

*Freedom is hard won*

**This 4<sup>th</sup> of July morning**

**Take The Heroes' Challenge**

*Bike or Run or Walk or Sponsor*

**CHALLENGING HONORING REWARDING**

**BIKE "37-clicks" over REALLY Ruthless Terrain** (24.2-miles starts 0700)  
*Brutal little mountains, 4 HC rated climbs—encompassing 13 total miles, grades from -13% to +20%*

*or* **RUN ½ Marathon-Plus "3-clicks" over Demanding Terrain** (14.79-miles starts 0830)

*or* **Do a 5K+ "1-Click" Country Stroll Fun WALK/RUN** (3.6-miles starts 0930)

*& get pledges!* **Individual with most \$ collected wins 1-night at Skamania Lodge**

*go to* **UltraSignup.com \$25 PRE-registration fee for EACH event**

**\$40 DAY of Registration fee for EACH event**

**for Updates on The Heroes' Challenge go to Facebook: BackaHeroToday**  
*for pledge sheets or more info, email* **BackaHeroToday@gmail.com**

**all events begin & end at Cape Horn Skye Elem. School 9731 Washougal River Rd., Washougal WA 98671**

*Freedom is hard won, but our soldiers do it every day... take the Heroes' Challenge*