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**!**

Visit a river or pond

Use a trail in Bath

Take a walk in your neighborhood

Use a trail in Georgetown

Use a trail in Harpswell

Use a trail in Brunswick

Try a mountain bike trail

Find 3 shells on a beach

Bike or roll on the Androscoggin Bike Path

Use a Land Trust trail

Ride your bike on a trail in Topsham

Take your dog (or a friend!) for a walk on a trail

Make up a healthy activity

Hike to the top of a mountain

Play in the ocean

Take a walk on a beach

Ride your bike on a trail in Bath

Use a trail in Phippsburg

Go for a canoe/kayak ride

While out, spot three different birds

Use a new Land Trust trail

Visit a new-to-you trail, beach, or park

Play a lawn game

Take a walk in the woods

Use a trail in Topsham

# Welcome to the Southern Midcoast Get Active Summer Challenge 2020

Visit [www.GetActiveSouthernMidcoast.org](http://www.GetActiveSouthernMidcoast.org) for local ideas!

## HOW TO PLAY

Fill a row or the entire card, substitute an activity if needed.  
When you complete an activity **X** it off and write the date.

### Once complete mail to:

Access Health  
66 Baribeau Dr, Suite 7  
Brunswick, ME 04011

You'll be entered in our monthly raffle, through September 30, 2020.

Your name and address: \_\_\_\_\_  
\_\_\_\_\_

## SAFETY TIPS

**COVID-19:** [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html)

- Do not visit if you are sick or have been exposed to COVID-19
- Stay at least 6 feet away from other people at all times; have a face covering if needed
- Avoid busy parks & trails - have a plan B
- Wash your hands when you can, bring hand sanitizer, cover your cough
- Be prepared for limited access to restrooms
- Share the trail, warn others as you pass

**HIKING:** (Ticks, Heat, Thunder) [www.nps.gov/subjects/trails/hiking-safety.htm](http://www.nps.gov/subjects/trails/hiking-safety.htm)

**BIKING:** (General & COVID-19) [www.bikemaine.org](http://www.bikemaine.org)

**FISHING & BOATING:** [www.maine.gov/ifw/fishing-boating](http://www.maine.gov/ifw/fishing-boating)

## PARTNERS

- Access Health
- Bath YMCA
- Brunswick-Topsham Land Trust
- Cathance River Education Alliance
- City of Bath
- Harpswell Heritage Land Trust
- Kennebec Estuary Land Trust
- Mid Coast Hospital
- Phippsburg Land Trust
- People Plus
- Six Rivers New England Mtn. Bike Assoc.
- Spectrum Generations
- Town of Brunswick
- Town of Harpswell
- Town of Topsham



**Get Active**  
Southern Midcoast