



We are celebrating 30 years of our mission to challenge and equip vulnerable youth from at-risk areas to become contributing members of the community. The “Four Seasons, Four Years, For Life” outdoor program builds confidence through skill development, high school credits, bursaries and mentorship.

Learn more about Trails at [www.trails.ca](http://www.trails.ca)

## Celebrate with us all year!

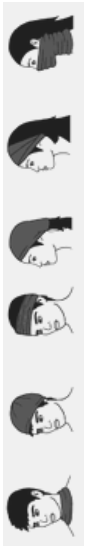
- **Anniversary Kick-Off (virtual)** - May 4
- **Alumni Reunion @ Trails Lakeside** - June 18
- **Limberlost Challenge** - July 2
- **Yorkville Run** - September 11
- **Vancestock XI** - September 17
- **Sunil Thomas Charity Golf Tournament** - September 27
- **Big Red Jumps** - November 19
- **Season of Promise** - December 1-31

# Welcome to the 2nd Annual *Get Outside* Challenge

Here are a few tips to get you started on a week of outdoor fun and fundraising:

- Use the activity tracker to record your outdoor time and rally your team.
- Check out the enclosed Bingo for ideas about outdoor fun and start a friendly competition!
- Be sure to check out the online auction running May 7 – May 15, right from your mobile phone.
- Use the tips from Canada Helps to share your team's page and raise funds for at-risk youth.
- Wear your new Trails fandana (or your sunglasses from last year) and share photos with @trailsyouth and #GetOutsideForTrails

How will you choose to wear your fandana?



Thank you for joining us and see you outside!

