

TRIBAL RECREATION & WELLNESS

START YOUR TRAINING FOR THE
PAT'S RUN

BE

TRAINING PROGRAM BEGINS
FEB. 18

GRIC

FIT CHALLENGE



QUALIFICATIONS:

- OPEN TO AGES 10+ OR OLDER.
- MUST BE ENROLLED IN A FEDERALLY RECOGNIZED TRIBE.
- MUST COMPLETE 6 OF 8 TEAM PRESENTATION AND TEAM RUNS

REGISTRATION IS NOW OPEN!
REGISTRATION CLOSSES: FEB. 14,
2025

TRW PROVIDES:

- 8-WEEK TRAINING PROGRAM
- MONTHLY GROUP PRESENTATIONS
- GROUP RUNS
- PAT'S RUN VOUCHERS (TEAM TRW)

ARE YOU READY
FOR THE CHALLENGE?



FOR MORE INFORMATION:
CALL (520) 562-2026
OR EMAIL: WELLNESS.CENTER@GRIC.NSN.US

