



# 100 Mile Challenge Log Form

## Challenge:

Hikers must complete 100 miles or more of hiking trails in New River Gorge National River and/or Bluestone National Scenic River between January 1 and December 31, 2016.

## Participants:

Register as a 100 Mile Challenge participant by sending your name and email address to: [NewRiverGorge100MileChallenge@nps.gov](mailto:NewRiverGorge100MileChallenge@nps.gov), then hike away! Log each walk below, adding your miles throughout the year. Once you've hiked 100 total miles on trails in New River Gorge National River and/or Bluestone National Scenic River, return this completed log form to one of the National Park Service visitor centers listed below on or before December 31, 2016 to claim your 100 Mile Challenge award. The following facilities are open daily 9:00 am to 5:00 pm:

- Canyon Rim Visitor Center, Route 19, Lansing, West Virginia
- Sandstone Visitor Center, Route 7, Sandstone, West Virginia

## Share Trail Moments:

Tag us and share your hiking photos on our social media sites! On Facebook, go to <https://www.facebook.com/newrivergorgenps>; on Instagram send us your photos at [NewRiverNPS](#); on Twitter, tag us at [@NewRiverNPS](#). Use the hashtag [#NRG100mi](#).



Participant's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Personal Goal: \_\_\_\_\_

Date	Trail Name	Miles Hiked	Total 2016 Miles Hiked	Notes and Comments

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**New River Gorge**  
NATIONAL RIVER



- [www.nps.gov/neri](http://www.nps.gov/neri)
- [www.activeswv.org](http://www.activeswv.org)
- [www.ymcaswv.com](http://www.ymcaswv.com)

