

Palmer Lake Fun Run, April 15



Above: The second annual 24 Hours of Palmer Lake Fun Run began at 8 a.m. April 15 with instructions and encouragement from race director and founder Israel Archuleta (<http://www.israeltherunner.com>). From left are Todd Burgess, Jeremy Bradford, Rochelle Garnanez, Maya Bradford, Julian Bradford, Cyrus Archuleta, Jennifer Coker, and Logan Polfuss. Archuleta founded this race in 2014 when he needed a training run for a six-day race and couldn't find one in Colorado. Participants ran multiple .82 mile laps around Palmer Lake over 24 hours, stopping to rest and nap as needed. Anyone who completed 100 miles got a refund of their \$28 race fee. Overall winner was Garnanez with 101.68 miles completed, with Jeremy Bradford and Burgess also completing over 100 miles. There were 59 participants who received participant medals with trophies for the top finishers in male, female, and youth categories. *Photo by Jackie Burhans.*

Support Our Community! Shop Tri-Lakes.

Are you a fish out of water?

Join the Woodmoor Waves! With our lower cost swim memberships, you could be a flying fish with our area's premier competitive swim team in no time!

Has your old swim team left you high and dry? Do the costs of competitive swimming keep you from taking the plunge? Well now's the time to take advantage of a lower cost Junior Swim Membership option to get you or your child back into the world of competitive swimming. It's a savings of \$35 per month on Monument Hill Country Club swim membership dues. Contact us today to see how you can get started.

Additional Waves dues apply.

The Woodmoor Waves is a competitive, year-round USA Swimming team located in Monument, Colorado. We offer high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor.



If you would like further information, please feel free to contact us through our website at woodmoorwaves.org

Ride the wave!

Woodmoor Waves Swim Team@MHCC
Ages: 8 to 18
Ability: Developmental to Junior National Training
Practice Schedule: Monday through Saturday, depending on level

NEW! MHCC Junior Swim Club Membership
\$75 per month
This membership allows the use the indoor pool only with no food and beverage minimum; no initiation
*Woodmoor Waves dues extra.
USA Swim annual dues extra.*

Contact us through our website, woodmoorwaves.org for total fees, and to return to the world of competitive swimming

Woodmoor Waves swim at Monument Hill Country Club (MHCC)
18945 Pebble Beach Way
Monument, CO 80132

The Odd Couple at LPHS, April 22-25



Above: Lewis-Palmer High School's Theater Program produced *The Odd Couple* April 22-25. The program featured two versions of the show: a female cast version and a male cast version (both with the same storyline). LPHS produces a play in its spring semester and a musical in the fall semester. From left are Jade Malenkovic, Amber Matalus, Taryn Hessel, Anna Lincoln, Kiara Eaddy, and Nicole Gardner. *Photo by Audrey Burkart.*

YMCA Healthy Kids Day, April 25



Above: At the YMCA Healthy Kids Day, Connor, a certified and trained "Paws to Read" golden retriever, got to meet Ben (who read him a whole book), Nick, Gianna, and Ella Walla. Linda Kean, left, volunteers with the Paws to Read program at Monument Branch Library. *Photo by Lisa Hatfield.*



Sisters of Benet Hill Monastery

3190 Benet Lane Colorado Springs, CO 80921* Phone: (719) 633-0655

Last Chance for Film & Concert of the Season!

"No Evidence of Disease"

Free Film

Monday, May 18, 2015
6:30 pm

In conjunction with National Women's
Health Week May 10th-16th.

Donations Welcome

Future Film Dates: Sept 21 & Nov 9

"Italian Springtime"

Chamber Concert

Sunday, May 31, 2015
2:30 pm

Pre-concert Lecture at 1:45 pm
Cost: \$20.00

*Check our website in the
fall for future Concert Series

Register online at www.benethillmonastery.org
or call 719-633-0655

Events held at Benet Hill Monastery

