

JACK FROST CHALLENGE

HOW TO GUIDE

The Basics

The Jack Frost Challenge is a fun way to push yourself to get active outside this winter! Just log your kilometres of outdoor activity for the chance to win some great prizes. Try to complete 130kms by the end of the challenge either individually, or in teams of up to five people.

What kind of activities are eligible?

If it gets you moving outside, you can log it! This includes walking, biking, skating, snowshoeing, snow fort building, and more! Check out the How to Log section on page 6 for more information.

What if I can't reach the 130km goal?

That's ok! We know that pushing yourself to get outside more looks different for everyone. If the 130km goal feels like a barrier, we encourage you to set a goal that feels a little more achievable.

Who can I participate with?

Anyone! We encourage you to form a team of up to five people so you can keep each other motivated. The challenge is a great way for friends, families, and coworkers to have some winter fun together. If you have young children, you may want to check out [Jack Frost for Kids](#) for family specific activities.

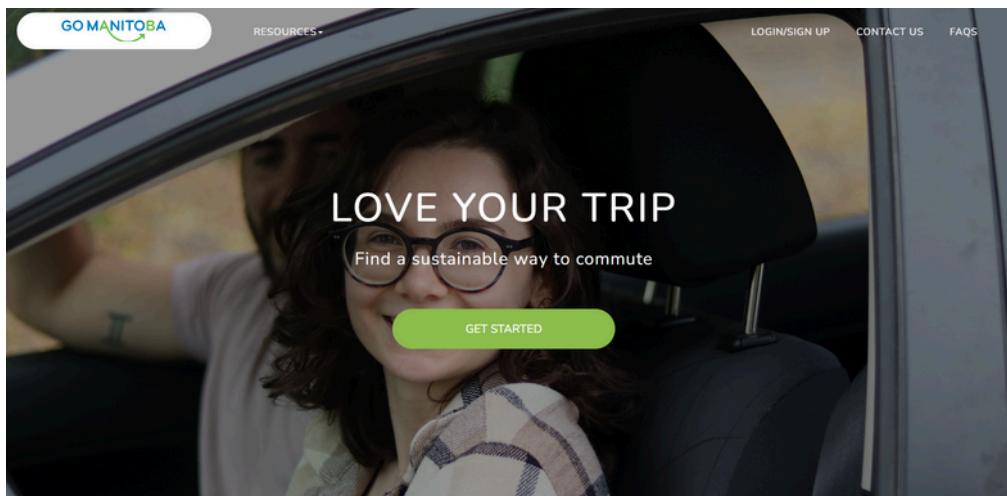
How Do I Register?

If you want to participate as an individual, any trips you log in GoManitoba during the challenge period are automatically entered. To register a team, see page 3.

Creating Your Account

The first step towards some great Jack Frost Challenge prizes is to create a GoMaitoba account. This platform is managed by the Green Action Centre, and helps connect people across the province with different sustainable transportation options

Click the “Get Started” button on the home page to sign up.



Put in an email address and password, and then click “Sign Up”.

You should then be prompted to enter your home and work addresses, and then you'll be ready to go!

