



# Winter 100, 200 OR 300 Mile Challenge



**WHAT:** A 100 Mile, 200 Mile OR 300 Mile Challenge

- Hike, Walk, Run, Snowshoe, Cross-Country Ski or Fat Bike your way to **100, 200 or 300 Miles** this winter

**WHO:** All employees of the Airport, City, DECC and HRA are invited to participate

**WHEN:** Between January 1 – March 31, 2024

**Deadline to sign up: 1/08/2024**

## Activity Challenge Details:

- This challenge is intended to get us all outside in the coldest, darkest days of winter - on your honor! **Log only the miles spent outside, with a minimum hike distance of 1 mile.**
- There are different levels to the challenge:
  - This year we will have **3 levels:** Winter 100, Winter 200 & Winter 300! You can choose which level you would like to try and tackle, and each level will have its own prize.
  - For every **50 Miles** you achieve, a **tree seedling** will be planted in your honor OR you can choose to plant them yourself.
  - 100 Miles, 200Miles, or 300Miles will have different prizes to choose from
- Once you're registered, keep track of your mileage and when you have completed the distance you set out to do, submit a screenshot or mileage log to [ahohenstein@duluthmn.gov](mailto:ahohenstein@duluthmn.gov)
- You can use either a fitness tracker with actual miles walked, ran, skied, biked etc., or can use a paper log to keep track.

## Register for the:

[Winter 100](#)

[Winter 200](#)

[Winter 300](#)

## Resources

Parks & Rec offers Winter hikes, cross country ski opportunities and more! Check out their [Winter-Spring Program Guide](#)

Wondering if Ski Trails have been groomed? Check out [Parks Trail Grooming Updates](#) or [SkinnySki.com](#)

Looking for a new route to snowshoe? Try the [Superior Hiking Trail](#)

Just learning how to cross country ski? [Community Education](#) also offers a few opportunities to learn

Fat-biking? Check out your trail conditions [HERE!](#)

**Questions? Contact Wellness Coordinator, Angel Hohenstein, at 218-730-5201 or email**

[ahohenstein@duluthmn.gov](mailto:ahohenstein@duluthmn.gov)

