



## PRINTER FRIENDLY PITPC MASTER TASK LIST

### THE PADDLE IN THE PARK CONTEST TASKS FULL MASTER LIST :: DATED July 1, 2017

9(+1) REWARDS AND REASONS TO SPEND TIME IN NATURE EVERYDAY THIS SUMMER

REWARD #1	REWARD #2	REWARD #3	REWARD #4	REWARD #5	REWARD #6	REWARD #7	REWARD #8	REWARD #9	REWARD (+1)

Welcome to the 2017 *Paddle In the Park Contest* (PITPC)! Be sure to visit our website [paddleintheparkcontest.ca](http://paddleintheparkcontest.ca) and read all the rules and regulations before you start your PITPC adventure. To take part in the PITPC PADDLE POINTS Event, complete just one, some, or all of the PADDLE POINTS Tasks on the following pages and upload your photos to [paddleintheparkcontest.ca](http://paddleintheparkcontest.ca) to be entered to win various prizes including a Nova Craft Canoe; remember to include the official PITPC hashtag or PITPC Flag/Paperwork for extra points!

PITPC PAPERWORK	PADDLE POINTS RECIEVED	PADDLE POINTS PAPERWORK DETAILS
NO FLAG or HASHTAG	NO CHANGE IN ORIGINAL POINT VALUE	NO FLAG OR OFFICIAL PITPC HASHTAG IN PHOTO DISPLAYED = ORIGINAL PADDLE POINTS RECEIVED, NO EXTRA POINTS WILL BE ALLOTTED. (Individual Task BONUS POINTS still applied where applicable)
HASHTAG #RewardsAreOutThere	2 X POINTS	DISPLAY THE OFFICIAL PITPC HASHTAG IN PHOTO OR ANY 2016 PITPC FLAG (PREVIOUS DESIGN) AND RECEIVE DOUBLE THE PADDLE POINTS FOR THAT PICTURE. ( <b>Not</b> applicable to Individual Task BONUS POINTS)
	2 X POINTS	DISPLAY YOUR 2016 PITPC FLAG (PREVIOUS DESIGN) OR OFFICIAL PITPC HASHTAG IN PHOTO AND RECEIVE DOUBLE THE PADDLE POINTS FOR THAT PICTURE/TASK. ( <b>Not</b> applicable to Individual Task BONUS POINTS)
	3 X POINTS	DISPLAY YOUR 2017 PAPERS, DECAL ( ANY 2017 FLAG DESIGN) IN PHOTO AND RECEIVE TRIPLE THE PADDLE POINTS FOR THAT PICTURE/TASK. ( <b>Not</b> applicable to Individual Task BONUS POINTS)

**Get your free 2017 PITPC Flags & Paperwork here:**  
<http://paddleintheparkcontest.ca/paddle-points/downloads/>

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### REWARD [#1] Brighten Your Grey Matter

Studies have found forest walking, or spending time doing activities in nature, shows evidence of lower levels of frustration, higher concentration and an increase in positive emotions for children and adults. It has also been found that memory performance and attention spans improved by 20% after people spent just an hour interacting with nature. Other research has found spending days in nature, away from electronic devices, is linked with 50% higher scores on a test for creativity. See more: [paddleintheparkcontest.ca](http://paddleintheparkcontest.ca)

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		"Express yourself!"	Photo of your favourite place to paddle (any lake, river, or other body of water suitable for canoeing is acceptable).
10		Feeling Inspired	Photo of you or someone in your group, painting, drawing or writing while "Out There".
10		The Art Of Paddling	Selfie or photo of you and your friends alongside any canoe or wilderness themed painting, print, or mural. BONUS POINTS: 20 extra PADDLE POINTS will be given if the image you pick features voyageurs (fur trade era) or a piece by the "Group Of Seven"!
10		Keep The Beat Strong	Picture of a harmonica, guitar, or other recognizable instrument being played by you (or a friend) in camp or on the portage.
10		History Lesson	Photo of you (or your friends) with any historical park monument, plaque, or identifiable marker that interests you. BONUS POINTS: 10 extra PADDLE POINTS if you include a bit of information about the feature in the photo description upon uploading!