## #GetOutsideForTrails

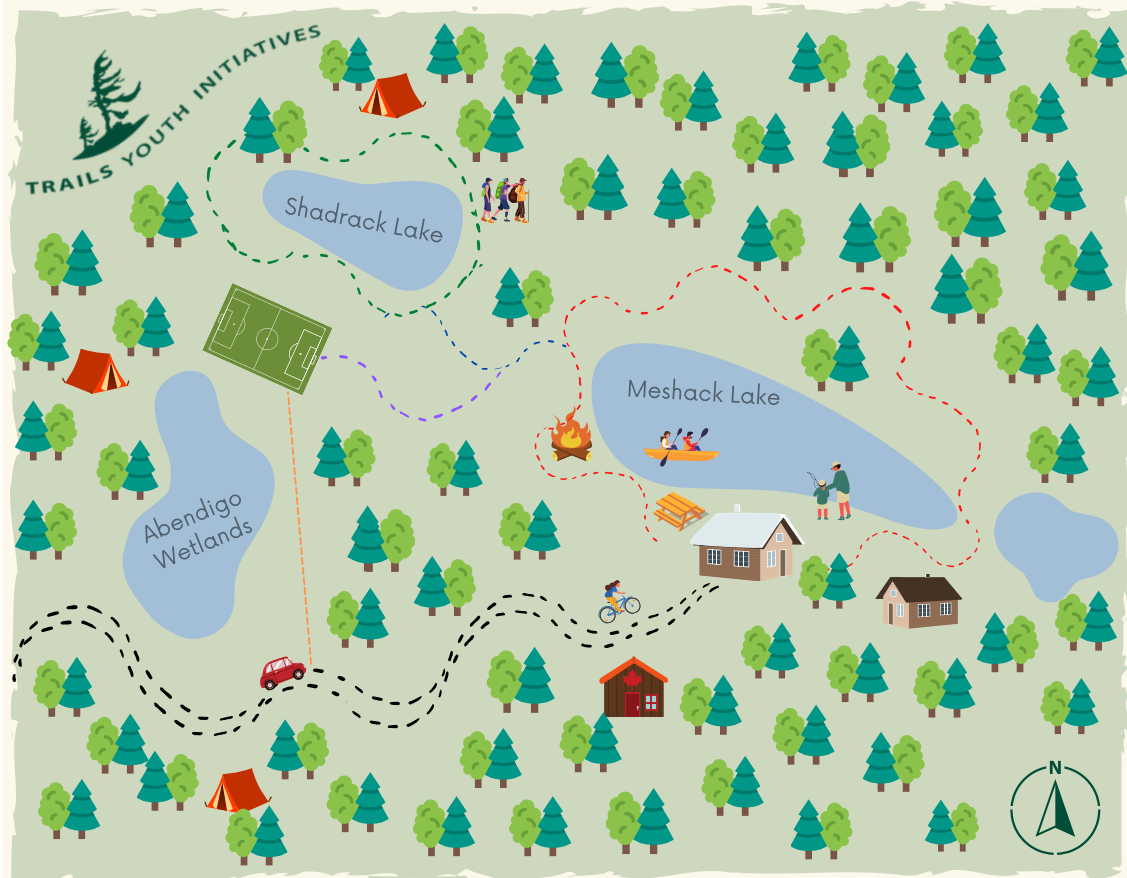


@TrailsYouth



@TrailsYouthInitiatives

## TRAILS YOUTH INITIATIVES



# Get Outside Challenge

Each participant group visits Trails one weekend a month and two weeks in the summer for four years. Each day, they spend up to 8 hours outside.

With 143 acres of forests and lakes, our youth participate in a wide variety of outside activities in all four seasons.

Walk a mile in our participants' shoes!

- Meshack Loop (2.2KM)
- Main Trail (1.5KM)
- Ridge Trail (1.6KM)
- Shadrack Loop (1.8KM)
- Wetlands Trail (1.15KM)

Can you complete the distance of all the trails in one week?

# Get Outside Challenge

# HOUR TRACKER

|           | TEAMMATE 1 | TEAMMATE 2 | TEAMMATE 3 | TEAMMATE 4 | TEAMMATE 5 | TEAMMATE 6 |
|-----------|------------|------------|------------|------------|------------|------------|
| Day One   |            |            |            |            |            |            |
| Day Two   |            |            |            |            |            |            |
| Day Three |            |            |            |            |            |            |
| Day Four  |            |            |            |            |            |            |
| Day Five  |            |            |            |            |            |            |
| Day Six   |            |            |            |            |            |            |
| Day Seven |            |            |            |            |            |            |
| Day Eight |            |            |            |            |            |            |
| Day Nine  |            |            |            |            |            |            |

TOTAL HOURS OUTSIDE: \_\_\_\_\_

Visit [www.trails.ca/GO](http://www.trails.ca/GO) to enter your team's total hours at the end of the week!

# Get Outside Challenge

# BINGO

Work with your team to complete as many as possible,  
or make it a friendly competition with your teammates -  
who can check them all?

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|                           |   |                              |                                  |                                     |
|---------------------------|---|------------------------------|----------------------------------|-------------------------------------|
| Ride a bike               | Wash a car                              | Play frisbee                 | Walk a half marathon             | Go for a swim                       |
| Clean up your nearby park | Play hopscotch                          | Take a hike                  | Plan a picnic                    | Skip the car & use active transport |
| Try a new sport           | Grab dinner on a patio                  | FREE                         | Find Big Dipper in the night sky | Practice your golf game             |
| Try yoga in the park      | Start your garden clean up              | Play tennis                  | Go for a jog                     | Enjoy a coffee or ice cream outside |
| Host a garage sale        | Walk the dog or walk your neighbourhood | Take a moment of mindfulness | Fly a kite                       | Try birdwatching                    |

## Get Outside Challenge

Back by popular demand!  
This year's **Get Outside Online Auction** features incredible experiences that you don't want to miss.

Join us online at **MOBILBID** today to view items, select your favourites and get ready to start bidding on May 7. Experiences include: Nimmo Bay Lodge, Golf Packages, Tennis Lessons, Gingerbread Party, Wine Tasting, Steaks & More!

## ONLINE AUCTION

### WHAT IS MOBILBID?

A virtual silent auction. Using Mobilbid, bidders can create automatic & maximum bids throughout the week on a selection of auction items.

### WHEN DOES IT RUN?

Begins May 7th at 10am and closes May 15th at 8pm.

### HOW DO I ACCESS THE GET OUTSIDE ONLINE AUCTION?

Text the word TRAILS to 647-699-1492