

**Start/Finish**  
Start on either end of the trail, or hop on at any point



# Fun Along Competine Trail



## Map Legend

Route = 2 miles one way



Roads



Trail



Landmarks



Landmarks

*Help celebrate the completion of Competine Trail!*

## The Rules:

Complete four of the following activities and color in the circle next to the activity. Take a selfie of you with your completed challenge and tag **#HealthyKnoxville** and **Knoxville Hospital & Clinics** in a Facebook post AND email your photo to [info@knoxvillehospital.org](mailto:info@knoxvillehospital.org).

**Three winners will be drawn on July 7** – two adults and one child will receive a gift card to the Knoxville Recreation Center.

- ☐ **Competine Trail** - Walk, run, or bike 20 miles on the trail (equal to 10x one way)
- ☐ **Knoxville Recreation Center** - Register for the 1 Million Step Challenge from Memorial Day to Labor Day!
- ☐ **Randy Wilson Track** - Take 4 laps around the track!
- ☐ **Marion County Park** - Go Fish! Participate in the Knoxville Police Department's Kid's Fishing Day on June 5.
- ☐ **Playground equipment** - Have fun at Marion County Park or the Rec Center!
- ☐ **Knoxville High School** - Celebrate the end of the school year with a selfie in front of the Knoxville High School.
- ☐ **Tennis courts** - Grab a partner and play a game of tennis or pickleball.
- ☐ **Butterfly Garden** - Take time to smell the roses! Stroll through the Bessie Spaur Butterfly Garden.

*Sponsored by:*

