



## 2020 Frequent Flyer Migratory Challenge Seven Islands State Birding Park Tennessee State Parks



Are you up for a challenge in 2020 and start living a healthy lifestyle? Ever wonder what type of migratory bird you would be based on the number of miles you cover while exercising each year? Do you need some motivation to get outdoors and get moving? Join the 2020 Frequent Flyer Migratory Challenge at Seven Islands State Birding Park and have fun keeping track of your mileage covered while exercising at the park! This program goes hand in hand with **Tennessee State Parks Healthy Parks Healthy Person (HPHP)** program. The HPHP program is a free tool that lets you earn rewards at your local parks while improving your health! For more information, visit:

[healthyparkstn.com](http://healthyparkstn.com)

Participants are challenged to hike, run, or bike any designated use trails at Seven Islands or paddle any of the Lower French Broad River Watershed. If you need an activity log, please contact Seasonal Ranger Stephanie at [stephanie.mueller@tn.gov](mailto:stephanie.mueller@tn.gov) or 865-407-8335. We hope to have them available for download on our website very soon! All activity logs must be completed by December 31, 2020. The top 10 challengers with the longest migration (most mileage) will be announced upon completion of the challenge.

### **Migratory classifications are as follows:**

**Resident** (0-100 Miles) **Short-Distance Migrant** (101-1,000 Miles) **Long-Distance Migrant** (1,000<sup>+</sup> Miles)