



St. Peter's Health

June 1 to August 11

HIKE IT & STRIKE IT CHALLENGE

Win \$1000!

*NO DOGS
ALLOWED
APRIL-OCT.

St. Peter's Health Lavender Lane .25 mile, Easy Accessible	Bompart Ridge Loop 1.2 miles Easy	Easy Rider Loop 2.4 miles Easy	* Spring Meadow & William Gruber Loop 3.5 miles, Easy Accessible	LeGrande Cannon Boulevard 3 miles Easy Accessible
Prickly Pear Trail to Mt. Ascension Swing 1.3 miles Intermediate	JFK Park & The Grove Loop 2.3 miles Easy Accessible	Dry Gulch Short Loop 3.3 miles Intermediate	Prairie & 1906 Loop 2.9 miles Intermediate	Helena Reservoir Loop 5.6 miles Intermediate
Powerline & No Trail Loop .9 mile Difficult	Eagle Scout Trail 1.1 miles Intermediate		Rodney Ridge Trail Loop 1.5 miles Intermediate	Eddye McClure West Trail 2.9 miles Intermediate
Waterline Trail Loop 2.5 miles Intermediate	Scratch- gravel Peak Loop 2.8 miles Difficult	Prospect Shafts & Hogback Trail 3.1 miles Difficult	Centennial Park Loop 1 mile Easy Accessible	Archery Range Trail 4.1 miles Intermediate
Powerline & Backside Loop 2.9 miles Difficult	Emmett's Trail & Mini Ridge Loop 3.2 miles Difficult	Rodney Ridge & Waterline Loop 4.4 miles Difficult	Mount Helena Loop 5 miles Difficult	Northwest Park Loop .7 mile Easy Accessible

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.

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.