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### [2] Step Your Workout Up A Notch

Forget the gym. Walking and running outside has more benefits than using a treadmill or track – and is actually a more strenuous work out. First off, you stride differently when walking or running outdoors. Studies have found that outside fitness sessions use more muscles, and we even flex our ankles more when we walk or run outside. Secondly, once in a while the terrain changes on an outdoor trail – we walk or run downhill, and that stresses muscles differently than running on flat or uphill terrain. “In studies comparing the exertion of running on a treadmill and the exertion of running outside, treadmill runners expended less energy to cover the same distance as those striding across the ground outside, primarily because indoor exercisers face no wind resistance or changes in terrain, no matter how subtle.” As well, the change of scenery helps to make it more reinforcing to exercise outside. In fact, it has been suggested that people who engage in outdoor pursuits are that much more likely to exercise regularly. It seems that it is a lot more boring to work out in a gym than it is to engage in an outdoor activity. In other words, when you go for a paddle or a hike it seems less like exercise and more like fun! See more: [paddleintheparkcontest.ca](http://paddleintheparkcontest.ca)

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Way Of The Voyageur	Carrying a big backpack on a portage. BONUS POINTS: 20 extra PADDLE POINTS will be given if the subject of the photo has a canoe paddle in their hand(s) as well.
10		Off Road	Any hiking picture or nature walk. BONUS POINTS: 10 extra PADDLE POINTS will be given if the subject of the photo is carrying at least a small pack on their back.
10		Just Get "Out There"	Photo of you taking part in any outdoor activity that involves being in a Provincial or National Park.
10		Is it Summer Yet?	Take a photo of yourself or a friend portraying your method of keeping fit for paddling and portaging in the off season (doing nothing at all or even a bit of reading counts too).
10		Portage Kings & Queens	Photo of you or your friend(s) portaging a canoe solo or tandem.

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### [3] Nature Is Medicine

Along with reports of helping symptoms of anxiety and depression, it has been found those who live in the areas with the most amount of green space have lower levels of cortisol (known as the stress-hormone), and their self-reported feeling of stress were lower than those who spent more time in urban settings. It has also been found that children's ADHD symptoms are greatly reduced when in the presence of nature (with findings consistent across age, gender, income groups, communities and geographical locations). So what's the recommended dosage? Well, just two minutes of exposure to nature can help to relieve some of the physical symptoms of stress and after 2 hours our memory and attention span increases by 20%. Yet, after 2 consecutive days (or more) of spending time in a forest or green setting, our levels of cancer fighting white blood cells increase by 50%. Looks like spending time engaging with nature everyday is the the perfect dose! See more: [paddleintheparkcontest.ca](http://paddleintheparkcontest.ca)

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Camp Life - Between The Covers	Photo of you relaxing and reading a book or a photo of your favourite book in a camp setting. BONUS POINTS: 10 extra PADDLE POINTS will be given if you featured book is a Hap Wilson or Kevin Callan Book!
10		Canoescape	Photo of your canoe, kayak, or paddle board in any wilderness setting.
10		Fire's Burning	Any campfire photo taken at night. (If you are unable to have a fire in your area, then you may substitute a lantern for this task.)
10		Flora Focus	An interesting photo of any native tree, plant or flower within a Provincial or National Park. (Please be respectful of your surroundings.)
10		Show us your Best Bannock	Show us your best Bannock or other outdoor (camping or campfire) recipe with a photo of your finished product. BONUS POINTS: 20 extra PADDLE POINTS will be given if you include the actual recipe in your photo description/caption when you upload the image to the PITPC website.

