

Living

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TAKE



Something noteworthy happened this weekend, as several hundred people achieved goals that many had not before believed



THE



possible. They walked or ran or "Bike & Hiked" for 15 miles, they paddled kayaks and canoes 14 miles and they swam four miles.



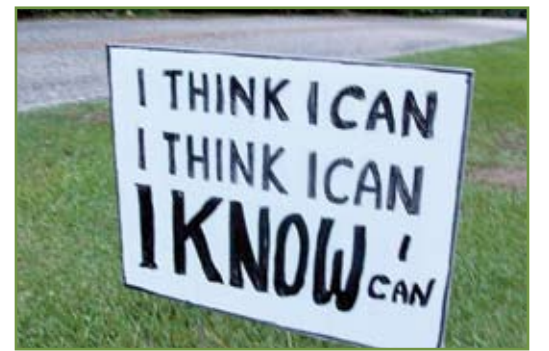
LAKE



2009



But before any one person could take their first step on their Personal Endurance Challenges, they first had to come to believe that



their own strengths could deliver them past the limits they had once set. That was the biggest step of all, and then the rest was easy.