

Road to Rio 2016



12th ANNUAL

BE(E) AMAZING RACE

FOR ALL U OF L EMPLOYEES

This summer all eyes are on Rio di Janeiro as the world's top athletes compete in the Summer Olympics XXXI! This year's 12th Annual Heart Smart Challenge is to inspire University of Lethbridge employees to "walk or run" to Rio to cheer on the athletes!

- NEW FOR 2016:
- Buddy up- gather your crew together to achieve your goals
 - Swim Badge- we challenge you to get wet and move
 - Cycling-tune up you bike for a bicycling challenge!



STARTING MAY 2, 2016
ENDING JUNE 12, 2016



Join us and race to a healthier lifestyle.
 Pre-registration starts April 25, 2016

VISIT
<http://heartsmart.ulethbridge.ca/welcome>
 To register for weekly destinations and bonus challenges.



Good luck to our current and former pronghorns who are on their own Road to Rio!