GIRL TREK

2016 TREK SEASON
# 2016 Trek Season

**Directions:** Mark an "X" on each day you trek and share your progress using #GirlTrek on social media.

## February
- #28in28 for Black History Month
- Nat'l Recruitment Campaign

## March
- #WeAreHarriet
- House Parties/Team Registration

## April
- #ActivismApril
- 30-Day Jumpstar/Service Projects

## May
- #Marathon
- 52.4 Mile Mother's Day Tribute

## June
- Juneteenth
- #GetFree Pledge/100-Mile Trek

## July
- #TheMountaintop
- Organizer Trainings and Day Hikes

## August
- #AdrenalineAugust
- Signature Treks and Speed Trials

## September
- #StressProtest
- Self-Care Audit & Labor Day Sit-In

## October
- 9-Day #PrayerTrek
- National Church Challenge

## November
- 40-Day #GratitudeTrek
- Random Acts of Kindness

## December
- Off-Season
- GirlTrek Offices Closed

## January
- Off-Season
- National Staff Planning

**Superhero Saturdays:**
There are 35 Saturdays in the 2016 Trek Season! We've highlighted them. Can you walk all 35?
Welcome to GirlTrek.

This is where your health journey begins. We’ve thought about ALL of the ways to make exercise fun and get results. Each month, we issue exciting walking challenges to help you get off the couch! Together, we work up a sweat, wear cute gear and visit beautiful places – all while dropping the pounds and filling our lives with joy. We build friendships along the way. You’ll never be the same. You’re worth the commitment. GirlTrek has already paid off for thousands of sisters. We will be 1 million strong by 2018. Don’t think we can do it? Watch us work.

FEBRUARY & MARCH: GRASSROOTS ORGANIZING

Get out your clipboard and hit the streets of your neighborhood - the goal, tell as many people about GirlTrek as you can. Where? Black History Month events, PTA meetings, campus events, sorority meeting - even the grocery store. Don't let the movement stop with you. Spread the word. The goal? Each woman will sign up 10 friends or neighbors before the end of March! Watch your inbox for special kickoff events! Each year we start the season off big with parties, rallies and high profile walking events!

FEB 1  Black History Month Recruitment Campaign
Can you inspire one women per day to join the GirlTrek Movement? Join the #28in28 Campaign for #BlackGirlHealing

MAR 10  2016 Season Kickoff
On Harriet Tubman Day, host a “Harriet House Party” to get your walking team organized and prepared for the trek season! GirlTrek will hold a series of virtual trek clinics! #WeAreHarriet

APRIL, MAY & JUNE: SPRING TRAINING

Welcome to GirlTrek! Let’s get started! We walk to heal our bodies, inspire our daughters and reclaim the streets of our neighborhoods! We will send full details of each month’s walking challenge to you a week before it begins. To receive inspiration and details on how to succeed, be sure to register and take the GirlTrek pledge, it’s free! Go to www.GirlTrek.org.

APR 1:  30-Day Jumpstart: Welcome to GirlTrek!
Your first challenge is an amazing foot race! It’s part walking tour and part scavenger hunt. You can do it alone or with your crew! Rev up your walking shoes! We’re cheering you on! Ready, set, trek! #20in30

APR 1:  #ActivismApril
This month’s challenge is a team competition! It’s springtime and GirlTrek is sowing the seeds of activism in our communities!!! GirlTrek will award $1,000 in seed money to 10 walking teams to 1) lead a neighborhood improvement project 2) invest in an deserving girl with a college scholarship 3) boost the impact of a local health program or church ministry. To compete, teams must submit their best idea for a local action project by April 1, 2016. Then, teams put feet to their prayers, purpose to their pace – by completing GirlTrek’s 30-Day Jumpstart Challenge! Teams with 10 or more women
who complete that challenge and earn golden shoelaces qualify to win seed money for their project! All qualifying teams and their brilliant action projects will put into a national drawing. 10 teams will win $1000 to support a local action project!
#ActivismApril

APR 8-9  Volunteer Training
Team Leaders in Flint, Michigan (Invite-Only)

APR 30:  Claim Your Golden Shoelaces!
You earned it! If you’ve completed the National 30-Day Jumpstart challenge, you will be inducted into GirlTrek’s Golden Shoelace Society!! To claim your victory, and your free golden shoelaces, please respond to the “Claim the Victory” email within 5 days of the end of the month.

May 1:  #Mamathon
Go the distance for your mother by walking a "Mamathon" which is 52.4 miles in May. That’s TWICE the distance of a marathon because our mamas go TWICE as hard! GirlTrek calls it a “Mamathon” and walk to honor the hard work and sacrifice of the women who raised us! Nothing will stop us from reaching that goal!!! Take the pledge and we will mail a special Mother’s Day on your behalf. #Mamathon

May 7:  Mother’s Day Photo Shoot
Lights, camera, action! Stay tuned for the locations of GirlTrek sponsored professional photo shoot for you and your family on the Saturday before Mother’s Day in the most active parks across the country!

May 13-14  Volunteer Training
Outdoor Trip Leaders & New City Captains (Invite-Only)

May 31  Summer Trek Series Applications Closed: Final day to apply to go on a guided hike with GirlTrek. Trekkers who get spots on the trips will be notified by June 10th.

