

Get Outside Yourself



TAKE THE TRAIL CHALLENGE SET A GOAL AND HIT THE TRAIL

Join the Metroparks Trail Challenge! Sign up, set a goal, and hit the trails for your health and well-being, while making friends and memories along the way. Everyone enrolled in the Trail Challenge is invited to participate in a Facebook group to share photos, experiences and words of encouragement to others. As always, ALL miles count toward your goal, regardless of where you choose to recreate – miles in a Metropark, in your neighborhood, a City Park, on vacation or anywhere outdoors that you are purposefully accumulating miles.

TRAIL CHALLENGERS RECEIVE:

- Eco-friendly stainless steel water bottle
- Metroparks Toledo Trail Challenge sticker
- Opportunity to earn hiking, biking, park stickers and invitations to earn special stickers
- Entry into private Trail Challenge Facebook group

GET OUTSIDE YOURSELF

- Registration Fee: \$20
- Runs: June 5, 2021 to June 3, 2022
- Set your goal(s)

HOW TO EARN STICKERS:

- **Hiking, walking, running 100 miles:** One sticker awarded per 100 miles.
 - **Biking 100 miles:** One sticker awarded per 100 miles.
 - **Park stickers:** Hike every trail at a park and receive a sticker for that park. 19 Metroparks.
 - **Paddling:** Available to those with their own canoe, kayak, or stand up paddleboard. Can also rent a kayak or attend a Metroparks *program.
 - **Tree climbing:** Attend a tree climbing *program.
 - **Archery:** Available to those with their own archery equipment. Participants can also rent archery equipment or attend a Metroparks *program.
 - **Special stickers:** Be on the lookout for special stickers available for a limited time!
- * Please bring your Trail Challenge water bottle to the rentals or Metroparks program to receive your sticker!*

All other stickers will be available at the Manor House front desk during regular business hours.

QUESTIONS? Contact Ashley Smith at Ashley.Smith@MetroparksToledo.com or 419-265-2920.



**METROPARKS
TOLEDO**