

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. All the hikes must be from Burlington.

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 in Burlington are listed on the front, so use the back or the blank spaces to record the hike information. A favorite hike can be completed going the opposite direction where all the views will be new. Add the trail name, date and vertical feet plus a star * to indicate you did it in the reverse direction. 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: 4-8, 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. Ages 3 and under can earn a Half Vertical Mile award by completing over 2,650 vertical feet on their own or in a pack on their parents back. 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

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 Milers

