



#FerneStreak / Fer-nie-Streak / verb

Ski, Snowboard, Tour, Nordic Ski, Bike, Run, Hike, Skate, Shovel, (or whatever you like!), outside, for a minimum of 30 minutes, every day, for the entire month of January.

How to streak?: Last year was the best streak yet, and an amazing fundraiser too. As such, after the public vote in December, the 2022 FerneStreak is raising funds for the **Twin Meadows Animal Rescue Society**.

The \$10 registration fee for Adults, (Kids + Doggos are free!) will be donated - plus, there's an opportunity to donate additional funds to this amazing campaign. New this year, you can track via Strava, OR you can use the calendar below. It's 100% your challenge and up to you how you streak, but we hope you enjoy this fun, supportive and community focussed streak to get outside and get active. Last year our amazing community raised nearly \$7,000 for the Foundry East Kootenay, and we look forward to another great fundraising initiative this year! **Turn the page for tips on how to streak to success...**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

2022 supported by...

