

## Activities for 2018

Month	Activity	Day	Ideas
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## Race Series

If you sign-up for the 2018 Advanced Rehab race series and complete all 5 races below, you will receive a ¼ zip!

March	Chili Bowl	23 <sup>rd</sup> Start: 6 pm After-party: 6:30 pm	5K run/walk on trail and Chili Cookoff: traditional and vegetarian chili. Voting with prizes. Favors for participants. Sponsored by Advanced Rehab.
May	Cinco De Mayo	5 <sup>th</sup> Start: 11 am After-party: 12 pm, margaritas and tacos at Jake's Eats	5k run/walk on trail. Sponsored by Jake's and Advanced Rehab.
September	Potato stomp	8 <sup>th</sup> 1 mile start: 8:30 am 4 and 9 mile start: 9 am	Road run/walk races starting at CHS.
October	Oktoberfest	13 <sup>th</sup> Start: 6 pm After-party: 6:30 pm at Village Tavern	5k run/walk on trail. Sponsored by Village Tavern.
November	Turkey Trot	22 <sup>nd</sup> Start: 8 am	60 minutes total run/walk on trail. Canned good entry to support 4C's. Snacks and prizes following.