

# Outdoor Recreation

## **THOR MOUNTAIN OBSTACLE RACE**

THOR is a 10K mountain obstacle race. Face down 20 obstacles as you run or hike the 6.2 mile course on the East Mink Creek Nordic Ski trails. Test your balance, strength, endurance, agility and mental toughness. You can race as a team of 4 or as a solo participant. Race start times are staggered through the morning until 1p.m. Start times are offered based on who is registered first. Obstacles usually have a hard way and an easier way and if you complete every hard obstacle you are awarded THOR status.

**For more information go to:**

**<http://www.pocatello.us/679/Thors-Trails-Race>**

Cost: Solo: \$40 - \$100

Duo: \$75 - \$180

Teams \$150 - \$360

Date of Race: September 28th

Register online at **<http://register.pocatello.us>**

## **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](http://www.justcuzhalfmarathon.blogspot.com)

Register online at **<http://register.pocatello.us>**

or at the Community Rec. Center, 144 Wilson

Dates: October 12

Pre-register: \$20 After October 1st: \$30-\$50

## **LEAVE NO TRACE TRAINER COURSE**

The two-day Leave No Trace Trainer Course is a vital component of the national Leave No Trace program. It is a condensed version of the Master Educator Course and is designed for educators, guides, agency employees, other outdoor professionals and anyone interested in learning more about minimum impact skills and ethics. This course covers the Seven Principles of Leave No Trace as well as techniques for disseminating these low impact skills.

Cost: \$80

Dates: June 22, 23 Time: TBA

Meeting Location: East Mink Creek Nordic Center Yurt

