

# Get In GEAR!

The St. Lawrence Health Initiative is proud to present our

## 4th Annual Adventure Race



September 25<sup>th</sup>, 2010

St. Lawrence County, NY

### Get a Team Together!

#### Race Highlights

- Trail running/walking
- Road and Off Road Biking
- Flat-water canoeing
- Team mystery challenges
- Prize Package for the most money raised
- Awards for 1<sup>st</sup> - 3<sup>rd</sup> in each division
- Finisher pins for all competitors
- Post Race party with food!

### Divisions:

#### Go Extreme (Competitive, 17-21 miles)

- 2-Person Open
- 3-Person Open

#### Go Energetic (Recreational, 12-15 miles)

- 2- Person Open
- 3-Person Open
- 4- 6 Person Family w/ children

#### Go Easy (Recreational, 4-6 miles)

- 2 -Person Open
- 3-Person Open
- 4- 6 Person Family w/ children



## Register online!

[www.gethealthyslc.org](http://www.gethealthyslc.org)

Questions to [carol@gethealthyslc.org](mailto:carol@gethealthyslc.org)

or

(315) 261-4760 ext 223

