

# YOUR CIRCUIT HERO

## COACH, FRIEND AND MENTOR

Recognize your coach who goes above and beyond in the circuit to help strengthen members every day. Nominate them to be the 2010 Curves Circuit Hero!

**WHEN: AUGUST 1 THROUGH  
SEPTEMBER 1**

- Describe in detail why your coach is a hero to you.
- Submit your nomination on **MyCurves.com** in 500 words or less.
- Your Circuit Hero could win \$1,000 USD and your club could win too!



**VISIT  
MYCURVES.COM  
FOR MORE INFORMATION.**