We want YOU to Join us on the Trail!

The 165-Mile Challenge runs May 1 to November 2, 2020
Virtual Kick-off Saturday, May 2 at 10:00 AM

The kickoff is still ON with Dr. Calabrese: https://vimeo.com/412473108!

Even with COVID-19, hiking, walking, running, and biking outside poses little or no risk, provided you aren’t exercising in large groups and are keeping your distance when passing people.

So we encourage you to enjoy nature and history along the nearly continuous 165-mile D&L Trail or wherever you exercise!

- Log miles walking, running, biking, etc.
- Conversion charts will be available for indoor exercises
- Exercise along with virtual tours of different parts of the trail
- Earn great prizes!

Take the 165 challenge at: https://tailonthetrail.org/