



Sponsor Trail-A-Thon 2023

103 Miles to Celebrate 103 Years of Environmental Stewardship

Trails give us so much: from respite to adventure to a pathway towards physical, mental, and emotional health. By sponsoring Trail-A-Thon, your company can support safe and sustainable trails and healthy parks. Support trails and healthy lifestyles. Help your employees explore a new park or trail, walk their neighborhoods, or even hit the treadmill!

Registration Opens: August 15

Walk, run, hike, bike 103 miles When:
September 11 - October 31st

Where: Anywhere, any place, with anyone!

Corporate Challenge Sponsorship Levels

Service Partner Level \$600: Register as many interested employees to participate in the Trail-A-Thon.

Land Steward Level \$800: Register as many interested employees to participate in the Trail-A-Thon, plus receive a region-specific Trail Conference digital download map set (paper copies of maps are available upon request). Participants will also receive a finishers medal.

Trail Angel Level \$1,000: Register as many interested employees to participate in the Trail-A-Thon, plus receive a region-specific Trail Conference digital download map set (paper copies of maps are available upon request) and a Trail-A-Thon logo apparel shirt.

To register, contact Jennifer Zack at jennifer@nynjtc.org or 973.600.5642. Instructions will be sent on how employees can register on RunSignUp at no charge and join your corporate team!



Achieve Your Health and Wellness Program Challenge Goals through participation in the 2023 Trail-A-Thon hosted by the New York-New Jersey Trail Conference

Trails give us so much: from respite to adventure to a pathway towards physical, mental, and emotional health. Through a partnership with the Trail Conference, the Township of _____ is encouraging their employees to get up, get out, get moving and connect with nature over the course of six weeks to walk, hike, run or bike 103 miles. Your Township will sponsor the entrance fee for employees to participate in the Trail Conference's annual Trail-A-Thon. **All employees who participate will receive 3 credits towards their NJMEBF program incentive eligibility requirement.**



What is the Trail-A-Thon?

- The Trail Conference's Trail-A-Thon is a chance to support safe and sustainable trails and healthy parks, many which are in the borders of your Township! An organized event that encourages daily personal movement, exploration of nature and healthy personal goal setting through friendly competition and fellowship with other participants.
- The goal of participation is to try to move an equivalent of 103 miles within a 50-day period or average of at least 2.06 miles/or 4,100 steps per day.

How long does the Trail-A-Thon last?

- The event runs between **September 12 – October 31, 2023**

What do I have to do to participate in the Trail-A-Thon? Is it just about hiking?

- Registration is easy – see the attached instructions
- The goal of each participant is to move daily to reach 103 miles worth of steps in 50 days.
- **Steps can be earned by movement in general** – walking, hiking, biking (conversion 3:1) or running and can be done anywhere, at home, the office, outside/inside, at the gym, in your basement, on a trail, treadmill, mountain, beach or a sidewalk. You get the idea...anywhere with anyone.

- Step calculation is self-monitored and logged using whatever device is available to you – watch, FitBit, phone app, etc. Daily entries are logged by participants into the Trail Conference's tracker page.
- Milestone prizes given to those who first hit the 25, 50, 75 and 100 mile goals.
- Achievement of the 103-mile goal is not necessary to receive credit, but daily logging in is.

What are the benefits of participating in this event?

- Comradery within your organization and across the spectrum of other participants
- Awareness of the benefits of moving our body daily
- Celebrating being active, feeling vibrant and achieving goals
- Merely walking daily can prevent and/or help to manage many preventable diseases and reduce stress

Who is the New York-New Jersey Trail Conference?

The New York-New Jersey Trail Conference is a volunteer-powered organization that builds, maintains, and protects public trails. Together with our partners, we strive to ensure that the trails and natural areas we share are sustainable and accessible for all to enjoy for generations to come.





Connecting People with Nature since 1920

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Trail-A-Thon Agreement

Contact Person: _____

Company/Township Name: _____

Daytime Phone Number: _____

Email: _____

Trail-A-Thon Level: (Please select one)

Service Partner Level \$600: Register as many interested employees to participate in the Trail-A-Thon.

Land Steward Level \$800: Register as many interested employees to participate in the Trail-A-Thon, plus receive a region-specific Trail Conference digital download map set (paper copies of maps are available upon request). Participants will also receive a finishers medal.

Trail Angel Level \$1,000: Register as many interested employees to participate in the Trail-A-Thon, plus receive a region-specific Trail Conference digital download map set (paper copies of maps are available upon request) and a Trail-A-Thon logo apparel shirt.

Registration information and event details will be provided promptly after received payment. Employee's may extend registration code to spouse/one other household member.

Payment Information:

Please make checks payable to the New York-New Jersey Trail Conference and write "Trail-A-Thon Sponsor" in the pay memo.

Mail to: New York-New Jersey Trail Conference
Attn: Jennifer Zack
600 Ramapo Valley Road, Mahwah, NJ 07430

Check enclosed
Check # _____

Jennifer Zack
Charitable Gifts and Events Manager
New York-New Jersey Trail Conference
Connecting People with Nature Since 1920

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