



The annual Chase County Community Hospital “CHEWS It or Lose It” Amateur Triathlon will be held in Imperial on Saturday, Aug. 10.

The acronym CHEWS stands for Chase Healthcare Employee Wellness Program. While the CHEWS program is related to healthcare employees, the triathlon is open to the public.

The objective of the triathlon is to promote a healthy lifestyle to area residents.

The triathlon involves swimming, biking and run/walk.

The biking route will be four miles in length, the run/walk will be 2.2 miles and the swimming will involve six laps in the pool. Teams of three people as well as individuals may participate.

Families are also encouraged to enter as a team. In the team division, each person chooses which of the three activities they wish to complete. For example, with a team of three, one person will choose swimming, one biking and the other the run/walk. Residents who compete as individuals will complete in all three events.

Age divisions for individual competition are as follows: Pee-wee (8-12 yrs), Juniors (13-18 yrs.), Adults (19-35 yrs), Seniors (36-49 yrs) and Masters (50 yrs and over).

Medals will be awarded to the top three places in individual and team divisions. Registration Saturday will begin at 7:30 a.m. and be headquartered at the public swimming pool in Imperial. The competition will begin at 9 a.m. with results and awards following.

The biking and running route will utilize 9th, 12th, 5th, Park, Chase and Longhorn Streets in Imperial.

The public is encouraged to participate in this event. For more information, contact Julie Levy at 308-882-7386 or email her at [jlevy@chasecountyhospital.com](mailto:jlevy@chasecountyhospital.com), or Larissa Gerhartz at 308-882-7243 or email her at [lgerhartz@chasecountyhospital.com](mailto:lgerhartz@chasecountyhospital.com).