

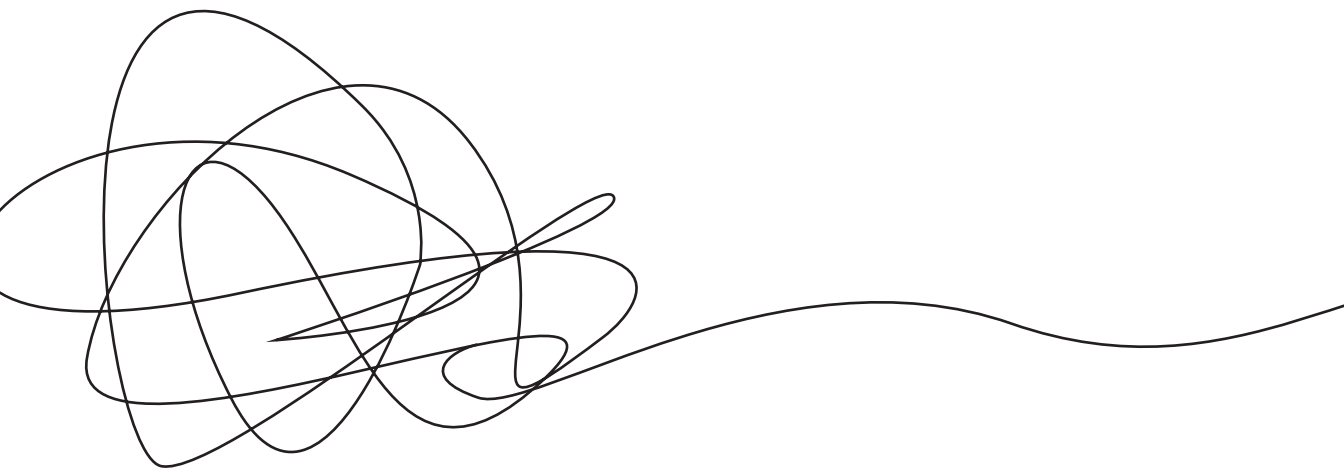
# 2022 Participant Guide



Your guide to participating in the  
Path to Hope Challenge 2022



TREEHOUSE



At TreeHouse, we know that the path to hope is not a straight line. It takes a community—comprised of many individuals—doing their part, one step at a time, on the journey toward hope.

## Path to Hope Challenge

The Path to Hope Challenge is a four-week virtual challenge, inviting the community to log 25,000 miles of activity and help us raise \$250,000 June 1-30. You can set a personal goal for walking, biking, running—or any activity you choose—and then ask your friends and family to sponsor you and support teens in your community through your fundraising campaign.

### Three easy steps to get involved



REGISTER  
AND JOIN  
YOUR FAVORITE  
TREEHOUSE TEAM



INVITE YOUR  
FRIENDS AND  
FAMILY TO  
SUPPORT YOU



JUNE 1,  
GET STARTED  
AND LOG YOUR  
MILES

# Sign up, register, and join a team

Go to [TreeHouseHope.org/PTH2022](https://TreeHouseHope.org/PTH2022) or RaceRoster.com and look for the 2022 Path to Hope event. Click on "Register."

The screenshot shows the Race Roster website for the Path to Hope Challenge 2022. The header includes the Race Roster logo, a 'Contact' link, a 'Sign out' button, and a 'Menu' icon. The main banner features a photo of a runner's feet and the text 'PATH TO HOPE THE PATH TO HOPE IS NOT A STRAIGHT LINE'. A sidebar on the left lists 'Event details' with 'Register' circled in red. The main content area has a green banner for 'LOGGING MILES ACTIVITY TRACKER OPENS JUNE 1!' and a photo of two smiling teens. To the right, a 'TREEHOUSE' logo is shown above a 'TreeHouse Path to Hope Virtual Challenge 2022' section, which has a 'REGISTER' button circled in red. Below this is a 'DONATE NOW' button and a 'Visit Website' link. At the bottom, the text 'PATH TO HOPE CHALLENGE | JUNE 1 - JUNE 30' is displayed, followed by a paragraph about the challenge's purpose.

The screenshot shows the Race Roster registration form. On the left is the TreeHouse logo and the Race Roster logo with the text 'Welcome To Race Roster, our online registration partner. Please sign in to proceed.' The main form area is titled 'Let's get started' and includes fields for 'What is your email address?' and 'Do you have a Race Roster password?'. There are radio buttons for 'No, I want to create a password.' and 'Yes, I have a password.' (selected). Below these are fields for 'Enter password' and 'Forgot password?'. At the bottom are 'Sign in' and 'Sign in with Facebook' buttons.

