

It doesn't matter if you walk or run, follow the trail to better health @

TAKE THE TEAM CHALLENGE

Healthy Lifestyles...Inspired by Nature



Sign up for the Trail Run Team Challenge! It is a great way to encourage members to get fit, healthy and outside. Encourage your company, neighborhood, family and/or friends to take this Challenge by signing up together as a team! The Team Challenge can compliment your healthy lifestyle by providing an opportunity to set and accomplish goals over a four-month period. Remember, the goal is better health, so you don't have to be a runner to participate - walkers are welcomed!

Update for the 2020 Team Challenge: competition is based on the total number of participants over the series of four races. The team with the highest participation over the entire series receives five free entries for the 2021 Trail Run Challenge and a one (1) hour team outing at the Lost Creek Reserve Corn Maze.

HOW TO REGISTER YOUR TEAM...

- 1. Choose a team captain/contact person
- 2. Enlist your friends and co-workers to join
- 3. Choose a team name
- 4. Fill out the Team Roster (tip: choose people who will participate, if a team member does not participate, it will count against your team's total participation percentage)
- 5. Register (on-line or mail-in) for races or series
- 6. Email team name, team captain, contact information and team roster to Mindy at mweaver@miamicountyparks.com .

HOW TO WIN...

Registered teams will be encouraging their team members to participate in as many races as possible because the goal this year is to have the highest number of participants over the entire series.

WHAT WILL YOU WIN?

In addition to bragging rights and improved health, the winning team will receive:

- A one (1) hour team outing at the Lost Creek Reserve Corn Maze
- Five (5) free entries for the 2021 Trail Run Challenge Series

THANK YOU SPONSORS...

• Premier Health Upper Valley Medical Center FOR MORE INFORMATION Call 937-335-6273 or visit MiamiCountyParks.com





