



CORONADO
**ISLAND
FITNESS**
EST. 1996

FIND YOUR REASON!

**CORONADO ISLAND FITNESS
PRESENTS**

**“HILL TAKERS & HEART BREAKERS
ENDURANCE TRAIL EVENT”**



**SEPTEMBER 15TH
AT 8AM**

*Run. Hike. Go Long.
Go Short.*

JOIN US

as we raise funds for OurGenesis Foundation a 501(c)(3) EIN #27-3674601. Event Registration fees, donation only, minimum donation is \$15. Raise \$200+ and receive special recognition. Net proceeds will benefit Wounded Warriors Project and the Challenged Athletes Foundation.



FIND YOUR REASON!

“HILL TAKERS & HEART BREAKERS ENDURANCE TRAIL EVENT”

SEPTEMBER 15TH AT 8AM



Iron Mountain (First Leg)

This is a moderate hike on a well maintained trail. The best feature of this hike is the views at the peak.

Distance: 6.63 miles round trip

Elevation Gain: 1000 ft

Mt. Woodson - Summit (Second Leg)

This is the best trail for those who wanted a shorter more groomed hike.

Distance: 3.6 miles round trip

Elevation Gain: approximately 1200 ft



Mt. Woodson/Poway Lake (Third Leg)

This is a strenuous hike on a well marked, maintained trail boasting views at the summit.

Distance: 6.4 miles round trip

Elevation Gain: 2000 ft



CALL OR EMAIL TODAY!

OurGenesis Foundation a 501(c)(3) EIN #27-3674601. Benefactors include Wounded Warriors Project, Challenged Athletes Foundation.



1331 ORANGE AVE
(BEHIND BRIG)
CORONADO, CA 92118
619.435.5500

DROP-INS WELCOME

INFO@CORONADOISLANDFITNESS.COM
WWW.CORONADOISLANDFITNESS.COM



Group Runs • Training Plans • Strength Training