



recreation, preservation, conservation

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**The Palmetto Conservation Foundation
welcomes in the New Year with the 2nd annual
Palmetto Trail Challenge: February 1st through May
15th 2010.**

The Foundation's theme for the 2010 year is *get outdoors and get active!* We are starting off the New Year with a physical challenge everyone can participate in. Fitness and health are foremost on many minds during this New Year's resolution time, so set your goals and let our challenge help you accomplish them.

THE CHALLENGE: For 15 weeks, teams comprised of two members will track how many miles they walk or ride a bike. Miles can be accrued by walking or riding outdoors or inside on stationary equipment. Each week miles will be charted on a map

of the Palmetto Trail through the PCF Web site. How far can your team make it in 15 weeks? Grab a partner and get registered to find out.

THE TRAIL: When complete the Palmetto Trail will consist of over 425 miles of beautiful walking and biking trails. It is among one of only 16 cross-state trails in the nation. Here in South Carolina our beautiful mountains-to-the-sea trail is full of rich history, bio diversity and geography. On a weekly basis participants will receive information on the different passages of the trail and how to get out and use them.

THE GLORY: At the end of the 15 week challenge all participants will have the opportunity to take part in a guided hike on the Palmetto Trail. Prizes will be awarded and pride for team accomplishments will abound.

Everyone is encouraged to join the challenge regardless of age or ability. The fee to participate is a \$1 dedication dollar. You must be registered to participate. Register by logging on to www.palmettoconservation.org or call 803-771-0870

The mission of the Palmetto Conservation Foundation is to conserve South Carolina's natural and cultural resources, preserve historic landmarks, and promote outdoor recreation through trails and greenways.