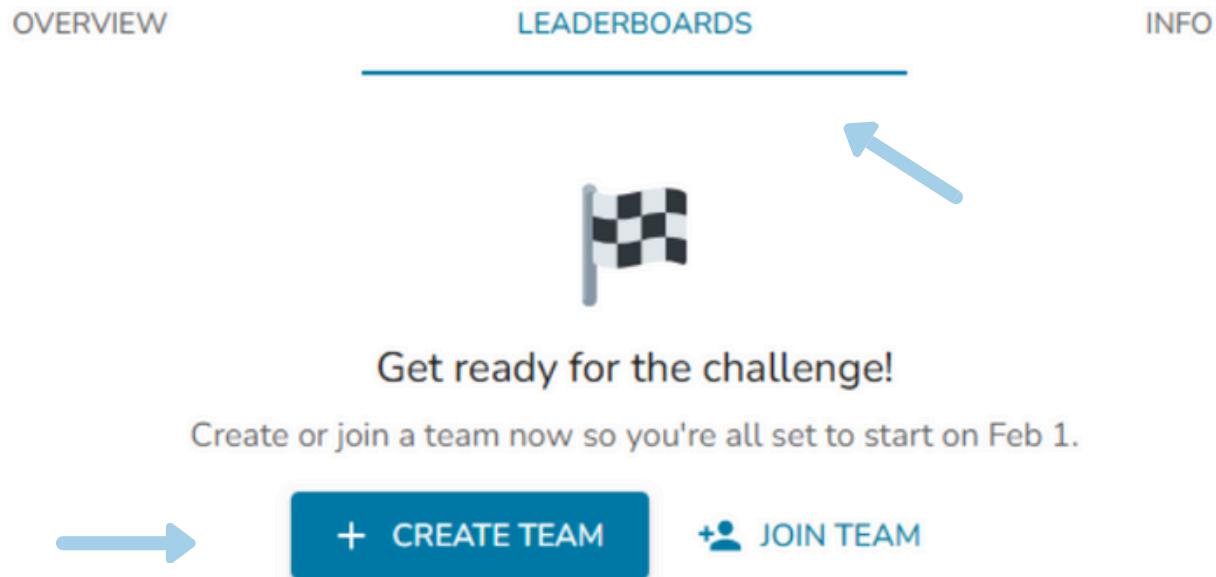
NOTE: other users will not be able to see the exact address you enter, only the postal code or street. If you are worried about privacy, it is ok to use the address of a nearby coffeeshop or shopping centre!

You're ready to start logging trips!

Creating or Joining a Team

To create or join a team for the Jack Frost Challenge, go into Challenges (which can be found on the home page) and select the Jack Frost Challenge. This page has information about the challenge, along with the challenge leaderboard.

To create a team, go into the Leaderboards tab and click “Create Team”



OVERVIEW LEADERBOARDS INFO

Get ready for the challenge!

Create or join a team now so you're all set to start on Feb 1.

→ + CREATE TEAM + JOIN TEAM

NOTE: if you are participating as an individual, any eligible trips you log in GoManitoba during the challenge period are automatically counted-- you do not need to register specifically for the challenge to be entered

This will bring up a box where you can enter your team name and description (optional). If you create a team, you are automatically assigned team captain. This means you will have to grant other members permission to join your team.

NOTE: there is a prize for best team name, so choose wisely!

× Create team

Team Name

Green Action Centre - Sustainable Transportation

Description

We are the Sustainable Transportation Team at the Green Action Centre!

Team Captain

Lilja (You)

You are automatically assigned as team captain. This field cannot be edited.

CREATE TEAM

To join a team, click the “Join Team” button on the previous page, and find your team in the dropdown list. This will bring you to a team information page, where you must click “Join Team” again. This will send a join request to your Team Captain. After they approve the request you’re ready to go!

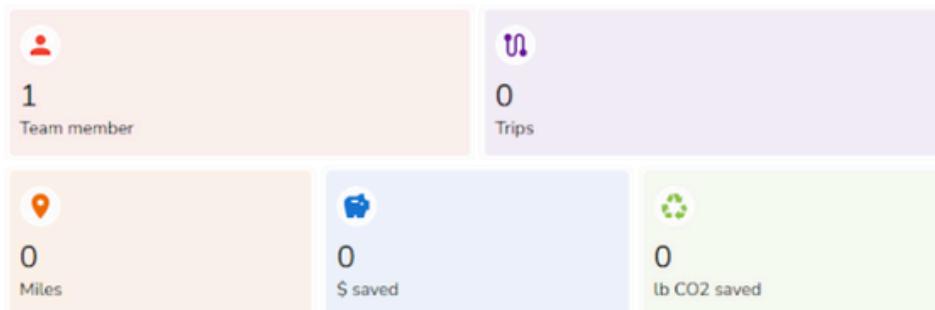
Viewing the Leaderboard

The Leaderboards tab is also where you can view rankings throughout the challenge. Use the buttons near the top of the list to switch between individual, team, and network rankings.



NOTE: in the team rankings, you can click on team to view their stats

Challenge stats



Details

We are the Sustainable Transportation Team at the Green Action Centre!

