

100 Grand Overall Point Tracking Log

PARTICIPANT NAME: _____

Use this chart to help you track your points to 100,000 Points



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

[illegible][illegible][illegible][illegible][illegible]

[illegible]

[illegible]

Class type	Points earned per class
HIIT	1200
GLUTES & GUTS	
ZUMBA	
CLUB MOVE	
SILVER SNEAKERS	800
AQUA	
SENIOR FIT	
STRETCHING	400
CYCLING	Use your Milage

Climbing (Floors)

Climb the tallest building in each state, a number of the tallest buildings in the world and a few mountains.

points

[illegible]

[illegible]

[illegible]

[illegible]

Rowing (KM)

Row the equivalency of the entire WI River and the Mississippi river from the where the WI River meets it to Lock and Dam #19, near Keoku IA. Task lengths are from dam to dam and lock to lock.

Points

[illegible]

Run Walk (miles)																		Points
Hike the equivalence of most of the Ice Age Trail. Tasks are different segments of the trail.																		
Souix Falls	1	1	1	1	1	1	1	1	1								9	2025
Grady Dancer	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1.1		15.1	3397.5
Straight Lake	1	1	1	0.6													3.6	810
Mckenzie Creek	1	1	1	1	1	1	1	1	1								9	2025
Sand Creek	1	1	1	1	1	0.7											5.7	1282.5
Grassy Lake	1	1	1	1	1	1	1	1	0.5								8.5	1912.5
Bear Lake	1	1	1	1	1	0.4											5.4	1215
Tuscobia	1	1	1	1	1	1	1	1	1	1	1	0.2					11.2	2520
Helock Creek	1	1	1	1	1	1	1	1									7	1575
Northern Blue Hills	1	1	1	1	1	1	1	1	1	0.6							9.6	2160
Southern Blue Hills	1	1	1	1	1	1	1	0.3									7.3	1642.5
Chippewa Moraine	1	1	1	1	1	1	1	0.6									7.6	1710
Harwood Lake	1	1	1	1	1	1	0.2										6.2	1395
Fifth Lake	1	1	1	1	1	0.2											5.2	1170
Lake Eleven	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0.6	15.6	3510
Jerry Lake	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0.2	15.2	3420
Mondeaux Esker	1	1	1	1	1	1	1	1	1	1	1	0.7					11.7	2632.5
East Lake	1	1	1	1	1	1	0.5										6.5	1462.5
Wood Lake	1	1	1	1	1	1	1	1	1	1	1	1	1	0.4			13.4	3015
Timberland Wilderness	1	1	1	0.9													3.9	877.5
Camp 27	1	1	0.9														2.9	652.5
Newwood	1	1	1	1	1	1	0.9										6.9	1552.5
Turtle Tock	1	1	1	1	1	0.1											5.1	1147.5
Grandfather Falls	1	1	1	1													4	900
Underdown	1	1	1	1	1	1	0.3										6.3	1417.5
Harrison Hills	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0.5		14.5	3262.5
Summit Morain	1	1	1	1	1	1	1	1	1	1	1	1	0.2				12.2	2745
Lumber Camp	1	1	1	1	1	1	1	1	1	1	1	1					12	2700
Kettle Bowl	1	1	1	1	1	1	1	1	1	0.9							9.9	2227.5
Plover River	1	1	1	1	1	0.9											5.9	1327.5
Dells of the Eau Clair	1	1	0.6														2.6	585
Thornapple Creek	1	1	1														3	675
Ringle	1	1	1	1	1	1	1	1	0.6								8.6	1935
Waupaca River	1	1	0.3														2.3	517.5
Hartman Creek	1	1	1	1	1	0.6											5.6	1260
Emmons Creek	1	1	0.6														2.6	585
Deer Field	1	1	1	0.7													3.7	832.5
Wedde Creek	1	0.2															1.2	270
Chaffee Creek	1	1	0.5														2.5	562.5
John Muir Park	1	0.8															1.8	405
portage canal	1	1	1														3	675
Sauk Point	1	1	1	0.9													3.9	877.5
Devils Lake	1	1	1	1	1	1	1	1	1	1	0.9						10.9	2452.5
Merrimac	1	1	1	0.7													3.7	832.5
Gibraltar Rock	1	1	1	1													4	900
Fern Glen	1	0.3															1.3	292.5
Eastern Lodi Marsh	1	1	1	0.1													3.1	697.5
Springfield Hills	1	0.6															1.6	360
Verona	1	1	1	1	1	1	0.4										6.4	1440
Montrose	1	1	1	1	1	1	1	0.5									7.5	1687.5
Brooklyn Wildlife	1	1	1	0.4													3.4	765
Arbor Ridge	1	1	0.1														2.1	472.5
Devils Staircase	1	0.8															1.8	405
Janesville	1	1	1	1	1	1	1	1	1	1	0.3						10.3	2317.5

Janesville to Milton	1	0.7															1.7	382.5
Milton	1	1	1	1	0.3												4.3	967.5
Whitewater Lake	1	1	1	1	0.6												4.6	1035
Blue Spring Lake	1	1	1	1	1	1	1	0.1									7.1	1597.5
Stony Ridge	1	1	1	0.1													3.1	697.5
Scuppernong	1	1	1	1	1	0.6											5.6	1260
Lapham Peak	1	1	1	1	1	1	1	0.8									7.8	1755
Delafield	1	1	1	0.2													3.2	720
Monches	1	1	1	0.1													3.1	697.5
Holy Hill	1	1	1	1	1	1	0.8										6.8	1530
CedarLake	1	1	0.4														2.4	540
West Bend	1	1	1	1	1	1	0.7										6.7	1507.5
South Kewaskum	1	0.1															1.1	247.5
Parnell	1	1	1	1	1	1	1	1	1	1	1	1	1	0.9			13.9	3127.5
Greenbush	1	1	1	1	1	1	1	1	0.8								8.8	1980
Walla Hi	1	1	0.3														2.3	517.5
Dunes	1	1	0.7														2.7	607.5
Point Beach	1	1	1	1	1	1	1	1	1	1	1						11	2475
East twin river	1	0.4															1.4	315
Kewaunee River	1	1	1	1	1	1	1	1	1	1	1	1	0.5				12.5	2812.5
Forestville	1	1	1	1	1	1	1	1	1	0.8							9.8	2205
Sturgeon Bay	1	1	1	1	1	1	1	1	1	1	1	1	1	0.7			13.7	3082.5

Cross Country Skiing (Miles) Ski the distances of a number of famous ski races from around the world and some of the local ski trails.	Points
---	--------

Cross Country Skiing (Miles) Ski the distances of a number of famous ski races from around the world and some of the local ski trails.	Points
---	--------

Cross Country Skiing (Miles) Ski the distances of a number of famous ski races from around the world and some of the local ski trails.	Points
---	--------

[illegible]