



St. Peter's Health

June 1 to August 11

# HIKE IT & STRIKE IT CHALLENGE

## Win \$1000!

<b>St. Peter's Health Lavender Lane</b> 1 mile, Easy Accessible	<b>Bompart Ridge Loop</b> 1.2 miles Easy	<b>Easy Rider Loop</b> 2.4 miles Easy	<b>* Spring Meadow &amp; William Gruber Loop</b> 3.5 miles, Easy Accessible	<b>LeGrande Cannon Boulevard</b> 3 miles Easy Accessible
<b>Prickly Pear Trail to Mt. Ascension Swing</b> 1.3 miles Intermediate	<b>JFK Park &amp; The Grove Loop</b> 2.3 miles Easy Accessible	<b>Dry Gulch Short Loop</b> 3.3 miles Intermediate	<b>Prairie &amp; 1906 Loop</b> 2.9 miles Intermediate	<b>Helena Reservoir Loop</b> 5.6 miles Intermediate
<b>Powerline &amp; No Trail Loop</b> .9 mile Difficult	<b>Eagle Scout Trail</b> 1.1 miles Intermediate		<b>Rodney Ridge Trail Loop</b> 1.5 miles Intermediate	<b>Eddy McClure West Trail</b> 2.9 miles Intermediate
<b>Waterline Trail Loop</b> 2.5 miles Intermediate	<b>Scratch-gravel Peak Loop</b> 2.8 miles Difficult	<b>Prospect Shafts &amp; Hogback Trail</b> 3.1 miles Difficult	<b>Centennial Park Loop</b> 1 mile Easy Accessible	<b>Archery Range Trail</b> 4.1 miles Intermediate
<b>Powerline &amp; Backside Loop</b> 2.9 miles Difficult	<b>Emmett's Trail &amp; Mini Ridge Loop</b> 3.2 miles Difficult	<b>Rodney Ridge &amp; Waterline Loop</b> 4.4 miles Difficult	<b>Mount Helena Loop</b> 5 miles Difficult	<b>Northwest Park Loop</b> .7 mile Easy Accessible

\*NO DOGS ALLOWED APRIL-OCT.

Fill in your name and phone number before you turn in this card.  
Scan this QR code to learn more about the Hike It & Strike It Challenge.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_



# HIKE IT & STRIKE IT CHALLENGE

#HikeItAndStrikeIt

## Challenge Rules

1. Walk, run, bike, or hike the trails on this bingo card. Take a photo of 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.
3. Submit one bingo card per person **by August 11**. Each bingo gets your name entered into a \$1,000 prize drawing. There are a total of 12 drawing opportunities. Winners will be asked to verify their trails.
4. Turn in your bingo card at the main entrance of St. Peter's Health, 2475 Broadway St., or email a photo of your completed card to [wellness@sphealth.org](mailto:wellness@sphealth.org).

## 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.