



LOOKING FOR AN UPCOMING EVENT TO EARN LIVEWELL POINTS? **BATTLE CREEK**

JAN 1 J.DALEY MEMORIAL RUN KALAMAZOO

FEB 26 PORTAGE WINTER BLAST RUN

MARCH 19 AQUADASH @ SHERMAN LAKE Y

APRIL 8 WARRIOR RUN KALAMAZOO

APRIL 22 MILES FOR MEALS 5K

MAY 13 CRUISING TOWARDS CAREERS 5K

JUNE 10 KALAMAZOO MUD RUN

JULY 1 B.C. 1/2 MARATHON & 5K

JULY 4 ROSE RUN RICHLAND

JULY 15 CEREAL CITY TRI & DUATHLON

AUGUST 5 SHERMANATOR TRI & DUATHLON

NOV 25 TURKEY TROT IN B.C.

**CONTACT ANY MEMEBER OF THE LIVEWELL
TEAM FOR ASSISTANCE WITH RACE TRAINING
PROGRAMS, COACHING OR LIVEWELL POINTS.**