

Contact:
Ryan Yearous
Recreation Supervisor
552-6266
ryearous@ci.missoula.mt.us

600 Cregg Lane
Missoula, MT 59801
www.missoulaparks.org



PUBLIC SERVICE ANNOUNCEMENT

For immediate release September 7, 2018

Parks and Recreation receives AARP Livable Communities Grant

Missoula Parks and Recreation is excited to announce it is one of the 129 grantees to receive funds through AARP Livable Communities Community Challenge grant program. Awardees across the country received grants to fund innovative projects to inspire change and make counties, cities, towns and rural areas better places to live for residents of all ages. Parks and Recreation has received a \$10,000 award to expand Missoula's Prescription Trails Program, also known as Rx Trails.

Missoula's prescription trails are part of a national movement designed to support healthy, active lifestyles by identifying short, safe and accessible walking routes and encouraging healthcare professionals to write prescriptions for park and trail use. Walking programs contribute to the treatment and prevention of a number of chronic conditions such as diabetes, depression and high blood pressure. Missoula's Rx Trails include 1-mile routes at McCormick Park and Fort Missoula Regional Park.

For maps of Missoula's Rx Trails, visit www.missoulaparks.org, and learn more about the statewide Rx Trails program at Bike Walk Montana's [website](#).

To find out more about the Community Challenge and see the full list of winners, please visit aarp.org/CommunityChallenge. To learn more about how AARP is working to make communities across Montana and across the U.S. more livable for all, visit aarp.org/livable.

(END)

Media Note: Rx Trail Maps Attached

FOR RELEASE FRIDAY, SEPTEMBER 7, 2018



FORT MISSOULA

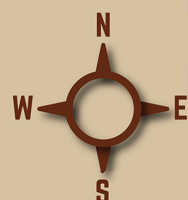
REGIONAL PARK



WELCOME

MAP KEY

	BELLA VISTA PAVILION		P1 36TH STREET PARKING
	BELLA VISTA SYNTHETIC FIELD		P2 GREEN GUIDON PARKING
	THE PITCH		P3 THE PITCH PARKING
	GREEN GUIDON BOWL		P4 CCC TRAIL AT THE NATIVE PRAIRIE PARKING
	FORT BOWL		P5 SOUTH AVENUE PARKING
	CONCESSIONS		P6 FORT MISSOULA ROAD PARKING
	THE COMMONS		P7 POST CEMETERY PARKING
	PLAYGROUND		FORT LOOP - 2.5 MILES
	ALL INCLUSIVE PLAYGROUND		GUARDSMAN LANE LOOP - 1.3 MILES
	WORKOUT STATION		BOWL LOOP - 1.0 MILES
	THE GREENS		RX TRAIL - 1.0 MILES
	FORT COURTS		CCC TRAIL - 0.5 MILES (BOOM)
	PONDEROSA PINE PLAZA AND MEETING ROOM AT HEADQUARTERS		SGT BOZO'S LOOP - 0.4 MILES
	PICNIC SHELTER		MAC'S LOOP - 0.3 MILES
	SGT BOZO'S DOG PARK		
	RESTROOMS		



Fort Missoula Regional Park Trail System

Start the 1-mile Rx Trail loop at FMRP East.

Parking: Lot P5, 3005 South Av. West
Lot P6, 3219 Fort Missoula Rd.

McCormick Park Rx Trail



Walking is a fun, simple, and effective way to reap the many benefits of regular exercise. Rx Trails, a program of Missoula Parks and Recreation and its partners, helps folks increase activity, combat obesity, and enjoy the great outdoors!

Orange Trail - 0.57 Miles

Blue Trail - 1.0 Miles

-  Tunnel Crossing
-  Parking Lots
-  Drinking Water
-  Restrooms
-  Seating
-  Bike Parking

Parks & Recreation
City of Missoula • 600 Cregg Lane • 721-PARK