



31-DAY FITNESS CHALLENGE

FITNESS CHALLENGE MEET-UPS!

There are so many wonderful places to go for a walk, hike or jog in San Diego County where you can feel the sun, breathe fresh air and witness breathtaking views. Invite a neighbor or co-worker to join you on your challenge walks or runs, or meet new people by joining one of these walking or hiking groups supported by the City of San Marcos, City of La Mesa, Mission Trails Regional Park Foundation, Infinitely Fit, and County of San Diego Parks and Recreation, Employee Resource Groups and the *Live Well San Diego* Support Team:

July 1 - Saturday

City of San Marcos • 9 am

[Walk - San Dieguito River Park - Lake Hodges](#)

*CoSD African-American ERG**

County of San Diego • 8-10am

[Hike - Mt. Gower - Ramona](#)

County of San Diego • 10am-12pm

[Walk - Wilderness Gardens Preserve - Pala \(pg11\)](#)

County of San Diego • 1:30-3pm

[Walk - San Dieguito County Park - Del Mar \(pg 14\)](#)

CoSD Filipino-American ERG [Register](#)*

July 2 - Sunday

Infinitely Fit • 8am

[Walk - Lake Miramar - San Diego](#)

County of San Diego • 10am-12pm

[Walk - Oakoasis Preserve - Lakeside](#)

July 4 - Tuesday

County of San Diego • 6-10:30pm

[Hike - Volcan Mountain \(Fireworks\) - Julian](#)

July 7 - Friday

Infinitely Fit • 9am

[Walk - Lake Miramar - San Diego](#)

July 8 - Saturday

County of San Diego • 8-10am

[Hike - Mt. Gower - Ramona](#)

*CoSD African-American ERG**

County of San Diego • 8-9:30am

[Hike - Flinn Springs Park - El Cajon](#)

County of San Diego • 8-10am

[Hike - Volcan Mountain - Julian](#)

July 8 - Saturday (continued)

Mission Trails Regional Park • 9:30am

[Walk - MTRP Visitors Center - San Diego](#)

July 9 - Sunday

Infinitely Fit • 8am

[Walk - Lake Miramar - San Diego](#)

County of San Diego • 10am-12pm

[Walk - Oakoasis Preserve - Lakeside](#)

County of San Diego • 11am-6pm

[El Capitan Extreme Hiking Challenge](#)

County of San Diego • 10-11:30am

[Walk - Dairy Mart Trail Loop - San Diego](#)

County of San Diego • 3-6pm

[Bike - Los Penasquitos - San Diego](#)

July 11 - Tuesday

City of La Mesa • 9-10:30am

[Walk - La Mesa Library - La Mesa](#)

July 14 - Friday

Infinitely Fit • 9am

[Walk - Lake Miramar - San Diego](#)

July 15 - Saturday

County of San Diego • 10am-12pm

[Walk - Wilderness Gardens Preserve - Pala \(pg11\)](#)

County of San Diego • 4-5pm

[Hike - Dos Picos Park - Ramona](#)

CoSD Filipino-American ERG [Register](#)*

Mission Trails Regional Park • 7:15pm

[Walk - MTRP Campground - San Diego](#)

**CoSD ERG = County of San Diego Employee Resource Group*



Learn more about the *Live Well San Diego* 31-Day Challenge at LiveWellSD.org/31-Day

Consult with your personal physician before starting any exercise routine.

July 16 - Sunday

Infinitely Fit • 8am

[Walk - Lake Miramar - San Diego](#)

County of San Diego • 10am-12pm

[Walk - Oakoasis Preserve - Lakeside](#)

County of San Diego • 10-11am

[Hike - Otay Lakes Park - Chula Vista](#)

*CoSD Emerging Workforce ERG**

July 18 - Tuesday

City of La Mesa • 5:30-7pm

[Walk - Collier Park - La Mesa](#)

July 20 - Thursday

County of San Diego • 5:30-7pm

[Walk - Balboa Park - Sixth Ave & Upas St](#)

July 21 - Friday

Infinitely Fit • 9am

[Walk - Lake Miramar - San Diego](#)

July 22 - Saturday

County of San Diego • 11am

[Walk - Rancho Penasquitos - San Diego](#)

*CoSD Latino-American ERG**

County of San Diego • 4-6:30pm

[Hike - Santa Ysabel Preserve East - Julian - Family Hike](#)

July 22 - Saturday (continued)

Mission Trails Regional Park • 9:30am

[Walk - MTRP Visitors Center - San Diego](#)

July 23 - Sunday

Infinitely Fit • 8am

[Walk - Lake Miramar - San Diego](#)

County of San Diego • 10am-12pm

[Walk - Oakoasis Preserve - Lakeside](#)

County of San Diego • 11am-6pm

[El Capitan Extreme Hiking Challenge](#)

County of San Diego • 10-11:30am

[Walk - Dairy Mart Trail Loop - San Diego](#)

County of San Diego • 3-6pm

[Bike - Los Penasquitos - San Diego](#)

July 25 - Tuesday

City of La Mesa • 9-10:30am

[Walk - La Mesa Library - La Mesa](#)

July 26 - Wednesday

County of San Diego • 5:30-7pm

[Walk - Lake Miramar - San Diego](#)

July 28 - Friday

Infinitely Fit • 9am

[Walk - Lake Miramar - San Diego](#)

DIY Meet Ups:

Can't fit any of the scheduled walks or hikes into your schedule? Then invite friends or family to join you on the walking and hiking trails below:

[Circulate San Diego - Walking Maps](#)

[City of Oceanside - San Luis Rey River Trail](#)

[City of Encinitas - Walk Wednesdays](#)

[City of La Mesa - City Walks & Urban Hikes](#)

[City of Chula Vista - Greenbelt Trail](#)

Thank You to the Following Organizations for Hosting!



Thank You to the County of San Diego Employee Resource Groups for Supporting These Meet-Ups!



Together We Can Make A Difference



Learn more about the *Live Well San Diego* 31-Day Challenge at LiveWellSD.org/31-Day

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