

LINKS TO FREE ACTIVITIES

America on the Move	http://aom2.americaonthemove.org/Communities/Florida/home.aspx
American Heart	www.americanheart.org
American Cancer Society	www.cancer.org/docroot/home/index.asp
Bartow Chamber of Commerce:	www.bartowchamber.com
Florida On-line Park Guide	www.floridastateparks.org
Florida Trail Association	www.floridatrail.org
Florida Greenways	www.dep.state.fl.us/gwt/guide
Lakeland Runners Club	www.lakelandrunnersclub.com/eventsregistration.html
Lakeland Activities	www.lakelandgov.net
Polk Area Biking Association	www.polkbiking.com
Step Up Florida	www.stepupflorida.org
Swamp Club (mountain biking)	www.swampclub.org
Trek 10 Trails – 2009 PCSB Health Fair Vendor -	www.friendsoftheparks.net/TrekTenAgain2009.html