# Centennial Challenge Activity Log Sheet
# 100 Miles for 100 Years

**National Park Service**
**U.S. Department of the Interior**

**Big South Fork National River and Recreation Area**
**Oneida, Tennessee**

**NAME:**_____ **PH. NUMBER:**_____

Celebrate the 100th anniversary of the National Park Service with us by completing the "100 Miles for 100 Years" Challenge. Participants are encouraged to complete a 100-mile challenge by hiking, mountain biking, trail running, riding horseback and/or paddling along our official designated system of trails or water routes before December 3, 2016. Participants may combine these categories or concentrate on one method to successfully complete the challenge.

Print out this log and use it to keep track of your activity. Post it where you will see it frequently (e.g. in your room or on your fridge). Once you have completed the 100 mile challenge, bring all of your completed log sheets to one of the visitor centers of the Big South Fork NRRA to receive your patch.

Some things to remember:

- Keeping physically active is key to a healthy lifestyle. But sometimes it's best to check with your doctor before you start to exercise.
- Stay on designated trails at all times.
- Take photos along your journey to share the experience with us. By submitting photos, you agree that they become public domain, therefore they may be downloaded or copied by others.

| Date | Time Start | Recreation Activity | Location/Trail | Distance (miles) | Duration |
|---|---|---|---|---|---|
| 11/13/2015 | 1:30 PM | Hiking | East Rim Overlook Road | .25 | 15 minutes |
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