

## AUBURN ENDURANCE 100 CHALLENGE TIPS & RULES

### PROGRAM TIPS

- Start your program slowly. There is no rush – you have all year! Doing too much too soon is liable to cause discomfort, or even worse, injury. You may become discouraged and not continue.
- Get together with some friends and do your Challenge together. Company is one of the best incentives to stick with a fitness program.
- Be sure you have the proper clothing, shoes and other equipment.
- Consider finding a qualified instructor to assist you with your program. Performing your activity correctly will enhance the fitness benefits you will receive.
- If you are going to venture onto our local trails, be sure you plan carefully by checking out maps, the terrain, the weather, and advice from others. Visit the Auburn Endurance Capital website: [auburnendurancecapital.com](http://auburnendurancecapital.com) for maps and safety/trail etiquette tips.

### RULES (JUST A FEW...)

- Record only those miles or hours you have achieved after signing up.
- All 100 miles or hours must be completed within one year of your sign up date.
- Those who achieve multiple 100-mile distances or 100-hour activities within one year will receive an award for each.
- This is an honor system program – only you will know if your data is correct. It is always to your benefit to have extra time or distance rather than less.
- Before starting your Challenge, consult with your physician, explain your plan to begin this program, and follow the instructions your physician gives you.

## MORE ABOUT THE AUBURN ENDURANCE CHALLENGE 100

**A**uburn's official tag line, "Endurance Capital of the World," recognizes Auburn as the home of many world-class events, especially 100-mile signature events: the Tevis Cup 100-Miles/One Day Equestrian Ride and the Western States 100-Mile Endurance Run.

Auburn Endurance Capital Committee members understand that not everyone wants to achieve 100 miles in one day, or perform 100 consecutive hours of aerobic activity! Since many of us can accomplish this in one year, the Committee developed the Auburn Endurance Challenge 100 to bring a realistic goal to your fitness program. In so doing, we hope to showcase Auburn's many resources that can help its citizens achieve a healthy lifestyle: our wonderful city, its nearby trails and parks, and its abundance of fitness-related organizations and businesses. We hope the Auburn Endurance Challenge 100 will provide you with a fun and unique incentive to "get moving!"

### HOW TO BEGIN YOUR AUBURN ENDURANCE CHALLENGE 100

Decide on the activity you wish to do for this program, and read the rules and tips on the right-side panel of this brochure. Then, simply choose one of the two options below to begin.

- Use the reverse of this brochure to record your activity distances or hours on the activity log.
- Record your data online at: <https://www.strava.com/clubs/182528>.

### HOW TO RECEIVE YOUR AWARD

Submit your completed 100-hours or 100-miles activity log (the paper log you recorded, or bring the online data downloaded or on your smart phone) to a staff person for verification and to receive your award at one of these two locations:

- **Auburn Recreation District Office**, 123 Recreation Drive, Auburn; Monday - Friday from 9am - 5pm.
- **Placer Co. Visitors' Center**, 1103 High Street, Auburn; Monday - Saturday, 9:30am - 4:30pm and Sunday, 11:00am - 4:30pm.

# AUBURN ENDURANCE CHALLENGE 100

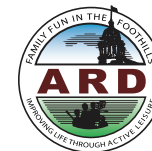


**Travel 100 Miles by Foot, Hoof, or Pedal**  
~ or ~  
**Perform 100 Hours of Aerobic Activity**  
***In One Year!***

Complete this "Challenge"  
and receive a custom-  
designed, high quality,  
28 oz. water bottle to  
reward you for your  
accomplishment!



*Presented by*  
City of Auburn's Endurance Capital  
of the World Committee  
and  
Auburn Recreation District  
**Get Auburn Moving!**



# AUBURN ENDURANCE CHALLENGE 100 ACTIVITY LOG

Fill in each line as soon as you have completed your activity. Make copies if you need additional space. When you have achieved 100 miles or 100 hours, submit it to one of the two locations on the right to receive your award!

**Auburn Recreation District Office**, 123 Recreation Drive, Auburn; Monday – Friday from 9am – 5pm  
**Placer Co. Visitors' Center**, 1103 High Street, Auburn; Monday-Saturday, 9:30 a.m. to 4:30 p.m. and Sunday, 11:00 a.m. to 4:30 p.m.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Email or Phone Number

**Endurance Activity (check only one and describe):**

Miles \_\_\_\_\_

Hours \_\_\_\_\_

**Before you start reminders:**

- Consult with your physician.
- Have the right equipment.
- Know your routes.
- Find an exercise partner!

| Date | Route | Hours or Miles | Cumulative Mi./Hr. | Date | Route | Hours or Miles | Cumulative Mi./Hr. |
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\_\_\_\_\_  
*Signature of ARD or Visitors' Center Person Verifying this Accomplishment*

\_\_\_\_\_  
Date