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PRESS RELEASE
MUSCATINE PARKS & RECREATION
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FOR IMMEDIATE RELEASE

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MUSCATINE WALKING CLUB TO HIKE APPALACHIAN TRAIL

Trekking the worlds' longest footpath inside, outside, or on the treadmill

MUSCATINE, Iowa – Members of the Muscatine Walking Club made the *Nice List* when they walked 2,475 miles to Watson Lake, Canada during the six-week North Pole challenge. Now this growing club of 997 participants is ready to step up to a new and exciting challenge: hiking the Appalachian Trail.

The Appalachian Trail is the longest hiking-only footpath in the world spanning 2,190 miles. How long will it take our walkers to trek from Springer Mountain, Georgia, to Mount Katahdin, Maine? Check the message center in the Muscatine Mall to see the challenge progress updated weekly.

The Walking Club is a free program sponsored by the Muscatine Parks and Recreation Department that allows members to walk anywhere they like, inside, outside, or on a treadmill, and record their minutes at the Walking Club Kiosk in the center of the Muscatine Mall for a chance to win weekly incentive prizes and checkpoint prizes.

Want to be a part of the competition for our weekly incentive prizes for walking each week? It is easy. Just register for the Walking Club by contacting the Parks and Recreation Department at 263-0241 or by email at parksoffice@muscatineiowa.gov. Then simply begin walking and recording your minutes at the Walking Club Kiosk in the Center Court of the Muscatine Mall.