

Team Ten and Fit

We are very excited to launch a new program at The Tennis and Fitness Centre and The Yoga Centre called "Team Ten and Fit"! The Club has chosen a few of our favorite races that we will be participating in and invite you to join Team Ten and Fit as we run, walk or cycle our way to the finish line! We encourage you, friends and family to join in on the fun! Post-race meetup at a local establishment for beverage/food. If you're new to these events, don't worry, chances are someone else is too. We won't leave you behind! Win your registration fee back! One lucky Member per event will be reimbursed a registration fee with a club credit. Register for one event or do them all!

Register Today:

1. Register today for your favorite race and let me know which race(s) you are registered for via heatherb@TENandFIT.com.
2. Send me your t-shirt size. Everyone that registers for a race will receive one of our newly designed, Team Ten and Fit technical fabric t-shirts! If your friends and family are riding with you, **they get a shirt too!**

7 Must-Do Races with Team Ten and Fit:

Good Life Race – April 10th (\$40 5K Run / \$25 5K Walk / \$25 Youth Mile)
<http://goodliferace.com/>

Bike the Drive – May 29th (\$46 Adult / \$17 Youth) <http://bikethedrive.org/>

Hemingway 8K – July 16th (\$40) <http://www.hemingway8k.com/>

L.A.T.E. Ride – August 20th-21st (\$50-\$80)
<https://www.facebook.com/events/1422035911458731/>

Wright Ride – August 21st (Fees TBD) <http://www.oakparkcycleclub.org/wright-ride>

Apple Cider Century – September 25th (\$45) <https://www.applecidercentury.com/>

Wright Race – October 23rd (\$35 5K or 10K Run / \$30 5K Walk / \$20 Youth Mile)
<http://www.pdop.org/events/flwraces/>



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