

RED, WHITE, *and* MOVE!

CHALLENGE 250: HONOR AMERICA'S 250TH BIRTHDAY!

Celebrate our nation's milestone by doing what you already love! We've assigned point values to your favorite local activities – hit the 250-point goal and you'll unlock a shot at some incredible rewards.

WHAT'S ON THE LINE?

Reach the goal to become eligible for: Annual & Day Passes to the South Davis Recreation Center, as well as Exclusive Mystery Prizes (to be announced soon!).

THE GRAND CELEBRATION

Winners will be honored at our upcoming Challenge 250 Party! We'll be announcing the date and additional prize drops shortly, so keep your eyes peeled.

SEE FOLLOWING PAGES FOR FULL RED, WHITE,
AND MOVE EVENT DETAILS, POINT-TRACKING
INFORMATION, AND MORE! >>

RED, WHITE, *and* MOVE!

The Bountiful 250 Challenge: This summer, earn 250 points doing things you already love - moving your body, feeding your mind, and connecting with your community. Track points, hit your goal. What's your 250?

MAY 16 10 AM	BOUNTIFUL COMMUNITY GARDEN Kick-off event and planting	20 PTS
MAY 30 10 AM	FAMILY FRIENDLY HIKE & watch plein-air artists in MP Canyon	20 PTS
JULY & AUGUST	GUIDED HIKES AND MOUNTAIN BIKE RIDES	25 PTS
JUNE 15 9 AM	BLOOD DRIVE Lakeview Hospital Blood Drive	20 PTS
JUNE 30 10 AM	SENIOR CONCERT AT BOUNTIFUL CITY PARK with prizes & snacks	20 PTS
JULY 2 6:15 PM	CHILDREN'S BIKE PARADE Bountiful Town Square	25 PTS
JULY 25 5:30 AM+	SDCR HANDCART DAYS 10k, 5k, or 1k	20 PTS
AUG 6 7:00 PM	SUMMERFEST EVE NAVAJO DRUM CIRCLE & DANCE @ Town Square	20 PTS
SEPT 7 6:00 AM	SOUTH DAVIS RECREATION CENTER LABOR DAY TRIATHALON	30 PTS



...and many more! Find your next adventure **HERE:**
BOUNTIFULUTAH.GOV/AMERICA250

