



JUST WALK!

Earn prizes while you walk your way to a **Healthier You** with
The Montgomery County Parks & Rec
Walk a County Mile Walking Club!

Registration and Participation are FREE!

It's easy to join the club! Just print and fill out the Registration Form found below and mail it in to the address listed on the form. Then each month, print and log the miles you walk, the days and the park. Mail it in at the end of each four week period to the address listed on the walking log. From there, your miles will be tracked by Montgomery Co. Parks & Rec, and you will earn prizes while you walk.

So, walk as an individual or grab some friends and form a walking team.

Remember, all miles must be walked in a Montgomery County Park.

Click on the links below to open and print:

[Registration Form](#)

[County Parks List](#)

[Walking Log– Week 1-4](#)
[Walking Log– Week 9-12](#)

[Walking Log– Week 5-8](#)
[Walking Log– Week 13-16](#)

For information, contact Montgomery Co. Parks & Rec Superintendent, James Williams
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