**Rideau Trail Canada 150 Challenge – LOG SHEET**

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E-mail address**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Telephone number**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Mailing address**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Already an RTA member?** Y / N

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| **Date** | **Area hiked** | **# of KMs** | **Who did you hike with?** | [**Map #**](http://www.rideautrail.org/discover-the-trail/maps/) |
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**150 Challenge Rules**

1. Hike 150 km on the Rideau Trail anytime in 2017 and obtain our special edition Canada 150 badge. The Challenge is open to RTA members and the public at large. If you’re a member and plan to take on the Challenge, we encourage you to bring a non-member to join you! Maps of the Rideau Trail are available online at [rideautrail.org/maps](http://www.rideautrail.org/maps) which you can use as well as information in a Text PDF to help calculate your distances. You may find that using a GPS device (i.e. mobile phone or wearable fitness tracker) to track distance is also helpful.
2. Send your completed logs and any questions not answered below to [150challenge@rideautrail.org](mailto:150challenge@rideautrail.org) or call Sharen at 613 449-2808.

For more info, please visit <http://www.rideautrail.org/rideau-trail-canada-150-challenge>