

Aluminum Man Series Maui

* * the Not-So-Serious . . . Series * *

- ...No entry fees or forms...
- ...No membership but lots of friendship...
- ...Sunday mornings at 8:00am SHARP...
- ...Low in fat and no cholesterol...
- ...Masks, snorkels, and fins very acceptable...
- ...Relays encouraged...
- ...Event day sign-up for door prizes...
- ...A day at the beach in paradise! See you there!!!

Seven times a year a group of sweet, sweaty, some serious and most not-so-serious Aluminum men and women (most of us aren't made of IRON after all), meet at one of Maui's beautiful beaches for what is really a frolicking fun group workout. It usually consists of a 1/2 mile swim over colorful fish and a 3 to 4 mile run through pretty scenery. It's fun. It's faaaaasssssstttttt.....if you want to be fast, or SLOW if you don't. If spiritual pursuits are your passion and exercise is your meditation, then I promise you will experience some form of "Alumination" during the Aluminum Man. If not, then at the very least you will have gotten some endorphins out of the deal. (We all know how good those are or we wouldn't be spending hundreds of dollars a year on running shoes, right?) So, come on down to the beach to the next Aluminum Man---and try it. As Jaiom "The Aluminum Man" Berger would say, "Live well, live aloha!" Hope to see ya' there!

Questions? Call Nancy Robberson at 808-878-2949.

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