Jun 1:  #GetFree for Juneteenth

Jun 18:  Juneteenth Block Parties
Host a healthy BBQ or block party to share spread our GirlTrek values throughout the community! We supply health recipes and fun activities to inspire guests to work up a sweat!
Jun 30: **Claim Your Victory: 100-Mile T-Shirt**
Did you walk 100 miles in June? You must respond to the “Claim Your Victory” email within 5 days of the end of the month to receive your free t-shirt! This is the only opportunity all year to get the “I smashed the 100-Mile Challenge” shirts! Don’t forget!

**JULY & AUGUST: SUMMER TREK SERIES**

Each summer, we reward our hard work by venturing off to the most beautiful places in America! Oh the places we will go! We encourage you to plan your own day hike at a state or national park or join us for one of the guided hikes below.

Jun 30-Jul 3 **Volunteer Training at Essence Festival:** Team Leader Training (Invite Only)

Jul 23 **Summer Treks:** Application required, GirlTrek leads guided hikes in:
1) Yosemite National Park, California (Moderate)
2) Sleeping Bear Dunes National Lakeshore, Michigan (Difficult)
3) Cloudland Canyon State Park, Georgia (Moderate)

Jul 30 **Summer Treks:** Application required, GirlTrek leads guided hikes in:
4) Rocky Mountains National Park, Colorado (Extreme)
5) Harper’s Ferry National Park (Moderate)
6) Point Reyes, California (Moderate)

Aug 1 **Adrenaline August:** This month’s challenge is an all-out, drag-down, all-star, head-to-head, aerobic speed-trekking competition?!? HoooooRAWWWWW!!!! It’s time to test your aerobic fitness with "Adrenaline August: a 4-Mile Speed Trek Competition!!!" Who is the fastest trekker in the country?! Can you walk 4 miles in 60 minutes? #AdrenalineAugust

Aug 13 **Summer Treks:** Application required, GirlTrek leads guided hikes in:
7) Great Appalachian Trail, Pennsylvania (Difficult)
8) Acadia National Park, Maine (Extreme)
9) Big Bend National Park, Texas (Difficult)

Aug 27 **Summer Treks:** Application required, GirlTrek leads guided hikes in:
10) Shenandoah National Park (Difficult)
11) Santa Monica Mountains, California (Difficult)
12) Zion National Park, Utah (Extreme)

Aug 30 **National Photo Contest!** Where did your adventures take you this summer? Submit your best photograph wearing superhero blue! Past submissions have included trekkers at the Statue of Liberty, Great Wall of China, Table Mountain in South Africa and at the top of Kilimanjaro! These are fantastic, but some of our best photos are groups of friends or families on a day hike or urban trek! Don’t be afraid to submit “GirlTrek Remix” pictures cross-training with yoga, biking, zumba, kickboxing, swimming! Be sure to wear you GirlTrek t-shirt! Submit your photos using #GirlTrek and by emailing photos@girltrek.org.
SEPTEMBER, OCTOBER & NOVEMBER: FALL SERVICE

Sep 1: Self Care September
To kickoff the season of service, we encourage you to put your own oxygen mask on first. Keep up the daily walking and as you do, we will ask you to take a 22-point self-care audit to improve eating habits, stress levels and self-talk. We will remind you to do things like remind you to schedule preventive care with your doctor and a day at the spa!

Sep 5: Stress Protest
Save the date! This is a top-secret national demonstration on Labor Day, the holiday created to honor the workers of the world! We believe the Black women need this holiday and are determined to make a huge statement this year! Stay tuned!

Oct 1-9 9-Day Prayer Trek & National Church Challenge
The Bible says, “the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” (Galatians 5:22-23). For 9 days, we practice those virtues! We invite churches to rally as many women as possible to put feet to their prayers and to be “walking witness” that their bodies are temples! GirlTrek hosts a high-energy national walking competition that centers on turning inward and reflecting on the connection between a spiritual life and physical health.

Oct 16 40-Day Gratitude Trek
What would happen if thousands of Black women hit the streets for 40 days of walking while practicing random acts of kindness and radical self-reflection and gratitude? That's 40 days of getting our hearts, minds and bodies right. 40 days of Thanksgiving. (...and we're not talking about Black Friday sales and our mama's slammin' sweet potato pie. Although we love those things as well!) We're talking about Thanksgiving. The season for which we give thanks for all that this year has brought us to and brought us through!

Nov 24 Family 5ks on Thanksgiving Day!
You've finished the Gratitude Trek and the GirlTrek Season! Let’s take a victory lap! Sign your family up to walk or run in a local Turkey Trot or create your own 4-mile loop in your neighborhood and download GirlTrek's custom race bibs to make it official!

Nov 30 End of Season Trek Oscars
You've worked hard! Drumroll please. Let’s honor the best among us in the epic end-of-year email!

DECEMBER & JANUARY: OFF SEASON

Dec 1 National Offices Closed: Exhale! We did it!

Jan 16 National Offices Reopen: What better way to celebrate Dr. MLK Day!