Point-tracking details on following page

Red, White, & Move: The Bountiful 250 Challenge

Bountiful's America 250 Calendar: <https://www.bountifulutah.gov/America250>

	POINTS	LOCATION & DATES
Organized, Community-wide Events		
Bountiful Community Garden Grand Opening/Season Kick-Off	15	Saturday, May 16th, 10:00 a.m., Community Garden, 50 W. 2100 S., www.gardensgrowinggood.org
Where the Trail meets the Easel - a family friendly hike to watch plein air painters capture the beauty of Mueller Park Canyon.	15	Saturday, May 30th, 10:00 a.m., Mueller Park Canyon, Kenny Creek Trail, 2000 E. Mueller Park Rd., www.bdac.org
Bountiful Trails Guided Hikes & Mountain Bike Rides	20	Multiple dates throughout the summer: five hikes, five bike rides, and two that are hike/bike. The dates are June 6, 12, 20, 25, July 11, 18, 24, 31, August 3, 8, 22, 31. All details are on the America 250 events calendar.
Blood Drive at Lakeview Hospital to celebrate Lakeview Hospital's 50th anniversary and America 250	15	Lakeview Hospital is celebrating its 50th anniversary with a blood drive. Community members can help reach the goal of 250 pints of blood donated.
Super Seniors Concert and Fitness Fun at Bountiful City Park	20	A morning of fitness and fun at Bountiful City Park for all Bountiful senior residents. The morning will kick off with a fitness event and will end with a performance by Sidetracked - a 60s, 70s and 80s nostalgia band.
Kids Patriotic Bike Parade	20	Kids can show their patriotic spirit at a bike parade in historic downtown Bountiful. The bike parade will end at the Bountiful Farmers Market.
Handcart Days 10k, 5k, or 1k races at the South Davis Recreation Center	15	Races of varying lengths will be held on the morning of the Handcart Days Parade prior to the parade start.
Summerfest Eve Dance Party	15	A Navajo drum circle will perform, with dancing and crowd participation, on Summerfest "eve" to kick off a weekend of music, dance and learning.
Labor Day Triathlon (250th day of the year!) at the South Davis Recreation Center	25	On the 250th day of 2026, the South Davis Recreation Center will host its Labor Day Triathlon - racers are encouraged to display their patriotic spirit.
Physical Health - Self Led		
Walk, run or bike 250 circuits at Washington Park	50	450 W. 740 S.
Go on a 2.5 mile walk or fun run in your neighborhood over the July 4th weekend	10	
Yoga challenge, 2.5 hours, in the park, at home, or the South Davis Recreation Center	10	550 N. 200 W.
Hike or bike 25 miles on Bountiful area trails this summer	25	www.bountifulutah.gov/trails
Go on a guided hike or mountain bike ride on a Bountiful trail this summer (points vary by length and difficulty)	10-20	www.bountifulutah.gov/America250
Play in a Pickleball tournament or game with family or friends	10	450 W. 740 S.
Schedule a recommended health screening with a healthcare professional	5	
Get a 3D Body screening at the South Davis Recreation Center	10	www.southdavisrecreation.gov
Attend a CPR, first aid, or emergency response training	10	https://bountifulprep.org/
Swim, Ice Skate or walk a mile on the indoor track at the South Davis Recreation Center	10	www.southdavisrecreation.gov
Invite a friend to join you for a workout	5	
Try a group fitness class at the South Davis Recreation Center or other fitness facility	15	www.southdavisrecreation.gov
Hike to Elephant Rock, or another Bountiful trail, at sunset	10	www.bountifulutah.gov/trails
Bike the trails in Mueller Park Canyon	10	www.bountifulutah.gov/trails
Walk around a Bountiful City Park	5	www.bountifulutah.gov/Parks
Sign up for a youth sports league, class, or swim lessons at the South Davis Recreation Center	10	www.southdavisrecreation.gov
Play tennis at a Bountiful City Park	10	www.bountifulutah.gov/Parks
Play frisbee at a Bountiful City Park	10	www.bountifulutah.gov/Parks
Lift weights three times in a week	10	
Go geocaching at Bountiful City parks and trails	10	www.bountifulutah.gov/trails
Go golfing at the Bountiful Ridge Golf Course	10	2430 Bountiful Blvd.
Go skateboarding at the Washington Park skatepark	5	450 W. 750 S.
Take your dog on a walk, or to a dog park	5	250 W. 1050 S.
Volunteer or attend a gardening workshop at the Bountiful Community Garden, 50 W. 2100 S.	10	www.bountifulutah.gov/America250
Create your own event	Self-assigned	

Mental Health/Mindfulness		
Attend a Mindful Meditation Event or watch one online	10	
Attend a Breathwork Workshop at the South Davis Recreation Center	10	www.southdavisrecreation.gov
Attend a Mental Health Resource event sponsored by the Davis County Health Department, or Lakeview Hospital, or online	10	630 Medical Dr.
Attend a Tai Chi class, or try at home with an online class	10	
Take a technology-free walk	5	
Watch a sunset/sunrise over the valley	5	
Take a 20-minute "mental reset walk" after work	5	
Visit a neighbor or friend that you haven't connected with for a while	10	
Take a mindful coffee break downtown	5	
Write a thank-you message to someone who helped you	5	
Write down three things you're grateful for about your community and share with a friend	5	
Create your own event	Self-assigned	