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### [4] Your Health & Life Depends On It

Spending time engaging with nature can increase the quality of your health and life span. Pennsylvania researchers found that patients in rooms with tree views had shorter hospitalizations, less need for pain medications, and fewer negative comments in the nurses' notes, compared to patients with views of just a brick wall or no view, etc. Studies have also found that spending time outside in natural settings brings about a 50% lower risk of diabetes, a 50% lower risk of heart attack and even a 30% lower risk of colon cancer. And in a study in the American Journal of Preventative Medicine, researchers found that people experienced more deaths from heart disease and respiratory disease when they lived in areas where trees had disappeared. So, really, not spending time in nature everyday could end up being the death of you. See more: [paddleintheparkcontest.ca](http://paddleintheparkcontest.ca)

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Cabin Fever Task:	Is the city or being stuck at home getting to you? Do you wish you were lakeside right now? Show us your best cabin fever face at home or at work (can be a selfie or group photo).
10		The Exploration	Photo of you or your trip partners planning your route with maps.
10		On the Water Trail	Paddling a canoe, kayak or paddle board photo of any kind. BONUS POINTS: 20 extra PADDLE POINTS will be given if the paddlers are wearing their lifejacket/PFD's in the photo!
10		After Glow	Photo of your/your friend's wild look right after a camping or canoe trip...just before you head back to civilization. BONUS POINTS: 10 extra PADDLE POINTS will be given if the featured subject(s) look scruffy or dirty but happy!
10		The Privy Privileged	View from/or of your privy, outhouse, throne, or thunderbox. BONUS POINTS: 50 extra PADDLE POINTS will be given for a Dr. Stephen Buttrum memoriam thunderbox/privy pit photo (Temagami)!

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### [5] Boost Your Health & Fight Disease

How do wild spaces help our health and well being over urban spaces? Studies have found that leisurely forest walks, compared with urban walks, yield a 12.4 percent decrease in the stress hormone cortisol, a seven percent decrease in sympathetic nerve activity, a 1.4 percent decrease in blood pressure, and a 5.8 percent decrease in heart rate. On subjective tests, study participants also report better moods and lower anxiety.

Spending time in nature can even help fight disease and cancer by increasing NK (Natural Killer) cells that are innate and essential to a healthy immune system. During one study, participants who agreed to regular a.m. & p.m. nature hikes, showed a 40% increase in their NK cells thru blood tests. A month later, their NK count was still 15% higher than when they started the study. However, those who participated in urban walking trips showed no change in NK levels. See more: [paddleintheparkcontest.ca](http://paddleintheparkcontest.ca)

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Horizon Line Up	Photo or selfie of you and/or your friends on shore pictured beside any waterfall. BONUS POINTS: 20 extra PADDLE POINTS will be given if the waterfall is located in a Provincial or National Park. Be sure to name the waterfall for BONUS POINTS verification.
10		Finding Yourself In Nature	Photo of you or a friend looking out over a lake or forest view.
10		Relaxing At Home	In the tent, selfie.
10		Signs Of Camplife	Any camp sign selfie while "Out There".
10		Doctor's Advice	Photo of you reading the <i>Reward [5] Boost Your Health &amp; Fight Disease</i> text above to someone who doesn't spend much time "Out There".

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### [6] Feel The Mystery & Magic Of Our World

Breathing in the fresh forest air has long been thought to cure many ailments. In Japan, a historical belief exists in the health benefits of shinrin-yoku, or “forest bathing”. But what exactly is in the magical forest atmosphere where so many creatures live and dwell? We know trees absorb carbon dioxide and in turn produce oxygen as well as help to clean pollutants from the air. But as for the other compounds, turns out we don’t actually know. In California, researchers found 120 chemical compounds in the mountain forest air – but they could identify only 70 of them. It’s all still a mystery. What ever it is, we are not the only creatures that depend on trees as a source of oxygen and life. Forests are home to countless animals, plants and other species. If you have ever come across a moose while on the water or in the quiet of the woods then you know, there is truly something magical in the experience of respectfully viewing a wild animal in it’s natural habitat. In fact, it can be quite exhilarating (especially if it’s a bear)! See more: [paddleintheparkcontest.ca](http://paddleintheparkcontest.ca)

