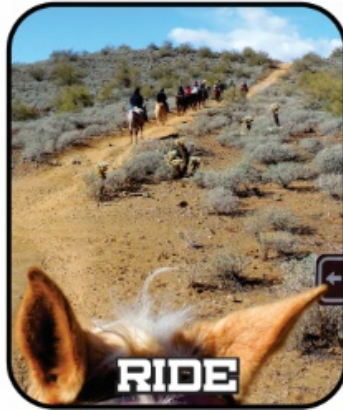


2020 100 MILES



100 DAYS challenge!



Welcome to the 2020 100 Miles in 100 Days Challenge! The program begins at 6 a.m. on Friday, November 1, 2019, and closes at 4 p.m. on Saturday, February 8, 2020. Below are the guidelines for the program:

MILES: 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: Participants may combine options; however, 75 percent of your challenge must be completed via your primary mode and remaining 25 percent via your secondary mode.
 - For example, if you decide your primary mode is trail running (100 miles) and your secondary mode is mountain biking (200 miles), 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 which can be found at <http://bit.ly/2lRTO9Q>. Information contained in this form helps the department communicate with participants throughout the Challenge.

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 to complete the Challenge.

- Our team understands that you have your favorite trails in the city, state, and national parks. However, this program is managed and operated by funding from the Maricopa County Parks and Recreation Department. If you would like to trek in a park managed by another agency, we encourage you to continue doing so. But, please note, 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.

IMPORTANT DATES & QUESTIONS

- **Official Start date:** November 1, 2019
- **End date:** February 8, 2020
- **Celebration date:** March 7, 2020
- **Questions:** Please reach out to the rangers in the parks, or send an email to 100MileChallenge@mail.maricopa.gov



Maricopa County

Parks and Recreation Department
41835 N. Castle Hot Springs Rd.
Morristown, AZ 85345

(602) 506-9500 • maricopacountyparks.net

LOGS: All participants must log and report their miles throughout the Challenge. There are two types 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 park representative sign-off weekly on miles trekked.
 - Those using hard copy logs must submit their final log electronically to 100MileChallenge@mail.maricopa.gov. Participants without scanners may ask a staff member in a nature center to scan/send on their behalf.
 - All program logs must be submitted/received by 4 pm on Saturday, February 8, 2020, to meet Challenge requirements – no exceptions.
- **Electronic:** If you the participant plans to use the electronic log option, they will need to select an application of their choice to track miles.
 - Once treks are completed, the participant will complete an Electronic Log Submission Form (<http://bit.ly/2kMPosN>). Mileage and park information will be transferred to the Google spreadsheet housed at <https://bit.ly/2x4SfK> by one of the MCParks staff members.
 - If the participant is using this option, they do NOT need to submit their log at the end of the program.

- 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 7, 2020.
- In order to receive a shirt, the participant must complete the Tee-shirt Order Form. Shirt order forms must be submitted by 4 p.m. on Saturday, February 8, 2020. No late orders will be accepted!
- Tee-shirts must be picked up at the park. Participants may make arrangements to pick up shirts from the parks at a later date, and/or send a family member/friend to pick up their 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, 2020.
- Participants may receive no more than one tee-shirt per campaign year.
- Pets may join participants on hikes; however, participants MUST be human to be eligible to receive a tee-shirt and qualify for the drawing.
- The following parks will not be hosting the final celebration(*) on Saturday, March 7, 2020:
 - Buckeye Hills Regional Park
 - Adobe Dam Regional Park
 - Desert Outdoor Center at Lake Pleasant
 - Spur Cross Ranch Conservation Area

CELEBRATIONS AND SHIRTS:

- All celebrations* will be hosted on Saturday, March 7, 2019. Please check the events calendar for times as times may vary from park to park.

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

AT A GLANCE

STEP 1: REGISTRATION

- Visit bit.ly/21RTQ9Q to register

STEP 2: MILES

- Hikers: 100 miles
- Trail Runners: 100 miles
- Mountain Bikers: 200 miles
- Horseback Riders: 200 miles

STEP 3: RECORD TREKS

- Electronic log
- Hard copy log

STEP 4: PARK MINIMUM

- Three Maricopa County regional parks OR
- Two Maricopa County regional parks and the Maricopa Trail

STEP 5: SUBMIT LOGS

- Electronic logs, no action needed
- Hard copy logs must be submitted to 100MileChallenge@maricopa.gov no later than 4 pm on February 8, 2020

STEP 6: ORDER SHIRT

- Once you have completed your Challenge, submit your tee-shirt order form
- County employees, include your County employees, include your employee number to receive health benefit credit

STEP 7: CELEBRATION

- Celebrations will be hosted on Saturday, March 7, 2020. You will pick up your shirt at the celebration
- Check event calendar for times and locations - <http://bit.ly/2mljXpP>