Wellness/Community/Social Connection/Belonging		
Organize a Fresh Produce Drive for the Bountiful Food Pantry	10	480 E. 150 N.
Organize a Community Trash Pick-Up, (250 pieces of trash on a trail, park, park strip)	10	
Plan to participate in a service project for the 9/11 Day of Service	5	www.bountifulutah.gov
Get your blood pressure checked at Lakeview Hospital	5	630 Medical Dr.
Host a family/friends picnic at a Bountiful park	5	www.bountifulutah.gov/Parks
Take a walk around Bountiful's historic Main Street and grab dinner at a food truck on Tuesdays and Fridays	5	165 S. Main St.
Volunteer with an organization you support	5	
Visit a playground with kids or grandkids	5	
Read a book outside at a local park	5	www.bountifulutah.gov/Parks
Watch a sunset from the foothills	5	www.bountifulutah.gov/trails
Watch a youth sports game at a local park	5	www.bountifulutah.gov/Parks
Visit an exhibit at the Bountiful Davis Arts Center, 90 N. Main St.	5	https://www.bdac.org
Attend the SummerFest Cultural Festival, August 7-8	10	165 S. Main St.
Volunteer and/or attend a local community event (summerfest, handcart days, etc) or business	10	
Support a local Main Street business	5	
Check out public art in Bountiful's Historic Downtown (Main St.)	5	www.bountifulutah.gov
Attend the Bountiful Handcart Days Parade	10	https://handcartdays.org
Visit the Farmer's Market on Thursday evenings at Bountiful Town Square	5	www.bountifulutah.gov/Farmers-Market
Attend a concert in the park at the Bountiful City Park	5	www.bountifulutah.gov
Visit a Bountiful historic marker	5	https://bountifulmuseum.org/
Thank a healthcare worker in the community	5	
Thank a first responder in the community	5	
Invite someone to join this challenge!	5	
Go for a walk around the Bountiful Pond	5	Legacy Parkway, West Bountiful
Help an elderly neighbor with their gardening	5	
Help keep Bountiful trails beautiful by taking a bag and pick up trash	5	www.bountifulutah.gov/trails
Rent a Bountiful City park pavillion for a friend or family gathering	10	www.bountifulutah.gov/Parks
Cool off in the summer heat by going to the Bountiful Town Square splash pad	5	165 S. Main St.
Use the slackline or hammock stations at Creekside Park	5	600 Mill St.
Attend the Chalkart Festival and draw something in front of the Bountiful Tabernacle	5	https://kidsfindjoy.org
Participate in America's Potluck on July 5th with a neighbor or friend	5	www.bountifulutah.gov/America250
Create your own event	Self-assigned	

FILE CAN BE DOWNLOADED HERE:

[HTTPS://DRIVE.GOOGLE.COM/FILE/D/19JQGTTO3RLFCKEDQR33GYKI19OZY5IE/VIEW?USP-SHARING](https://drive.google.com/file/d/19JQGTTO3RLFCKEDQR33GYKI19OZY5IE/view?usp=sharing)

**SEE FOLLOWING PAGES FOR MORE DETAILS ABOUT
'RED, WHITE, AND MOVE' EVENTS!**



BOUNTIFUL CITY COMMUNITY GARDEN EVENTS

at 50 West 2100 South

GRAND OPENING & GARDENING WORKSHOP

May 16th @ 10 am

VOLUNTEER DAY

May 30th @ 10 am

GARDENING WORKSHOP

June 13th @ 10 am

GARDENING WORKSHOP

July 18th @ 9 am

VOLUNTEER DAY

August 1st @ 9 am

GARDENING WORKSHOP

August 15th @ 9 am

VOLUNTEER DAY

August 30th @ 9 am

GARDENING WORKSHOP

September 19th @ 10 am



GARDENS
GROWING GOOD

**FOLLOW @GARDENS_GROWING_GOOD
FOR THE LATEST UPDATES!**


AMERICA **250** | UTAH
BOUNTIFUL CITY
RED, WHITE, *and* MOVE!


FOR MORE INFORMATION, SEE FOLLWING PAGE


BOUNTIFUL CITY COMMUNITY

GARDEN EVENTS

GRAND OPENING & COMMUNITY WORKSHOP


 May 16, 2026


 10:00 a.m.


 Bountiful City Community Garden 50 W 2100 S, Bountiful, UT (cul-de-sac east of the large field across from Bountiful Cemetery)

Celebrate the grand opening of the Bountiful Community Garden, hosted by Gardens Growing Good! Help plant 250 plants in honor of America 250, connect with fellow gardeners, and learn from irrigation and gardening experts.

2 VOLUNTEER DAY


 May 30, 2026


 10:00 a.m.


 Bountiful City Community Garden 50 W 2100 S, Bountiful, UT (cul-de-sac east of the large field across from Bountiful Cemetery)

Get your hands dirty—help with weeding, landscaping, and building a space for growth and community.

3 GARDENING WORKSHOP


 June 13, 2026


 10:00 a.m.


 Bountiful City Community Garden 50 W 2100 S, Bountiful, UT (cul-de-sac east of the large field across from Bountiful Cemetery)

Learn gardening basics and tips from local experts.

4 GARDENING WORKSHOP


 July 18, 2026


 9:00 a.m.


 Bountiful City Community Garden 50 W 2100 S, Bountiful, UT (cul-de-sac east of the large field across from Bountiful Cemetery)

Expand your skills with guidance from experienced local gardeners.

