



2024 TRACKER

Register at: TheConservationFoundation.org/take-a-hike/ then complete **6 HIKES**, on any trails you choose, during the 8-week The Conservation Foundation and Endurance Health Take a Hike! Challenge (Sept. 2 - Oct. 28), to earn the **TAKE A HIKE! TRAIL BLAZE AWARD** (includes a commemorative pin or a walking stick with a commemorative medallion).

Complete this Take a Hike! Tracker and bring it to one of the below locations between Oct. 29 - Nov. 30 to pick up your award:

- **Forest Preserve District of DuPage County Visitor Services** | 35580 Naperville Rd., Wheaton | (630) 933-7248
- **Naperville Park District's Knoch Knolls Nature Center** | 320 Knoch Knolls Rd., Naperville | (630) 864-3964
- **Elmhurst Park District Wagner Community Center**, 615 N West Ave., Elmhurst | (630) 993-8900
- **Fullersburg Woods Nature Education Center**, 3609 Spring Road, Oak Brook | (630) 850-8110

Hiker's Name: _____

Age: _____

Email: _____

Choose your award preference below:

- _____ Pin (for lanyard or backpack)
- _____ Medallion
- _____ Walking stick with medallion (1st time participants only)

HIKE 1

Date _____

Trail _____

HIKE 2

Date _____

Trail _____

HIKE 3

Date _____

Trail _____

HIKE 4

Date _____

Trail _____

HIKE 5

Date _____

Trail _____

HIKE 6

Date _____

Trail _____

HIKE 7 (optional)

Date _____

Trail _____

HIKE 8 (optional)

Date _____

Trail _____



Learn more about pick-up locations and hours at: TheConservationFoundation.org/take-a-hike/



Hiking outdoors has been shown to improve overall health, including:

- Blood pressure
- Balance
- Stress level
- Strength
- Mood
- Relationships