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Capturing The Moment	Any wilderness sunrise or sunset photo.
10		Connecting With Nature	Any wildlife picture (note: points will be subtracted if any wildlife look harassed by your camera or approach, for getting too close to wildlife (chipmunks and birds excluded) in any way that we deem as dangerous or unnecessary.
10		Natural Artist	Take a photo of any beautiful or interesting natural feature that reminds you of art; can be a rock, a unique tree, a reflection... or anything!
10		Bow Paddling	Any canoe bow photo with canoe paddle. BONUS POINTS: 20 extra PADDLE POINTS will be given if the photo features a BADGER® canoe paddle!
10		To Yoke	Photo of you or a friend in a yoga or meditation style pose in any wilderness setting. BONUS POINTS: 20 extra PADDLE POINTS will be given if the subject featured in the photo is on the water in a canoe or on a paddle board!

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### [7] Build Independence & Relationships

Besides your personal health, spending time in wilderness with your partner and young ones has social rewards too. Family experiences in the outdoors—especially those that include a little challenge or require a little work—afford great opportunities to build children’s competence and encourage their autonomy, even as we emphasize the importance of interdependence within the family group.”

“Whether caring for a garden, paddling a canoe across a lake, or setting up a campsite, everyone has responsibilities and cooperation is key. even the youngest child in the family can come to see that he or she has something to contribute to the common good. not only is that crucial to the child’s developing sense of self, but it allows the adults in the family to see the child’s competencies, decision-making, and problem-solving abilities. this furthers the mutual trust and respect within the family—again, key ingredients for enduring close relationships.” See more: [paddleintheparkcontest.ca](http://paddleintheparkcontest.ca)

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		All in the Family	Any generational family photo while "Out There". BONUS POINTS: 20 extra PADDLE POINTS will be given if the photo features 3 or more generations!
10		Draw Nearer	Group shot or selfie taken around the campfire. BONUS POINTS: 20 extra PADDLE POINTS will be given if the photo was taken at night!
10		Tenting It	Outside the tent group shot or selfie.
10		Camp Kitchen	Photo of any meal (at camp or on the trail) with you and/or your friends eating together while "Out There".
10		Everything Old is New Again - Honour System	Take someone new "Out There".. Someone who has never been before, someone who you have never been with, or someone who has been "Out There" before but not in a long time.

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### [8] Sleep Better, Feel Better

Spending quality amounts of time in a natural setting can also help increase your quality of sleep. Studies show that being exposed to natural sunlight helps set the body's internal clock; which helps to tell us when to sleep and eat, and helps to normalize hormonal functions that occur at specific times thru out the day. But what's more, studies have shown it only takes two hours of forest walking to improve the following sleep characteristics; actual sleep time, immobile minutes, self-rated depth of sleep, and sleep quality. In fact, Researchers say that tent camping for a week can actually reset the entire system (or biological clock) that governs our sleeping patterns. We don't have to tell you how rewarding a good night sleep is – when we sleep better, we feel better. But did you know quality of sleep can even effect weight loss?! Yes, weight loss! So make sure you get "Out There" today so you can get a good sleep tonight. See more: [paddleintheparkcontest.ca](http://paddleintheparkcontest.ca)

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Camp Tasks	Photo of where/how you bear/animal proof of your food situation when camping overnight.
10		Window View	View of the outside from inside your tent. BONUS POINTS: 20 extra PADDLE POINTS will be given if the photo shows a lake or river or other natural body of water as part of the view!
10		Siesta	Picture of you or a friend taking a nap anywhere "Out There".
10		Morning Smile	Photo of you or a friend - before the food pack is opened for breakfast.
10		Proof of Purchase	Selfie of you or photo of your friend(s) with your camp Provincial or National Park permit(s).

