

# DeMark Memorial Fitness Trail

Open to the public

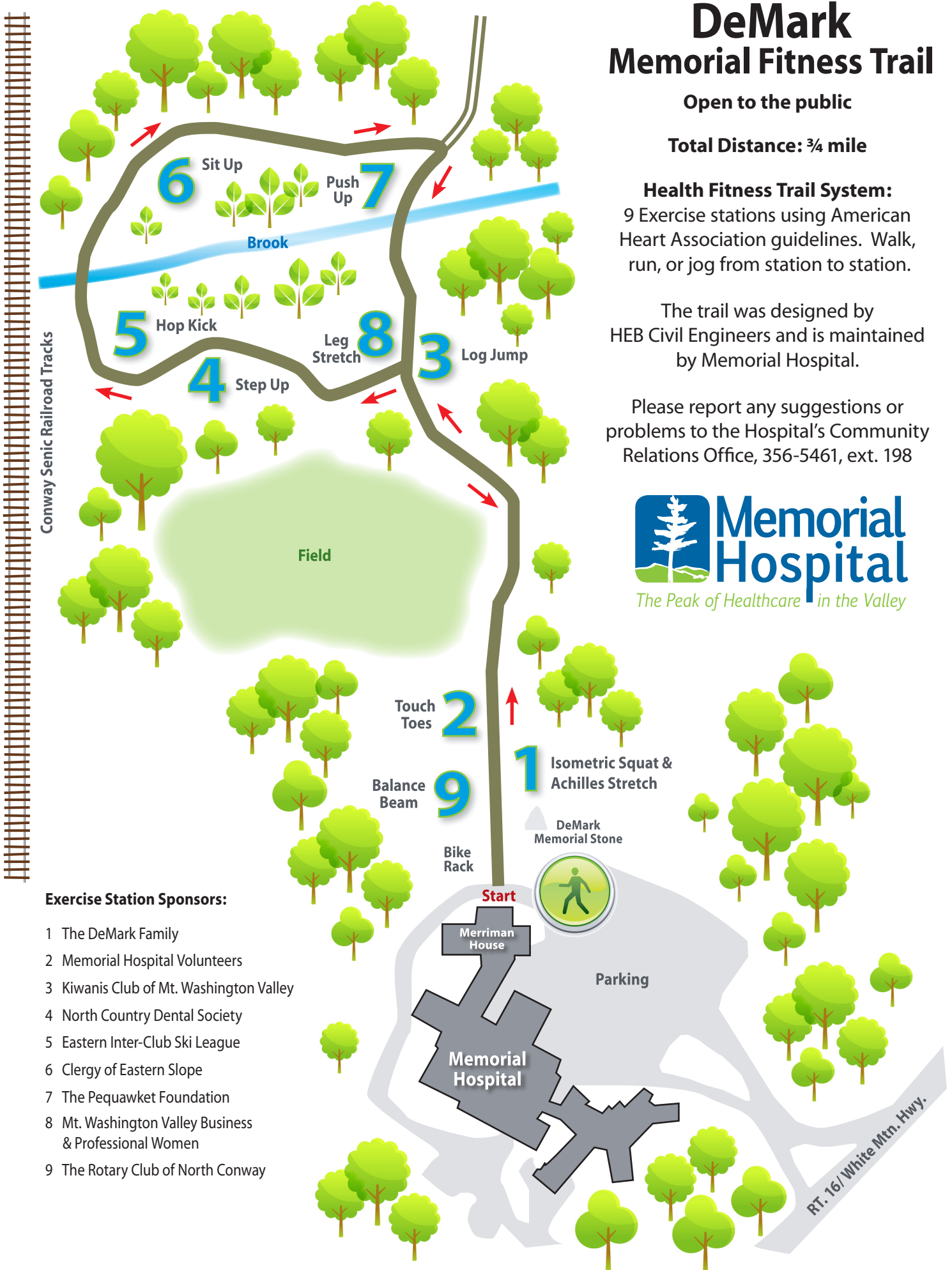
Total Distance:  $\frac{3}{4}$  mile

## Health Fitness Trail System:

9 Exercise stations using American Heart Association guidelines. Walk, run, or jog from station to station.

The trail was designed by HEB Civil Engineers and is maintained by Memorial Hospital.

Please report any suggestions or problems to the Hospital's Community Relations Office, 356-5461, ext. 198



## Exercise Station Sponsors:

- 1 The DeMark Family
- 2 Memorial Hospital Volunteers
- 3 Kiwanis Club of Mt. Washington Valley
- 4 North Country Dental Society
- 5 Eastern Inter-Club Ski League
- 6 Clergy of Eastern Slope
- 7 The Pequawket Foundation
- 8 Mt. Washington Valley Business & Professional Women
- 9 The Rotary Club of North Conway