

# Outdoor Recreation

## STAND UP PADDLE BOARD FITNESS

Join us for 12 sessions of stand up paddle boarding on the Bannock Reservoir at the Wellness Complex. Boards and paddles will be provided. We will offer open paddle boarding time (do as you wish) from 8-9am and an organized fitness session which may include yoga, intervals, strength or other group activities from 9-10am. Participation is sold in 1 hour increments as daily drop-in fee or by punch card. When equipment runs low punch card holders will have priority. Punch cards will be sold on-site or may be pre-purchased at the Community Recreation Center, 144 Wilson Ave. through June 7th. Pre-purchase quantities are limited.



**Cost:** \$8 Drop-in per hr  
\$60 Season Punch Card\*

\*12 punches (1 punch=1 hour)

**Dates:** Every Friday, June 5 – Aug 28\*

\*NO CLASS FRIDAY JULY 3rd

## SCENIC FLOAT TRIP

September on the South Fork is amazing. The leaves turn and the moose come out. The fisherman and mosquito swarms are gone. This trip is appropriate for families, beginners, older folks and photographers. The more adventurous can use an inflatable kayak to up the adventure level.

**Cost:** \$26

**Date:** September 5

**Meeting Place:** Ross Park Equipment Shop



## 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 and inspirational signage. 13.1 miles isn't really that far when you take it one step at a time. JCHM is a basic race. The entry fee covers busses, timing, course set-up and not much else. No medals, no food, no problem.



**Date:** November 7

**Cost:** Pre-register: \$25

After October 1st: \$30-\$50

## CLIMB MT BORAH

**Ages:** 12+ w/ adult, 16+ without adult

Climb the highest peak in Idaho. The 'climb' is mostly a long hike with one small section of non-technical scrambling.

**Cost:** \$31

**Dates:** Aug 21\*-Aug 22

\*8pm meet at the Trailhead



**Register online at <http://register.pocatello.us>  
or at the Community Rec. Center, 144 Wilson**