Team Captain

Lilja

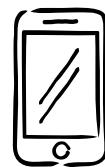
✉️ lilja@greenactioncentre.ca

Logging Your Kilometres

To log a trip, use the menu bar to navigate to the “Log” page. The icon for this page is three lines with a plus sign.

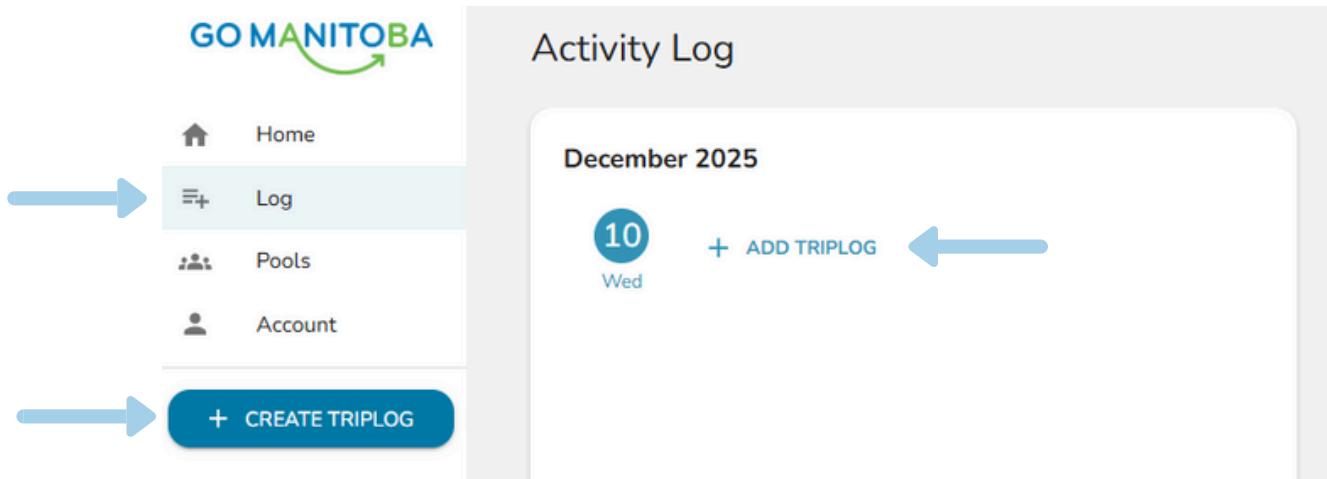


If you are using a **computer**, you can find this icon in the menu bar on the left side of the screen.



