

Hike-to-Health 2014... ...where's John?



John Floyd on the Pacific Crest Trail
(Washington State).

Follow John's 2014 hiking season and use it to inspire your own healthy lifestyle choices. Use his mileage to motivate your support for the Healthy Kids Snack Bag program. The weekly snack bags cost around \$6 each. Pledge now and encourage John, healthy choices, and our children.



Newport Hospital & Health Services Foundation friends, John and Jane Floyd, have committed John's 2014 hiking season to a personal hike-a-thon as a fundraiser for the Healthy Kids Snack Bag program. The Foundation will follow John's quest for 1,500 miles worth of pledge support.



John Floyd on the Continental Divide Trail
(Wyoming).

John Floyd's healthy lifestyle includes a love of the outdoors. After retiring from the U.S. Navy Seabees and getting his three children well on their way in college, he began long-distance hiking.

In 2009 he hiked the entire Appalachian Trail (from Georgia to Maine); in 2010 he completed the Potomac Heritage Trail (from the Atlantic to Pittsburgh). Since his move to Newport, Washington in 2010, he has devoted part of his summers to section hiking on the Pacific Crest Trail (Mexico to Canada, through California, Oregon and Washington), the Continental Divide Trail (through New Mexico, Colorado, Wyoming, Idaho and Montana), and the Pacific Northwest Trail (from Glacier National Park to Point Alava on the Olympic Peninsula). Last year, his hiking totaled over 1250 miles - he even paddled a large portion of the Pend Oreille River Trail. His goal is to complete the Pacific Crest Trail and Continental Divide Trail (making him a "Triple Crown" hiker) and use other trails to reach a total of 10,000 miles.

Snack Bags are delivered weekly to Newport, WA; Cusick, WA; Priest River, ID; Oldtown, ID; and Priest Lake, ID elementary schools.

Each snack bag contains:

- 7 whole fruits (apples or oranges)
- 7 sticks of string cheese
- 7 whole grain snacks (ex. grahams, granola bars)
- 7 containers of 100% fruit juice
- 1 Healthy tip, puzzle, or recipe of the week

You can follow John Floyd's 2014 journey via the NHHS Foundation website starting in early March. The Foundation will receive frequent updates based on John's daily GPS coordinates at each resting point.

www.phd1.org/Foundation.aspx * (509) 447-7928



See reverse side for pledge information!



Newport Hospital & Health Services Foundation

714 W. Pine Street • Newport, Washington 99156 • (509) 447-7928

Thank you for your pledge/donation! Please mark one of the following options and **Sign/Date** below.

_____ I pledge a regular donation of \$ _____. **PER COMPLETED MILE HIKED** (up to but not exceeding 1,500 miles). Per mile pledges will receive an invoice following the hiking season.

_____ I pledge a flat, one time donation of \$ _____ supporting John's Hike-to-Health and benefiting the Healthy Kids Snack Bag program.

_____ My check payment is enclosed (made payable to the NHHS FOUNDATION).

_____ I would like to pay with credit card.

Credit Card Transaction:

Visa MasterCard

Name on card: _____

Card Number: _____

Code: _____ **Expiration Date:** ____/____

Billing Address: _____ **City/ST:** _____ **Zip:** _____

Cardholder Signature: _____ **Date:** _____

I understand all donations will be reported to NHHS FOUNDATION as a contribution in my name. The NHHS FOUNDATION will provide me a receipt at the conclusion of the hiking event for my tax reporting purposes.

Please print name AND mailing address for receipt.

SIGNATURE

Date

**NHHS Foundation is a non-profit 501(C)(3) * Tax I.D.# 26-3367189
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