



Have some fun while meeting your goals by participating in the Frosty 40 mileage themes! Themes will prompt you to explore new places, support local business and maybe even learn something new! Share the places you love to explore by posting in the [Frosty 40 Facebook Event Page](#) or using the hashtag [#Frosty40](#) when you post on social media.

1-5 Miles: Explore Your Favorite Trail	21-25 Miles: Move Differently	Looking for a new hiking buddy? Check out the CNC event calendar to register for the Frosty 40 hikes, guided snowshoeing, and more!
6-10 Miles: Explore at Night	26-30 Miles: Explore an Urban Trail	
11-15 Miles: Support a Local Business	31-35 Miles: Hike With Someone You Love	
16-20 Miles: Explore Somewhere New	36-40 Miles: Spot and Identify a New Bird	



Color one deer track for each mile you walk, run, ski, or snowshoe!
Just for fun—Look for animal tracks while you participate in the Frosty 40!



	10 MILES COMPLETED GREAT START!
	20 MILES COMPLETED HALF-WAY THERE!
	30 MILES COMPLETED KEEP UP THE GOOD WORK!
	40 MILES COMPLETED YOU DID IT!
	50 MILES COMPLETED ABOVE AND BEYOND!