Sign up with Race Roster and fill out registration info.

The screenshot shows the 'Teams' selection screen. It has a title 'Teams' and a question 'Add registrant to a team? \*'. There are two radio buttons: 'Yes, add this registrant to a team created by someone else' (selected) and 'No, I want to create a new team'. Below this is a 'Select team' dropdown menu. The dropdown is open, showing a list of teams: 'Team Bloomington', 'Team Brooklyn Park', 'Team Eagan', 'Team Minnetonka', and 'Team New Hope/Plymouth'. A green arrow points to the 'Team New Hope/Plymouth' option.

As you register, make sure to select your specific TreeHouse location as a beneficiary of funds.

# Invite your friends and family to support you

After you register, invite your network to join your team or donate to your fundraiser. You can email the link with a personal invitation or share on social media.

**RACE ROSTER** < Event details Contact Sign out Menu

## Thank you!

You have successfully registered for TreeHouse Path to Hope Virtual Challenge 2022.

**Confirmation No.** 15175185

[Visit your participant dashboard](#)

**Invite team members**

Send this link to friends and family to invite them to join your team!

<https://raceroster.com/registration/f58ef15a-f138-41ff-805c-b5263c2aab8d/entry?team>

[Email this link](#)

Total team members **3**

**Your details have been sent to:**

**Share the news**

[f](#) [t](#) [e](#) [b](#)

**Manage registration details**

[Visit your participant dashboard](#)

**Start receiving donations**

A fundraising page has automatically been created for you. Click on the link below to start customizing your fundraising page.

[View fundraising page](#)

**Share this with your friends!**

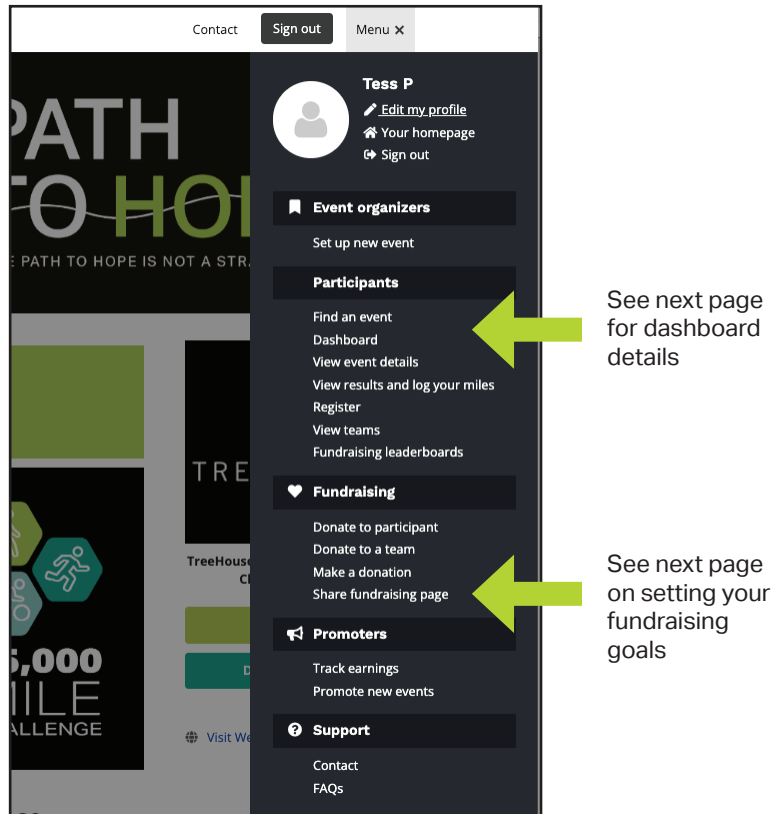
This is a great chance to compete or get together with friends. Send out the link below to spread the word and get others involved.

<https://raceroster.com/events/2022/59500/treehouse-path-to>

**IDEA:** Challenge a virtual walking buddy to join your team and match your miles

# Event page quicklinks

From the event home page, you can access various tools by selecting "Menu" at the top right.



