USAT MEMBER
			(Each relay member not a member of USAT must pay 1 day fee) \$10

Managing Stress

- Register through Breeze for SRP-MIC (15 seats available)
- May 22nd 8am – 12pm
- For more information contact HR Training & Development
- Two Waters B Mesquite Training Room (B106)
- Explore strategies for managing stress and minimizing its effects.
 - Identify major stressors in your life
 - Implement strategies to say “no” diplomatically
 - Develop problem solving skills to reduce stress

15 WellPath Points

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Father's Day 4-Mile

10 WellPath Points per event

- Super Day 10K Run
Feb. 5 at 8:00am
 - \$15 before Jan. 5
 - \$20 before Feb. 3
 - \$25 on Race Day

- Pioneer Days 5K Run
April 14 at 8:00am
 - \$15 before March 14
 - \$20 before April 12
 - \$25 on Race Day

- Father's Day 4 Miler
June 17 at 7:30am
 - \$15 before May 17
 - \$20 before June 14
 - \$25 on Race Day

- Veteran's Day 5K Run
Nov. 10 at 7:30am
 - \$15 before Sept. 10
 - \$20 before Nov. 8
 - \$25 on Race Day

- Pioneer Days 1 Mile Walk
 - \$10 before April 12
 - \$15 on Event Day

- Veteran's Day 1 Mile Walk
 - \$10 before Nov. 8
 - \$15 on Event Day



2012 Runners Series

For information or to register: www.peoriaaz.gov/running



Super Day 10K Run

Feb. 5 at 8:00am
Rio Vista Park



Pioneer Days 5K Run & 1 Mile Walk

April 14 at 8:00am
Downtown Peoria



Father's Day 4 Miler

June 17 at 7:30am
Rio Vista Park



Veteran's Day 5K Run & 1 Mile Walk

Nov. 10 at 7:30am
Rio Vista Park

Race Day Schedule

- 6:30am - Race Day Registration & Race Check-in

T-Shirts

All pre-registered participants will receive an event t-shirt on race day. Race day registrants will receive t-shirts if sizes are available or it will be mailed to you following the event.

Awards

Medals/awards presented to the following immediately after the completion of the race:

- Top Male & Female
- Top Three Finishers in Each Age/Gender Division (13 & Under, 14-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70+)

[Register Here](#)

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Your Routine Financial Check-up Webinar – APS Employee Assistance

- Learn the key indicators of financial stability and use simple strategies to reach your optimum financial health.

Date: 7-17-2012

Fee: Free

Times:

12:00 am ET

2:00 pm ET

4:00 pm ET

Registration:

Go to www.apshelplink.com

Enter your code: **SRPMIC**, and look for Online Seminars in the lower right hand corner of the home page.

Relaxation at the Workplace

Date: 9-18-2012

Times:

12:00 am ET

2:00 pm ET

4:00 pm ET

Fee: Free

Registration:

Go to www.apshelplink.com

Enter your code: **SRPMIC**, and look for Online Seminars in the lower right hand corner of the home page.

Learn stress-busters, breathing techniques, and safe stretching exercises to relieve tension at the workplace or anywhere.

5 WellPath Points

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Veteran's Day 5K

10 WellPath Points per event

- Super Day 10K Run
Feb. 5 at 8:00am
 - \$15 before Jan. 5
 - \$20 before Feb. 3
 - \$25 on Race Day

- Pioneer Days 5K Run
April 14 at 8:00am
 - \$15 before March 14
 - \$20 before April 12
 - \$25 on Race Day

- Father's Day 4 Miler
June 17 at 7:30am
 - \$15 before May 17
 - \$20 before June 14
 - \$25 on Race Day

- Veteran's Day 5K Run
Nov. 10 at 7:30am
 - \$15 before Sept. 10
 - \$20 before Nov. 8
 - \$25 on Race Day

- Pioneer Days 1 Mile Walk
 - \$10 before April 12
 - \$15 on Event Day

- Veteran's Day 1 Mile Walk
 - \$10 before Nov. 8
 - \$15 on Event Day



2012 Runners Series

For information or to register: www.peoriaaz.gov/running



Super Day 10K Run

Feb. 5 at 8:00am
Rio Vista Park



Pioneer Days 5K Run & 1 Mile Walk

April 14 at 8:00am
Downtown Peoria



Father's Day 4 Miler

June 17 at 7:30am
Rio Vista Park



Veteran's Day 5K Run & 1 Mile Walk

Nov. 10 at 7:30am
Rio Vista Park

Race Day Schedule

- 6:30am - Race Day Registration & Race Check-in

T-Shirts

All pre-registered participants will receive an event t-shirt on race day. Race day registrants will receive t-shirts if sizes are available or it will be mailed to you following the event.

Awards

Medals/awards presented to the following immediately after the completion of the race:

- Top Male & Female
- Top Three Finishers in Each Age/Gender Division (13 & Under, 14-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70+)

[Register Here](#)

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2012 Lincoln Family Downtown Y Half Marathon and 5K Walk/Run

10 WellPath Points

Date: 10/27/2012

Times: Varies by event

Fee: Varies by Event

Location: South Mountain Park

[Registration](#)



This is the 44th year for the YMCA race! It is the oldest footrace in Arizona. Wyatt Earp starts our race with a double barrel shot gun in the tradition of the old west. This will wake you up and get you moving!

The 5K and Half Marathon courses both start and finish in South Mountain Park. In 12', both courses will again be out and back routes, completely in the park. The sunrise and mountains make this a great course. The weather is good and lots of water is provided on route.

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Creating Your Personal Development Plan

Date: 12-18-2012

Times:

12:00 am ET

2:00 pm ET

4:00 pm ET

Fee: Free

Registration:

Go to www.apshelplink.com

Enter your code: **SRPMIC**, and look for Online Seminars in the lower right hand corner of the home page.

**Where do you want to be one, five, even ten years from now?
Mapping your growth in the short and long-term.**

5 WellPath Points

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