

# CASCADE TRAVERSE CHALLENGE

**Equipment:** Equipment to complete events is available at Northwest Adventure Center or Adventures Unlimited. For event participation rentals are given for free (sponsorship covers cost).

**Completion of Events:** Participants can complete 3 of the events and track/record using activity monitoring app of their choice (Strava/Garmin/Apple/Mapmyrun). Once each activity is complete, participant can e-mail proof of completion (photo/activity) to:

[usarmy.jblm.imcom.list.dfmwr-odr@army.mil](mailto:usarmy.jblm.imcom.list.dfmwr-odr@army.mil)

Participants must submit all events completed by 30 September 2022 to receive completion medal.

**Fields of Friendly Strife:** Eligible for FoFS points for Active Duty Service Member's unit (Service Member, Dependents) for participations and mileage points.

Bonus points:

Complete 1-7 September, earn 10 points

Complete 8-14 September, earn 7 points

Complete 15-21 September, earn 3 points

Complete 22-30 September, earn 1 point

GeoCache Extra Bonus Points: 2 additional points per each geocache found (via photo evidence with timestamp emailed with course completion)

- Kayak/Canoe/SUP
- Mountain Bike
- Trail Run

**Locations:**

Kayak/Canoe/Stand Up Paddle Board (SUP)

- American Lake, Lewis North Fort (1.5 mile)

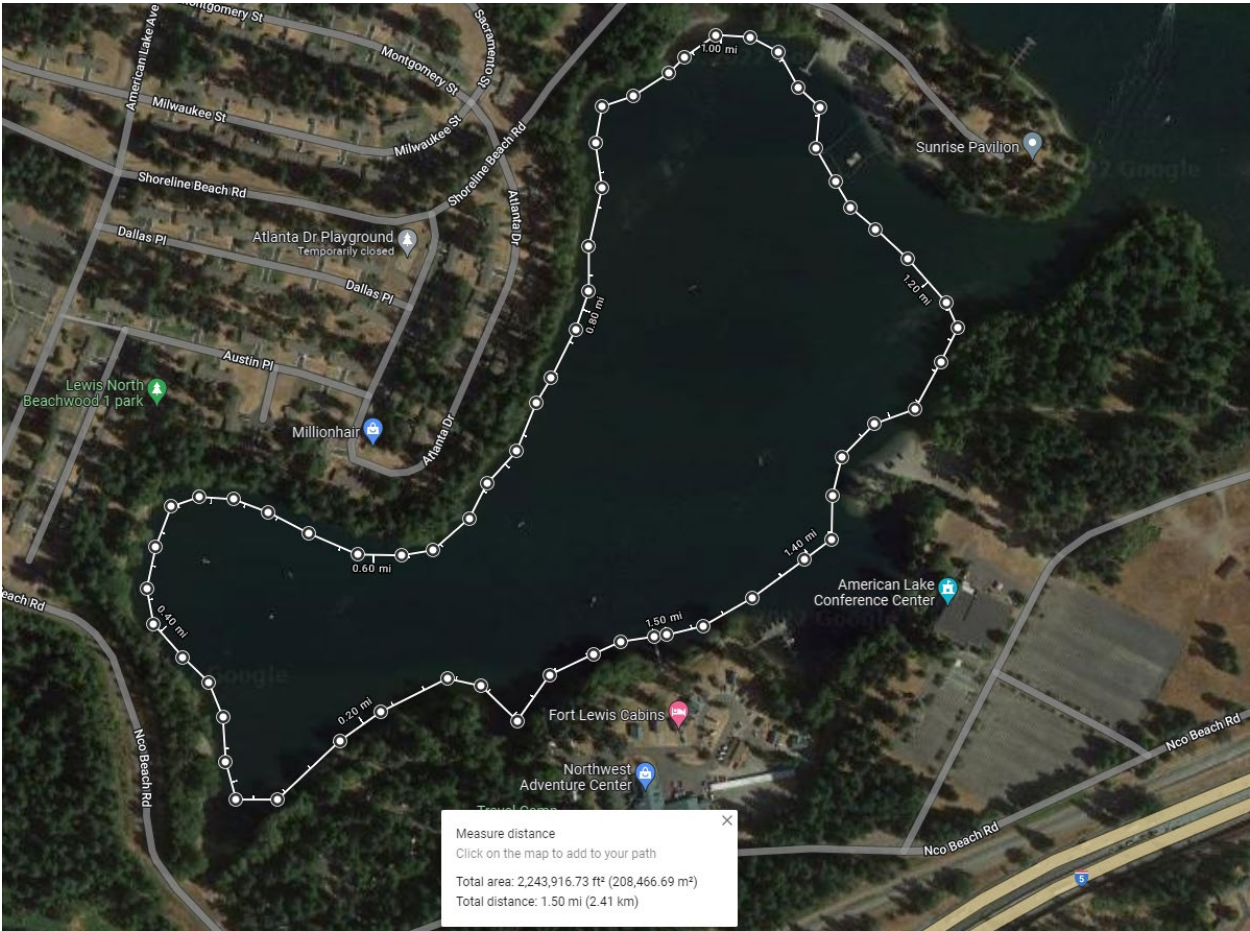
Mountain Bike

- Engineers Bluff, Lewis Main Fort (3 laps= ~5 miles)

Trail Run

- Porter Hills Trail (Green Route- 1.75 miles)

# Kayak/Canoe/SUP- American Lake



# Mountain Bike- Engineers Bluff





# Trail Running- Porter Hills