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### [9] We Have To Use It So We Don't Lose It

Our parks and forests are built on a user-based system of management where industrial motives continually edge out the needs of our natural ecosystems. If we do not respectfully use, enjoy, and celebrate the forests, parks, and other green spaces we have left, there is a greater chance we will slowly – but surely – lose it to industry. So do your part and get outside. Paddle the lakes and rivers. Portage and hike the trails. It is good for you and environmental policy too. See more: [paddleintheparkcontest.ca](http://paddleintheparkcontest.ca)

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Hug A Ranger	Any photo of a you and a Park Ranger, Conservation Officer, or Park Staff (Provincial or National Parks).
10		Park Promotion	Any photo of you or your friends/family taking part in any official Provincial or National Park sanctioned activity, event, or function. (examples.. wolf howl, movie, outdoor educational experience).
10		Show the parks some love	Provincial or National Park signage, selfie.
10		Carry Over	Any portage sign and you or your friends, selfie accepted.
10		The Paperwork	Photo of you (selfie accepted) and/or a friend in front of (or inside) a park permit office/station. BONUS POINTS: 20 extra PADDLE POINTS will be given if you also include your park permit in photo.

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### [+1] There Are Rewards To Getting “Out There”

Out of all the benefits and rewards of spending time in a wilderness park this summer, there is another unexpected reward “Out There” waiting for few lucky paddlers on an undisclosed portage trail. That’s right! As part of the Paddle In The Park Contest, there are handcrafted BADGER® canoe paddles hidden in the interior/backcountry areas though out some of Ontario’s most popular canoe routes. If you find one of these paddles, you get to keep it!

But that’s not all – when you find a hidden paddle and tell us where and how you found it – we will send you even more great prizes and gear; plus, when you take part in our Paddle Points Event this summer by completing some or all of this “Task List”, and you can earn points towards more gear and prizes and a chance to win a Nova Craft Canoe (all in thanks to our amazingly supportive sponsors)! See more: [paddleintheparkcontest.ca](http://paddleintheparkcontest.ca)




PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Outside Inn	Any camp sign selfie.
10		Gearing Up	Any photo depicting getting yourself and your gear ready for a paddling or camping trip.
10		Trading Post	Photo of your favourite outfitter while on location. BONUS POINTS: 20 extra PADDLE POINTS will be given if the photo features a staff member from your favourite outfitters in your photo and get them to hold any PITPC paperwork!
10		Gear Head	Photo of your favourite camping gear.
10		Road trip food!	Your favourite road trip eatery photo. BONUS POINTS: 10 extra PADDLE POINTS will be given if the photo features a local independent eatery (not a chain restaurant or franchised operation)!

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PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10			Sponsor Spotlight: Badger Paddles Take a photo that incorporates Badger Paddles in a positive way (eg. A logo, a drawing of a badger, you and your favourite place to paddle, a picture of 'digging the water' or photo of you while oiling your paddle).
10			Sponsor Spotlight: <a href="http://portageur.ca">portageur.ca</a> Take a photo of your canine canoe partner on the water. (If you don't have a dog or other animal friend, then a substitute photo of you or a friend wearing socks and sandals!)
10			Sponsor Spotlight: Find and take a photo of the new <i>Fox 14 Solo</i> canoe anywhere you spot their newest canoe model or by stopping by the London Paddle Shop/Nova Craft Canoe location!
10			Sponsor Spotlight: Kevin Callan/The Happy Camper Take a photo that incorporates Kevin Callan in a positive way (eg. a funny face selfie or a photo of a bush martini).
10			Sponsor Visit: Algonquin Outfitters Photo of a visit to any Algonquin Outfitters store location.
10			Sponsor Spotlight: Cabin Falls EcoLodge Take a photo that incorporates Cabin Falls Ecolodge or Hap and Andrea Wilson a positive way (eg. A logo, a location mapped in a Hap Wilson guidebook, a canoe race, a happy couple smiling by a campfire).
10			Sponsor Visit: Killarney Outfitters Photo of a visit to Killarney Outfitters.