5 VOLUNTEER DAY


 August 1, 2026


 9:00 a.m.


 Bountiful City Community Garden 50 W 2100 S, Bountiful, UT (cul-de-sac east of the large field across from Bountiful Cemetery)

Help landscape, weed, and beautify the garden.

6 GARDENING WORKSHOP


 August 15, 2026


 9:00 a.m.


 Bountiful City Community Garden 50 W 2100 S, Bountiful, UT (cul-de-sac east of the large field across from Bountiful Cemetery)

Learn how to cultivate and maintain a successful garden in Bountiful.

7 VOLUNTEER DAY

 August 30, 2026


 9:00 a.m.


 Bountiful City Community Garden 50 W 2100 S, Bountiful, UT (cul-de-sac east of the large field across from Bountiful Cemetery)

Volunteer, make connections, and support this shared community space.

8 GARDENING WORKSHOP

 September 19, 2026

 10:00 a.m.


 Bountiful City Community Garden 50 W 2100 S, Bountiful, UT (cul-de-sac east of the large field across from Bountiful Cemetery)

Wrap up the season with expert tips on maintaining your garden

FOR MORE INFORMATION ON THE BOUNTIFUL COMMUNITY GARDEN, VISIT:
[HTTPS://WWW.GARDENSGROWINGGOOD.ORG/](https://www.gardensgrowinggood.org/)

CONTACT:

 AMESJOYG@GMAIL.COM

 (435) 592-1476



FAMILY FRIENDLY HIKE



Plein Air Hike – Trail to Canvas

May 30, 2026
10 a.m. – 12 p.m.
Mueller Park Canyon
Kenny Creek Trail

Easy, scenic,
family-friendly hike

Watch local artists
painting en plein air

Public event
– open to all



AMERICA 250

UTAH
BOUNTIFUL CITY

RED, WHITE, and MOVE!

FOR MORE INFORMATION, SEE FOLLWING PAGE

Plein Air Hike - Trail to Canvas

Sponsored by Bountiful Davis Art Center

Take a gentle hike out to where local artists are painting en plein air in beautiful Mueller Park Canyon. This special collaboration celebrates the upcoming Plein Air Exhibition. Watch artists capture Bountiful's iconic canyon landscapes in real time.

- **Easy, scenic trail experience**
- **Family-friendly**
- **Open to the public**

**Location: Mueller Park Canyon - Kenny Creek Trail
(Trailhead on the north side of the canyon, past the first bridge)**

 **2000 Mueller Park Rd., Bountiful, UT**

 **Date: May 30, 2026**

Time: 10:00 a.m. - 12:00 p.m.

Join
US!

BOUNTIFUL BIKES & HIKES

12 GUIDED RIDES  AND HIKES 

#1: 

**THE "B" TO
HOLBROOK
CANYON**

6/6/26 @ 6 - 8 PM

#2: 

**MUELLER PARK
TO ELEPHANT
DESCENT**

6/12/26 @ 6 - 8 PM

#3: 

**KENNY CREEK
TRAILHEAD TO
MAPLE GLOW**

6/20/26 @ 6 - 8 PM

#4: 

**MAHOGANY
RIDGE TO RUDY'S
FLAT**

6/25/26 @ 6 - 8:30 PM

#5: 

**MAHOGANY
RIDGE TO CAVE
PEAK**

7/11/26 @ 7-9 PM

#6: 

**PEREGRINE TRAIL
RETURNING ON
MAPLE GLOW**

7/18/26 @ 7-9 PM

#7:  OR 

**SUMMERWOOD
SUNSET TRAIL**

7/24/26 @ 7-8 PM

#8:  OR 

**MUELLER PARK
CANYON TO BST**

7/31/26 @ 6:30 - 8 AM

#9: 

**HOLBROOK TO
CHRISTMAS TREE
FARM**

8/3/26 @ 6-9 AM

#10: 

**HOLBROOK
CANYON TO WARD
CANYON**

8/8/26 @ 6-10 AM

#11: 

**HOLBROOK
CANYON TO GREAT
WESTERN TRAIL**

8/22/26 @ 10 AM - 2 PM

#12: 

**NORTH CANYON
TO RUDY'S FLAT**

8/31/26 @ 6-10 AM

SEE FULL DETAILS AT BOUNTIFULUTAH.GOV/AMERICA250

AMERICA  UTAH
BOUNTIFUL CITY

RED, WHITE, and MOVE!