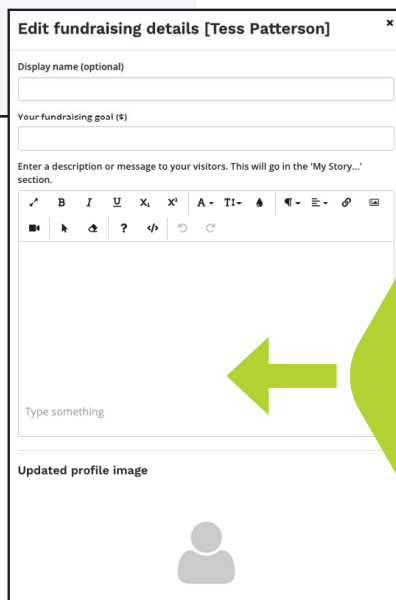
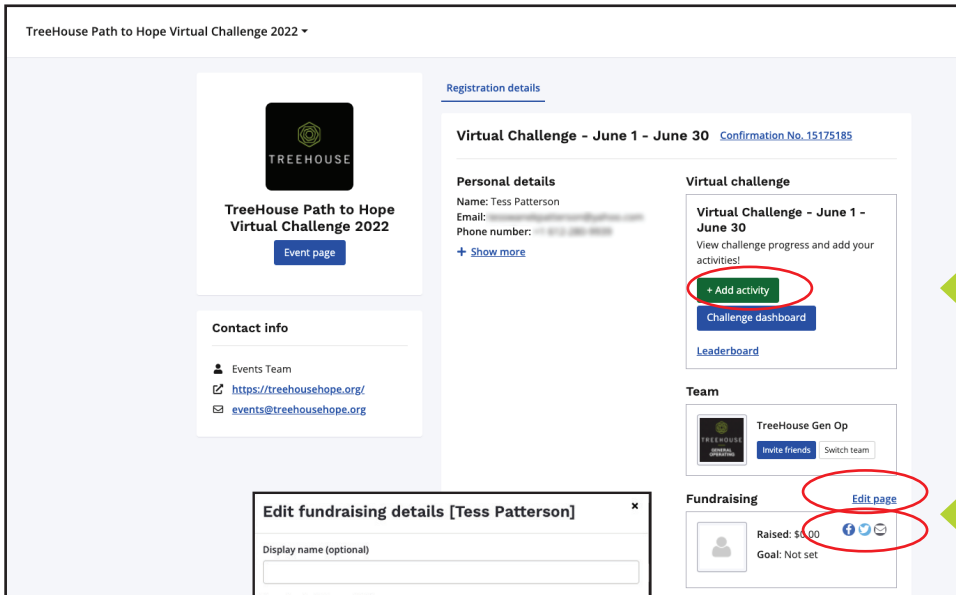
## DID YOU KNOW?

The average person walks 3,000-4,000 steps a day which is 1.5-2 miles.

**IDEA:** Double your steps for TreeHouse!

# How to use your dashboard

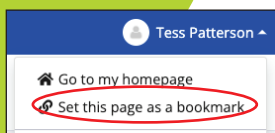
From your dashboard, you can edit your fundraising details and share via social media or email. Once the activity tracker opens June 1, you can log your miles by clicking on the “+Add activity” button.



## FUNDRAISING TIP:

Click on “Edit page” to add your fundraising goals, a personal message, and your photo. Click on the social media or email icons to share with friends and family.

