

Mason Neck Outdoor Fitness Challenge 2016 Fitness Program Outline January 1, 2016 – December 31, 2016

The start of a new year brings new resolutions, new adventures, and new goals! Starting January 1st and continuing throughout the year, Mason Neck State Park will host a year-long Outdoor Fitness Challenge for all those seeking to get fit, stick with their resolutions, and still enjoy all outdoor activities MNSP has to offer! Come earn points alongside your family and/or friends for every outdoor challenge we offer. As you accumulate points your chances to win some great prizes increases - possibly winning an Annual Pass! What are you waiting for? Let's get outdoors and enjoy getting fit during this upcoming year! *Stop by our Visitor Center or call us at 703-339-2380 for more details.*

Rules:

- Register your points after completing each challenge
- Must register with your name, phone number, or email at our Visitor Center
- Points must be logged into our *official record book* at Visitor Center within 7 days of completion
- Challenges must be one of the twenty challenges programs listed, ranging from 20-120 points per challenge
- Only a maximum of **one** challenge per day can be logged
- Only a maximum of **four** challenges per week (Fri-Thurs) can be logged - includes bonus challenges, 100 points max
- Only one prize per benchmark can be achieved within the year

Prize Levels:

1,000 points	Mason Neck Bumper Sticker
2,000 points	Mason Neck Pin, Keychain, or Magnet
4,000 points	Exclusive Shirt or Plush
6,000 points	Quarterly Bonus Drawing
10,000 points	Hat, Water Bottle, or Paddle Voucher
20,000 points	Rental Voucher or Jr. Ranger Scholarship
20,000+ points	Automatically entered in drawing to win 1 of 5 Annual Park Passes!

Check out the list of fitness-approved outdoor activities on the next page! The challenges (as well as bonus challenges) can always be found on the "Outdoor Challenge" kiosk located in the exhibit room at our Visitor Center. Get outside TODAY and have fun getting fit!

Mason Neck Outdoor Fitness Challenge 2016 Activities

Number	Points	Activity Description
1	20	Walk, run, or skip around entire picnic area and make a big circle
2	20	Starting at playground parking lot, zig-zag through the picnic area and touch every table
3	20	Spend 15 minutes continuously playing on the playground
4	25	Walk the Beach Trail at a normal pace
5	35	Starting at the Visitor Center, walk 15 minutes on Kane's Creek Trail and come back (30 minute round-trip)
6	35	Hike all of Dogue Trail and end at Wilson's Spring parking lot
7	35	Starting at Visitor Center, bike on High Point Trail 15 minutes one way and come back (30 minute round-trip)
8	35	Spend 20-30 minutes paddling with a kayak or canoe along our Belmont Bay shoreline
9	35	Spend 30 minutes continuously playing on the playground
10	35	Spend 30 minutes playing in the picnic area (examples: frisbee, hide & seek, soccer, etc.)
11	40	Starting at the playground, hike the entire Bayview Trail loop
12	50	Starting at the Visitor Center, hike the entire Kane's Creek Trail loop
13	50	Hike Wilson Spring Trail at a strong pace from Wilson Spring parking lot to the Bayview Trail and back
14	60	Bike briskly on the entire High Point Trail
15	50	Kayak or canoe steadily across Belmont Bay for 30 minutes
16	100	Hike all of Eagle Spur Trail starting from the Wilson Spring parking lot
17	100	Starting from the Visitor Center, hike from Kane's Creek Trail to Wilson Spring Trail to Bayview Trail, and return the same way
18	110	From the Visitor Center parking lot, hike Dogue Trail to the bird blind at the end of Meadowview Trail and return
19	100	Bike all of High Point trail all the way to either Gunston Hall or Pohick Bay Regional Park, then return the Visitor Center
20	120	Paddle to the west of Belmont Bay to the "islands" and return (1.5-2 hours)