



HIKING CHALLENGE

June 27th – July 5th

Have fun in this 9-day challenge full of hiking and nature objectives! Compete against your friends as you see who can hike the most miles, gain the most feet of vertical elevation, cross off the most flora and fauna squares in a nature-themed round of bingo, and who can find the best nature viewpoint in this interactive event. Prizes will be awarded for the top scores in each category across four age groups (≤10, 11-18, 19-40, 41+) so grab your backpack, check your map, and get ready to get your boots dirty!

4 AGE GROUPS: ≤ 10, 11-18, 19-40, 41+

PRIZES AWARDED FOR THE TOP 3 OVERALL SCORES FOR EACH AGE GROUP

CHALLENGE CATEGORIES:

- Cumulative Miles Hiked
- Cumulative Elevation Gained
- Flora and Fauna Bingo
- Cumulative Miles Hiked *Indoors*
- Best View – best user-submitted photos to the Summer Adventure Club Instagram page win

HOW DO I TRACK MY PROGRESS AND HIKING STATISTICS?

- Utilize a variety of apps to track your hiking stats.
 - AllTrails, Gaia GPS, or Apple Health would be great tools to track your daily progress.
- Take screenshots of your phone for verification of your statistics.
- On the back of your bingo card there is a chart to track your stats by category, by day.
- Post the photos of your screenshots and Best View submissions to [Instagram](#) and [Facebook](#) using the hashtag #CPCAdventureClub.

	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total
	6/27	6/28	6/29	6/30	7/1	7/2	7/3	7/4	7/5	
Miles Hiked Outdoors										Box 1
Elevation Gained (ft.)										Box 2
Miles Hiked Indoors										Box 3
Best View Photo Submissions (<i>max 20</i>)										Box 4 (Max 20)
Squares Completed on Bingo Sheet										Box 5

HOW DO I DETERMINE MY OVERALL SCORE?

$$\left. \begin{array}{l} (\# \text{ Miles Hiked Outdoors } \text{Box 1}) \\ + \\ (\# \text{ ft. Elevation Gained } \text{Box 2} / 10) \\ + \\ (\# \text{ Miles Hiked Indoors } \text{Box 3}) \\ + \\ (\# \text{ Best View Photo Submissions } \text{Box 4}) \end{array} \right\} \times (\# \text{ Squares Completed on Bingo Sheet } \text{Box 5}) = \text{Overall Score}$$

WHAT CAN I EXPECT?

- Fun!
- Challenge kickoff video on Friday, June 26th
 - Rules of the challenge
 - Hiking with the essentials
 - Basic first aid
 - Leave No Trace ethics
 - How to complete the challenge while adhering to social distancing and obeying park and trail closures
 - Overview of how to use technology to track your stats
 - How to post your photos and videos to our social media platforms
 - Encouraged to keep a journal during the challenge and to reflect on how you can encourage responsible outdoor recreation in your local community
- An email will be sent at 6:00am on Saturday, June 27th to officially kickoff the challenge
 - The email will include:
 - Rules of the challenge
 - Flora and Fauna Bingo Card
 - Stat Tracking Chart
 - Info on how to utilize social media during the challenge
- Check-in videos on Tuesday, June 30th and Friday, July 3rd to recap highlights from the challenge so far
- Challenge finale video and announcement of top scores on Friday, July 10th

WHAT DO I GET FOR PARTICIPATING?

- Hiking Challenge shoelaces
- Hiking Challenge sticker