

**Melissa S. Eder**

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**From:** Carol L. Bevel  
**Sent:** Monday, April 19, 2021 11:05 AM  
**To:** Craig B. Clifton  
**Subject:** FW: 3 Ways to Play!

Craig,  
How do we sign up as a team for the Miles for Meals? I can't figure out how to do it on the App?

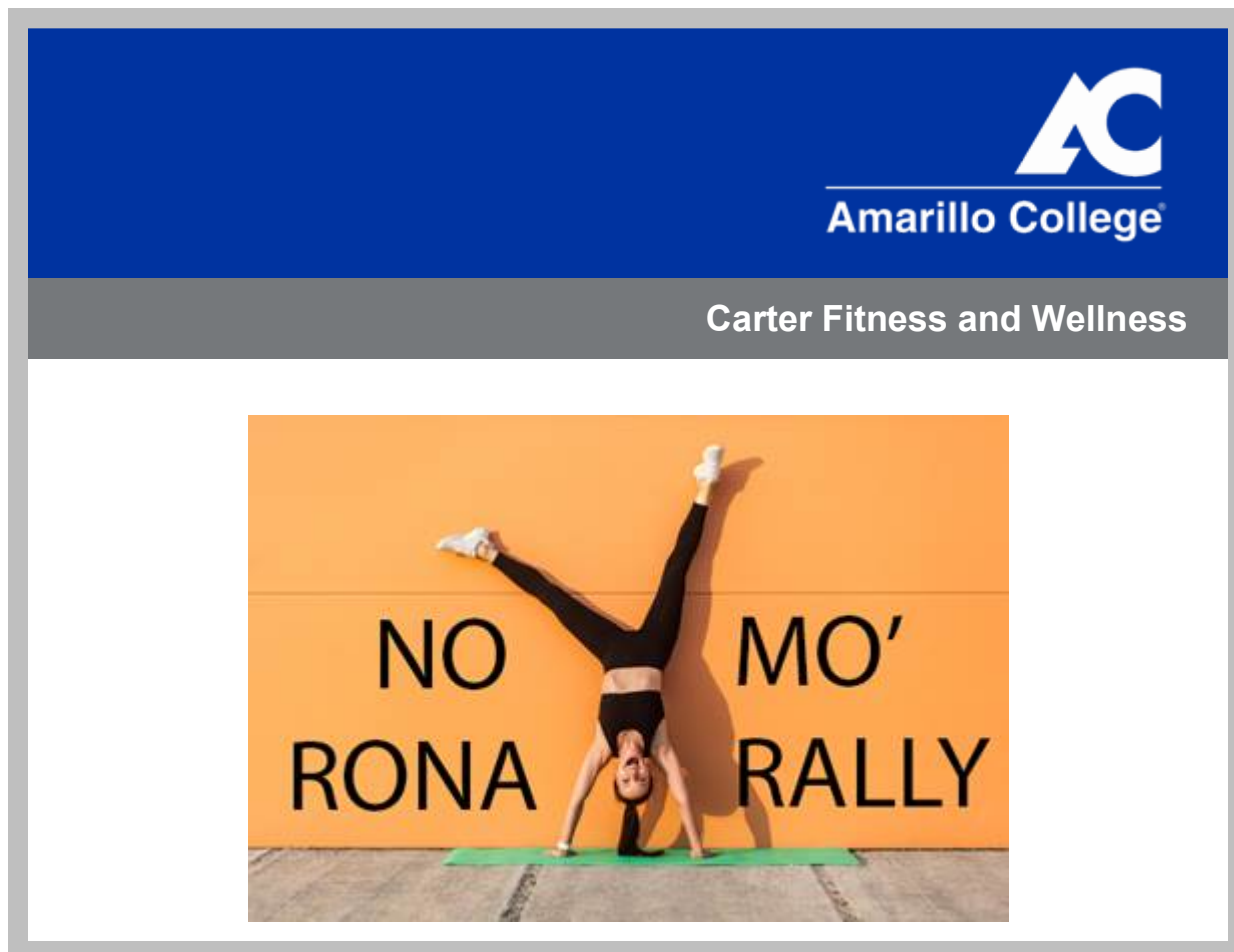
Have a Blessed Day!

