

# DONT MISS OUT ON THESE EVENTS, OR THE JOKE IS ON YOU!

## RUN YOUR SPRING WITH SPORTS AND REC WE HAVE SOMETHING FOR YOU THIS SPRING!

### 14TH ANNUAL DAFFODIL DASH 5K



PLEASE JOIN US FOR OUR 14TH ANNUAL DAFFODIL DASH 5K RACE ON FRIDAY, APRIL 21, 2017. THE RACE WILL BE HELD AT 3 P.M. AN AWARDS CEREMONY WILL BE HELD IMMEDIATELY AFTER THE RACE AND PARTICIPANTS ARE INVITED INSIDE THE RECREATION AND WELLNESS CENTER FOR A VARIETY OF FOOD AND BEVERAGE ITEMS.

### OwlFit Training Workshop

### TRX Suspension Course

April 22 @ 9am-5pm  
Kennesaw Campus  
Functional Training

### MEMBERSHIP APPRECIATION NIGHT

Join us for food and fun!! Enjoy local vendor food, drinks, coupons, discount offers, activities and more; as we thank you for your patronage, during.. MEMBERSHIP APPRECIATION! \*\* T-shirts and other SWAG items will be available while supplies last! Thank you for being the best you!

Kennesaw Campus  
• April 11 @ 5-8pm

Marietta Campus  
• April 14 @ 5-8pm

## UPCOMING NATURE BOUND TRIPS

### APRIL 9 | HANG GLIDING - LOOKOUT MOUNTAIN, TN:

We're catching the winds of adventure when we go hang gliding at Lookout Mountain! We are in for a day of soaring around the mountains! There will be a progression from the "bunny slopes" to the big tandem fly! Get some fresh cool air and wind in your hair! Open to all experience levels.

### APRIL 10 | STAND-UP PADDLEBOARDING - LAKE ACWORTH, GA:

We will be going to Lake Acworth for a relaxing evening of stand-up paddle boarding! We will go over basic strokes, body position, and even some awesome tricks! This will be a great beginner trip filled with instruction and fun all in a killer atmosphere! No paddling experience required.

### APRIL 19 | EVENING MOUNTAIN BIKING - ALLATOONA LAKE, GA:

This is a fun and inclusive mountain biking trip designed for all levels of participants! There are over 22 miles of active trails with an emphasis on accommodating all skilled riders. This spring trip will be an excellent way to get your foot in the door or hone your existing skills. Allatoona Creek encompasses a beautiful trail system perfect for shredding. No experience needed.

### APRIL 20 | BIKE RIDE - NOONDAY CREEK TRAIL, GA:

Join us as we explore the local paved trail, Noonday Creek! Anyone is welcome! We will ride as much as our group desires! Plan to learn the basics of cycling such as shifting, braking, steering, and body position! Bikes will be provided. All riders welcome!

## SPRING CLINICS

### MOUNTAIN BIKING KNOWLEDGE

COME LEARN HANDLING TECHNIQUE, TRAIL APPROACH AND MORE!

- TUES, APRIL 11, 2 PM
- OA SUITE



### PLANT IDENTIFICATION

LEARN HOW TO IDENTIFY SEVERAL PLANTS, BOTH HELPFUL AND HARMFUL. IN ADDITION, SEVERAL HELPFUL TOOLS WILL BE TAUGHT THAT CAN BE USED TO DISCOVER THE IDENTITY AND POTENTIAL USES OF PLANTS YOU COME ACROSS FROM DAY TO DAY!

- WED, APRIL 12, 11AM-1PM
- OA SUITE



### KAYAK SKILLS & ROLLING

LEARN ALL THE BASICS OF KAYAKING AND GET ONE-ON-ONE INSTRUCTION ON ROLLING A KAYAK! WALK-INS WELCOME!

- WED, APRIL 12, 4-6 PM
- KENNESAW POOL



## SPRING SPECIAL EVENTS

### A Night by the Campfire April 13, 6-11pm

Field b/w Howell & Norton  
•Enjoy a wonderful night warming up by the fire, making s'mores and making friends!

### Trivia Night April 20, 6-8pm Climbing Gym

•Gather your friends to create a team that can crush trivia that will cover general knowledge, pop culture and climbing wisdom.



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