



BINGO

Official Rules!

- Print out your card the week of June 15, 2020.
- Mark off each item as you complete it. Log your miles for fitness activities at **tailonthetrail.org**.
- For running/walking/biking activities, you may substitute a treadmill, exercise bike, or elliptical machine.
- Use the mileage conversion chart on our website to convert at-home fitness activity (<https://bit.ly/2UJ3Ctu>)
- Each time you get a BINGO, add five miles and choose "BINGO BONUS" as your activity (limit one BINGO BONUS per week). If you get a blackout (full card complete) by July 31, 2020, log an additional 5 "BINGO BONUS" miles!
- Have fun, be safe, and don't forget to post photos of yourself getting your tail on the trail with the tag #165challenge!

**Feel free to contact us with any questions through
Facebook messenger or by email at
tailonthetrail@gmail.com.**