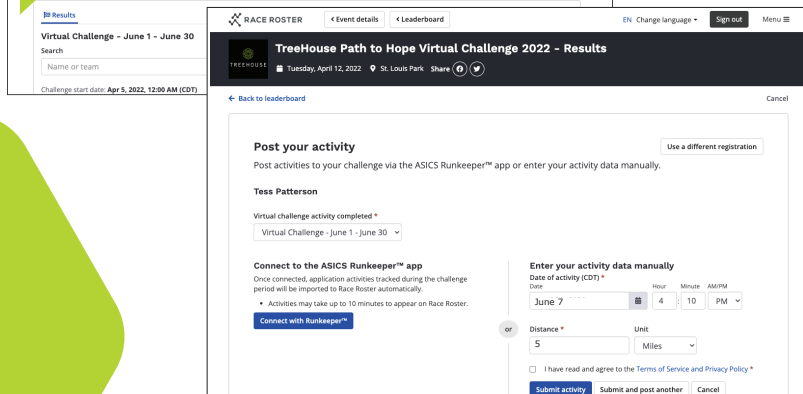
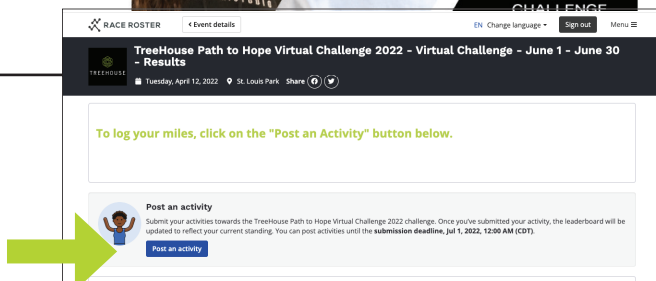
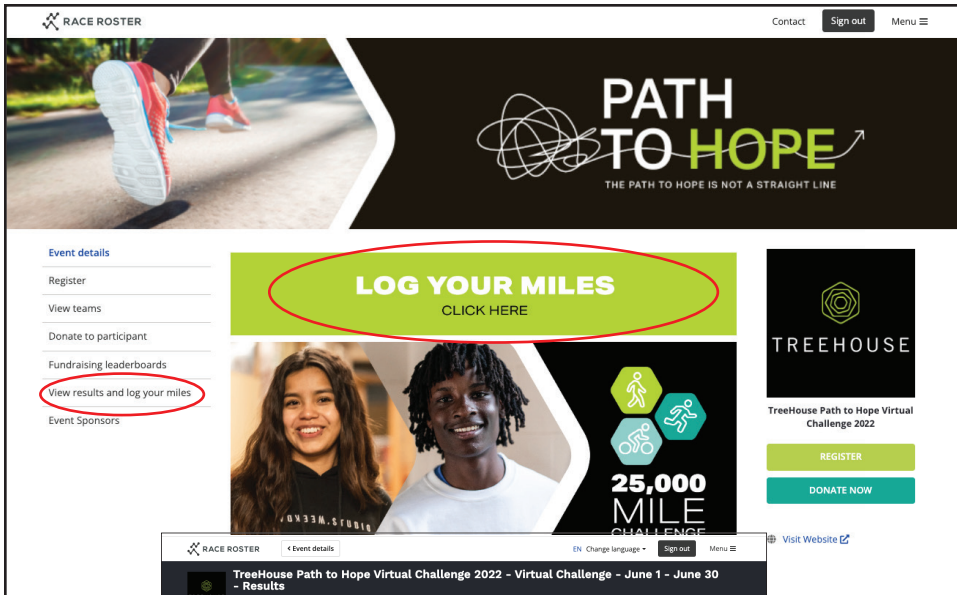
**IDEA:** Bookmark your dashboard for easy access!



# Log your miles

Whether you walk, bike, hike, roll, or run, make sure to log your miles starting June 1 to help us reach our goal of 25,000 miles. From the event home page, click on the “Log your Miles” bar or “View results and log your miles” in the sidebar to access the Activity Tracker.

**See the next page for additional activity options that you can track.**



**NEW THIS YEAR!**  
Use the ASICS  
Runkeeper app to  
track your activities.

# Activity conversion chart

Activity Level	Description	Sample activities (CDC & ACSM Guidelines)	Energy conversion
Level 1	Light Activity (less than 3.5 kcals used per minute)	Gardening, bowling, snowmobiling, painting, car washing, fishing, window cleaning, golf (without cart), slow treading in pool, dusting, or vacuuming	20 minutes of Activity = 1 mile
Level 2	Moderate Activity (3-7 kcal used per minute)	Softball, weightlifting, shoveling snow, dancing, barn cleaning, racquetball, tennis, volleyball, skiing easy, handball, yoga, ice skating recreational, swimming recreational, competitive table tennis	20 minutes of Activity = 2 mile
Level 3	Vigorous Activity (7.5+ kcals used per minute)	Exercise classes: i.e. (spinning, step, kickboxing, body pump, circuit.) basketball, soccer, cross country skiing, hard mogul skiing, martial arts, boxing sparring, chopping wood, swimming fast laps, competitive dancing	30 minutes of Activity = 3 miles



Source: <http://www.shapeupmontana.org>



**WE ARE ON A  
MISSION TO END  
HOPELESSNESS  
AMONG TEENS.**

**ABOUT US** TreeHouse is on a mission to end hopelessness among teens. We offer safe, grace-based environments and one-on-one mentoring that help teens build resiliency, form healthy relationships, establish positive coping skills, and actively plan for their futures. Transformation happens from the inside out as teens come to believe they are lovable, capable, and worthwhile. Our vision is for every teen to be rooted in the living hope of Jesus—unleashing untold potential in communities everywhere. **Learn more at [TreeHouseHope.org](http://TreeHouseHope.org)**



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