2016 Menominee Tied To Be Fit Walk

Saturday, September 24, 2016
Start and Finish: Menominee High School Outdoor Track

On-line Registration:
https://www.eventbrite.com/e/2016-menominee-tied-to-be-fit-walk-tickets-27126959466

Distances:  Full Marathon (26.2 miles) *(new and improved course)*
½ Marathon (13.1 miles)
¼ Marathon (6.55 miles)
Mini-marathon (2.62) kids/families/Elders

Deadline to Register is September 8th

The Menominee Tribal Clinic, in partnership with local agencies, is proud to announce the 3rd annual Tied To Be Fit walking event. On September 24th, hundreds of walkers will be doing their part to show Menominee Nation takes their health seriously. The Tied To Be Fit Walk is a non-competitive event, encouraging walkers of all ages and ability levels. The longer marathon events utilize the scenic Menominee Reservation while passing through downtown Keshena, the clinic, over the Wolf River, and up West Branch Road. Comfort stops are open based on official start times and will be available approximately every 3 miles. Finish line entertainment will be provided as walkers return to the High School track, and participants will be awarded medals. The mini-marathon will be offered for those that just want to walk on the track.

Training Series are Tuesdays July 12- September 20th

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