

The Long Distance Release Flyathlon Scoresheet

Challenge	Description	What Do I Submit?	Scoring	Maximum
Run (required)	Run / hike any distance <i>on a single day</i> and record your track in some way for submission for points. Additional points will be awarded based on elevation gain on that day.	GPX file or other documentation (must include date, mileage, and elevation gain)	3 points per mile, 1 point for every 250 feet of elevation gain	Total points from <u>one</u> run
Fish (required)	Catch a fish (<i>on the same day as your run</i>) and thoughtfully handle and photograph it (include a date stamp). You can catch as many fish as you want, but you only get to submit one for points.	Single fish photo with date stamp	3 points per full inch of a single fish	Total points from <u>one</u> fish (caught on same day as run)
Conservation	Raise money for coldwater conservation through Running Rivers' FlipCause platform.	Set up FlipCause fundraiser and raise money	2 points for every \$10 raised	Unlimited
Community	Give back to your community in a meaningful way (e.g. river clean-up, trail work volunteer).	Photo / video of you helping in your community in some way	25 points	25 points
Beer / Whiskey	Support your local brewery or distillery by buying to-go products.	Photo or video of their products in action	1 point for every \$10 spent	25 points
Support Our Sponsors	Support our incredible sponsors by purchasing their products.	Photo or video of their products in action	1 point for every \$10 spent	25 points
Share Your Adventure	Submit an amazing blog post.	Blog post with photos and/or videos	10 points	10 points
Trout X	Submit enough information for us to create a TroutX course (gpx track, thorough fishery description, lots of photos, and a good narrative) and earn bonus points.	Full suite of TroutX information	10 points	10 points

