



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## “Walk the Appalachian Trail” Challenge

Did you know the Appalachian Trail is the longest hiking only footpath in the world at 2,190 miles? We have completed this challenge for 5 years and invite you to join us in fall 2020 for the latest segment of the trail.

We have made it easy for you to track your progress, just do the walking and keep track on our tracker sheet located in the binder outside of the Fitness Office.

