



Green Hills Challenge 2011

Challenge yourself in 2011 & show your Green Hills Trail Association pride by earning a

customized GHTA pint glass

Six categories to choose from!

- Road
- Gravel
- Singletrack
- Hiking
- Indoor Cycling
- Cyclist Triathlon

Want more than one pint glass?

Test yourself in multiple categories

Each challenge that has been declared (paid for) and successfully completed by 12-31-2011 will earn you **another pint glass!**

Entry is only \$5 per category

(This helps to offset the cost of the pint glasses)

challenge@greenhillstrails.org

Road Bike Challenge:

Participants ride on paved roads for a total of **2000 miles**

Gravel Challenge:

Participants ride on gravel roads for a total of **1000 miles**

Singletrack Challenge:

Participants ride singletrack trails for a total of **300 miles**

Indoor Cycling Challenge:

Participants spin indoors for a total of **500 miles**. If you don't have a computer on your indoor bike, use the 1 hour = 15 miles rule

Hiking Challenge:

Participants hike on outside trails for a total of **100 miles**

Cyclist Triathlon:

- 600 road miles
- 300 gravel miles
- 100 singletrack miles

Start on **January, 1, 2011** and get the best jump on the new year, or **you may sign up at any time during the year.**

You can start totaling your miles only after you have declared (paid for) your categories. **No miles will count prior to declaring your categories, nor can the same miles count in any other category** except the 5000 club.

Green Hills Bicycling 5000 Mile Club

For those of you looking for the ultimate cycling challenge

Any and all cycling miles from any of the categories will count toward this **free** challenge. The prize will be something cooler than a pint glass. Maybe even better than a t-shirt!

Trail Challenge

There is also a **free** trailwork challenge to help us keep our trails neat & spiffy.

Earn a GHTA pint glass with each 20 hours of logged trailwork in 2011

Visit

www.greenhillstrails.org

Sign up

Log your miles

Watch your progress

Please understand that mileage is recorded on the honor system.

"You're only hurting yourself if you cheat"