

# Healthier Cumberland

Taking Steps to a Healthier Community



## Free Family Letterboxing Challenge starting June 20<sup>th</sup>!

Letterboxing (like its high-tech cousin, geocaching) combines hiking with the added element of treasure hunting. Participants typically get clues online and then follow them to hidden boxes containing a logbook, an ink pad, and a rubber stamp.

Healthier Cumberland will be sponsoring a Family Letterboxing Challenge by releasing one new clue each week for four weeks, starting on June 20<sup>th</sup>. Clues will be available at [www.healthiercumberland.org](http://www.healthiercumberland.org) and the Cumberland Library. Follow each clue to its hidden letterbox. Upon discovering the box, document the find by signing the box's log book and stamping your challenge entry form with the box's stamp. Be sure to re-seal, re-hide, and leave the box just the way you found it, so other families can share in the fun. Families that complete all four clues and submit their challenge entry form to the Cumberland Library by July 20<sup>th</sup> will be eligible for a drawing for a GPS unit.

All boxes will be hidden on public land, and the trails will be relatively easy. Please don't disturb the environment and always take any belongings or trash away with you. No special equipment or supplies are necessary, but it is a good idea to bring drinking water, sunscreen, bug spray, and a first-aid kit. More information on letterboxing and clues throughout the nation can be found at [www.letterboxing.org](http://www.letterboxing.org).

### Healthier Cumberland Family Letterboxing Challenge Entry Form

Family Names \_\_\_\_\_ Phone Number \_\_\_\_\_

\*Complete all four clues and submit this challenge entry forms to the Cumberland Library by July 20<sup>th</sup> to be eligible for a drawing for a GPS unit. One entry per family.

<b>Clue #1</b> Available on June 20th	<b>Place Clue #1 Stamp Here</b>	Date Found _____
<b>Clue #2</b> Available on June 27th	<b>Place Clue #2 Stamp Here</b>	Date Found _____
<b>Clue #3</b> Available on July 5th	<b>Place Clue #3 Stamp Here</b>	Date Found _____
<b>Clue #4</b> Available on July 11th	<b>Place Clue #4 Stamp Here</b>	Date Found _____