



BATHROOM BANTER

(210) 207-WELL wellness@sanantonio.gov



Wherever you are along your wellness journey, consider registering for the City's 2017 Rock 'N' Roll Marathon & Half Marathon training program hosted by Epic Endurance. Runners, joggers and walkers at all levels are encouraged to participate in a 24-week coached training program that will take you step by step from where you are today, to the Rock 'N' Roll Marathon & Half Marathon finish line on December 3, 2017.



Training Program Includes:

Two (2) technical t-shirts, weekly informational seminars, Training log and weekly training schedule, Two (2) weekly training sessions Small group coaching, Race-day support, Access to online program material, Product discounts and more!

Training Program Options:

Full Marathon Training Program:
\$119 - \$50 City Contribution = **\$69***

Half Marathon Training Program:
\$99 - \$50 City Contribution = **\$49***

Go to epicendurancetx.com and scroll down to the COSA employee section to register today!

**Discounted rates are available to all full-time City employees and one family member.*



Fit Pass is coming back for another exciting summer of fitness opportunities, nutrition education, wellness events and PRIZES! Fit Pass 2017 will be kicking off on June 10th at Pearsall Park with the Fit Pass Dash 5K, Fitnessthon and Expo. This is your first opportunity to earn points. This year includes some great new features including new partners, new activities, new prizes and an exciting new format! For the first time in Fit Pass, you can get your friends, family and co-workers involved with our team category. ***Employees who participate in the Fitpass Dash 5k will receive 250 Virgin Pulse Points***



Get the free Fit Pass mobile app!



Fit Pass has an iOS App and new Android App for you to digitally track your participation. Visit the App Store or Google Play store and search "SA Parks Fitness" to download and start tracking today!



BENEFITS OF RUNNING



June 6th, Municipal Plaza B-Room 11:30-12:30pm —
"Integrating Wellness Into our Parks Systems", Presented by the City's Parks and Recreation Department

Learn more about Park's Trail System, Fitpass 2017, Fitness in the Park, Outdoor Fitness Stations, Mobile Fit, and more!

June 8th, Plaza de Armas Gallery Room 11:30-12:30pm —
"How to Define, Plan, and Achieve Your Fitness Goals", presented by Epic Endurance

June 12th, Central Library Main Auditorium 12-1pm —
"Nutrition For Fitness" presented by Epic Endurance

Attend an Epic Endurance Education Session and learn more about the City's Rock 'N' Roll Marathon training program!