

This year,
Challenge yourself.
One step at a time.
Protect your trails: a dollar per mile.
Take the 100 Mile Trail Challenge.



ABOUT KTA

As the statewide voice of Pennsylvania's hikers, the Keystone Trails Association (KTA) aims to **provide, preserve, protect and promote recreational hiking trails and hiking opportunities in Pennsylvania.**

To achieve this mission, KTA builds and maintains trails, advocates for measures that protect our hiking trails, and provides support to local hiking and trail clubs.

KTA also offers hiking opportunities during spring, summer, and fall hiking weekends located throughout the state of Pennsylvania.



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Keystone Trails Association's

100-MILE TRAIL CHALLENGE

September 1 - August 31

Hike (v.): 1. To walk, usually for pleasure or exercise, in natural environments, often in mountainous or other scenic terrain.
2. To rise, especially to rise upward out of place.

chal-lenge (n.): A difficult but stimulating effort that calls for full use of one's abilities or resources.



FREQUENTLY ASKED QUESTIONS

What is the 100-Mile Trail Challenge?

The Keystone Trails Association (KTA) 100-Mile Trail Challenge is an annual event that recognizes hikers that complete 100 miles or more of eligible Pennsylvania hiking trails in a designated period of time. The annual 100-Mile Trail Challenge must be completed between September 1 and August 31.

Participants are challenged not just to complete 100 (or more) miles of trails, but to secure sponsorships for each mile of their journey. Each dollar you raise will support not only the trail(s) you enjoy most, but hiking trails throughout the state of Pennsylvania.

Participants in the 100-Mile Trail Challenge must complete the 100-Mile Trail Challenge Log Book (date of each hike, miles hiked and eligible trail), and submit it to KTA by September 10, along with their Sponsorship Form, sponsorship contributions, and membership application (if not already a KTA member).

Who can participate?

Everyone is welcome to participate in the 100-Mile Trail Challenge! Consider completing some - or all -of your journey with a friend, sibling, parent, child, co-worker, hiking club, youth group, or anyone else seeking a personal challenge!

The 100 miles may be completed in one or two long weekends – or in short increments, throughout the entire spring and summer. This challenge is for beginner and experienced hikers alike! You're not limited to 100 miles – we encourage you to challenge yourself to 150, 200, or more miles if you are already an experienced hiker!

Which trails are eligible?

Any PA hiking trail is eligible for inclusion in the 100-Mile Trail Challenge! A non-inclusive list of hiking trails can be found in ***Pennsylvania Hiking Trails, 13th Edition***, available for purchase at www.kta-hike.org.

Why should I participate?

Those that choose to complete the 100-Mile challenge may do so for a wide variety of personal reasons. Some of these reasons include:

- Wanting to meet a personal fitness and/ or weight-loss goal
- Seeking an opportunity to explore new trails
- Building short, more regular, hikes into your recreational schedule
- Completing two or more long-distance hiking trails during multi-day backpack trips
- Spending regular time with a relative or friend that you may otherwise not see as much
- Supporting Pennsylvania's only state-wide hiking organization

Who can sponsor me?

Participants should secure sponsorships of at least \$1 per mile hiked – a minimum of \$100 per 100-Mile Trail Challenge submission – to be submitted with their final Log Book. These sponsorships will go directly to where they are needed most, to support Pennsylvania's hiking trails!

You may find one sponsor to cover all 100 miles – or ten sponsors to each cover 10 miles – or any combination that works for you! Potential sponsors may include:

- Corporations or companies
- Co-workers
- Relatives
- Neighbors
- Youth and school groups
- Your hiking or outdoors club
- Civic and social organizations
- Teachers
- Churches
- Friends (don't forget Facebook friends!)
- Local businesses
- Local sports teams

CHALLENGE YOURSELF.

- Go to www.kta-hike.org
- Under the Donate menu, click on "100-Mile Challenge"
- Complete short online form to let us know you plan to participate
- Download Log Book & Sponsorship Form
- Recruit sponsors
- Hit the trails!
- Keep track of miles and trails in your Log Book
- Submit your Log Book, Sponsorship Form, sponsorship contributions, and membership application by the Friday after Labor Day.
- Attend KTA's Annual Meeting in October (location/ date TBA) to receive your award in person (optional)

GRAND PRIZE

One participant will be selected at random to receive a KTA Hiking Weekend Package* (location/date TBA)

Awards for completing the 100-Mile Trail Challenge will be presented at the Annual Meeting in October!

*Must have a minimum of 10 participants for Grand Prize to apply.