

LongWalk



5147 S. Harvard, #131
Tulsa, OK 74135
918.906.1814

www.mylongwalk.org



LEVEL I CHALLENGE

LOCATION: Greenleaf Lake, Oklahoma

REQUIREMENTS: A group of students that wish to learn leadership skills through backpacking and wilderness adventure that have at least two adults willing to accompany them on the weekend trip.

NOTE: Each participant must fill out all paperwork required by sponsoring organization and LongWalk Oklahoma. The group must meet (we strongly suggest and prefer including parents/guardians) with Lead Guide prior to their trip.

ITINERARY:

- Arrive Greenleaf State Park near Braggs, Oklahoma Friday evening approx. 4:30PM
- Group is divided into thirds, and assigned group responsibilities
- Day 1 leadership gets camp set, cooks food, and assists in getting gear distributed and backpacks packed
- Day 2 leadership gets breakfast cooked, packs loaded, site cleaned
- Begin trip into the Greenleaf Wilderness
- Camp Saturday night at Mary's Cove
- Day 3 leadership breaks camp and leads us home by the high ridge route (approx. 7 miles)
- Group is picked up between 2 and 3 PM
- Group meets back in Tulsa for gear check-in

GOALS:

- Learn basic backpacking skills
- Have an opportunity to lead a group of peers and receive verbal evaluation by an adult guide as to strengths and weaknesses
- Begin to gain insight to the process of ecology, muscle building, and behaviors that are productive and/or counterproductive
- HAVE FUN AND LAUGH!

LEVEL II CHALLENGE

LOCATION: Ozark Mountains, Arkansas

REQUIREMENTS: This group is composed of individuals from various Level 1 groups that have completed a Level I challenge. Each participant must have a signed form from a school administrator and a parent/guardian indicating they have shown improvement in both required areas.

NOTE: Each participant is responsible for raising funds for their portion of the trip (up to \$100). They must complete all LongWalk Oklahoma paperwork specific to the trip requested. This paperwork must be completed and turned in at the parent and participant meeting prior to the trip. As with all trips, at least two adult participants in addition to the Lead Guide are required.

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ITINERARY:

- Group leaves Tulsa (typically 5:00AM Friday morning)
- Travel into Arkansas to the section of trail the guides and participants have chosen and set vehicles at end of trail
- Participate in Level 2 challenge as defined by Lead Guide and participant guides
- Trip will be completed by Sunday to allow time for return trip (including meal) and gear check-in in Tulsa.

GOALS:

- Complete rigorous physical challenge
- Learn more advanced backpacking skills
- Lead portions of the trip - including wet creek crossings
- Continue evaluation by adult leadership of individual personal leadership skills, including examples of challenges faced since last trip
- Peer evaluation of leadership skills
- Hone advanced wilderness skills in preparation for Level 3 Colorado trip

INTERESTED PARTICIPANTS MUST REGISTER FOR LEVEL II THROUGH THE 'CONTACT FORM' LINK ON THE LONGWALK OKLAHOMA WEB SITE. PLEASE INCLUDE YOUR NAME AND DATE OF LEVEL I GROUP YOU PARTICIPATED WITH, DATE (AND AN ALTERNATE DATE) YOU WISH TO GO ON YOUR LEVEL 2 TRIP, AND PHONE NUMBER WHERE YOU CAN BE REACHED.

LEVEL III CHALLENGE

LOCATION: Weminuche Wilderness, Colorado

REQUIREMENTS: Satisfactory completion of previous Level 1 and Level 2 Challenges. Satisfactory completion of a personal finance, time management, and exercise/nutrition curriculum as defined by LongWalk Oklahoma leadership. Plan and complete (as a group) a community service project that is approved by the LongWalk Oklahoma leadership.

NOTE: Each participant will be responsible for paying the appropriate fees as determined through their personal finance class for their trip (not to exceed \$500). Each group will require a minimum of two adult sponsors in addition to the Lead Guide.

ITINERARY:

- Group leaves Tulsa, OK. Friday evening
- Arrive in Durango, CO. on Saturday
- Leaving on trip as previously planned by participants and Lead Guide
- Trip is completed on Thursday (Group meal will be a major priority)
- We suggest traveling to Albuquerque for showers and lodging Thursday night
- Arrive back in Tulsa on Friday afternoon

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GOALS:

- To stand atop the mountains in my life
- To know that I can instill hope into difficult situations by the strength of the choices I make in my own life
- To know what leadership truly is, and be willing to serve and lead others by my example
- To understand my strengths and weaknesses and strive to grow in both areas
- To be able to give and take peer mentoring and develop my ability to lead
- To know I am capable and qualified to help lead future trips and participate in ongoing advanced leadership training
- To be willing to share with others the lessons I have learned in my life

PARTICIPANTS MUST REGISTER FOR THIS TRIP SHORTLY AFTER COMPLETION OF THEIR LEVEL 2 TRIP THROUGH THE "CONTACT FORM" ON OUR WEBSITE. PLEASE INCLUDE WHICH LEVEL 1 AND 2 TRIPS YOU PARTICIPATED IN, AND A FIRST AND ALTERNATE CHOICE OF DATES FOR YOUR LEVEL 3 TRIP, AND A PHONE NUMBER WHERE YOU CAN BE CONTACTED.