ALASKA TRAILS CHALLENGE

How It Works

Unfortunately, we can’t physically travel across the state for this challenge but we can get out in our own backyards and on our home trails. Walk, run, ski, bike, or hike the distances (or more) listed for each of the featured trails over the week and then check them off when you’ve completed them.

This challenge uses phones, pedometers, or fitness trackers to track steps.

How to Register

Login to your PreventionCloud account

Employees: Login using SSO at https://www.alaska.edu/hr/benefits

Spouses/FIPs: Login using your PreventionCloud credentials at preventioncloud.com

Click on Challenges
Select Join Challenge

Explore the beautiful sights of Alaska during this movement challenge! From the Kenai Peninsula to Fairbanks, walk, bike, hike your favorite trails and share them with us. This challenge uses phones, pedometers, or fitness trackers to track steps. Read about some of the more popular trails in the state and explore the many maps and resources along the way.

April 4 – May 1

If you have any questions or concerns about the challenge, don’t hesitate to reach out to your dedicated wellness coordinator, Victoria Carver at victoria.c@zomohealth.com.