

Welcome to the GET FIT WITH US - Be Active Bitterroot Passport Program!!

On the following pages you will find a list of exciting, intriguing, and fun activities for you to do with family and friends in the Bitterroot Valley. Be Active Bitterroot is part of the National **GET FIT WITH US** campaign that encourages Americans of all ages to become physically active by visiting our public lands and waters. The Outdoor Industry Foundation has partnered with federal agencies to promote outdoor activity and volunteerism on public lands through the **GET FIT WITH US** program. **GET FIT WITH US** recognizes that Americans' public lands and waters are a perfect fit for raising healthy families.

Our Be Active Bitterroot Program encourages Bitterroot Valley residents to participate in outdoor recreation and volunteer activities. Our program has established partnerships with numerous federal, state, county, and city agencies, non-profit community organizations and commercial businesses. Our partners have created a variety of opportunities, such as hiking, moonwalks and service projects, for citizens to experience each month in 2008 starting in May.

What do I do in order to complete a passport?

A passport is something you take with you when you visit a foreign country. When you go somewhere new, you get a stamp in your passport. Our Be Active Bitterroot Passport works the same way. When you attend any of the activities taking place May through December as listed in the booklet, you will receive a stamp in this passport.

Then in December, after the program is completed, bring your booklet to the Bitterroot National Forest at 1801 North First Street in Hamilton to receive a participation award — a GET FIT WITH US water bottle or fanny pack. You must attend one event a month for three out of the eight months of the Program to receive an award.

**We hope that you enjoy participating in the
Be Active Bitterroot Passport Program.
So let's get outside and enjoy our amazing public lands!**

**Want to join us as a partner in 2009?
Please contact us to find out how to get your
activity listed in the 2009 booklet!**

NOTE: Before beginning a physical activity program, please consult your physician. The sponsors of the Be Active Bitterroot Program are not liable for any injury that you may incur while participating in this program. Children must be accompanied by an adult at all of these activities.