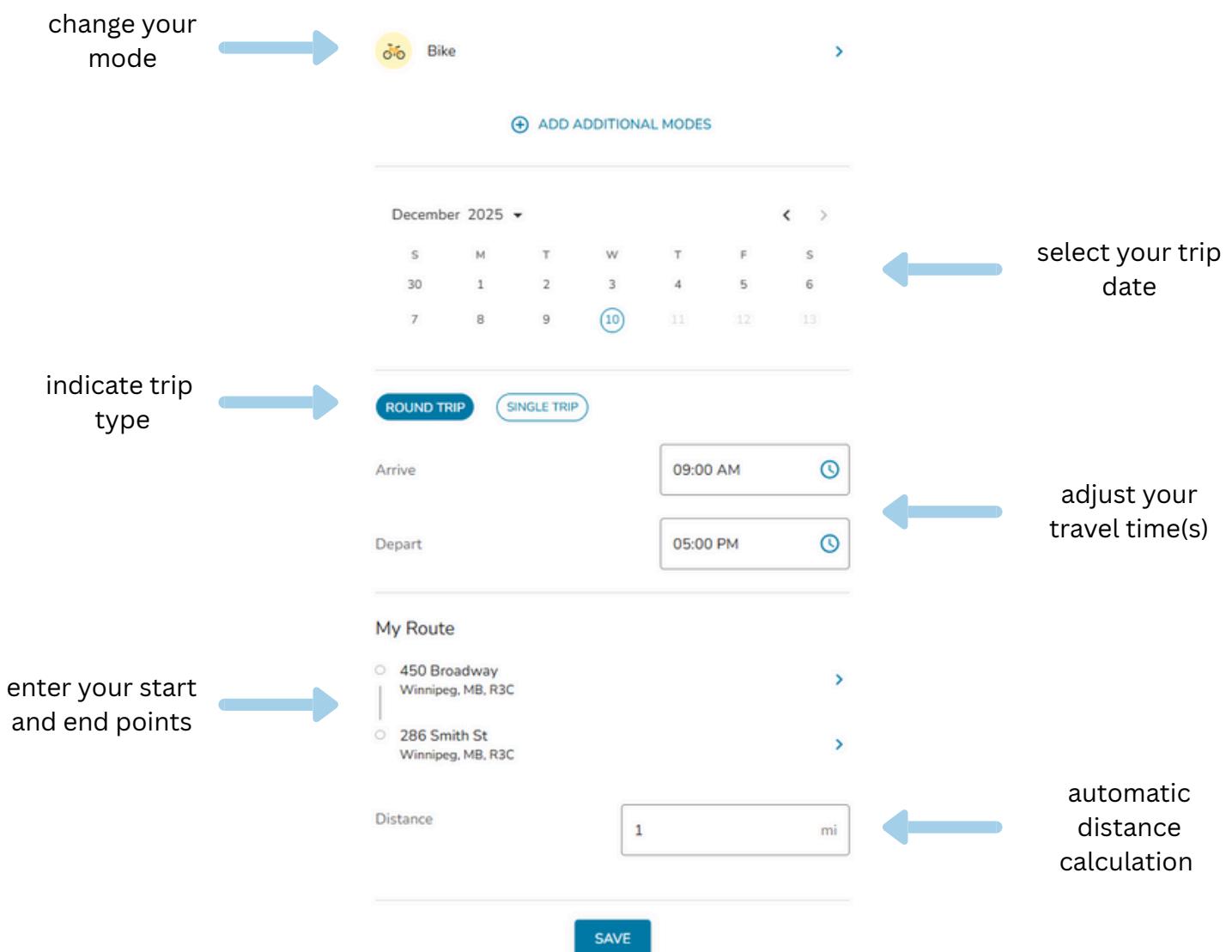
If you are using a **mobile device**, this icon will appear at the bottom of your screen.

To add a new trip, click the “add triplog” or “create triplog” button.



NOTE: if you are trying to add a trip for a different day than the one that appears when you first open the page don't worry! You will have the option to change the date on the next page.

The triplog button(s) will open up the menu below, where you can fill in details about your trip. If you are trying to log kilometres completed along a direct route between two places (like a bike ride to work), simply enter your information and click save.



change your mode → **Bike**

select your trip date ← **December 2025**

indicate trip type → **ROUND TRIP**

adjust your travel time(s) ← **09:00 AM** (Arrive) and **05:00 PM** (Depart)

enter your start and end points → **450 Broadway** and **286 Smith St**

automatic distance calculation ← **1 mi**

SAVE

NOTE: the program will automatically calculate the distance between the points entered (though you can change this number if you took a longer route).

If your activity was not completed along a specific route (such as skating on a pond), simply enter the number of kilometres completed and ignore the start/end point section.

If your activity is not clearly measured in kilometres (like shoveling snow), you can use the chart below to convert your time outside to kilometres.

Activity	15 Minutes	30 Minutes	1 Hour
Shovelling Snow	1.5 Kilometres	3 Kilometres	6 Kilometres
Building Snow Fort	1 Kilometre	2 Kilometres	4 Kilometres
Building Snow Person	1 Kilometre	2 Kilometres	4 Kilometres
Ice Skating (easy)	1 Kilometre	2 Kilometres	4 Kilometres
Ice Skating (moderate)	1.5 Kilometres	3 Kilometres	6 Kilometres
Pond Hockey	2 Kilometres	4 Kilometres	8 Kilometres
Tobogganing	1.5 Kilometres	3 Kilometres	6 Kilometres

NOTE: If you have done a type of outdoor winter activity that is not listed in the mode options don't worry, you can still count it! Just choose the mode closest to your activity type.

Once you are done entering your activity details, click "save" to add the trip to your trip log calendar!