



Vermont State Parks 2018 Venture Vermont Outdoor Challenge

This is your Venture Vermont scorecard! Keep track of the activities that you complete by checking the box next to the activity. Make sure you take a photo (or have someone else take a photo) of you completing each task. When you reach **250 points**, you win free day entry into Vermont State Parks for the rest of the 2018 season and the entire 2019 season and a VIP gold medal!

All activities and photos must be taken between April 15, 2018 & October 15, 2018

Three Main Rules:

1. Take photos of all activities
2. One scorecard per person
3. HAVE A BLAST!

Entries must be received by October 15, 2018

How to submit your entries:

1. Mail your completed scorecard, photos (high resolution, digital preferred on CD or DVD), and other supporting materials to:
**2018 Venture Vermont Outdoor Challenge
Vermont State Parks
1 National Life Drive, Davis 2
Montpelier, VT 05620-3801**
-OR-
2. Upload your photos to Dropbox, Google Drive or another online album and send us the link via email at anr.parks@vermont.gov
-OR-
3. If you're having a problem uploading your photos online, email us and we can help!

Get Moving



Please complete at least three of these activities.

Create an obstacle course to complete on your favorite jungle gym or park structure (10 pts)

Go kayaking on a lake or pond (5 points)

Go for a hike (10 pts)

1. Hike a trail that's new to you (5 pts)

Which trail: _____

2. Hike to a summit (5 pts)

Location: _____

3. Hike to a waterfall (5 pts)

Location: _____

Try mountain biking (5 pts)

Which trail? _____

Climb a boulder and take a picture (5 pts)

Jump off a dock into a lake (5 pts)

Go trail running (10 pts)

Which trail? _____

Climb a tree (5 pts)

Go river tubing (10 pts)

Play disc golf (Tip: Burton Island, Knight Point, and Little River State Parks all have courses. 5 points) **Which one?**

Go skateboarding (5 pts)

Play a tag game like freeze tag or flashlight tag (5 pts)

Try stand-up paddle-boarding (10 pts)

Total Points: _____

Investigate



Please complete at least two of these tasks

___ Identify 2 different kinds of dragonflies (10 pts)

What kind? _____

___ Hang out a sheet to attract moths at dusk and shine a light on it. How many are there? (5 pts)

___ Section off a square foot of forest with string. How many plant & animal species do you find? (10 pts)

___ Create a fact sheet & illustration about your favorite Vermont animal and send it to us (5 pts)

___ ID 5 different kinds of native plants (5 pts)

___ ID 3 different habitat types by your house (5 pts)

___ Identify the full common species name of at least 5 trees around your home (for example: Weeping Birch Tree). Make a journal that includes pressed leaf examples and details about the trees (15 pts)

___ **Bonus:** Send us the journal (10 pts)

___ Catch and ID least 2 types of fish (10 pts) Bonus: Practice catch & release fishing

Which ones? _____

___ Get up at dawn and go on a bird walk. Attach a list of the birds you saw and heard. (10 points)

___ Sign up for [iNaturalist](https://www.inaturalist.org/) and use it to find or ID a species new to you (5 pts)

Total Points: _____



Serve



Please complete at least two of these tasks

___ Pick up litter by the road or in your town (10 pts) ★

___ Carpool on your next trip to a park (5 pts)

___ Help a neighbor or senior with gardening, yard work or other some other chore (10 pts) ★

___ Draw a detailed map of your town or city, including your favorite landmarks (5 pts) ★

___ Write a thank you note to someone in your community (5 pts) **Who?** _____

___ Plant a native tree or plant (5 pts) ★

___ Take over a family member's chore for 1 week (10 pts)

___ Donate to your local food bank (10 pts) ★

___ Do 2 hours of volunteering (10 pts)

Total Points: _____

★ These activities are also part of the Good Citizen Challenge organized by Kids VT with support from the Vermont Community Foundation. It encourages kids to develop a better understanding of the rights and duties of citizenship, and an appreciation for our shared civic heritage. Participants who earn 251 points — or as many points as they are towns in Vermont — by October 9, 2018, will win prizes from local businesses, and will be invited to meet state officials at a reception at the Vermont Statehouse in Montpelier. Visit www.goodcitizenvt.com for more info.



