## TROOP utts

## LINE OUT!

## LET'S MUSH

For this activity any form of mushing or joring is welcome. Please just do so safely and responsibly with proper gear and practices. We aren't looking for perfection, just for you to safely enjoy the sport.

## LOG YOUR RUNS

Use a Fitbark, watch, or any other tracking device to log your 5+ miles. Don't forget to take photos and videos of your adventures. This is to encourage new activities and fun. Your 5 miles can take 5 weeks if it needs to. It's ok if you slowly acclimate to the sport. We just want to see



Go to the Rugged Mutts site, submit an image of your log and any photos/videos you want and we will add your patch to your triannual troop report.

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your safe progress.

YOU DID IT!