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10			Sponsor Spotlight: Canoeroots Take a photo that incorporates Canoeroots Magazine in a positive way (eg. A logo, selfie reading the magazine etc.).
10			Sponsor Spotlight: Jeff's Maps Take a photo that incorporates Jeff's Maps in a positive way (eg. A logo, using a map, selfie looking lost wishing you had brought a map).
10			Sponsor Visit: Algonquin Base Camp Photo of a visit to the Algonquin Base Camp location.
10			Sponsor Visit: Wild Rock Outfitters Photo of visit to the Wild Rock Outfitters store.
10			Sponsor Visit: The Canadian Canoe Museum Photo of a visit to the Canadian Canoe Museum.
10			Sponsor Spotlight: Johnny's Boat Shop Take a photo that incorporates Johnny's Boat Shop in a positive way (eg. A logo, your favourite canoe scratch, a picture of a rock that created your favourite canoe scratch).

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PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		 rain digital	Take a selfie or photo of you and/or your friends outside in the rain.
10			Sponsor Spotlight: Rain Digital Take a photo that incorporates The Northerner Magazine in a positive way (eg. A logo, photo capturing what the north means to you or a picture of the biggest fish that you caught on trip).
10			Sponsor Visit: The Complete Paddler Photo of a visit to The Complete Paddler location.
10			Sponsor Spotlight: Becky Mason Take a photo that incorporates Becky Mason (of redcanoes.ca) in a positive way (eg. A logo, showing off your best canoe moves, teaching someone to canoe).
10			Sponsor Visit: Canadian Outdoor Equipment Company Photo of a visit to the Canadian Outdoor Equipment Company.
10			Sponsor Spotlight: Motion Exposure Take a photo that incorporates Motion Exposure in a positive way (eg. A selfie with a flashlight, a photo of handsome photographer friend).

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10		 <b>Sometimes Eventful</b> <small>Get outside • Go explore • Do stuff</small>	Sponsor Spotlight: Sometimes Eventful Take a photo that incorporates Sometimes Eventful in a positive way (eg. A wilderness canoeing fashion photo - clothes and outfits - or your favourite piece of “#WildernessBling”, meaning your fanciest or most beautiful gear item).
10		<b>FRIENDS of BON ECHO PARK</b> 	Sponsor Spotlight: Friends Of Bon Echo Take a photo of the iconic Mazinaw Rock, or a picture (or selfie) with part of this famous landmark in the background of the photo.
10		<b>Adventure</b> ...photography	Sponsor Spotlight: ATventure Photography Take a photo that incorporates ATventure Photography in a positive way (eg. A wilderness canoeing photo, a photo with a friendly bearded man or picture of a moose).
25		 <b>Paddle Hider Finder</b>	Paddle Hider Finder: Photo (in person) of any of the 2016 or 2017 Official Paddle In The Park Contest Paddle Hiders. (See <a href="http://paddleintheparkcontest.ca">paddleintheparkcontest.ca</a> for more information on the PITPC Paddle Hiders.)
100		PITPC TASK CONTRACT FULFILLMENT BONUS	100 extra PADDLE POINTS for completing the full official contest Task list: “THE PADDLE IN THE PARK CONTEST TASKS FULL MASTER LIST :: DATED July 1, 2017”. Note: PITPC official hashtag and/or Paperwork/Flag Bonus Points do not apply to this particular undertaking.

**Get even MORE PADDLE POINTS for every photo entry with the free PITPC Paperwork available online here:**  
[paddleintheparkcontest.ca/paddle-points/downloads/](http://paddleintheparkcontest.ca/paddle-points/downloads/)

Safe travels and good luck “Out There”!

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