FOR MORE INFORMATION, SEE FOLLOWING PAGE



BOUNTIFUL GUIDED HIKES & BIKE RIDES

1

GUIDED HIKE: THE “B” TO HOLBROOK CANYON

Date: June 6, 2026

Time: 6:00 – 8:00 p.m.

Location: The “B” Parking Lot, 820 N Eagle Ridge Dr., Bountiful, UT

Details: Meet at The “B” for a scenic, moderate 7-mile hike from Ward Canyon to the Holbrook Canyon Loop with approximately 1,200 ft elevation gain.

2

MUELLER PARK CANYON MOUNTAIN BIKE RIDE (ELEPHANT DESCENT)

Date: June 12, 2026

Time: 6:00 – 8:00 p.m.

Location: Mueller Park Canyon Trailhead, 2000 E Mueller Park Rd., Bountiful, UT

Details: Moderate 8.5-mile ride climbing to Trails 304/305 (Elephant Descent) with approximately 1,400 ft elevation gain.

3

GUIDED HIKE: KENNY CREEK TO MAPLE GLOW

Date: June 20, 2026

Time: 6:00 – 8:00 p.m.

Location: Mueller Park Canyon Trailhead

Details: Easy 4-mile hike along one of Bountiful’s most accessible and scenic trail systems.

4

MUELLER PARK CANYON MTB RIDE: RUDY’S FLAT

Date: June 25, 2026

Time: 6:00 – 8:30 p.m.

Location: Mueller Park Canyon Trailhead

Details: Moderate–difficult 15-mile ride with 1,800 ft elevation gain via Mahogany Ridge and Bonneville Shoreline Trail.

5

NORTH CANYON HIKE: CAVE PEAK

Date: July 11, 2026

Time: 7:00 – 9:00 p.m.

Location: North Canyon Trailhead, 1400 Canyon Creek Rd., Bountiful, UT

Details: 7-mile moderate-to-difficult hike with significant elevation gain and expansive summit views.

6

MUELLER PARK CANYON MTB: PEREGRINE & MAPLE GLOW

Date: July 18, 2026

Time: 7:00 – 9:00 p.m.

Location: Mueller Park Canyon Trailhead

Details: 8.5-mile moderate-to-difficult ride featuring newer trails and scenic returns via Maple Glow.

7

FAMILY-FRIENDLY SUNSET RIDE/HIKE – SUMMERWOOD TRAIL

Date: July 24, 2026

Time: 7:00 – 8:00 p.m.

Location: Summerwood Trailhead, 474 Hidden Lake Cir., Bountiful, UT

Details: Easy, under 2-mile hike or ride suitable for all ages and abilities.

8

FAMILY-FRIENDLY BST CONNECTOR RIDE/HIKE

Date: July 31, 2026

Time: 6:30 – 8:00 a.m.

Location: Mueller Park Canyon Trailhead

Details: 3.2-mile round trip with 700 ft elevation gain connecting to the Bonneville Shoreline Trail.

9

HOLBROOK CANYON: CHRISTMAS TREE FARM HIKE

Date: August 3, 2026

Time: 6:00 – 8:00 a.m.

Location: Holbrook Canyon Trailhead, 815 S Bountiful Blvd., Bountiful, UT

Details: 7-mile scenic Creekside hike to the historic Christmas Tree Farm.

10

HOLBROOK CANYON MTB: WARD CANYON LOOP

Date: August 8, 2026

Time: 6:00 – 10:00 a.m.

Location: Holbrook Canyon Trailhead

Details: 15+ mile advanced ride with steep climbs, rolling terrain, and major scenic payoff.

11

HOLBROOK CANYON HALF-DAY HIKE

Date: August 22, 2026

Time: 10:00 a.m. – 2:00 p.m.

Location: Holbrook Canyon Trailhead

Details: 9-mile challenging hike with 3,000 ft elevation gain to the Great Western Trail.

