

# fitness challenge 2011

## !EXTRA ACTIVITIES!

- The following list some additional opportunities taking place during the challenge.
- Note: Some are FREE, some cost!
- Listed in ABC order, not by date.

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### BIKE RIDE FOR BEGINNERS

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Starting on the first Thursday evening in April, BicycleHaywoodNC will be leading a beginner road bicycle ride starting at 5:30 pm from Rolls Rite Bicycle Shop. For more information call Rolls Rite at 828-276-6080 and/or check the ride schedule at [www.bicyclehaywoodnc.org](http://www.bicyclehaywoodnc.org). Helmets are required.

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### HAYMED TRIATHLON

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Time: 8:00 AM

Date: Saturday, July 9, 2011

Place: Clyde, North Carolina : Race begins and ends @ Haywood Regional Health & Fitness Center

Distance: 300 yard Swim, 10 mile Bike, 5K Run

Fee & Registration Required. For more information go to [www.gloryhoundevents.com](http://www.gloryhoundevents.com)

Even if you're not participating, check out this event and get inspired!

If you're interested in volunteering for this event, contact Greg Duff @ 400-5868.

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### HAYWOOD REGIONAL HEALTH & FITNESS CENTER

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#### **Blood Drive Date:**

Friday April 29<sup>th</sup> from 9am until 1:30pm in Fitness Center Classrooms

#### **Diabetes Support Group Classes: For diabetics and those who love them! 4pm- 5pm:**

Monday, March 14<sup>th</sup>

*Spring Forward In An Active Lifestyle!*

Speaker: Kathy Keogh RN, MSN; MedWest Haywood Health Promotion Coordinator

#### **How Smart Is Your Cart?**

Monday, April 11<sup>th</sup>

Speaker: Lauri Stewart, NBA

CCS Medical

#### **Stress & Diabetes**

Monday, May 9<sup>th</sup>

Glenda Sawyer, LCSW

**Volleyball:** Weekly on Wednesdays, February 9, 6:45 – 9:00 pm

#### **SCUBA! PADI Open Water Diver Certification Course**

Tuesday/Thursday Evenings, 7:00 pm – 9:00 pm

Beginning March 8

\$325 Enrollment Fee

#### **American Red Cross Group Swimming Lessons for Youth, Ages 6 mos. to 10 years**

Classes available Friday Evenings & Saturday Mornings

Beginning March 25, 26

\$30 Members/\$50 Public

#### **American Red Cross Wilderness & Remote First Aid**

March 26 & 27, 9:00 am – 5:00 pm

\$120 Enrollment Fee

#### **American Red Cross Lifeguard Training Certification Course**

Six-day course, Friday/Saturday/Sunday x2 Schedule

Course begins Friday May 20

\$150 Members/\$175 Public

## **HAYWOOD REGIONAL HEALTH & FITNESS CENTER CONTINUED.....**

### **Adult Swimming: Stroke Mechanics Workshop**

Weekly Classes Ongoing  
Wednesday Mornings, 6:10 am – 7:10 am  
Five Visits for \$20 Members/\$30 Public

### **Tae Kwon Do: Youth & Adult**

Weekly Classes Ongoing  
Youth: Tuesday Evenings, 5:30 pm – 6:30 pm  
Adult: Tuesday & Thursday Evenings, 6:30 pm – 8:00 pm  
Five Visits for \$20 Members/\$30 Public

### **Marshall's Arts & Fitness!**

Weekly Classes Ongoing  
Thursday Evenings, 5:30 pm – 6:15 pm  
Free to Members of HRH&FC

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## **KELLY'S HOOLA HOOPING – Professional Fitness Hoops**

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You can meet Kelly at the Kickoff festivities along with demonstrations.

If you are interested in hoola hooping regularly during the Fitness Challenge, stop by and see her at the Kickoff or contact her at [kelgrrl@gmail.com](mailto:kelgrrl@gmail.com) or 506-1236.

Times/Days/Locations will be coordinated based on interest!

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## **KIDS AT WORK**

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Kids at Work is an afterschool program designed to empower at-risk youth through the culinary arts. Our professional staff will teach every aspect of the food service industry, nutrition and communication skills to prepare youth for an exciting career in the culinary arts. Best of all, we always eat what we cook! It is completely free and includes transportation. For kids ages 12-17. Call Corey for more information at 828-508-3115.

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## **LAKE JUNALUSKA BUNNY RUN 5K/10K/FUN RUN**

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Lake Junaluska Bunny Run - 5K, 10K, and Fun Run

Date: April 23, 2011

Location: Lake Junaluska Grounds----Start will be in front of Stuart Auditorium

Fee: \$20.00 before the race

\$25.00 day of the race

Questions; Contact Greg Duff at [greg@gloryhoudevents.com](mailto:greg@gloryhoudevents.com)

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## **LAKE JUNALUSKA DUATHLON**

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Time: 9:00 a.m.

Date: Saturday, April 9, 2011

Place: Lake Junaluska : Race begins and ends at Chapel Parking Lot at Lake Junaluska Conference & Retreat Center

Distance: 2.2 mile run, 20 mile bike, 2.2 mile run

Fee & Registration required: For more information go to [www.gloryhoudevents.com](http://www.gloryhoudevents.com) or call Greg Duff at 400-5868

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## **LAKE LOGAN MULTISPORT FESTIVAL**

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Time: 7:00 & 7:30 a.m.

Date: Saturday & Sunday, August 6 & 7, 2011

Place: Lake Logan Episcopal Center

Saturday: Lake Logan International Triathlon (1500 meter swim, 24 mile bike, 10K run)

Sunday: Lake Logan Sprint Triathlon (500 meter swim, 12 mile bike, 5K run), Lake Logan Aquathlon (1500 meter swim, 5K run)

Fee & Registration required: For more information go to [www.gloryhoudevents.com](http://www.gloryhoudevents.com) or call Greg Duff at 400-5868

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## MAGGIE VALLEY MOONLIGHT RUN

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Time: 8:30 p.m.

