



LOOKING FOR AN UPCOMING EVENT TO EARN LIVEWELL POINTS? **GRAND RAPIDS**

JAN 7 YANKEE SPRING INTER CHALLENGE-MIDDLEVILLE

FEB 3 GROUNDHOG DAY MARATHON

FEB 11 VALENTINE'S DASH-KENTWOOD

APRIL 22 RIVERTOWN RACES 5K, 10K & MORE

APRIL 30 SHE RUNS 1/2 MARATHON, 5K, 10K

MAY 10 AMWAY RIVER BANK RUN

JUNE 10 BRIAN DIEMER FAMILY OF RACES 5K

JUNE 17 WICKED WORM 12H, 6H, 10K TRAIL RUN

JUNE 17 LIGHT POINT 5K

AUGUST 26 W.MICHIGAN LATINO HEALTH 5K

OCT 8 BIGGBY COFFEE B THE ONE WALK/RUN

OCT 15 TEAM WORLD VISION 1/2 & FULL MARATHON

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