*Carol Bevel*

**"No one is useless in this world who lightens the burdens of another."**  
~ Charles Dickens

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**From:** Mj Hammond  
**Sent:** Tuesday, April 13, 2021 1:45 PM  
**To:** DL-All AC Family <DL-AllACFamily@actx.edu>  
**Subject:** 3 Ways to Play!



# EVERYBODY PLAY!

## April 19 - May 7

### Pickleball For All

Two Pickleball Clinics will be offered **FREE** to all AC employees on **Tuesday April 20 and Wednesday April 21 from noon-1pm** at Carter Fitness Center. Taught by Pickleball expert Katie Little, you'll learn everything you need to know in one or both clinics.

Play "**Stack the Paddle**" from **April 19 through May 7** by joining the growing Pickleball community at the best indoor facility in Amarillo...you guessed it...Carter Fitness Center! Play times are flexible but the most popular times are 11:30am – 3pm and 5:30pm – 7pm. Incentives and prizes will be given out.

**There's more!** In May, participate in the official **City Wide Pickleball Tournament** hosted by Carter Fitness Center. Participation is voluntary/optional. This will be a great opportunity to enjoy the full Pickleball experience. We'll have more information on the tournament at a later date.

### Walking/Running Event

Download the free STRAVA App (click "club" and search Amarillo College Wellness Club) and log your walking or running miles via the app. Participate as an individual and/or as a four person team. Anybody who logs an average of 5 miles per week will receive a RunAC t-shirt. The team that logs the most miles during the event will receive the coveted **Miles for Meals traveling trophy** and a special prize. The individual who logs the most miles will receive a special prize.

### Cornhole Fun

Get your 2-person team together for three days of friendly fun and competition.

Thursday April 22, 12noon – 1pm  
Thursday April 29, 12noon – 1pm  
Thursday May 6, 12noon – 1pm

Location will be announced closer to the event. Incentives and prizes will be given out.

For more information call Craig Clifton at 371-5299

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### Carter Fitness Center Hours

M – TH 6:00 am – 8:00 pm  
Friday--6:00 am – 6:00 pm  
Saturday – 8:00 am – 5:00 pm  
Sunday – Closed

Front Desk: (806) 345-5515

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## Melissa S. Eder

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**From:** Carol L. Bevel  
**Sent:** Monday, April 19, 2021 11:18 AM  
**To:** Craig B. Clifton  
**Subject:** RE: 3 Ways to Play!

Perfect! I'll do that soon!

Have a Blessed Day!

*Carol Bevel*

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~ Charles Dickens

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**From:** Craig B. Clifton  
**Sent:** Monday, April 19, 2021 11:17 AM  
**To:** Carol Bevel <[clbevel@actx.edu](mailto:clbevel@actx.edu)>  
**Subject:** RE: 3 Ways to Play!

Carol,  
You just email me your team name and team members. Your miles will be logged individually and I will tabulate the team totals from your individual totals.

*Craig Clifton*

Executive Director Community Enrichment and Wellness  
Amarillo College  
[cbclifton@actx.edu](mailto:cbclifton@actx.edu)  
(806)358-9578

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**From:** Carol Bevel <[clbevel@actx.edu](mailto:clbevel@actx.edu)>  
**Sent:** Monday, April 19, 2021 11:05 AM  
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**Subject:** 3 Ways to Play!



**Amarillo College**

**Carter Fitness and Wellness**



## **EVERYBODY PLAY! April 19 - May 7**

### **Pickleball For All**

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**Melissa S. Eder**

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**From:** Mj Hammond  
**Sent:** Monday, April 19, 2021 11:18 AM  
**To:** DL-All AC Family  
**Subject:** No Mo' Rona Rally starts today!



