



St. Peter's Health

June 1 to August 17, 2026

HIKE IT & STRIKE IT CHALLENGE

Win \$1,000!

Refer to the rules on the back of this card.

Complete your contact information before submitting your card:

Name: _____

Email: _____ Phone: _____

DISTANCES ARE ONE-WAY

Ten Mile Creek Park 2.4 miles Easy, Accessible	The Grove JFK Park 2.2 miles Easy, Accessible	Easy Rider Loop 2.4 miles Easy	Le Grande Cannon Gated Trail 0.7 miles Easy, Accessible	Prickly Pear Park 2.0 miles Easy, Accessible <i>*No Dogs Allowed</i>
Helena Ridge to Emmett's Trail 2.8 miles Difficult	Upper DeFord Universal Access Trail 1.0 mile Easy, Accessible	Show Me the Horse Trail 1.5 miles Difficult	Westside Loop 1.8 miles Intermediate	Rodney Ridge Loop 4.5 miles Difficult
Ridge to Sky Loop 9.0 Miles Difficult	Scratchgravel South Loop 1.5 miles Intermediate		Nob Hill Loop 1.0 mile Easy	Eddy McClure East 2 miles Intermediate
Waterline Trail 2 miles Easy	Prairie and Ambrose Loop 3.0 miles Intermediate	Entertainment Trail 2.5 miles Difficult	Centennial Park Loop 1.3 miles Easy, Accessible	Archery Range Loop 2.9 miles Intermediate
Barking Dog Trail 1.5 miles Intermediate	Bompert Hill Loop 1.4 miles Intermediate	Backside Loop 3.7 miles Difficult	Mount Helena Summit Tour 3.2 miles Difficult	Spring Meadow Lake State Park 0.8 miles Easy, Accessible <i>*No Dogs Allowed</i>

Questions? Contact St. Peter's Wellness: 406-444-2128 or wellness@sphealth.org

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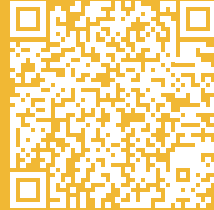
#HikeIt&StrikeIt

PRIZES!

3 cash prizes:

- One \$1,000 prize
- Two \$500 prizes
- Plus two swag bags from Prickly Pear Land Trust

LEARN MORE
ABOUT THE HIKE
& STRIKE IT
CHALLENGE



CHALLENGE RULES

1. Walk, run, bike, or hike the trails on this bingo card. Take a selfie with the trail sign, or map it on your smartwatch or app for verification.
2. Complete 5 hikes in a row, column, or diagonal to get a bingo. The center square is a freebie!
3. Submit one bingo card per person by **August 17**. Each bingo gets your name entered into a drawing for a cash prize! You can enter your name up to 12 times (blackout card.). Winners will be asked to verify their trails. Ages 14+ are eligible for cash prizes.

4. Submit your bingo card one of two ways:

Bring it to:

St. Peter's Health
Main entrance
2475 Broadway St.

email it to:

wellness@sphealth.org
with a photo of your completed card

TRAIL TIPS

Be kind. Slow down and communicate clearly.

Right of way. Bikers and hikers yield to horses. Bikes yield to hikers. Downhill traffic usually yields to uphill traffic.

Be cautious. Ride in control, know your limits, and give others space.

All ears. Always keep one ear free so you can listen for traffic and hear requests to pass.

Leave no trace. Pack out your garbage, food, and dog waste. Let's keep our trails and public lands clean.

Respect the trails. Stay on the trail in all conditions to avoid widening trails.

Wildlife. Don't approach, harass, or feed any wildlife. Leash dogs when wildlife is present. Carry bear spray and avoid traveling on trails at dawn, dusk, or night.