



Fit
Families for Cenla

2010 Alexandria Fit Family Adventure Challenge

April 3, 2010 - 2:00pm • Kincaid Lake Reservoir, Alexandria, La.

Are you ready for a exciting adventure like no other? The Alexandria Fit Family Adventure Challenge welcomes participants ages 8 - 60+ for a fun outdoor adventure (below age 8 at parent's discretion). Participants will paddle canoes on beautiful Kincaid Lake, bike on trails, and run through pristine wilderness in this 60-90 minute event. This event is geared to the beginner and specifically designed to allow friends and families to enjoy a great day outdoors. Distances for this event are approximately 2 miles biking, 1 mile canoeing, 1 mile trekking/running, plus fun mystery challenges. Teams of 2 or 3 are welcome. Entry fee is \$25 per person and includes your team canoe, paddles, life vests, maps, t-shirts, and post event party. Gear you will need is a mountain bike, helmet, and backpack or water bottles for fluids along with a few snack items. We supply all other gear. Registration closes for this event on Monday, March 29th. There will be no day of event registrations. Be prepared for a great day. We know you'll have a blast!

Team Name: _____

Team Member 1: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____ T-shirt size: _____

Team Member 2: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____ T-shirt size: _____

Team Member 3 (optional): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____ T-shirt size: _____

Make check out and mail completed entry form to Fit Families for Cenla, 1247B McArthur Drive, Alexandria, LA, 71303 • For credit card entries, go to www.Active.com and search for "Alexandria Fit Family".

