



THE FOX CHALLENGE

A turnkey event, offered within communities, to
promote physical activity and well-being among
First Nations youth of all ages

What is the Fox Challenge?

The Fox Challenge is a turnkey project designed to be easily implemented in First Nations communities by local organizers. This unifying event encourages youth to get moving and improve their well-being in a fun and motivating setting.

The primary goal is to "become foxes" by completing a 2 km distance. Once this challenge is met, new paths open up for participants: they can transform into a salmon, a porcupine, a hare, a beaver, and even an eagle as they complete increasingly greater distances.

Explore the Fox Challenge Distances

The Fox Challenge offers a non-timed race with several available distances: 2, 3, 4, 6, 8, and 10 km. Each distance is associated with a specific animal. This flexibility allows participants to choose the distance that best suits their physical ability and comfort.

For each completed distance, a medal is awarded. For example, when a participant completes 2 km, they receive the Fox medal. The animal's name is engraved in all Indigenous languages of Quebec (e.g., Matsheshu in Innu, Wakoc in Algonquin).





How it Works

Step 1: Identify the trail

Identify a trail or location near the school where the challenge can take place, ensuring easy and safe access for participants. Forest trails are ideal for their cultural significance and lower risk of injuries.

Step 2: Set a date

In collaboration with the school, choose a date for the event. You might opt for a weekday slot (such as the last period on Friday) or host the event on a Saturday, allowing the whole community to join.

Step 3: Prepare and motivate the students

Work with physical education teachers to get the youth ready and motivated for the Challenge, for example, by showing them the selection of medals.

Step 4: Carry out the Challenge

Organize the challenge on the selected trail, ensuring participants are well-prepared for the event. If you'd like our animation team to attend or use our equipment—such as the caravan and arch—please contact us to discuss options.

Step 5: Hold the medal ceremony

Award medals to participants to celebrate their efforts and achievements at the end of the Challenge.

Step 6: Repeat the event



Consider holding the Fox Challenge every year or even twice a year to establish this activity in the school and encourage regular physical activity.

The Medal Ceremony

The medal ceremony is a proud moment of accomplishment for young participants. It's a chance to celebrate their efforts and reinforce their pride within the community. Let's remember that medal-giving occasions are rare in the community, emphasizing the value of this recognition.



Provided Equipment:

-  A medal for each participant
-  Marking flags and cones to secure and outline the course



Preparing for Success!

Completing only 2 km once a year will have a limited impact on health. However, as distances increase, the level of preparation and commitment from participants also rises. A person wanting to cover 8 km won't be able to simply show up and take on the challenge. They'll need to ensure good sleep in the days before, eat better, and even prepare several weeks in advance. This gradual preparation is at the heart of the project and is what gives it its true value. This preparation and long-term commitment foster real change in participants' lives.

A Project by the New Pathways Foundation

All costs related to participating in the "On the Fox Trail" project are covered by the New Pathways Foundation. For more information or to contact us, visit our website: newpathways.com.