

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 hikes are based on the list at: <https://www.burlingtonlandtrust.org/vmcmaps>

Rules for Vertical Mile Challenge:

The hiking year starts from the second Wednesday in May and lasts for 12 months. Participants receive their VMC patch award on the weekend after National Trails Day. Every hike that is listed includes miles and vertical feet. Keep a hiking log of the trail name, date, and vertical feet. A favorite hike can be repeated, but only once per year. Add the trail name and miles on the bottom or back of the application plus #2 which indicates you did it twice. As soon as you finish a vertical mile, complete the application on page 2 and mail it in. 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 group is based on your age at the time of post mark when you mail in 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 second copy of the application form you completed on page 2. You may achieve a 2nd, 3rd, or 4th vertical mile. Before the second Wednesday in May, mail your final totals. You will receive a certificate for the two or more vertical miles you achieved during the hiking year. There is no extra fee for these certificates. If you run out of room, print an extra application page and mail in both.

If you have climbed 4 vertical miles, you are also very close to hiking 100 miles. Check out the application for the Connecticut Century Corps (CCC) to find out what else is required. When you complete it, mail in the CCC application and write "CCC+VMC" after the check amount. You will receive awards for the CCC and VMC. The date on this application will determine any Gold, Silver, & Bronze Certificates.

Print names to reduce errors on award certificates. If you are a current member of the Burlington Land Trust, the \$20 fee will be waived. Please add "BLT member" for the \$ check amount. If you are not a BLT member, please send a \$10 check for the patch and any certificate processing.

Do you have a question? Email us at CCC.VMC.hiker@gmail.com



Are you ready for the Challenge !!

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, 2018-19 date _____ (must arrive before 5/8/19)

printed name _____ age _____

mailing address: _____

email address: _____ check: \$ _____

trail name & vertical feet	date completed	vertical feet	other hikers
Sessions Forest Meadows Loop 80'	___/___/___	_____	_____
Sessions Summer House Loop 180'	___/___/___	_____	_____
The Brower Loop 180'	___/___/___	_____	_____
Perry's Lookout Loop 840'	___/___/___	_____	_____
Taine Mt Double Loop 860'	___/___/___	_____	_____
Sessions Highlight Loop 675'	___/___/___	_____	_____
Sessions Big & Little Loop 645'	___/___/___	_____	_____
Orange Dot Loop 670'	___/___/___	_____	_____
Sessions Double Loop 810'	___/___/___	_____	_____
Devil's Kitchen Loop 1,130'	___/___/___	_____	_____
Punch Brook Loop 900'	___/___/___	_____	_____
Green Dot 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'	___/___/___	_____	_____
The Grand Loop 2,650'	___/___/___	_____	_____
The Mega Loop 4,000'	___/___/___	_____	_____
Tunxis South 1 car 2,160'	___/___/___	_____	_____
Tunxis South 2 car 1,080'	___/___/___	_____	_____
Tunxis Center 1 car 1,800'	___/___/___	_____	_____
Tunxis Center 2 car 900'	___/___/___	_____	_____
Tunxis North 1 car 1,940'	___/___/___	_____	_____
Tunxis North 2 car 970'	___/___/___	_____	_____
_____*	___/___/___	_____	_____
_____*	___/___/___	_____	_____
repeat total from the back =*	___/___/___	_____	_____

* = name of repeat hike & vertical' (write additional repeat information on the back)

total as of ___/___/___ = _____, _____ feet (5,280' + = 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 are not a BLT member and wish to become one, attach a \$20 check to "Burlington Land Trust" for the application fee. If you do not wish to become a BLT member, attach a \$10 check to cover the cost of the patch award and any certificate processing. Mail your check and application to: **VMC 8 Briar Cliff, Burlington, CT 06013**. There is no fee for an updated application for the 2nd, 3rd, or 4th vertical mile.

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

Applicant's signature: _____

Within 2 weeks after mailing your application, you will receive an email from: CCC.VMC.hiker@gmail.com