**Carter Fitness and Wellness**



**Time to Get Started!**  
**April 19 - May 7**

**Let the Fun Commence!**

**Walkers and Runners**

Download the FREE [STRAVA](#) app, join the AC Wellness Club and begin logging your walking or running miles via the app TODAY.

Participate as an individual and/or as a four person team. Email your four person team name and team members to [Craig Clifton](#). Miles will be monitored via the STRAVA app in the AC Wellness Club. Contact [Craig Clifton](#) (371-5299) for questions about the app.

### **Pickle Ball Clinics THIS WEEK**

Two pickleball clinics will be offered for **FREE** to all AC employees. Clinics will be held on Tuesday (tomorrow) April 20 and Wednesday April 21 from noon - 1pm at Carter Fitness Center.

Well-known pickleball expert, Katie Little, will be your instructor. These clinics are geared toward beginners. You may attend one or both clinics. Just show up - no pre-registration required. The only special clothing required is court shoes.

### **Cornhole Fun**

Thursday April 22, noon – 1pm. Details will be announced next week. Form your two person team and get ready.

**For more information contact [Craig Clifton](#) at 371-5299**

*The Wellness Committee is responsible for this hilarity.*

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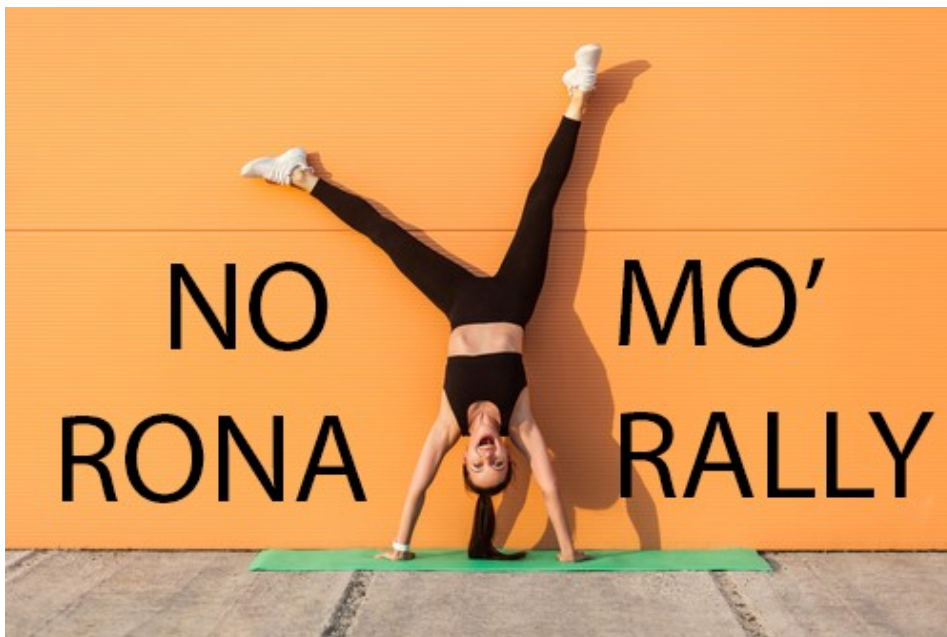
**Melissa S. Eder**

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**From:** Mj Hammond  
**Sent:** Thursday, April 22, 2021 3:18 PM  
**To:** DL-All AC Family  
**Subject:** Win a Prize!



**Carter Fitness and Wellness**



**Cornhole Fun on Thursdays!  
April 29 & May 6**

**Don't be a Stick in the Mud!**

Grab a friend to form a team and come out during lunch on April 29 and May 6 for some friendly cornhole competition and collegial fellowship!

If you're unfamiliar with the rules and regs, here's everything you need to know in 1 minute and 24 seconds:



The winning team receives two \$15 gift certificates to the AC Coffee/Sandwich Shop or Bookstore (your choice). If the weather turns cold, we'll play inside, so come on down!

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