



Healthy Parks
HEALTHY PEOPLE

Get Healthy This Summer
& Support Trails at Point Reyes



www.ptreyes.org





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Take the 2013 Point Reyes Trails Challenge!

Choose a challenge track of



miles of park trails to ride, walk, hike, or run!

June 1 - October 1, 2013

This self-paced hike-a-thon is a great way to get healthy and help raise funds for park trails that support habitat, wildlife, and recreational opportunities for people of all ages.

Register online at www.ptreyes.org

Sponsored by the Point Reyes National Seashore Association
in collaboration with the National Park Service.

HOW TO PARTICIPATE

Take the Challenge

Register yourself or your team online as early as April 22 in celebration of National Park Week. Challengers are encouraged to set a hiking goal, make a tax-deductible donation of \$25 or more, and are also invited to ask friends and family to support their hike-a-thon to help raise funds for trails. You will have access to your own fundraising webpage to announce goals, ask for donations, share stories and more.

Come to the Trails Festival

**National Trails Day, Sat., June 1, 10–4 pm
across from the Bear Valley Visitor Center**

Enjoy music, food and a variety of info booths to help you get to know Point Reyes National Seashore. You can register or start the Challenge, volunteer for a trail service project, participate in mini-classes, and more. All are welcome at this free event.

Volunteer

Sign up for the park's Volunteer Trail Crew. Work days are planned for June 1, July 13, August 3 or September 7. Volunteers can also sign up to help at events or for special projects.

For more information about the Trails Challenge or Festival, sponsorship opportunities, or volunteering, contact:

trailschallenge@ptreyes.org
www.ptreyes.org
415.663.1200 x304