

## The Vertical Mile Challenge or VMC

The Vertical Mile Challenge is designed for new or returning hikers that would like to achieve a goal close to home. To climb 5,280 vertical feet in a year is significant. It is more than climbing up and down to the top floor of the Empire State Building twice. In Burlington it can be completed in 8 days or less, using 1 car, with the longest hike being 3.2 miles.

BLT hike link : <https://www.burlingtonct.us/parks-recreation/pages/hiking-and-walking-trails>

### Rules for Vertical Mile Challenge:

The hiking year starts January 1 and ends December 31. Participants receive their VMC patch and certificate award 4 weeks after their application is received. Print out page 2 of this application and record the trail name, date, vertical feet, and fellow hikers for each hike. Only 20 out of 47 hikes are listed on the front, so use the back or the blank spaces to record the hike information. A favorite hike can be repeated, but only once per year. Add the trail name, date and vertical feet on the back of the application plus #2 which indicates you did it twice. As soon as you finish a vertical mile, mail in your completed application. Certificates will be given to the 3 earliest finishers based on your age group: 3-8, 9-11, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+. Your age is based on the date of your application. If there is a tie, the application with the highest vertical total breaks the tie. The certificates will be for the Gold, Silver, & Bronze Award.

Continue hiking and recording your vertical feet on a duplicate copy of the application form you mailed to us. You may achieve a 2nd, 3rd, or 4th vertical mile certificate.

If you have climbed 4 vertical miles, you are also very close to hiking 100 miles. Download the application for the CCC and transfer your miles data onto this application. If you have achieved 100 miles, mail in this application. You will receive a Connecticut Century Corps certificate . The date on this application will determine any Gold, Silver, & Bronze Certificate Award. Print names to reduce errors on any award certificates.

Do you have a question? Email us at [VMC.hiker@gmail.com](mailto:VMC.hiker@gmail.com)



### Are you ready for the Challenge !!

Print out the application on page 2 to start recording your progress.

Fellow hikers usually smile and say hello as they pass each other. You might want to start the "V" hand sign for Victory for Vertical hikers.

# Burlington's Vertical Mile Challenge, 2022 +

date \_\_\_\_\_

printed name \_\_\_\_\_ age \_\_\_\_\_

mailing address: \_\_\_\_\_

email address: \_\_\_\_\_ check: \$ \_\_\_\_\_

trail name & vertical feet	date completed	vertical feet	other hikers
The Brower Loop 180'	___/___/___	_____	_____
The Green Mile. 490'	___/___/___	_____	_____
Perry's Lookout Loop 840'	___/___/___	_____	_____
Taine Mt Double Loop 860'	___/___/___	_____	_____
Sessions Highlight Loop 675'	___/___/___	_____	_____
Sessions Big & Little Loop 645'	___/___/___	_____	_____
Blue / Orange Loop 670'	___/___/___	_____	_____
Sessions Double Loop 810'	___/___/___	_____	_____
Devil's Kitchen Loop 1,130'	___/___/___	_____	_____
Punch Brook Loop 900'	___/___/___	_____	_____
Blue / Green Loop 1,520'	___/___/___	_____	_____
GAP Loop 1,500'	___/___/___	_____	_____
Figure 8 Loop 1,660'	___/___/___	_____	_____
Big Loop 2,040'	___/___/___	_____	_____
Great Wall 1 1,100'	___/___/___	_____	_____
Great Wall 2 900'	___/___/___	_____	_____
Mile of Ledges Loop 750'	___/___/___	_____	_____
The Long Loop 2,300'	___/___/___	_____	_____
Tunxis South 1 car 2,160'	___/___/___	_____	_____
Tunxis South 2 car 1,080'	___/___/___	_____	_____
Tunxis North 1 car 1,940'	___/___/___	_____	_____
Tunxis North 2 car 970'	___/___/___	_____	_____
_____*	___/___/___	_____	_____
_____*	___/___/___	_____	_____
_____*	___/___/___	_____	_____
_____*	___/___/___	_____	_____
_____*	___/___/___	_____	_____
_____*	___/___/___	_____	_____
_____*	___/___/___	_____	_____
_____*	___/___/___	_____	_____
new & repeat totals from the back =	___/___/___	_____	_____

\* = name of new or repeat hike & vertical feet (write additional repeat information on the back)

- total as of \_\_\_/\_\_\_/\_\_\_ = \_\_\_\_\_ feet (5,280' + = 1st Vertical Mile Award)
- total as of \_\_\_/\_\_\_/\_\_\_ = \_\_\_\_\_ feet (> 10,560' = 2nd Vertical Mile Certificate)
- total as of \_\_\_/\_\_\_/\_\_\_ = \_\_\_\_\_ feet (> 15,840' = 3rd Vertical Mile Certificate)

If you wish to be a BLT member, attach a \$20 check to the "Burlington Land Trust". If you do not wish to become a member, attach a \$10 check to cover the cost of the patch & award certificate and mail it to: **VMC 8 Briar Cliff, Burlington, CT 06013**. If this is an updated application for the 2nd, 3rd, or 4th vertical mile award, there is no fee, but please write the vertical mile number for the check amount.

I certify that the information in the above completed application is accurate:

Applicant's signature: \_\_\_\_\_

Within 3 weeks after mailing your application, you will receive an email from: VMC.hiker@gmail.com