

GREAT BEND REC

Walk Across the USA CHALLENGE

Walk Across the USA is a fitness initiative to encourage everyone to be active by walking across the United States from Maryland to California. The trek is divided into two legs, starting with the eastern states and working towards the west. Participants will receive an incentive for hitting the two main mile markers!

Indoor walking is available at the City Auditorium, GBRC Activity Center, and the Cavanaugh Wellness Center. After registering, participants should pick up a mileage tracking sheet at GBRC office or www.greatbendrec.com.

<u>Eastern Trek:</u>	<u>Western Trek:</u>
Maryland: 270 miles	Kansas: 563 miles
West Virginia: 280 miles	Colorado: 912 miles
Ohio & Kentucky: 511 miles	Utah: 655 miles
Indiana: 366 miles	Nevada: 496 miles
Illinois: 296 miles	California: 380 miles
Missouri: 343 miles	
	Total: 3006
Total: 2066	



GREAT BEND : REC



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"Everywhere is walking distance if you have the time." Steven Wright