

Keep Moving Challenge



May 2019 - Bike Month!

Community Calendars

Crook County On The Move –
crookcountyonthemove.org/happenings

Crook County Library – 541.447.7978 |
<http://www.crooklib.org/Events/Calendar/tabid/2496/Default.aspx>

Crook County Parks and Recreation –
541.447.1209 | <http://ccprd.org/>



Activities

Ochoco National Forest / CR National Grassland
<https://www.fs.usda.gov/ochoco>
541.416.6500 | 3160 NE Third Street

P.O.R.K (Prineville Oregon Running Klub):
Walkers/runners (two-legged & four) welcome.
Wednesday Meet at 5:45 leave at 6 pm at
Ochoco Brewing parking lot | No-host
dining afterwards
Sunday meet at Starbucks Parking Lot –
Summer Hours -- Meet at 8:30 – Meet
for coffee afterwards

CCOTM Out & About Walking Map
<https://crookcountyonthemove.org/walk-everyday/>

Historical Walking Tour
Contact Bowman Museum for map
541.447.3715 | 246 North Main Street
<http://crookcountyhistorycenter.org/>

Healthy Recipes

<https://crookcountyonthemove.org/our-passion/be-nourished/our-favorite-recipes/>
<http://foodhero.org/recipes/healthy-recipes>

Fitness Classes

Prineville Athletic Club – Aerobics | Zumba |
Yoga | Body Sculpt | Tai Chi | Golden
Years Strength Group | 541.447.4878 |
221 N Main Street
<http://prinevilleathleticclub.com>

Norm's Xtreme Fitness – Aerobics | Tai Chi |
Karate – 541.416.0455 | 120 W Third
<http://normsxtremefitness.com>

CrossFit – Offering Crossfit, CrossFit Lite and
Mobility classes– 541.610.2584
2675 High Desert Drive, #22
<http://crossfitprineville.com>

Rumpus Movement Studio – Nia, Moving to
Heal, Yoga, Barre, and
kids classes | 541.223.7006 |
425 N Main Street



Bike & Paddle Boards

Crooked River Brewing – Cruiser Bike Group
Rides – 541.362.5583 | 420 N Main St. |
<http://crbrewing.com>

Good Bike Co – Bike Sales, Rentals & Rides –
541.903.0509 | 284 NE 3rd Street |
goodbikeco.com

Ochoco Paddle Board – Paddle Board Rentals
541.903.0509 | 284 NE 3rd Street
www.ochocosup.com
facebook.com/ochocopaddleboardrentals

Our Furry Friend Activities

Crooked River Dog Park – 1037 S. Main St
Rimrock Dog Park – 843 S. Main
Humane Society of the Ochocos – (541)
447-7178 | 1280 SW Tom McCall Rd.
Tuesday-Saturday, 10am-5pm

On Line Resources

Websites

Youtube.com – Search for yoga, pilates, or
any activity
www.Popsugar.com/fitness

Mobile Apps

Map My Fitness	Couch to 5k
Fitstar Yoga	7-Minute Workout
Down Dog	My Fitness Pal
Nike Fit/Nike Training	

Other Helpful Resources

[Wetlands Complex](#) -- 4035 NW Rimrock Acres Lp
Commute Options – [Drive Less Connect Program](#)
541.330.2647

Our Challenge Partners



Good Bike Co.
284 NE 3rd St | Prineville, Oregon
(541) 903-0509



Ochoco National Forest/
Crooked River Nat'l Grassland
FIND A RANGER Hikes- Like their
facebook page to learn about
upcoming hikes.

Crook County On The Move

Making the healthy choice the easy & fun choice.
www.CrookCountyOnTheMove.org
www.facebook.com/CrookCountyOnTheMove
-- a program of Crook County Foundation.

