

# PROGRAM GUIDELINES

Welcome to the 2019 100 Miles in 100 Days Challenge! The program **begins at 8 a.m. on Thursday, November 1, 2018 and closes at 4 p.m. on Friday, February 8, 2019.** Below are the guidelines for the program:

## MILES:

The program was initially developed for hikers. Over the years, the department has expanded the program to include all user groups. This change required mileage adjustments to keep the program consistent and fair for all participants. Below is the mileage breakdown for the various user groups:

- Hikers: 100 miles
- Trail Runners: 100 miles
- Mountain Bikers: 200 miles
- Horseback Riders: 200 miles
- Combo: You may combine options; however, 75 percent of your challenge must be completed via your primary mode and 25 percent via secondary mode. For example, if you decide your primary mode is trail running (100 miles) and mountain biking (200 miles) is your secondary mode, you must run 75 miles, and the remaining 50 miles must be completed on your mountain bike for a total of 125 miles.

**REGISTRATION:** ALL participants are required to complete a short registration form. This will help us to communicate with you throughout the program.

## PARKS AND TRAILS:

- **Participants must visit a minimum of three Maricopa County parks or two Maricopa County parks and the Maricopa Trail/Sun Circle Trail.**
- We understand that participants have their favorite trails in city and state parks; however, this program is managed and paid for using Maricopa County Parks and Recreation Department funding. If you would like to trek in a park managed by another agency, we encourage you to continue doing so; however, we are unable to count that mileage towards Maricopa County's 100 Miles in 100 Days Challenge.
- Participant may NOT combine their logs/miles with another participant's log/miles to reach the 100 or 200 mile goal.

**LOGS:** All participants must log and report their miles throughout the Challenge. There are two type of logs used for the Challenge:

- **Hard copy:** There are several different hard copy logs available on the website for use. Those using the hard copy logs must have a staff representative sign off on miles trekked. We understand that park representatives aren't always available when participants are recreation; however, participants must receive signatures at least once a week.
  - Those using hard copy logs must submit their final log electronically to [100MileChallenge@mail.maricopa.gov](mailto:100MileChallenge@mail.maricopa.gov). If you do not have a scanner, you may ask a staff member in a nature center to scan/send the document in for you.
  - All program logs must be submitted/received by 4 pm on Friday, February 8, 2019 to meet Challenge requirements - no exceptions.
- **Electronic:** If you plan on using the electronic option, you will need to select an application of your choice to track your miles. Once your trek has been completed, you will complete the [Electronic Log Submission Form](#). Mileage and park information will be transferred by staff into a group Google spreadsheet housed at: <https://bit.ly/2x4Sfik>. If you are using this option, you do NOT need to submit your log at the end of the program since we have tracked your progress throughout the Challenge.

## CELEBRATIONS AND SHIRTS:

- All celebrations will be hosted on Saturday, March 9, 2019. Please check the [events calendar](#) for times as times may vary from park to park.
- All participants who complete the 100 Miles in 100 Days challenge will receive a limited edition tee-shirt at the park program finale celebration on Saturday, March 9, 2019\*.
- **In order to receive your shirt, you must complete the [Tee-shirt Order Form](#). Shirt order forms must be submitted by 4 p.m. on Friday, February 8, 2019 to help us meet our timeline with the vendor.**
- Tee-shirts must be picked up at the park. Participants may make arrangements to pick up a shirt from the park at a later date. You may also send a family member/friend to pick up your shirt.
- Tee-shirts will NOT be shipped to customers and park(s) will not be responsible for product not picked up after Sunday, March 31, 2019.
- Participants may receive no more than one tee-shirt per campaign year, regardless of number of miles hiked, biked, ridden or ran.
- Pets may join participants on hikes; however, participants MUST be human to be eligible to receive a tee-shirt and qualify for the grand prize drawing.

## GRAND PRIZE:

- To be eligible for the grand prize drawing of an Annual Pass (\$85 value) and \$25 Nature Center retail voucher (total value not to exceed \$110).
- If the selected winner currently holds an Annual Pass, the Annual Pass will be renewed for one year upon date of expiration.

\*The following parks will **not** be hosting the final celebration on Saturday, March 9, 2019:

- Buckeye Hills Regional Park
- Adobe Dam Regional Park
- Desert Outdoor Center at Lake Pleasant
- Spur Cross Ranch Conservation Area

**QUESTIONS:** Should you have questions about the program, please reach out to the rangers in the parks, or send an email to [100MileChallenge@mail.maricopa.gov](mailto:100MileChallenge@mail.maricopa.gov).

# 2019 100 MILES in 100 DAYS challenge!



**A**re you up to a challenge this fall? If so, keep reading! This year, Maricopa County's Parks and Recreation Department is challenging you complete 100 Miles in 100 Days!

To make things more interesting, we're going to let you decide how these miles will be completed...hiking, mountain biking, trail running, or on horseback. Here are your options:

Hiking or Trail Running	100 miles
Mountain Biking or Horseback Riding	200 miles

We also encourage you to join our Facebook community page where you can share your success stories, connect with others participating in the challenge, and participate in fun activities!

[facebook.com/MCParks100MilesIn100Days!](https://www.facebook.com/MCParks100MilesIn100Days!)

