

ARE YOU LOOKING FOR A FUN WAY TO  
GET OUT AND GET MOVING?



# Montco Trail Challenge

August 8 - December 6



## Get Started Today!

1. Register yourself and any household members on the program website.
2. Print or download your official Montco Trail Challenge card.
3. Get out and go! Visit any of the 13 participating trails or two of your choosing as a “free space.”
4. Take a picture of yourself, pet, or household members in front of an easily identifiable landmark or sign at the park or trail.
5. Email your pictures to receive credit!



LEARN MORE OR REGISTER FOR THE 2020 TRAIL CHALLENGE  
[WWW.MONTCOPA.ORG/TRAILCHALLENGE](http://WWW.MONTCOPA.ORG/TRAILCHALLENGE)

**New in 2020!**

**Zacharias Creek Trail**



Montgomery County Board of Commissioners  
Valerie A. Arkoosh, MD, MPH, Chair  
Kenneth E. Lawrence, Jr, Vice Chair  
Joseph C. Gale, Commissioner



*This project is funded by the Pa. Department of Health's Preventive Health and Health Services Block Grant.*