



Presented by UPMC HEALTH PLAN

Name: _____

Team (if applicable): _____

1. Indicate roundtrip mileage for each hike or bike.
2. Only miles hiked or biked between September 1 - 30 are eligible toward your total.
3. Urban trails, walking paths, and neighborhood strolls count as well!
4. Follow the National Aviary on Strava at strava.com/clubs/hike-a-thon2021 to log your activity electronically instead.

Date	Trail Name/Location	Miles

TOTAL: _____

To be eligible for prizes, you must be registered as a participant at <https://national-aviary.redpodium.com/hike-a-thon> and return mileage log by October 10. Complete log on Strava, return via email to elizabeth.zimmerman@aviary.org, or mail to:

National Aviary | Attn: Lizzy Zimmerman | 700 Arch Street | Pittsburgh, PA 15212