

100 MILE GET OUT & WALK CHALLENGE



POPULAR WALKING AREAS

Almon Park Trails at Buck Lake

Bearskin State Trail

Cedric A. Vig Outdoor Classroom Trails

Hanson Lake Trails

Hodag Park

Holmboe Conifer Forest State Natural Area

Ice Age Trail

Long Lake Nature Trail

McNaughton Lake Hiking Trail

Mud Lake Mountain Bike Trails

Nicolet College Exercise Trail

Nose Lake Ski Trail

Rhinelanders Riverwalk Trail

Washburn Lake Silent Sports Trails Area

FOR A FULL LISTING OF AREA TRAILS, VISIT:

BikeOneida.com

RHINELANDER HODAG 100-MILE "GET OUT AND WALK" CHALLENGE - SPRING 2024

Your Name: _____

Welcome to the Spring 2024 Rhinelanders Hodag "Get Out and Walk" Challenge, brought to you by the School District of Rhinelanders Community Education Program. Walk 100 miles in seven weeks! Keep track of your miles on this log sheet. After the seven weeks is up, email your completed log sheet to Mike Cheslock at chesmik@rhinelanders.k12.wi.us. At the end we will have a random drawing for Chamber Bucks for those who complete the challenge. Have fun and enjoy the fresh outside air! Or, purchase a Hodag Dome pass and walk indoors during designated community hours. Your walking routes are your choice. Keep track of your distance using a device, app, or map (honor system). Everyone who participates in the Walking Challenge will receive a pint glass!

WEEK 1: April 15 - 21

Date	Location	Miles

TOTAL MILES FOR WEEK 1:

WEEK 2: April 22 - April 28

Date	Location	Miles

TOTAL MILES FOR WEEK 2:

WEEK 3: April 29 - May 5

Date	Location	Miles

TOTAL MILES FOR WEEK 3:

WEEK 4: May 6 - May 12

Date	Location	Miles

TOTAL MILES FOR WEEK 4:

WEEK 5: May 13 - May 19

Date	Location	Miles

TOTAL MILES FOR WEEK 5:		
WEEK 6: May 20 - May 26		
Date	Location	Miles
TOTAL MILES FOR WEEK 6:		
WEEK 7: May 27 - June 2		
Date	Location	Miles
TOTAL MILES FOR WEEK 7:		
GRAND TOTAL MILES:		