

Healthy Happenings

Landscape Worth Training For

Fall. The changing of seasons signals the time of year when life in Moab enjoys cooler temperatures, autumn foliage, and the beginning of crisp evenings. It's a good time to take a deep breath and get out into the desert or the mountains. At the Moab Century Tour, you can do both! Road cyclists will relish in the amazing landscapes Moab has to offer September 18-19 at the seventeenth annual cycling event. From gaining elevation into the La Sal Mountains and Dead Horse Point State Park to carving down red rock canyons and finishing along the Colorado River, this event has landscape worth training for!

You'll appreciate the grand scale of this place once you've ventured far from town under your own 'skinny' power down byways known only to a lucky few. Your mind naturally slows down to enjoy the sights, and in the slowing down, you'll unwind a little. This shift in perspective from the fast pace of our modern lives soaks in slowly and happens best when it's cool enough to be present in the desert comfortably and enjoyed with close friends.

Diane Dispain wrote "What is more fun than riding a road bike in such an amazing area! You get to see the beautiful scenery, stop and take pictures whenever, and be treated to great snack and lunches!

The Moab Century Tour is the fall road cycling event Skinny Tire Events organizer Mark Griffith founded after losing his older brother to cancer. Along with the spring Skinny Tire Festival, the events have been organized to support the fight against cancer, creating an experience where survivorship and research toward a cure is the focus. **Every participant contributes to the Moab Healthcare Foundation/Cancer Treatment Center** and many groups use the events to fundraise for cancer survivorship programs in their own communities.



Mark Griffith at Dead Horse Point State Park

Whatever your reason for coming to the Moab area this fall or spring, be it the physical challenge of a bike ride or the chance to make a difference against cancer, let yourself relax into the beauty and be restored. For more information visit skinnytireevents.com.



Let's Celebrate

Recovery!

Join us for an event to celebrate those finding recovery from addiction.

**CENTER STREET BALLPARK,
198 E CENTER ST.**

**SATURDAY,
SEPT. 25th**

3:00 - 7:00 pm

**Lots of Activities for Everyone!
Prize Drawings! Dunk Your Therapist!
Cash/Ticket Grab Wheel! And More!**

- 3:00pm** - Welcome
- 4:30pm** - Fire Dept. Water Works
- 5:00pm** - Awards
- 5:30pm** - Food/Speakers
- 6:30pm** - Memorial Circle
- 7:00pm** - Balloon Release

**RECOVERY IS FOR everyone; every PERSON,
every FAMILY, every COMMUNITY!**



WARM WEATHER PET SAFETY: HOW HOT IS YOUR CAR?

EVEN WITH WINDOWS CRACKED, the temperature inside your car can increase within minutes. When in doubt, **leave your pet at home.**



VEHICLE TEMPERATURE

OUTSIDE TEMP (F)	INSIDE TEMP (F)	
	after 10mins	after 30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°



Help Support HSMV • Visit our website or call today
moabpets.org (435) 259-4862

Moab Church Services Directory

Assembly of God 1202 South Boulder Avenue	435-259-7747	Moab Baptist Church 356 West Kane Creek Blvd.	435-259-8481
Bahá'í Faith	435-650-5778	Quaker Worship Group 81 North 300 East	435-259-8178
Canyonlands Fellowship 111 East 100 North	435-260-2434	River of Life Christian Fellowship 2651 East Arroyo Rd.	435-259-8308
Church of Jesus Christ of Latter-Day Saints First & Second Wards 475 West 400 North	435-259-5566	St. Pius X Catholic Church 122 West 400 North	435-259-5211
Third, Fourth & Fifth Wards 701 Locust Lane	435-259-5567	Seventh Day Adventist 4581 Spanish Valley Drive	435-259-5545
Community Church 544 MiVida Drive	435-259-7319	The Church of Christ 456 Emma Boulevard	435-259-6690
Episcopal Church of St. Francis 250 South Kane Creek Blvd	435-259-5831		
First Baptist Church SBC 420 MiVida Drive	435-259-7310		
Friends in Christ Free Lutheran Church 1240 South Highway 191	435-259-4378		
Grace Lutheran Church 360 West 400 North	435-259-5017		
Jewish Interfaith Beit Moabi	435-260-0241		
Kingdom Hall of Jehovah Witnesses 25 Dogwood Avenue	435-355-2007		

