



2024 Every Park Every Trail Fitness Walking Club

All Walks begin at 9am at specified location. A Park Representative will be present for check-in. Trail maps may be found at the trailhead, on our website, or on the AllTrails App.

MAY 4	JUNE 1	JULY 13	AUGUST 3	SEPTEMBER 7	OCTOBER 5	NOVEMBER 2
Dallas Lake Park 0505 W 700 S Wolcottville, IN Office Trailhead	Delt Church Park 6455 S 200 W Wolcottville, IN East River Pavilion	Mike Metz Fen 2825 E SR 120 Howe, IN Pine Knob Clubhouse	Mike Metz Fen 2825 E SR 120 Howe, IN Pine Knob Clubhouse	Dallas Lake Park 0505 W 700 S Wolcottville, IN Office Trailhead	Maple Wood Nature Center 4550 E 100 S LaGrange, IN Nature Center	Pine Knob Park 2825 E SR 120 Howe, IN Pine Knob Clubhouse

FREE TO PARTICIPATE!

- Bring friends, meet new friends, or go solo.
- Walk at your own pace.
- Each trail is approximately 2 miles. Do your best!
- Dress for the weather.
- Bring water / water bottle!
- If needed: bring insect repellent, sunscreen, hat, sunglasses, hiking stick, etc.



HEALTH BENEFITS!

1. Boosts heart health, mood, & immunity
2. Better strength
3. Sleep better
4. Group support & friendly encouragement
5. Overall better physical & mental health

FUN REWARD!

You must walk at least once at each of the five trails (2 repeat) to receive a reward. Rewards will be handed out at the last walk to those who qualify.



FOR MORE INFORMATION: 260-854-2225 parks@lagrangecounty.org
 @ lagrangecountyparks Website: www.lagrangecountyparks.org