Lace up your hiking boots or running shoes, dust off your mountain bikes and saddle up those horses because it's time for the **100 Miles in 100 Days Challenge!**



**Maricopa County**

Parks and Recreation Department  
41835 N. Castle Hot Springs Rd. • Morristown, AZ 85342  
(602) 506-2930 • [www.maricopacountyarks.net](http://www.maricopacountyarks.net)

# SAMPLE TRAIL SCHEDULE

## Cave Creek Regional Park

Trail(s) Go John and Overton  
 Description
 

- Start at Go John trailhead.
- Circle the Go John loop back to the trailhead (5.8 miles).
- From Go John trailhead, take Go John north to Overton and return to Go John trailhead (6.5 miles).

**Total 12.3 miles**

Validation \_\_\_\_\_  
 Initial Date Initial Date Initial Date Initial Date

## Estrella Mountain Regional Park

Trail(s) Rainbow Valley, Toothaker, Coldwater, Dysart, Gadsden and Rainbow  
 Description
 

- Take Rainbow Valley from trailhead to Toothaker and then back to trailhead (5.6 miles).
- From Coldwater trailhead take trail north to Gadsden and then to Butterfield connect with Coldwater back to trailhead (6.1 miles).
- From Rainbow trailhead take trail to Dysart and cross over to Butterfield and then connect with Coldwater back to Rainbow trailhead parking lot (5.3 miles).

**Total 17.0 miles**

Validation \_\_\_\_\_  
 Initial Date Initial Date Initial Date Initial Date

## Lake Pleasant Regional Park

Trail(s) Pipeline Canyon, Cottonwood, and Yavapai Point  
 Description
 

- From Pipeline trailhead north end take trail out to the end and back (4.0 miles).
- Cottonwood trail to Yavapai Point trail out to the end and back (5.4 miles).
- Don't forget to check out the Beardsley, Cottonwood, Wild Burro and Yavapai Point trails while you're at the park!

**Total 9.4 miles**

Validation \_\_\_\_\_  
 Initial Date Initial Date Initial Date Initial Date

## McDowell Mountain Regional Park

Trail(s) Scenic, Pemberton and Tonto Tank  
 Description
 

- Start at Scenic trailhead take trail loop (3.7 miles).
- From trailhead, take Pemberton to Tonto Tank and then back to the Pemberton trail (east) back to the trailhead (8.2 miles).

**Total 11.9 miles**

Validation \_\_\_\_\_  
 Initial Date Initial Date Initial Date Initial Date

## San Tan Mountain Regional Park

Trail(s) Goldmine, San Tan, Hedgehog and Moonlight  
 Description
 

- From trailhead take Gold Mine trail north to top of the saddle and back (3.5 miles).
- Begin at the San Tan trailhead and take the trail to Hedgehog. Connect back to San Tan and finish off on the Moonlight trail (4.4 miles).
- Start at the Littleleaf trailhead and continue to Goldmine. Link into the San Tan and finish off on Moonlight (4.0 miles).

**Total 11.9 miles**

Validation \_\_\_\_\_  
 Initial Date Initial Date Initial Date Initial Date

## Spur Cross Ranch Conservation Area

Trail(s) Spur Cross, Tortuga and Metate  
 Description
 

- From trailhead, go north to Spur Cross then take Tortuga around to Spur Cross back to trailhead (3.6 miles).
- From trailhead, go north to Spur Cross to the Metate then head south to the Tortuga trail and back on Spur Cross Trail to trailhead (5.0 miles).
- From trailhead, take Spur Cross west to park boundary and return to trailhead on same trail (8.4 miles).

**Total 17 miles**

Validation \_\_\_\_\_  
 Initial Date Initial Date Initial Date Initial Date

## Usery Mountain Regional Park

Trail(s) Wind Cave, Blevins, Meridian and Cat Peaks  
 Description
 

- From Wind Cave trailhead take trail up and back (3.0 miles).
- From Blevins trailhead take trail south to Meridian and cross over to Cat Peaks back to Blevins and return (4.1 miles).

**Total 7.1 miles**

Validation \_\_\_\_\_  
 Initial Date Initial Date Initial Date Initial Date

## White Tank Mountain Regional Park

Trail(s) Waterfall, Mule Deer, South, Goat Camp, Mesquite, Willow Canyon, Ford and Waddell  
 Description
 

- Start at Waterfall trailhead. Take trail up and back (2.0 miles).
- Start trail west of the library and go to the Mule Deer. Go to South Trail and then to Goat Camp. Follow Bajada to Mule Deer and back to the library (4.1 miles).
- From Area 7, take Mesquite to Willow Canyon and return on Mesquite (8.3 miles).
- From Ford Canyon trailhead go west to Waddell and then take Mesquite Canyon back to trailhead (3.7 miles).

**Total 18.1 miles**

Validation \_\_\_\_\_  
 Initial Date Initial Date Initial Date Initial Date

## Maricopa County Park Trail System Substitutes (i.e., Maricopa Trail, etc.)

Trail Name	Miles	Trail Name	Miles

Validation \_\_\_\_\_  
 Initial Date Initial Date Initial Date Initial Date

**Total** \_\_\_\_\_