

TREK FOR TEENS RACE



What is the Trek for Teens Foundation?

The Trek for Teens Foundation is a charitable project created to raise awareness of youth homelessness in Toronto. Initiated in 2007 with leadership and guidance from the Rotary Club of Etobicoke, the Trek for Teens Foundation has been a repeated success, raising over \$60,000 for shelters in Toronto through the efforts of volunteers and participants. The foundation is run by youth from across Ontario, with facilitators in high schools and universities across southern Ontario.

What is the goal of the Trek for Teens Foundation?

In Toronto alone, 10,000 youth are put on the street every year. Our goal is to open eyes to the epidemic that teen homelessness has become and make it easier for homeless youth to get out of bad environments. Our mission is to increase awareness and raise funds for homeless youth in our local communities. It is our intent to provide a means for everyone to enjoy making a difference through their own talents and skills.

What is the Trek for Teens Race?

The Trek for Teens Race is a team-oriented race which takes place in downtown Toronto in May every year. Teams of youth, aged 13-19, work together to complete fun and engaging challenges in order to successfully complete the course (much like the “Amazing Race”). While the teams work hard to complete Challenges, requiring athleticism, knowledge, creativity, or a blend of all three they are also raising funds to aid the city's homeless and are raising awareness for this cause.

How does Trek for Teens raise funds and awareness?

- Each team member must raise a minimum of a \$30 pledge in order to participate in the race. By asking friends and family to pledge, they are not only raising funds, but also raising awareness by sparking discussion about the cause. Youth homelessness is often an ignored issue, so it is important for youth to be engaging others in discussion around it.
- All participants are given a t-shirt while participating in the race. As teams race around the city in their Trek for Teens shirts, the community starts paying attention and start asking our volunteers about the event, this allows them to start a discussion and inform the public about Trek for Teens and the issue of youth homelessness.
- The shelters come out and set up at Nathan Phillips Square, providing information about youth homelessness and their services to the public. Furthermore, several of our challenges are prepared by the shelters and are designed to help the participants learn more about what the shelters do and what it is like for a youth to be on the street.

When is the Trek for Teens Race?

This year, the Trek for Teens Race will take place on May 27, 2017.

What are other Important Dates?

- Race Registration Deadline: April 28, 2017
- Volunteer Registration Deadline: May 1, 2017
- Volunteer Training Session: May 21, 2017

Who is eligible to participate in the race?

To participate in the race, one must:

- be 13-18 years old for the High School Level
- be 19-24 years old for the University Level
- have a team of three to five members
- pledge a minimum amount of \$30 per participant

How do students get Volunteer Hours by participating in the Trek for Teens Race?

Participants will receive volunteer hours for the duration of the Race. A participant will also receive one additional hour for every team she/he refers that registers and submits its minimum donations.

How can I register?

You can register for the race online at <http://trekforteens.com/get-involved/trek-for-teens/>

How can I get my family and friends to contribute to my pledges?

You can ask for pledges in multiple ways!

- If you would like to collect pledges in person, you can submit your pledges to a Trek for Teens Representative at the *Pledge Collection Party* on May 1, 2017.
- You can use our online link and pledge request email to ask for pledges from your friends and family online. These pledges will be tracked online for you and you will be informed when you have reached the minimum donation.

Find the link here: <https://phuse.wufoo.eu/forms/race-online-donation-form/>

**Remember:* although the minimum donation is \$30, we encourage students to try and go above and beyond to raise more donations!

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