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Crook County
On The Move
Keep Moving Be Nourished Stay Refreshed
A program of Crook County Foundation



Hot August Days in Crook County

August's Keep Moving Challenge

Start a walking group. Post a pic of your group for extra prizes!	Hike an Ochoco Nat'l Forest or CR Nat'l Grassland trail. (Did you Find The Ranger?)	Welcome an Ochoco Gravel Roubaix rider. Attend the post-race Good Bike Street Party!	Bike the backroads (Powell Butte backroads provide great mountain views!)	Take your favorite board games outside. Twister? Jenga? Sorry? Connect 4?
Attend the Fair. Get your daily walk in as you visit the exhibits and greet friends!	Take a friend to Picnic in the Park. Kick up your heels & dance to the music!	Hike Barnes Butte, Rimrock Park or Wetlands. (Check out the new KIDS IN PARKS kiosks.)	Lay under the stars and find constellations. Watch for meteor showers!	Walk one of the routes on the new CCOTM walking map. It's on our website!
Cool Off! Play water balloon "dodge ball" or have a water fight	Enjoy a favorite outdoor adventure. Turn on the cell phone just long enough to post a Pic on our Page!	Like our facebook page or share our Keep Moving posts.	Free Choice! Do your favorite exercise & post on CC On The Move's facebook page	Host a neighborhood get together (Make the snacks healthy!)
Walk, jog or bike to the C.R.O.P. Farmer's Market. (Great source for local veggies and goods)	Continue your Yoga, but let's take it outside! Let nature relax your soul.	Kayak, Paddle Board, Swim, Water Ski or Wakeboard in Crook County.	Walk 1, 2 or 3 miles Use the routes on the CCOTM walking map - Get yours on our website or at the Chamber!	Walk Movies in the Park-Fridays in the park behind City Hall. Bring a friend with you!
Have a picnic or bar-b-que with friends (Don't forget delicious fresh summer produce!)	Drink 3 large glasses of water today. (Staying hydrated in the heat is important!)	Invite a friend on a bike ride. (Share it with us! Post a pic on our facebook or instagram page.)	Get free veggies at CCOTM Share Your Bounty table. (At Movies in the Park on Fridays 6-8pm)	Wash the car by hand. How about a friendly water fight afterwards?

- **Go mobile** – Download the card at CrookCountyOnTheMove.org/Keep-Moving or take a picture of the card. Track your progress by Editing the Photo and using the Pencil editor to "X" out your squares! Email the saved photo to us to enter into prize drawings.
 - Complete any **5 squares** for a chance to win prizes. (Need ideas? Use the resource list on our website -CrookCountyOnTheMove.org/Keep-Moving)
 - Complete more than one card to **increase your chances** (different activities must be completed).
 - Go for a **BLACKOUT** (all squares) to **enter the Grand Prize drawing**.
 - Take our pledge AND **sign up for our email list** at www.CrookCountyOnTheMove.org for another chance to win. (Promise we won't fill your inbox.)
 - **Post pictures** on our Facebook Page for even more chances! www.fb.com/CrookCountyOnTheMove
 - **Turn cards in for prizes** at: **Via email** info.ccotm@gmail.com or at these locations
Good Bike Co | Chamber of Commerce | Prineville Athletic Club
- NOTE: Prizes cannot be mailed. But we will be happy to arrange prize pickup in town for you.*

#CrookCountyOnTheMove

