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**NEWS
RELEASE**

03/ 10/ 2024

Live Active El Paso Brings Back Hike-A-Thon Series 2024

Win Prizes While Exploring the Great Outdoors

EL PASO, Texas—Live Active El Paso is excited to announce the return of the 2024 Hike-A-Thon series from March 23 to July 13 at various trails and trailheads.

This citywide outdoor event provides ample opportunities for people of all ages to get moving and improve overall wellness while offering breathtaking scenery.

“Hiking can help strengthen muscles, boost heart health, and even reduce anxiety, and enhance mood,” said El Paso Parks and Recreation Interim Director Pablo Caballero. “The Hike-A-Thon has been a popular initiative, and we encourage everyone to take part in this free series that promotes health and activity.”

There are a total of five hikes; complete four and receive a prize. From beginner-friendly to moderate difficulty, the hike series offers a mix of trails to suit all skill levels. To sign up and get a Hiking Passport, interested participants are encouraged to fill out an [online form found in this link](#).

The Hike-A-Thon series begins at 7:30 a.m. on Saturday, March 23 at the Lost Dog Trailhead.

Hiking Schedule (All hikes begin at 7:30 a.m.):

- **March 23:** Lost Dog Trailhead, 6936 Cactus Thrush Dr.
- **April 13:** Knapp Land, 8540 Mountain View Dr.
- **May 18:** Palisades Canyon Loop, 1787 E Robinson Ave.
- **June 15:** Upper Sunset, 2900 Tom Mays Park Access Rd.
- **July 13:** Cardiac Hill Trail, Officer Andrew Barcena Dr.

Participants should wear sturdy shoes, sun protection, and weather-appropriate clothing, and bring plenty of water.

The 2024 Hike-A-Thon is a collaboration between Live Active El Paso, Texas Parks and Wildlife, the City’s Department of Public Health Be Well program, and the Frontera Land Alliance. The goal is to promote outdoor recreation as a means of improving physical and mental health.

For more information and updates, visit www.LiveActiveEP.com/Events or follow Live Active EP on Facebook and Instagram.

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Promoting **Transparent & Consistent Communication**
Among All Members of the Community

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