



New this Year!

Rental Equipment

The outdoor program's stash of gear will be available to the public through a new rental program. Gear will include whitewater, camping and outdoor equipment. Prices and information will be available online in the spring. Owning whitewater equipment for a few trips a year does not make financial sense, check with us before you spend \$5,000 on a raft.

Events

■ THE PORTNEUF VALLEY FUN RUN SERIES

This series is the largest in southeast Idaho and is in it's 27th year. The series has been growing every year and last year boasted over 1700 unique participants. Each race has a sponsor who provides shirts, food and prizes. Participants may sign up for individual races or the entire series. Individuals who participate in four out of the five races will receive a series item and are eligible for series awards.

Register in person at the Community Rec Center, 144 Wilson Ave, or call 232-3901. You may also register by mail or online at www.active.com

Fee \$16 (prepaid)
\$25 (race day)
\$65 (entire series)

Time and Place8:00am at various locations

■ THE POCATELLO TRIATHLON

The Pocatello Triathlon was born as an event of The Senior Games of Southeast Idaho. It has experience phenomenal

growth in just 4 years. We anticipate 4-5 waves of competitors to free up the pool lanes. It has always been run as a 5k run, 20K cycle and 500yd Swim IN THAT ORDER. These distances are attainable for novice competitors. Stiff late registration penalties start to add up, register early.

Register in person with the Senior Games of SouthEast Idaho or at the Community Rec Center, 144 Wilson Ave, or call 232-3901. You may also register by mail or online at www.active.com

Fee \$40 (solo) or \$30 (per team member)

Date August 7

Time and Place8:00am Ross Park Aquatic Center

■ JUST CUZ HALF MARATHON

Just Cuz was born in 2006 out of a need for a late season training run for a semi-serious group of marathoners. The race has grown from a small group of friends on a Saturday cruise into a small army of wannabes taking advantage of a beautiful downhill course in perfect weather. The course is stocked with water stations, volunteers, treats, temptations, inspirational signage, and of course a free shirt. 13.1 miles isn't really that far when you take it one step at a time. Food is provided at the finish line, assuming you feel like eating. Past race results and info are on www.justcuzhalfmarathon.blogspot.com

Register in person at the Community Rec Center, 144 Wilson Ave, by mail or online at www.active.com

Fee \$35 (before October 30)

\$45 (after October 30)

\$55 (race day)

DateNovember 6

Time and Place7:00am Centennial Park

THE PORTNEUF VALLEY FUN RUN SERIES

If you like to run with 400 other people for pride and donuts, this may be the series for you.



REGISTER

IN PERSON Community Rec Center

ONLINE www.active.com

May 1- Law Day

June 5- Heart and Sole

July 10- The Life Run

August 14- The Poky Run

September 18- Simplot/Greenway Run