

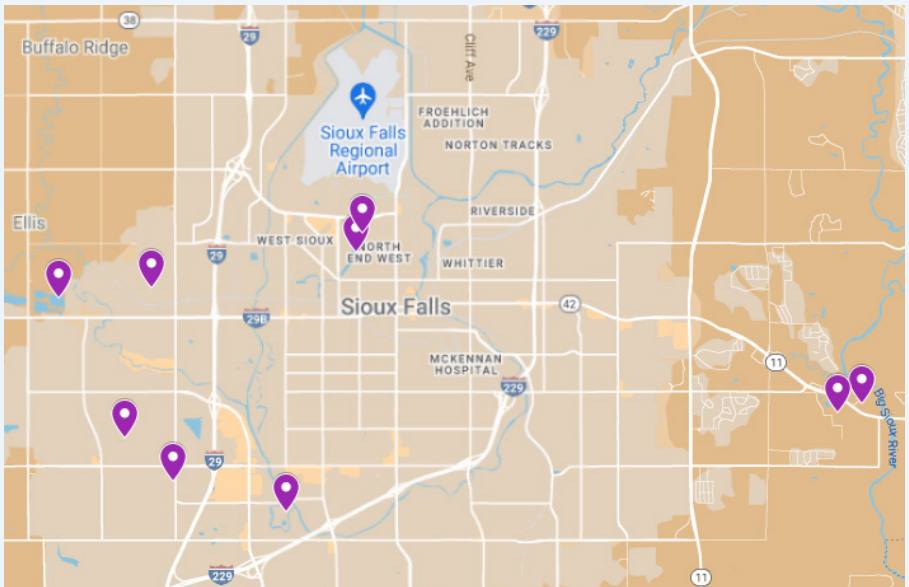
LET'S GET MOVING SIOUX FALLS!

Get Active & Explore!

Join Mayor Paul TenHaken for his annual 100 Miles, 100 Days fitness challenge! Track your progress and share your journey with the hashtag #100Miles100DaysSF!

Hit the Trails!

Check out some popular park routes in Sioux Falls parks to get you started.





MAYOR'S FITNESS CHALLENGE

#100miles100daysSF



Go the Distance!

| Park/Route | Distance (ft) | Distance (miles) | |
|--|---------------|------------------|--------------------------|
| Marion Park Walking Loop | 1,319 ft | 0.25 miles | 4 laps = 1 mile |
| Kuehn Park Walking Loop | 3,359 ft | 0.64 miles | 1 lap = 0.5 mile |
| Family Park Walking Loop | 6,774 ft | 1.28 miles | 1.25 laps = 1 mile |
| Outdoor Campus Trail | 3,971 ft | 0.75 miles | 3/4 mile loop |
| Hayward Park Walking Loop | 1,339 ft | 0.25 miles | 4 laps = 1 mile |
| Covell Lake & Japanese Gardens | 3,172 ft | 0.60 miles | 1/2 mile loop |
| Veteran's Memorial Park | 1,434 ft | 0.27 miles | 4 laps = 1 mile |
| Mary Jo Wegner Arboretum | 3,596 ft | 0.68 miles | 2/3 mile loop |
| Arrowhead Park | 10,560 ft | 2.00 miles | 2 mile loop |
| Greenway Recreation Trail System | - | Varies | Explore miles of trails! |
| Great Bear Recreation Park Skyline, Cactus Hills and Valley Trail Loop | 16,368 ft | 3.1 miles | 3.1 mile loop |



Listen While You Log!

Make your walks even more enjoyable with audiobooks from Siouxland Libraries! Download them for free with your library card: siouxlandlib.org/digital-library/apps

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