Date: Saturday, August 27, 2011

Place: Maggie Valley Fairgrounds

Distance: 8K run

Fee & Registration required: For more information go to [www.magievalleymoonlightrun.com](http://www.magievalleymoonlightrun.com) or call Greg Duff at 400-5868

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## MEADOWBROOK CUBS ON THE RUN – 5K & FUN RUN - 2<sup>nd</sup> Annual

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**Saturday, March 19, 2011 9:00am**

*The Meadowbrook Cubs on the Run 5K and Fun Run was created to help bring light to the growing problem of childhood obesity through providing an activity for children and adults. To encourage children to run simply for the fun of it and for the development of healthy bodies and sharp minds.*

**5K Run/Walk - Open to ALL AGES**

**Entry Fees for 5K:**

\$15.00 for pre-registered runners by March 5, 2011

\$20.00 after March 5, 2011

**Cub Fun Run/Walk - Open to ALL AGES (less than 1 mile)**

Entry Fees for Cub Fun Run/Walk: Register anytime

\$5.00 kids 12 and under

\$10.00 anyone age 13 or older

**For entry form please visit** <http://teacher.haywood.k12.nc.us/bswanger/>

**There will be a Health Fair in the gym from 7:30am – 11am**

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## MOUNTAIN BIKE HAYWOOD

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Join BicycleHaywood for two mountain bike rides using the two designated mountain bike trail systems located within Haywood County. On **Sunday, April 24th**, plan to travel up Highway 215 to the Flat Laurel Creek Trailhead for a out and back ride on the Flat Laurel Creek Trail and the Ivester Gap Trail. This will be a 16 mile out and back high mountain singletrack adventure.

After work, on **Monday, May 2nd**, plan for a 2 hour ride using the trails at Rough Creek Watershed. This ride will be on old forest roads and the singletrack of Cherry Cove Trail.

Since both trails involve moderate to steep climbs and sections of technical trails, these rides are for experienced cyclist only. For time and meeting places, call David Tate at (828) 648-7968.

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## NUTRITION ADVANTAGE

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Weight Loss Challenge

- New class begins Monday, May 16, 2011 - just in time to continue on with the Fitness Challenge
- The current class will pay out over \$700 to 3 people who lose the biggest % of their weight
- Join me from 5:30 -6:30 and learn things you never knew about losing weight and staying healthy
- Get Inspiration, Motivation and Accountability for your 2011 health, fitness and weight goals
- IST United Methodist Church at Haywood and Academy Streets - Waynesville

Call Lois Beery for more details @ 828.456.2894 or 828.456.3021 (Chamber)

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## ROUGH CREEK TRAIL EVENT

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April 30, 2011 - Wildflower hike in the Rough Creek Watershed

Come and enjoy a day of spring beauty in the jewel of Canton, the Rough Creek Watershed. Bring your camera and your hiking boots as well as a lunch or snack and prepare to be amazed as you will see wildflowers that rival some of the best locations in our region. The hike is moderately difficult for the first mile, but then becomes very nice as we reach more level high elevation trails. Meet at the Ingles parking lot in Canton on the south side of the lot at 10:00 am.

- If you have any questions contact Sara Martin at [smartin@haywood.edu](mailto:smartin@haywood.edu)

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## SPA-WORKS

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De stress with free relaxation exercises and techniques.

- Hand exfoliation and massage, Heated neck wraps, Cooling eye pads, Lip Apeel, Foot Creme
  - Complimentary one on one facials will be booked at time of initial free treatments above
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- Spa treatment appointments available on a first come first serve basis.
  - Each participant can receive all the above treatments during the appointment.
  - One appointment per participant for Fitness Challenge March 14-May 10, 2011.
  - Dates and times available listed below.

### **The Fitness Connection**

- March 15: 9:30am-1:30pm
- March 22: 9:30am-1:30pm
- March 29: 9:30am-1:30pm
- April 5: 9:30am-1:30pm
- April 12: 9:30am-1:30pm
- April 19: 9:30am-1:30pm
- April 26: 9:30am-1:30pm
- May 3: 9:30am-1:30pm

### **Haywood Regional Fitness Center**

- March 23: 10am-12pm
- March 29: 5:30pm-7:30pm
- April 6: 10am-12pm
- April 12: 5:00pm-7:30pm
- April 20: 1pm-4pm
- April 26: 5pm-7:30pm
- May 4: 10am-1pm

Contact: Nicole Chouinard; Stress & Wellness Coordinator 407-810-2749 or nicole2k@aol.com

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## WEST HAYWOOD & CANTON RELAY FOR LIFE

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Haywood County Relay For Life Events: Come out and Help us raise money for the American Cancer Society.  
Last Year Haywood County raised over \$117,000, included 1,700 participants and recognized 425 local survivors.

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What: Relay For Life

When: May 13th starts at 6pm and ends May 14th at 6am

Where: Canton Recreation Park, Canton NC

How: Start a team or join a team and become involved in the fight against cancer.

Website: [www.relayforlife.org/cantonnc](http://www.relayforlife.org/cantonnc)

Questions: Kim Ball Event Co-Chair @ 246-3621

West Haywood:

What: Relay For Life

When: May 20<sup>th</sup> starts at 7pm and ends May 21st at 7am

Where: Maggie Valley Festival Grounds, Maggie Valley NC

Website: [www.relayforlife.org/westhaywood](http://www.relayforlife.org/westhaywood)

Questions: Peggy Crowe ACS Staff Partner @ 279-2824