



## START THE NEW YEAR WALKING!

COMPLETE THE HEALTHY SHASTA WALKS PASSPORT ANYTIME BETWEEN  
JANUARY 1 – FEBRUARY 28, 2021.

SUBMIT YOUR PASSPORT BY MARCH 1, 2021, TO BE ENTERED INTO A DRAWING  
FOR A NIGHT STAY AT THE DUNSMUIR RAILROAD RESORT, GIFT CERTIFICATES  
FOR NEW SNEAKERS, SOCKS AND MORE!

WALK TO THE MAILBOX	WALK IN YOUR NEIGHBORHOOD WHICH NEIGHBORHOOD?	WALK ACROSS THE SUNDIAL BRIDGE	TAKE A WALK ON A TRAIL YOU'VE NEVER BEEN ON WHICH ONE?
TAKE A HIKE & CHECK OUT 52HIKECHALLENGE.COM	WALK TO GET A MEAL OR GROCERIES	TRY A WALK LISTED ON HEALTHYSHASTAWALKS.ORG WHICH ONE?	TAKE A WALK FOR MENTAL HEALTH TO REDUCE STRESS
WALK WITH A PET OR SOMEONE FROM YOUR HOUSEHOLD OR ALONE	WALK FROM DESTINATION TO DESTINATION WHERE DID YOU GO?	WALK 10,000 STEPS IN ONE DAY (TRACK WITH YOUR SMART PHONE OR PEDOMETER)	TAKE A WALK BREAK
WALK FOR A CAUSE WHICH ONE DID YOU CHOOSE?	WALK TO A PLACE YOU NORMALLY DRIVE	PARK AT THE BACK OF THE PARKING LOT	WALK TO A WATERFALL. WHERE DID YOU GO?
WALK TO VIEW PUBLIC ART	TAKE A WALK DOWNTOWN OR ON A MAIN STREET	WALK TO A PHOTO WORTHY SPOT AND TAKE A PICTURE	
TAKE A WALK IN THE MOONLIGHT	WALK IN A PARK OR FOREST	START THE DAY WITH A WALK & END THE DAY WITH A WALK	
ENJOY A WALK AT SUNSET OR SUNRISE	WALK IN THE RAIN	WALK FOR 30 MINUTES OR MORE FOR FITNESS	

### YOUR INFORMATION

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ ☐ Male ☐ Female ☐ Non-binary Age: \_\_\_\_\_

Would you like to be added to Healthy Shasta e-newsletter  
(sent approximately 1-2 times/month)? ☐ Yes ☐ No

### COMMENTS:

---



---

### HOW TO WIN PRIZES

All participants who complete and cross off at least 10 different walks on the Walks Passport are eligible for prizes AND earn a pair of athletic socks (while supplies last). Participants who black out the passport (complete all 25 walks) will also be entered into a separate drawing for a 1 night stay at the Dunsmuir Railroad Park Resort. Walks cannot be counted twice. All passports must be submitted to [admin@healthyshastawalks.org](mailto:admin@healthyshastawalks.org) by midnight or postmarked by March 1, 2021 to Healthy Shasta, 2660 Breslauer Way, Redding, CA 96001. All participants must live or work in Shasta County. Winners will be notified by March 15, 2021.

FOR WALKING CHALLENGES, TRAIL MAPS, AND RESOURCES VISIT [HEALTHYSHASTAWALKS.ORG](http://HEALTHYSHASTAWALKS.ORG)

[HEALTHYSHASTAWALKS.ORG](http://HEALTHYSHASTAWALKS.ORG)