

As featured in Runner's World Magazine
and the TEDxMileHigh Youth Event

**REGISTER
for Fall 2015**

26.2 mi.



experience
CHANGE
through **CHALLENGE!**

Instead of taking another class or seminar that TALKS about achieving success, why not EXPERIENCE it through the life-changing challenge of training for a 26.2 mile marathon?

Through supportive coaching, accountability of fellow teammates, and weekly discussions, you will acquire and apply the skills to overcome the barriers to achieve this supremely difficult goal. We'll help you create the mental toughness and personal resolve that is essential for peak performance on the job - and in life.

By challenging yourself to new limits, you will develop the following life-skills

- Goal setting
- Character and motivation
- "Can-do" attitude
- Endurance
- Self-confidence
- Discipline and self-control
- Commitment to excellence

Your Final Exam is to run the Arizona Rock 'n' Roll Marathon which will be January 17, 2016

Enroll now in MAN 150 - Change Through Challenge.

Discover your true capabilities and let your journey of personal change begin!

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