



In honor of America's 250th anniversary, Layton City invites residents to join the Stars & Strides Challenge — a fun and flexible community fitness event that encourages everyone to stay active while celebrating our nation's milestone birthday.

From September 11, 2025, through July 4, 2026, participants will track their progress as they run, swim, bike, walk, or exercise to earn stars and complete the challenge.

How It Works

Choose your favorite way to exercise! Swimming, biking, walking, hiking, fitness classes, etc...!

Earn Stars

- . For every 250 minutes of exercise completed, you earn one star.**
- . Collect 10 stars to complete the full Stars & Strides Challenge — 250 in Honor of America 250!**
- . Participants can use this printed tracking sheet to mark off each star as you reach your milestones.**

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For every 250 minutes of exercise you complete, come to Surf 'n Swim and receive a sticker. Collect all 10 star stickers to earn your America 250 reward for your dedication and hard work.

