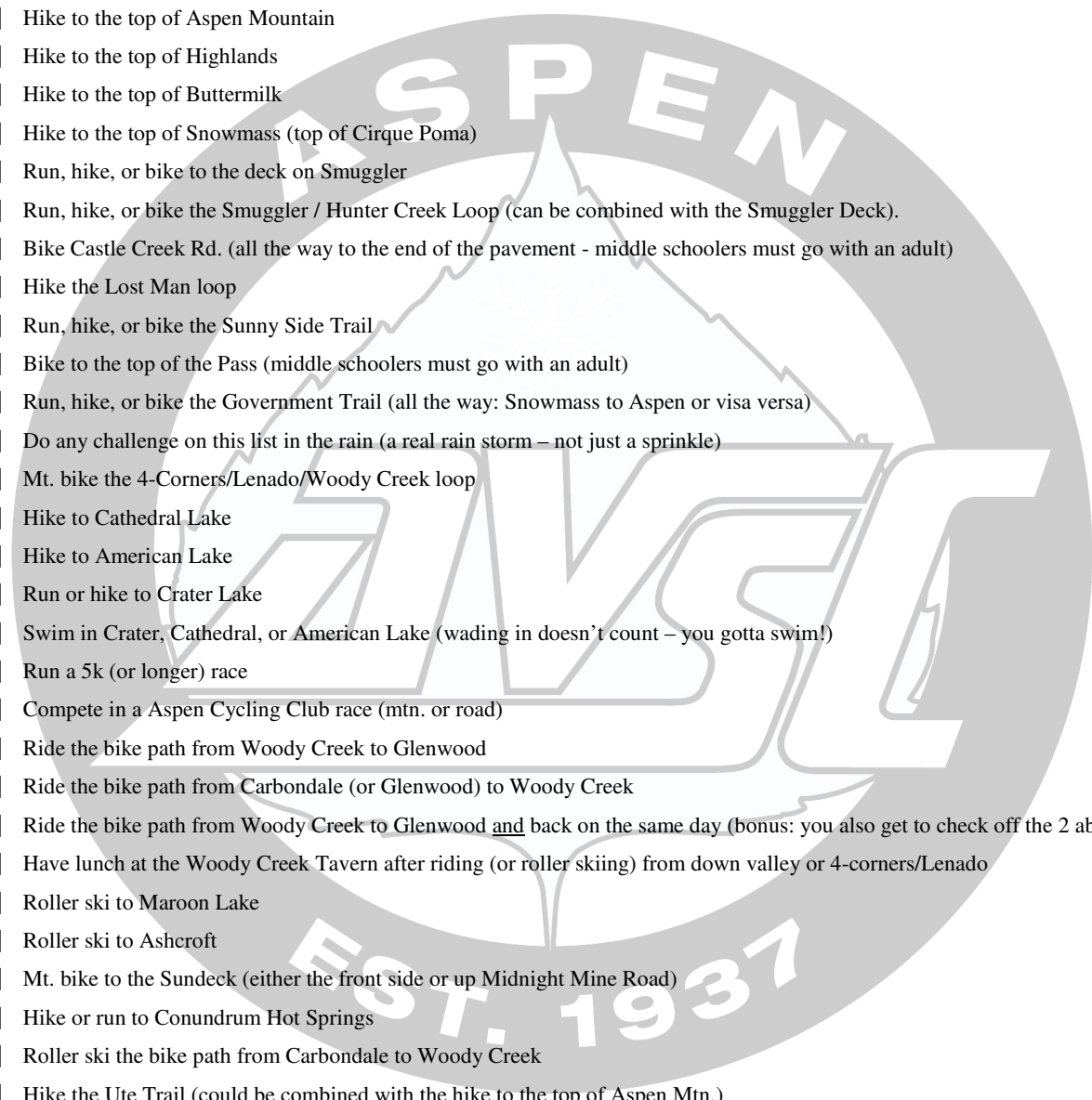


2010 AVSC NORDIC TEAM SUMMER CHALLENGE

Name: _____

Hang this on your refrigerator and see how many you can knock off before the winter. Some are easy, some not so easy. The Ute Mountaineer will provide prizes for the middle & high school athletes who complete the most. Open to any AVSC athlete. Turn your forms in to John Callahan by November 1. Completion in prior years doesn't count – they must be done this summer. Have fun and be safe!

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- Bike to Maroon Lake
 - Play a game of soccer, speed ball, ultimate Frisbee, or similar
 - Hike to the top of Aspen Mountain
 - Hike to the top of Highlands
 - Hike to the top of Buttermilk
 - Hike to the top of Snowmass (top of Cirque Poma)
 - Run, hike, or bike to the deck on Smuggler
 - Run, hike, or bike the Smuggler / Hunter Creek Loop (can be combined with the Smuggler Deck).
 - Bike Castle Creek Rd. (all the way to the end of the pavement - middle schoolers must go with an adult)
 - Hike the Lost Man loop
 - Run, hike, or bike the Sunny Side Trail
 - Bike to the top of the Pass (middle schoolers must go with an adult)
 - Run, hike, or bike the Government Trail (all the way: Snowmass to Aspen or visa versa)
 - Do any challenge on this list in the rain (a real rain storm – not just a sprinkle)
 - Mt. bike the 4-Corners/Lenado/Woody Creek loop
 - Hike to Cathedral Lake
 - Hike to American Lake
 - Run or hike to Crater Lake
 - Swim in Crater, Cathedral, or American Lake (wading in doesn't count – you gotta swim!)
 - Run a 5k (or longer) race
 - Compete in a Aspen Cycling Club race (mtn. or road)
 - Ride the bike path from Woody Creek to Glenwood
 - Ride the bike path from Carbondale (or Glenwood) to Woody Creek
 - Ride the bike path from Woody Creek to Glenwood and back on the same day (bonus: you also get to check off the 2 above)
 - Have lunch at the Woody Creek Tavern after riding (or roller skiing) from down valley or 4-corners/Lenado
 - Roller ski to Maroon Lake
 - Roller ski to Ashcroft
 - Mt. bike to the Sundeck (either the front side or up Midnight Mine Road)
 - Hike or run to Conundrum Hot Springs
 - Roller ski the bike path from Carbondale to Woody Creek
 - Hike the Ute Trail (could be combined with the hike to the top of Aspen Mtn.)
 - (add your own challenge)
 - (add your own challenge)
 - (add your own challenge)

SAFETY FIRST

- ❖ Do not go into the back country or on long hikes, rides, or runs alone.
- ❖ Middle school age children should always be accompanied by an adult.
- ❖ Always tell your parents where you are going and when you expect to return.
- ❖ Be aware of lightning. Trips in the high country should be completed early in the day.
- ❖ Be prepared for any weather (including rain, snow, and heat). Carry proper clothing, sunscreen, food, and water.
- ❖ Do not ride Castle Creek or the Pass unless you are experienced on the highway or go with an adult.