

2016 Run Elevated Half Marathon Little Cottonwood Canyon

Distance: 13.1 miles
 Date: Saturday - August 27
 Time: 6:30 am
 Location: Alta Canyon Sports Center
 9565 S Highland Drive



Registration Information

Online: WWW.RUNELEVATED.COM
 Deadline: First 2,000 runners or August 15
 Registration Fee: \$60 / runner until June 30
 \$65 / runner July 1 - 31
 \$75 / runner August 1 - 15



Dippin' Dogs

The pool has gone to the dogs! Held twice a year, dogs of all shapes and sizes are welcome to take a dip in our pool during the Dippin' Dogs events. Sandy City Dog Park rules apply. Dogs must be under voice control and current on vaccinations. Raffle prizes will be given away throughout the event. **Humans are not allowed in the pool at any time during the event.** Payments taken at west pool entrance.

Location: Alta Canyon Sports Center
 9565 S Highland Dr.

Cost: \$8 per dog with owner
 \$2 per additional dog

Date: September 17 Time: 9:00 am to 12 noon
 September 24 Time: 9:00 am to 12 noon



Summer at a Glance!

- May 28 Swimming Pool Opens
- June 1 Early Bird Registration for "I CAN TRI" Sprint Triathlon
- June 6 Swim & Tennis Lessons Begin
 Swim Team & Summer Camp Begins
- June 6 Twilight Swim begins
 Mondays 8:30-10:00 pm
- June 7 Adult Tennis League Begins
 Tuesdays at 6 pm
- July 4 Sandy City Festival

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13th Annual "I Can Tri" Sprint Triathlon



New to racing? Looking for a new challenge? An event for the whole family? The I CAN TRI Sprint Triathlon is your answer. This event is perfect for beginning participants, first time triathletes, families, and friends. Let us cheer you on to the finish! Sign up early and save! **Registration is available online www.altacanyonsportscenter.com and in person at Alta Canyon Sports Center.**

Sprint Distance: 400 M Swim, 9 Mile Bike, 5K Run

Deadline for Registration is Tuesday, September 6!

Date: Saturday, September 10

Time: 8:00 am Individual /Relay
 9:30 am Kids Challenge
 11:00 am Awards Ceremony

Cost: \$50 Individual

Price Break Down for Early Bird:

March 1: \$25 - June 1: \$38 - August 1: \$50

\$98 Relay Team

Price Break Down for Early Bird:

March 1: \$50 - June 1: \$75 - August 1: \$98

\$30 Kids Challenge

Price Break Down for Early Bird:

March 1: \$15 - June 1: \$23 - August 1: \$30

Note: Kids Challenge is 100 M swim & 1 Mile Run.

Triathlon Clinics



The triathlon will be here before you know it. Alta Canyon Sports Center can help you be ready for the big day with our monthly clinics. Each month we will play host to a variety of topics to help prepare you for the Alta Canyon Sports Center "I Can TRI" Sprint Triathlon. Clinics are on Tuesdays and Thursdays of each month and are about an hour long. **Registration begins May 1 online at www.altacanyonsportscenter.com and in person at Alta Canyon Sports Center.**

Cost:	Member	Non-Member
	\$75/Month	\$95/Month

Clinic 1 Dates: June 7, 9, 14, 16, 21, 23, 28, 30

Day/Time:	Tuesday	6:00 - 7:00 am
	Thursday	7:00 - 8:00 pm

Clinic 2 Dates: July 5, 7, 12, 14, 19, 21, 26, 28

Day/Time:	Tuesdays	6:00 - 7:00 am
	Thursday	7:00 - 8:00 pm

Clinic 3 Dates: August 2, 4, 9, 11, 16, 18, 23, 25

Day/Time:	Tuesday	6:00 - 7:00 am
	Thursday	7:00 - 8:00 pm