



# Sept. 20 - thru - Oct. 29

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**Virtual Event -**

**3 Activity Options -**

**Shirts for the first 150 -**

**Registered**

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**Registration opens Sept 6th  
& Closes Sept 17th at 1pm**

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*Hosted by the nutrition  
coalition. Open to GRIC,  
Other Federally  
Recognized tribal  
members & employees of  
GRIC/GRHC*



# 1-7-1 Challenge

*The 1-7-1 Challenge is covering the length of the Community from the most southern part of District 1 to the northern part of District 7 & back! The Challenge will be 100 miles total! You will have the option of completing this Challenge by walking, running or cycling. You must submit your daily mileage to the Nutrition Coalition Team.*



**To register, or for more information contact Life Center –  
Fitness Manager Roland Enos • [rolande@grhc.org](mailto:rolande@grhc.org)**