

**RAPRD  
SPRING 2021  
FITNESS  
CHALLENGE**  
MARCH 1 - MAY 31, 2021

**WEEK 2 – March 8<sup>th</sup> – 14<sup>th</sup>**

**Merrill, Oregon to Riley, Oregon**

**213 Miles to travel**



**This week's fitness activities will take you 214 miles to Riley, Oregon!** Congratulations on collecting your mileage last week by attending RAPRD classes or doing workouts on your own. You may just miss Riley, there are only 2 service establishments with attached apartments: a post office and a general store with gas and a garage. Riley exists to serve rural farming and ranching – growing alfalfa, hay and root crops. Riley is located close to the Idaho border in Harney County. This semi-arid climate and elevation of 4226 ft remind us the importance of wearing sunscreen and eye protection.

**HEALTH TIP:** Protection from the damaging rays of the sun is important in both summer and winter. Snow and ice can reflect up to 90% of UV rays. UV radiation exposure increases 4-5% with every 1000 feet above sea level. In winter the combination of wind, sun and drier skin give UV rays a better shot at your skin. When at a higher altitude also remember to protect your eyes with sunglasses or goggles with polarized or photochromic lenses. Protecting your eyes from UV radiation may help prevent; cataracts, macular degeneration, corneal sunburn and some conjunctival cancers.