Outdoor Skills



Please complete at least three of these tasks

- ___ Take a swimming lesson (10 pts)
- ___ Build a natural shelter (5 pts)
- ___ Build a campfire (10 pts)
- ___ Learn 3 new canoe strokes (10 pts)
- ___ Learn to set up a tent (10 pts)
- ___ Practice a new navigational skill with map & compass (10 pts)
- ___ Learn a new method for collecting water/ making it safe to drink (5 points)
- ___ Learn to ID at least 2 noxious plants (5 pts)
Which plants? _____
- ___ Learn to tie 2 new knots, such as a bowline (5 pts)
- ___ Put together outdoor first aid kit (5 pts)
- ___ Cook a meal over a fire (10 pts)
- ___ Whittle a cooking or hiking stick (5 pts)
- ___ Go on an overnight backpacking trip (10 pts)

Total Points: _____

Create



Please complete at least two of these tasks

- ___ Build a fairy house (10 pts)
- ___ Try making wind chimes using natural materials. What sounds do they make? (5 pts)
- ___ Keep a nature journal recording your observations. For more ideas and advice about keeping a nature journal, read this blog post (10 pts)
- ___ Build a boat out of natural materials and see if it floats (5 pts)
- ___ Create your own state park poem or song and send it to us! (5 pts)
- ___ Put together a picnic lunch using local ingredients. Sit outside and enjoy! (10 points)
What did you make? _____
- ___ Create a bracelet incorporating natural materials (5 pts)
- ___ Make a weaving using natural materials like yarn, paper, fabric or grasses (10 pts)
- ___ Make your own fire starters with pine cones or other natural materials (5 pts)
- ___ Learn to tie 3 new knots such as bowline, fisherman's knot, etc.(5 pts)

Total Points: _____



Just For Fun



Please complete at least three of these tasks

- ___ Make your own slip & slide (5 pts)
- ___ DIY bowling- construct your own bowling course outside and play a game (5 pts)
- ___ Unplug for a day & make it "screen-free" (10 pts)
- ___ Make a sand sculpture at the beach (5 pts)
- ___ Create your own outdoor/ nature scavenger hunt. Attach your score sheet (10 pts)
- ___ Tell stories around the campfire. Write down your favorite and send it to us! (10 pts)
- ___ Go on a rainy-day hike (10 pts)
- ___ Practice skipping stones (5 pts)
- ___ Make a picture with rocks (5 pts)
- ___ Everyone loves s'mores- put your own spin on the classic by creating your own version (5 pts)

Total Points: _____

Know Your Parks



Please complete at least three of these activities.

**True adventurers complete these activities during different park visits.*

- ___ Camp in a tent or lean-to at a VT State Park (10 pts)
Park: _____
- ___ Hike a trail in a VT State Park (10 pts)
Park: _____
- ___ Visit a park that is new to you (10 pts)
Park: _____
- ___ Write a thank you note to a park ranger (10 pts)
Park: _____
- ___ Check out a horseshoes kit from the park office and play a game, or use your own (5 pts)
Park: _____
- ___ Check out a REEL FUN kit at Vermont State Park. Full list here (10 pts)
Park: _____
- ___ Attend a state park interpretive program (10 pts)
Park: _____
- ___ Become a Junior Ranger (5 pts)
- ___ Have a picnic breakfast in a state park (5 pts)
Park: _____

Total Points: _____

Bonus Activities



Visit the Vermont State Parks Facebook page for special weekly bonus activities.

Bonus Activity	# of Points
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

___ Submit your high-resolution photos (300 x 300) on CD or DVD (15 pts)

___ Upload and tag yourself in a photo on the Vermont State Parks' Facebook page (10 pts)

Where should we send your prize?

Name: _____

Mailing address: _____

Email address: _____

Phone number: _____

Send your completed scorecard, photos, and other supporting documents to:

2018 Venture Vermont Outdoor Challenge

Vermont State Parks

1 National Life Drive, Davis 2

Montpelier, VT 05620-3801

Or upload your pictures to an online album & email us the link: **anr.parks@vermont.gov**

For Venture Vermont updates, visit: www.vtstateparks.com



Can we use your photos?

Thanks for participating in Venture Vermont! We would like to share your experience to inspire others. Please fill out this release form and return with your score card. If you do not wish to share your photos with others you do not have to complete the form.

- (a) To use, re-use, publish and re-publish the same in whole or part, individually or in conjunction with other photographs, artwork, and poetry, or any medium and for any purpose whatsoever, including (but not by way of limitation) illustration, promotion, and advertising and trade, and
- (b) To use my name in conjunction therewith if the State of Vermont so chooses.

I hereby release and discharge the State of Vermont from any and all claims and demands arising out of or in connection with the use of the photographs, artwork, poetry and any other submission, including any and all claims for libel.

I am over the age of twenty-one. I have read the foregoing and fully understand the contents thereof. (If you are under 21, see below for signature of parent or guardian).

Dated: _____ Signature: _____

Name: _____

Address: _____

Witness Name: _____ Witness Signature: _____

If under 21 years of age, please have parents read and sign below.

I am the parent or guardian of the minor named above and have the legal authority to execute the above release. I approve the terms of this release.

Dated: _____ Signature: _____

Name: _____

Address: _____

Witness Name: _____ Witness Signature: _____