

# 2024 Spring “*Get Active With My Malamute*” Challenge!

*Duration: April 1, 2024 – May 31, 2024 \$5 per participant*

## Rules for the 40 & 60 mile Challenge:

- **TRAILS**

- Pavement **cannot exceed 2 miles** per trip.
  - Pavement is: asphalt, concrete, chipped asphalt, and other such hard surfaces
- Trails can cross roads and hard surface terrain, not to exceed 2 miles of distance per trip.
- Do not use neighborhood sidewalks and streets.
  - If you have a dedicated jog, hike, or bike trail off the street that runs through your neighborhood, this is okay!
- Trails can be repeated, but challenge yourself to explore and find somewhere new to adventure.
- Do your best to find soft and natural surface trails. Always check your dog’s feet!

- **METHODS**

- **Canicross** (A casual walk is not canicross! Push yourself to experience canicross at a speed walk, jog or run.)
- **Bikjor**
- **Scooter**
- **Backpack**
  - No minimum weight is required, but try for a few pounds at least. Less is more for young dogs.
- **Lightweight Cart (let us know if you have a bigger team!)**
  - If your trail/area allows. Be sure to check the trail rules and guidelines.
- **\*\*Do not exceed 2 dogs per method, with the exception of a cart capable of safely handling 3 Malamutes**

- **SPORTSMANSHIP**

- Please be courteous users of your trail systems and follow all of the rules.
- Please ensure your dog and yourself is not a hazard to others and ensure the safety of your dog and yourself.
- Invite other Malamute enthusiasts along if you would like!

- **MILEAGE**

- 60-mile Challenge:
  - 60 miles total
  - 1 mile minimum
- 40-mile Beginner Challenge:
  - 40 miles total
  - ½ mile minimum

- **SHARE THE ADVENTURE!** On the Challenge Facebook page (optional)



