## Take a Hike 11

## February 15, 2021 to April 25, 2021



The Pacific Crest Trail (PCT)<br>spans 2,650 miles (4,265 kilometers) from Mexico to Canada through California, Oregon, and Washington. It is a National Scenic Trail. https://www.fs.usda.gov/pct/

## Register your team now, 12 members maximum

Join the Employee Wellness Team as we "hike" the Pacific Crest Trail. Each team will record its mileage to see how far it travels along the trail. Accumulate steps by walking, running, swimming, dancing, or whatever exercise you prefer.

## Click Employee Wellness Events

employeewellnessevents@millersville.edu


