



JOIN THE

SUPER SOLE TO SOUL CHALLENGE

MOVE AND BE MOVED!

FRIDAY, SATURDAY OR SUNDAY
FEBRUARY 9, 10, OR 11
SUPER BOWL WEEKEND 2024

HUT! HUT! HIKE! OR WALK! OR RUN! OR RIDE!

Take your soul for an awe-inspiring walk, hike, run, or ride in nature with this self- or team-directed challenge on Super Bowl Weekend.

MAKE YOUR GAME PLAN!

Challenge yourself to move and be moved — from sole to soul — by the great outdoors. Lace up your shoes, grab your water bottle, and go enjoy a park, a trail, a labyrinth, or tree-lined street!

PARTICIPATE FRIDAY, SATURDAY OR SUNDAY!

Organize your spirit-lifting challenge so you and your team can touch down on the couch with a plateful of burgers, wings, pizza, chips, and desserts before the Super Bowl kicks off!

THE WHY

This challenge, sponsored by The Compass, promotes the mental, physical, and spiritual benefits of spending time in nature and fosters greater care and concern for the health of our natural world.

THE GAME PLAN

Super Sole to Soul Challenge gameplan ideas are available on The Compass website!

You call the plays. Need quiet, soul time to yourself? Call it! Make it a solo soul challenge! Prefer a spirited experience with friends or family? Organize a team!

THE WIN

The Super Sole to Soul is a virtual challenge with no entry or donation required. Use the game plan, follow appropriate safety precautions, and the rules of parks, roads, and trails. Score by posting your challenge photos on social media using these hashtags:
#supersoletosoul
#the_compass_point
#wanderobservewonder
#thecompasschallenge
#rockthecompass



The **COMPASS**
It's Vegas, naturally!

More information at
thecompass.rocks



GAME PLAN



WHO [CAPTAIN, CELL #]



WHEN [DAY, TIME]



WHAT [WALK, HIKE, RUN, RIDE]



WHERE [START & END SITES]



CHALLENGE GOALS

ALLOW YOURSELF TIME TO WANDER, OSERVE, AND WONDER ABOUT HOW NATURE SPEAKS TO YOU.

ENJOY THE FUN AND MENTAL, PHYSICAL, AND SPIRITUAL BENEFITS OF SPENDING TIME IN NATURE SOLO OR WITH OTHERS.

CHAT OR WRITE ABOUT HOW NATURE CAN IMPROVE YOUR HEALTH AND HOW YOU CAN SUPPORT NATURE'S HEALING.



CHALLENGE EXTRAS

LOOKING FOR TRAIL OR LABYRINTH LOCATIONS? VISIT THE COMPASS WEBSITE.

TEAMS OF 4 TO FIVE MEMBERS ARE SUGGESTED. CREATE MORE TEAMS FOR MORE PEOPLE.

POST YOUR CHALLENGE PHOTOS ON SOCIAL MEDIA INCLUDING OUR #HASHTAGS.



CHOOSE A ROUTE OR PARK APPROPRIATE FOR YOUR FRIENDS AND FAMILY!



POST CHALLENGE PHOTOS WITH THESE HASHTAGS
#SUPERSOLETOSOULCHALLENGE
#THE_COMPASSPOINT
#WANDEROBSERVEWONDER



The Super Sole to Soul Challenge is a virtual event. Participants assume all risk and liability for their participation.





BEGIN YOUR EVENT WITH A HUDDLE, SHARE A SUPER SOLE TO SOUL QUOTE, SPEND SILENT BREATHING TIME, AND SHARE GAMEPLAN!

PLAY BOOK

HUDDLE

_Pass out Super Sole to Sole Card (or make your own). Read your card slowly. Allow for 10-20 seconds of team silence. Repeat two times.

_Share the game plan: the route, timeframe, timeouts, pass, timeout and goals.

KICK OFF

_Start route. Stay safe. Enjoy!

PASS

_Huddle. Call team to pass Super Sole to Soul Cards. Ask a member to read their card. Allow for silence. Resume route, and repeat Pass play two more times on route.

TIMEOUT

_Call a timeout at a park, trail marker, or peak. Bench members or invite them to wander. Ask team to silently listen to how nature speaks.

SCORE!

_Chat or journal about how nature moved team's soul.



PRINT, CUT, AND PASS OUT SUPER SOLE TO SOUL CARDS TO USE FOR INSPIRATION, CONTEMPLATION AND CONVERSATION DURING YOUR CHALLENGE!

SUPER SOLE TO SOUL CARDS



LOOK DEEP INTO NATURE AND YOU WILL UNDERSTAND EVERYTHING BETTER. - EINSTEIN

WANDER. OBSERVE. WONDER. DISCOVER AND DELIGHT IN THE WOW FACTOR OF NATURE! - THE COMPASS

MY BIKE IS MY COMPASS GUIDING ME THROUGH LIFE'S ADVENTURES. - RIDEWITHDEV



I GO TO NATURE TO BE SOOTHED AND HEALED, AND TO HAVE MY SENSES PUT IN TUNE ONCE MORE. - JOHN BURROUGHS

IF WE LEARN TO LOVE THE EARTH, WE WILL FIND LABYRINTHS, GARDENS, FOUNTAINS AND PRECIOUS JEWELS! TERESA OF AVILA

LET YOUR HEART BE YOUR COMPASS, YOUR MIND YOUR MAP, AND YOUR SOUL YOUR GUIDE AND YOU WILL NEVER GET LOST. - UMBERTO ECO



I WALK IN GRATITUDE FOR MY HEALTH, THE HEALTH OF MY COMMUNITY AND THE NATURAL WORLD. - THE COMPASS

Blank lines for writing a quote.

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SUPER SOLE TO SOUL CHALLENGE

WRITE YOUR STORY

During the challenge, I wandered ...

DURING MY CHALLENGE RUN,
I STOPPED AT A PARK JUST WANDER
AND ...



I WALKED A LABYRINTH
AND WONDERED ...



As I wandered, I observed ...

WE STOPPED AT A PARK
ON OUR RIDE
AND I OBSERVED ...



WE HIKE A TRAIL AND
I OBSERVED ROCK
FORMATIONS THAT MADE
ME WONDER ...



My observation led me to wonder about ...

I WALKED THE SURROUNDING
NEIGHBORHOODS WITH MY
DOGS AND NOTICED NATIVE
DESERT PLANTS THAT...



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The Compass nature-based sites promote the renewal of mental, physical, and spiritual energies and attentiveness to the wellbeing of the natural world. Sites feature large natural grounding stones engraved with core value words that echo what we may need to extend or receive to find hope and healing in a chaotic world.



SUPER

SOLE TO SOUL

CHALLENGE

-----SUPER SOLE TO SOUL CHALLENGE CUT OUT EVENT BIBS! ROCK THE LOGO BY PINNING IT TO YOUR SHIRT



SUPER

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CHALLENGE