



Congratulations on earning the 2022 Trail Blaze Award!

You have selected the **hiking stick and medallion**. The goal is to earn each year's commemorative medallion and collect them on your stick, like the examples shown here:

At this point you are likely asking, and how do I go about this? We're glad you asked! All kids should enlist the help of a parent.

The gold standard for applying the medallions is to utilize the enclosed nails. If you go this route, here are a few tips and an awesome video shared with us by HikeAmerica, who supplies our medallions.

Suggested materials:

- Assistant to help hold (It takes 2!)
 - Needle nose pliers
 - Hammer
 - Towel to prevent the stick from slipping
 - Drill (optional but helpful)
- The medallions are very malleable. Using your stick as a guide, gently apply pressure to bend the medallion around your stick to match the curvature.
 - Pre-drilling very small holes to fit the nails is recommended, although not required; using the holes in the medallions as a guide.
 - Use the technique employed in this video: <https://hikeamerica.com/how-to-video/>



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If you struggle to get the nails to go in straight and reach an "I've had enough!" level of frustration, the back up plan is a good strong glue such as super glue, [Super T glue](#), or other glue for affixing porous to non-porous surfaces. Be aware that the glue can possibly loosen over time.

Thank you again for joining us in this year's **Edward-Elmhurst Health Healthy Driven Take a Hike! Challenge!** And thank you to our AMAZING sponsor partners!

