<table>
<thead>
<tr>
<th>DATE</th>
<th>DISTANCE</th>
<th>WHERE DID YOU HIKE?</th>
<th>WHO HIKED WITH YOU?</th>
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What’s the deal?
Commit to hiking as many of the trails listed as you can!
All hikers (ages 12-17) will receive a Hike Tool Kit including:
• flash light • bug repellent band • compass
• trail map • hand sanitizer • mask

Track your journey
Use your hiking tracker to log when, where, and how many miles you hike.

Email this tracker to Jennifer at JStebbins@senecahealth.org by October 5th (front and back).

How do you win?
The Prevention Team will announce the team rankings at the end of the challenge. The top three teams will win exciting prizes, like an awesome bean bag chair!

Registration Information
Your Name: ______________________________________________________
Age: ___________________________________________________________
Are you walking as part of a team? Let us know!
List the names and ages of your partners or family:
_______________________________________________________________
_______________________________________________________________
_______________________________________________________________

Honor your journey.
TAKE-A-HIKE
CHALLENGE
HIKING TRAILS

Cattaraugus Territory
- Zoar Valley Multiple Use Area
- Forty Road Trail
- Evangola State Park
- Sunset Bay State Marine Park

Out of Town Trails
- Letchworth State Park
- Devil’s Hole State Park
- Watkins Glen State Park
- The College Lodge
- Stony Brook State Park
- Scoby Dam Park
- Griffis Sculpture Park
- Larkin Woods/Franklin Gulf County Park Trailhead

 Allegany Territory
- Allegany State Park
- Pat McGee Trail
- Flagg Trail, Allegany State Park
- Rock City State Forest
- McCarty Hill State Forest
- Red House Beach at Allegany State Park

NATIVE connections
Honor your journey.

Seneca Nation Health System