



## An Exciting and Healthy Adventure Challenge

# Resource Guide

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[Mass In Motion](#)

[Arcadian Shop](#)

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[Lenox Fit](#)

[Lenox Community Center](#)

[Berkshire Running Center](#)

[Stockbridge Senior Center](#)

[Kennedy Park](#)

[Lenox Farmers Market](#)

[Beartown State Forest](#)

[Lee Farmers Market](#)

[Laurel Hill Association Park & Trails](#)

[Lee Chamber of Commerce](#)

[October Mountain State Forest](#)

[Lenox Chamber of Commerce](#)

[Appalachian Trail: Massachusetts](#)

[Stockbridge Chamber of Commerce](#)

[Josh Billings RunAground](#)

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[Be Well Berkshires](#)

[Lee Youth Association](#)



For more information go to [bewellberkshires.org](http://bewellberkshires.org) or stop at Tri-Town Health Department, to pick up your registration packet. 45 Railroad Street, Lee MA. 243.5540