

**RAPRD
SPRING 2021
FITNESS
CHALLENGE**

MARCH 1 - MAY 31, 2021

WEEK 5 – March 29th – April 4th

Halfway, Oregon to Milton-Freewater, OR

157 Miles to travel!



Milton-Freewater, Oregon

This week you will be traveling mainly north towards the Washington border at Walla Walla to Milton-Freewater, Oregon. What a beautiful travel week!!!

The city received its hyphenated name in 1951 when the rival cities of Milton and Freewater voted to merge. In Umatilla County, Milton-Freewater is home to a growing wine industry and some beautiful scenery. It's not known exactly how the name Milton was chosen but Freewater offered free water to attract new settlers, hence the name. In 1936 this area experienced an earthquake of 6.1 magnitude! In the 1960's Milton-Freewater billed itself as the "pea capital of the world." Complete with many pea canneries and a yearly "Pea Festival" and parade. In the 1970's agriculture changed and peas were no longer abundant here. Still needing a yearly festival the "Muddy Frogwater Festival" was born, as the city was frequently called Muddy-Frogwater.

HEALTH TIP: Thank you Milton-Freewater for growing grapes and supporting the wine industry! Resveratrol, an antioxidant is a natural chemical compound found in red wine, red grape skin, grape juice, peanuts, mulberries and some Chinese herbs. Researchers believe that substances in wine may have positive health benefits but the studies in people are not large or complete. Whether it is the resveratrol or some other natural substance in the wine that tout the health benefits is not known. Resveratrol has become a popular supplement to "lessen risks" of heart disease, cancer and aging. The American Heart Association still recommends limiting alcohol to one drink a day for women 2 for men with 4 ounces of red wine equaling a drink. There are few risks to resveratrol itself however it does interact/interfere with several medications and supplements.

Have a great week getting to Milton-Freewater and we will see you at the next check point!