

## CAN YOU GET 1\% BETTER EACH DAY?

On Oct. 8 , I had the thrill of once again competing in the Ironman World
Championship on the biggest stage in triathlon: Kona, Hawaii. This is my 27th onman and my 6th World Championship. The World Championship is more of "victory lap" for most amateur triathletes. It's an opportunity to celebrate their Uailification and race with the best in the world. For me, it was yet another opportunity io ... CONTINUE READING


## A NEW TYPE OF BIKE LANE COMES TO FORT COLLINS

youve venured downial Running from Remington Street to Smith Street, Fort Collins's first "advisory bike lane" is designed to make traffic safer for drivers and cyclists on narrow roads with limited vehicle traffic. But how does it work? ... CONTINUE READING


## CELEBRATE THE HOLIDAYS DOWNTOWN

Are you looking for something to do with your family this holiday season? Downtown Fort Collins probably has everything your heart desires to make magical seasonal memories. Beginning in November, the area will be lit up like a Christmas tree with numerous festivities for the entire family. Aside from the usual ecleotic local shopping READING

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