



1-800-AGE-LINE
1-800-243-5463

www.EastAlabamaAging.org

Masters Games

It's that time of year again! You can now register to compete in our annual District Masters Games. This is a fantastic community event that we look forward to every year. The games are open to Alabama residents ages 50 and over.

Events include:

- 3-on-3 Basketball
- 5K Run/Walk
- Billiards
- Bowling
- Dominoes
- Rook
- Shuffleboard
- And much more!



[Click here](#) to visit our website for more information.

24th Annual Cheaha Challenge Gran Fondo Century & ULTRA Ride

We're happy to support and promote our friends at the 24th Annual Cheaha Challenge Gran Fondo Century & ULTRA Ride. Here's what they have to say about this year's event:

We were named a 2016 TOP TEN GRAN FONDO by Gran Fondo Guide! What the heck is a Gran Fondo? Basically, it's a huge party after a grueling bike ride. There are three essentials for a good fondo - great ride, great food, great beverages. We have those and more. The Northeast Alabama Bicycle Association is hosting riders from all over the USA to compete in the "Toughest Ride in the South". As if the original century course was not challenging enough, ride organizers added an ULTRA to the event, 124 miles/200K. The ULTRA encompasses all the major climbs in the area totaling more than 12,835 feet of climbing. The Challenge offers distance options of 24, 44, 62, 84, and 100 miles, plus the ULTRA, with 7 Rest Stops on the course. The Challenge is part of the Alabama Backroads Century Series. If riders are not quite up for the challenge of the Challenge, they can opt to do the Chief Ladiga Cruise family ride, a kinder, gentler ride on the paved rails-to-trail, Chief Ladiga Trail. The Cruise has distance options of 12, 24, and 50. [Click here](#) to learn more about the Cheaha Challenge.



National Volunteer Week

The week of April 10 – 16, 2016 is National Volunteer Week! We owe so much of the great work done at EARPDC to our volunteers. If you want to learn more about our volunteer opportunities, [visit our website](#).

