

~ Introducing the ~

AUBURN ENDURANCE CHALLENGE

100 Miles By Foot, Hoof, or Pedal!

Auburn is the Endurance Capital of the World because of our many world-class events, abundance of world-class athletes, and especially our 100-mile signature events, the Western States Trail Ride/Tevis Cup, the Western States 100-Mile Endurance Run and the Auburn Century Bike Ride. The Auburn Endurance Challenge has been created to help introduce participants to endurance sports, a healthy lifestyle, as well as to our wonderful city and wilderness trails. It is based on the fact that almost anyone can cover 100 miles by foot, hoof or pedal within a year.

Enter one of three endurance categories: foot (walking/hiking/running), hoof (horseback riding) or pedal (bicycling). Your challenge is to complete 100 miles in one of the three categories by December 31, 2005, although you may receive up to three awards for completing 100 miles in each of the three categories.

Achieve your 100-mile goal at your own pace: some people may walk less than one mile at a time, while others may bike 50 miles in a day. For those of you new to endurance activities, use short distance increments to build up your miles. You will be amazed at how quickly they will add up! As an incentive to achieve the 100-mile goal, upon completion of the distance you will receive a beautiful enameled pin inscribed with "2005 Auburn Endurance Challenge — 100 Miles."



HEADQUARTERS

FOOT - Walking/Hiking/Running
Auburn Running Company
Dan Moores
833 Lincoln Way, Auburn
530/823-2002

PEDAL - Mountain/Road Biking
Auburn Bike Works
Lisa Kodl
350 Grass Valley Hwy., Auburn
530/885-3861

HOOF - Horseback Riding
Echo Valley Ranch
Connie Watson
205 Nevada St., Auburn
530/823-1482

Special Note to Local Businesses: School children are especially interested in participating in this program and are in need of sponsors. Contact Auburn area schools if you are interested in being a sponsor for a class. The entry fee is reduced to \$2.50 per child.

TO ENTER

Sign up at one of the Endurance Challenge Headquarters representing your chosen activity. You will then receive your Endurance Challenge Packet containing the Challenge guidelines, a mileage log, several maps, and a schedule of local organized events. Entry fee is \$5.

GUIDELINES

- The Endurance Challenge consists of entering one of three endurance categories: walking/hiking/ jogging; bicycling; horseback riding. Your challenge is to log 100 miles in one calendar year in your chosen category only. You may accomplish the challenge in each of the endurance categories, but only one each, per year.
- Pace yourself according to your ability. Some people may start by walking less than one mile at a time, while others may bike 50 miles in a day. The Endurance Challenge is for you to challenge yourself to achieve a total of 100-miles — at your own pace.
- Count only those distances you accomplish **after** you register for the

Endurance Challenge at one of the Challenge Headquarters.

- All 100 miles must be completed within 2005.
- You will select your routes and are responsible for determining the mileage for each of your entries in your Endurance Log. Refer to the maps provided in your packet. More maps (the Auburn State Recreation Area Topographic Trail Map is highly recommended) and trail information can be found at Endurance Challenge HQs.
- Your routes must be in or around the Auburn area or connected to the Auburn area. They can be in your neighborhood (if local), around the City of Auburn's many scenic streets, or out

on the nearby trails or roads.

- You will be responsible for entering your 100 miles of cumulative entries in the Endurance Log, and returning it to your Endurance Headquarters for the signature of that Headquarter's representative, who will then present you with your award.
- Before starting your Challenge, see your physician and follow the physician's directions.
- Make sure you have the right equipment for your Challenge. Consult with your Challenge HQ representative for your best equipment choices.
- It is recommended that you partner with at least one other person to participate with you in the Challenge.