12

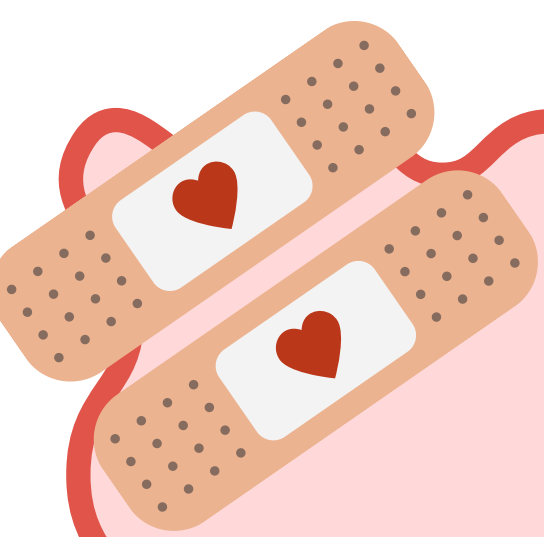
NORTH CANYON MTB: RUDY’S FLAT LOOP

Date: August 31, 2026

Time: 6:00 – 8:30 a.m.

Location: North Canyon Trailhead

Details: 8.5-mile moderate-to-difficult ride featuring Mahogany Ridge descent into Mueller Park Canyon.



LAKEVIEW HOSPITAL BLOOD DRIVE

DATE: JUNE 15TH, 2026

TIME: 9:00 AM

**LOCATION: 630 EAST MEDICAL
DRIVE, BOUNTIFUL, UT 84010**

**For more details
regarding the
Lakeview Hospital
Blood Drive,
call (801) 299-2200.**



A Morning of **FITNESS & FUN**
SUPER SENIORS CONCERT IN THE PARK

FOR BOUNTIFUL SENIORS
ANYONE 55 & OVER!



FITNESS

JOIN US FOR:



TAI CHI

OR



CHAIR YOGA



FUN

CONCERT
BY
SIDETRACKED



A NOSTALGIA BAND - HITS FROM THE 60S, 70S, & 80S!

WHEN:



JUNE 30, 2026
9:00 A.M.
11:00 A.M.

WHERE:



BOUNTIFUL
CITY PARK,
200 W. 400 N.

FREE EVENT!

JUST BRING A
SMILE AND
WATER!



★ KIDS' PATRIOTIC BIKE PARADE! ★

★ AMERICA 250 | UTAH BOUNTIFUL CITY ★



DATE & TIME

★ **JULY 2ND**
6:15 P.M. ★

ROUTE & LOCATION

START: ★
100 E. FROM 200
N. TO 200 S. ★

★ **KIDS OF ALL AGES INVITED!** ★
BRING YOUR DECORATED BIKES! ★
SHOW OFF YOUR CREATIVITY & BIKE SKILLS!

★ **ROUTE ENDS AT BOUNTIFUL TOWN SQUARE** ★



JULY

24
FRI

5:00PM - 9:00 PM

Food, drinks, & games at Bountiful City Park

8:00PM - 9:30 PM

Free Concert at Bountiful City Park

25
SAT

5:30, 6:30, or 7:30 AM

Handcart Days Race - see South Davis Rec Center

9:00AM - 10:30 AM

Parade on Bountiful Main Street

10:00AM - 3:00 PM

Activities and demonstrations at Bountiful City Park

10:00PM - 10:30 PM

Fireworks at Mueller Park Junior High



**FOR MORE INFORMATION ON HANDCART DAYS, VISIT:
[HTTPS://HANDCARTDAYS.ORG/](https://handcartdays.org/)**



SUMMERFEST EVE NAVAJO DRUM CIRCLE & DANCE

- DATE: AUGUST 8, 2026
- TIME: 7:00 PM
- LOCATION: BOUNTIFUL
TOWN SQUARE (75 E 200
SOUTH, BOUNTIFUL, UT
84010)

FOR MORE DETAILS REGARDING THE
SUMMERFEST EVE NAVAJO DRUM CIRCLE
AND DANCE PARTY, VISIT:
[HTTPS://WWW.BDAC.ORG/SUMMERFEST](https://www.bdac.org/summerfest)



LABOR DAY
TRIATHLON

DATE: SEPTEMBER 7, 2026

TIME: 6:00 AM

**LOCATION: SOUTH DAVIS RECREATION CENTER
(550 N. 200 W., BOUNTIFUL, UT 84010)**

MORE DETAILS HERE:

[HTTPS://WWW.SOUTHDAVISRACES.COM/LABOR-DAY-TRIATHLON/](https://www.southdavisraces.com/labor-day-triathlon/)

AMERICA



UTAH
BOUNTIFUL CITY