

fitness

## Fitness Calendar, 8/16/10

By The Denver Post

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### Susan G. Komen 3-Day for the Cure

**Aug. 27-29:** Participants walk 60 miles over three days. Proceeds are used for research and community programs supporting education, screening and treatment of breast cancer. Opening ceremony is 6:30 a.m. Aug. 27 at the Colorado Mills mall, 14500 W. Colfax Ave. in Lakewood. There are Public Cheering Stations scheduled during the race with a closing ceremony featuring country music singer-songwriter Candy Coburn Aug. 29 in City Park, 2001 Colorado Blvd. *Call 877-GO-KOMEN (877-465-6636) or visit [komen.org](http://komen.org) for more information.*

### Kundalini Yoga

Monday: All levels are invited, no experience required. 5:30-6:45 p.m. Bring water and a yoga mat. Single session: \$10 nonmember/drop-in rate, \$8 members. Series rates also available. Offered Mondays through December. *Denver Botanic Gardens, 1007 York St., 720-865-3580, [botanicgardens.org](http://botanicgardens.org)*

### Greeley Rec Center Open House

Saturday: Visitors can try the Army National Guard's climbing wall, take a hot-air-balloon ride, hear live music by George Gray and the Elvis Experience and tour the Greeley Recreation Center, 10 a.m.-noon. *651 10th Ave., Greeley, 970-350-9400, [greeleygov.org/recreation](http://greeleygov.org/recreation)*

### Free to Breathe 5K

**Saturday:** Hosted by the National Lung Cancer Partnership, the race will help raise funds, education and awareness of this disease. Visit the website for race and registration details. *Stapleton Central Park, 9225 Martin Luther King Blvd., [freetobreathe.org](http://freetobreathe.org)*

### Outdoor Fitness Boot Camp

**Aug. 23:** Fitness For Living is offering five-week Outdoor Fitness Boot Camps in Boulder, Longmont and Lafayette starting Aug. 23. Four class times are offered each day. Losing weight, personal health and fitness, increasing strength and endurance and goals are included. *Call 303-550-3491, or visit [fitliv.com](http://fitliv.com) for more.*

### Hike for Uganda

**Aug. 28:** Educate!, a Uganda and Boulder-based organization, hosts its second annual Hike for Uganda to raise awareness and funding for the 830 students in the program in Uganda. Educate! friends will hike up Green Mountain in Boulder

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while Educate! students hike up a mountain in Kampala, Uganda, at the same time. Face painting, handmade jewelry and artwork from Uganda, and live music will be offered. Registration and activities begin at 8:30 a.m. followed by the hike at 9:30. Hikers can choose a 2- or 4-mile option. *Visit [experienceeducate.org/hike-for-uganda](http://experienceeducate.org/hike-for-uganda).*

## Walk to Cure Psoriasis

**Aug. 29:** The National Psoriasis Foundation hosts its annual walk to raise awareness and funds for research, education and advocacy programs. Psoriasis is a noncontagious chronic disease of the immune system. Registration begins at 8 a.m. followed by the walk at 9. Choose a 1K or 5K route. *Washington Park, 1700 E. Louisiana Ave., call 877-825-WALK (825-9255), or visit [psoriasis.org/denverwalk](http://psoriasis.org/denverwalk).*

Mail items at least 10-14 days in advance to Fitness Calendar, The Denver Post, 101 W. Colfax Ave., Suite 600, Denver, CO 80202; fax 303-954-1679, e-mail [living@denverpost.com](mailto:living@denverpost.com).

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