

VHTRC 30th ANNIVERSARY

Running Since 1992

Celebrate 30 years of Virginia Happy Trails Running Club with a photo scavenger hunt. Post photos of yourself doing all the things!

#VHTRC30th #HBDHappyTrails

Use these hashtags on social media (accounts below)

Divisions

- **Fun Run:** Check off 30 different items — we gave you 50 to pick from — by the end of 2023 for a finish and a fun prize.
- **Competitive:** Complete the Fun Run then go for points. Unless noted, each item is worth one point. The members with the three highest point totals will make up the podium and get some sweet swag. What you ask? TBD!

VHTRC Volunteer

- As an official volunteer (1 point for each shift).
Give yourself bonus points for:
 - Being an aid station captain (+10 points)
 - Working an overnight aid station (+3 points)
 - Helping with parking duty (+2 points)
 - Course marking/sweeping (+2 points)
 - Tearing-down after a race (+2 points)
- Rep VHTRC as a volunteer at a non-VHTRC event
- Tell a racer they look amazing (they know they do not)

VHTRC Ambassador

- Run for the Club Board (20 points)
- Wear your Happy Trails swag at another race
- Nominate someone for a Club award (2 points each)
- Post a race/volunteer report to the VHTRC socials
- Renew your Club membership

Race

- Participate in any VHTRC race/event (1 point per finish)
- DNF with pride (no one cares!)
- Be the winner/DFL at a club event
- Run on a team at BRR or WHM
- Run a Club event you've never been to before

Run at ...

- Bull Run Occoquan Trail
- Rock Creek Park (2 points if you find the Capitol Stones)
- Massanutts
- Shenandoah National Park
- Any Furbutt's Favorite in Maryland
- Great Falls National Park
(2 points for running both Maryland & Virginia sides)
- Do Loop (Say hi to Ed!)

Say Cheese: Post a Selfie With ...

- The Nash Rambler in the Do Loop
- Any of the furnaces: Elizabeth, Catherine, Caroline or Boyer
- A National Park Ranger
- On trail with a Club member
(who you weren't already planning to see)
- With a bear (jk, don't do this, just tell us you saw one)

Get Out(side)

- Take a poop in the woods (and of course bury it)
- Swallow a bug while running
- Dodge a snake on your run

Get Snacks at ...

- Elkwallow Wayside
- Big Meadows Wayside
- Browntown general store

Give Back

- Attend a trail work party (then post your hardhat pics!)
- Do your own trail maintenance
- Pick up litter on your run
- Coach or mentor a young runner/team

Get Green(er)

- Recycle/donate old shoes/gear
- Go cup-less at a race, even if cups are provided
- Carpool to an event
- Reuse your drop bags
- Recycle your gel wrappers

Get Social

- Post to the listserv (it's still a thing!)
- Titrate with Q or fist-bump Gary
- Attend the Awards Party
- Attend the Club's Summer Party
- Meet up for Sundays in the Park

Point Total: _____



@thevhtrc



www.facebook.com/groups/VHTRC



@VHTRC