

**RAPRD
SPRING 2021
FITNESS
CHALLENGE**

MARCH 1 - MAY 31, 2021

WEEK 3 – March 15th – 21st

Riley, Oregon to Vale, Oregon

140 Miles to travel



Downtown Vale, Oregon

This week you will be traveling east to the Idaho border and into a different time zone, to Vale, Oregon a mere 12 miles from the border. Vale is the county seat of Malheur County and has a population of about 1,800. Vale is historically home to small groups of Native Americans and a central gathering place for the Paiutes during the salmon run. The community was the first stop in Oregon along the Oregon Trail. With the railroad arriving in town in 1883, Vale became an important shipping gateway.

HEALTH TIP: With Vale being the beginning of the Oregon section of the Oregon Trail, let's take a hike. Hiking requires more energy and burns more calories than walking on a level surface. Walking on uneven surfaces, up inclines and even hiking boots play a role in the increased energy expenditure. According to a study in 2012 walking on a treadmill in hiking boots requires 6% more oxygen than walking in athletic shoes. Hiking requires a higher level of cardio vascular fitness and specific muscle strengthening for safety and enjoyment and is an adaptable activity that can be done into the golden years. Hiking is one of the top 5 outdoor activities. We know that spending time outdoors and connecting with nature reduces blood pressure, lowers adrenalin and cortisol levels and ramps up the immune system. To get your body hike-ready train the cardiorespiratory and muscular systems for both strength and endurance. If you are using a treadmill with athletic shoes increasing the incline by 3% gradient will approximate a level trail. Once a solid aerobic base is achieved high intensity interval training should be added to assist on those spots that require climbing or an incline. Include variety with slow jogging, cycling and rowing/paddling. Add body weight squats adding weights or a loaded backpack, dynamic squats and squats or lunges with feet placed on different heights. Upper body/torso should include; pushing and pulling exercises, push-ups, planks and pull-ups and don't forget balance exercises.

Have a great week getting to Vale and we will see you at the next check point! Don't forget to set your clock!!!