



JOIN THE MOVEMENT TO END RAPE CULTURE BY ORGANIZING A HIKE FOR HEALING EVENT THIS FALL.

November 4, 2018 is the third annual Hike for Healing—a walk or hike to support survivors of sexual assault and domestic violence on their lifelong healing journey. Organized by FORCE: Upsetting Rape Culture, funds raised will support the culminating display of the Monument Quilt on the National Mall in June 2019. Our goal is to raise \$50,000.

FORCE is organizing a walk in Baltimore at Druid Hill Park, and we need YOU to bring this healing event to cities and towns all across the US. Working to end rape culture is hard work, but we know that it must also be full of joy and a chance to be in community with each other! Will you join us?

ORGANIZE YOUR HIKE

You can be part of our work by organizing a team to hike or walk on November 4th. Organizing a team should take about 5 hours of planning, plus coordinating with people on the day of the event. Here's how to organize a team hike:

1. Choose a location for your hike or walk. We suggest 3 miles, but you can choose a distance and difficulty right for you and your community.
2. Register your team on our website by clicking "Fundraise With Us." Edit your page to include the time and location of your hike. People can sign up to hike by making a donation to your page!
3. Recruit people to walk with you. A great goal is to recruit at least 10 people to join you, each person donating about \$50 each. We suggest reaching out to people individually by phone and in person; sharing on social media is another way to rally more support for your event!
4. Enjoy a beautiful day in community on November 4th, and make sure to share pictures on social media to show the number of people joining in our healing movement to end rape culture all across the country.

If you organizing a hike is not right for you, we invite you to donate to the general fund at hike4healing.org and help us amplify the campaign on social media.

Thank you for your support!