



Dear Communities,

Below is some information with links and resources that may be helpful for those who are wanting to understand trail building materials and ways to increase physical activity in your communities. Please share with others!

### Trail building resources

- Crusher Fines: <https://www.americantrails.org/resources/building-crusher-fines-trails>
- Sustainable trail development: <https://www.americantrails.org/images/documents/Sustainable-Trail-Development-Guidelines.PDF>
- Online trail skills video: <https://aztrail.org/get-involved/trail-skills-institute/online-trail-skills-institute-video-series/?eType=EmailBlastContent&eId=cebd8cf1-ac22-45d4-a50c-40f979b931a3>
- Dog waste station and signage: <https://www.chewy.com/pawpail-dog-cat-waste-station/dp/254225>
  - Dog waste station signage ideas:



### Ways to increase interest in walking

- Desert Critters trail: <https://ci.alamogordo.nm.us/693/Desert-Critters-Trail>
  
- Fairy Trail:  
<https://www.discoverruidoso.com/index%E2%80%A2Healthy%20Kids%20Healthy%20Community>
  
- Libby audiobook app: <https://www.overdrive.com/apps/libby/>
  - Community members may enjoy listening to their book while walking outside and exercising!
  - This can even be organized into a walking book club group.

Thank you all for the hard work that you dedicate to your communities, together we can all become stronger and promote physical activity for everyone.

Sincerely,

The VIVA Connects Team

