

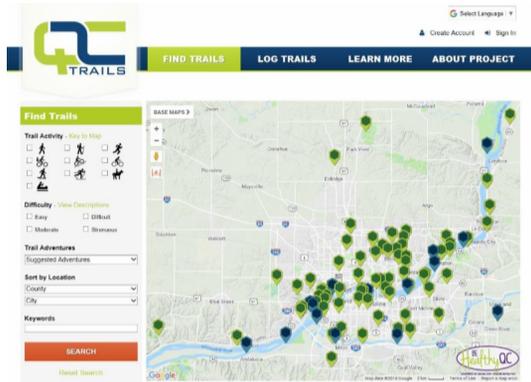


**Project Spotlight: QCTrails.org**

In celebration of spring and upcoming trail events like the G.O.A.T. ride, we wanted to showcase some of the features of QCTrails.org.

**Hit the Trails with QCTrails.org**

You can find opportunities for physical activity on over 80 trails using the free, interactive, and mobile-responsive website, [QCTrails.org](http://QCTrails.org). QCTrails.org was developed to encourage area residents to become more active by making information available on over 300 miles of land and water trails in the Quad Cities, Illinois-Iowa Region. The website provides tools to help users find trails that support a wide variety of activities - from walking paths and hiking and biking trails to paddling/water and equestrian trails. The website was developed through a partnership between the Quad City Health Initiative and Bi-State Regional Commission as part of Be Healthy QC (BHQC).



**My Trail Activity**

Sign in or Create account to:

- Favorite this trail
- Wishlist this trail
- Complete this trail
- Add a diary entry

**Create a User Account!**

Creating a free user account is quick and allows you to use additional features like logging trail use and creating a wishlist!



**Earn Badges**

Log trails to earn badges. Then share your progress on social media! Don't forget to use #QCTrails when posting about your trail adventures!

**QC Trail of the Month**

Each month, we highlight a trail in the Quad Cities area to help you plan your next trail adventure.

**Born Learning Trails - Illinois and Iowa**

Spring is the perfect time to get outside and visit a trail for outdoor fun and learning! Seven Born Learning Trails are located in the Quad Cities! A **Born Learning Trail** is a series of interactive signs that offer fun, active learning activities for young children (around ages 0 to 5) and their families. Activities include fun games such as hopscotch, count the number of flowers or colors nearby, identify shapes, colors, and various images painted on the ground, and more!

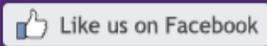
Visit [QCTrails.org](http://QCTrails.org) to learn more about this and other trails!



**Is employee health important to your organization or business?  
Join over 25 other local businesses and get recognized as a Be Healthy QC  
Worksite!**

If your business would like to be recognized for your progress in creating a healthy workplace, please download and complete our Be Healthy QC Worksite Wellness Healthy Workplace Assessment then return it to: **quadcityhealthinitiative@gmail.com**. Businesses that meet at least 10 of the 20 items on the assessment will receive a letter and certificate of recognition for their worksite wellness efforts, as well as a window cling to display at the entrance of their business.

**Take Our Assessment Here**



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evansrachel@genesishealth.com  
<http://www.qchealthinitiative.org>



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