



# JUNETEENTH WALK FOR WELLNESS FAQ'S



## What is a 5K walk?

A 5K is a long-distance road walk over a distance of five kilometers or 3.1 miles or approximately 10,000 steps!

## What is Juneteenth?

Juneteenth is a holiday celebrated on the 19th of June to commemorate the emancipation of enslaved people in the US. Juneteenth, also known as Freedom Day, Jubilee Day, Liberation Day, and Emancipation Day, is a holiday celebrating the emancipation of those who had been enslaved in the United States. Originating in Galveston, Texas, it is now celebrated annually on June 19 throughout the United States, with varying official recognition. It is commemorated on the anniversary date of the June 19, 1865 announcement by Union Army general Gordon Granger, proclaiming freedom from slavery in Texas, two and a half years after the Emancipation Proclamation was issued in 1862. In 2021, the United States formally recognized Juneteenth as a national holiday.

## Why walk?

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.



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## **Why The PEACES Collective?**

The PEACES Collective is a 501(c)3 non-profit organization that uses art, creativity and service to help build thriving communities. Proceeds from the Juneteenth 5K will support the PEACES Collective's Wisdom, Wellness and Wealth free online workshop series on various topics that inform and help raise the consciousness of our community.

## **Is the TPC Juneteenth 5K a race?**

While participants are encouraged to submit their start and finish times, as well as photos/video/image of their participation this is not a competition with each other, but a race to wellness for our community.

## **Will the 5K be held in one location?**

The 5K walk is virtual so you can walk anywhere you choose. We are encouraging people around the country to walk in their cities and neighborhoods. Build teams of Mother and daughter, siblings, friends, sororities and religious groups. Solo walkers/runners are welcome too. However, we encourage all walkers to keep safety and COVID-19 protocols in mind. Men and boys are encouraged to participate and support the health and well-being of the women and girls in their lives.