PRESS RELEASE

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**FOR IMMEDIATE RELEASE**

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**GirlTrek’s Launches Final 2020 Installment of Popular #BlackHistoryBootCamp, Prayer Edition Starts October 1**

*“This will steady our hearts, sharpen our minds and strengthen our bodies before one of the most important elections of our lifetimes. People of all faiths are welcome to put feet to our prayers for total health, radical justice, and unthinkable joy,” said GirlTrek cofounder, T. Morgan Dixon.*

(**Washington, D.C**. – **September 23, 2020**) GirlTrek’s final 2020 installment of the [#BlackHistoryBootcamp](https://www.blackhistorybootcamp.com/), starts Thursday, October 1st. The Prayer Edition is a 21-day street revival to cover the streets of America in prayer and to celebrate 21 spiritual warriors who inspire us to keep the faith and act right in perilous times. Biblical passages that liberate and teach love will be discussed as well.

Originally known as the PrayerTrek -- a GirlTrek community fan favorite -- the Prayer Edition of #BlackHistoryBootCamp has been expanded to 21 days from nine days to allow for an even greater discussion of radical faith, praise, worship and the spiritual warriors of today and of the past.

“Please join me and Vanessa as we spend 21 days in active spiritual warfare against everything that comes to kill, steal and destroy. Join us as we cover the streets of America in prayer. Join us as we seek the guidance of our ancestors who dared not launch any justice strategy without circling up in church basements in prayer. Join us as we show the world the evolution of Black righteousness forged through decades of terror,” said GirlTrek cofounder, T. Morgan Dixon.

The virtual walk and talks, led by cofounders Dixon and Vanessa Garrison, will be held every weekday at noon EST. While the #BlackHistoryBootCamp Prayer Edition walking challenge is free; registration is [required](https://www.blackhistorybootcamp.com/). Thousands will dial in LIVE to listen and walk in virtual solidarity. The accompanying #BlackHistoryBootCamp podcast will be available on [Apple Podcasts](https://podcasts.apple.com/us/podcast/girltreks-black-history-bootcamp/id1516334638), [Spotify](https://open.spotify.com/show/3V3oyvy07Z9Q4fdYlc8mC6), and [Buzzsprout](https://www.buzzsprout.com/1127882) platforms.

The Prayer Edition is the final installment of #BlackHistoryBootCamp in 2020. It follows the Acts of Resistance edition that celebrated powerful acts of resistance in Black culture and season one, which focused on legendary and revolutionary Black women in history like Audre Lorde, Shirley Chisholm, Georgia Gilmore and Nina Simone. The #BlackHistoryBootCamp has been GirlTrek’s most successful walking campaign to date with more than 100,000 participants.

The #BlackHistoryBootCamp podcast has exceeded half a million downloads and has been covered by [Vogue](https://www.vogue.com/article/girltrek-walk-radical-self-care-black-history), one of the [largest online media outlet in Brazil](https://www.uol.com.br/ecoa/ultimas-noticias/2020/08/07/caminhar-para-criar-uma-revolucao-e-mote-de-criadora-da-girltrek.htm) and [NPR](https://www.npr.org/2020/06/16/877100939/girltrek-uses-black-womens-history-to-encourage-walking-as-a-healing-tradition).

About GirlTrek:

With 870,000 members and counting, GirlTrek as profiled on [CNN](https://www.cnn.com/2019/05/21/health/iyw-girltrek/index.html), is the largest health movement and nonprofit for Black women and girls in the country. [GirlTrek](https://www.girltrek.org/) encourages Black women to use radical self-care and walking as the first practical step to leading healthier, more fulfilled lives. GirlTrek is on a mission to inspire one million Black women to walk in the direction of their healthiest, most fulfilled lives by the end of 2020 and it all starts with taking the pledge at GirlTrek.org.

Contact jewel bush, Chief of External Affairs at jewel@girltrek.org to help coordinate media interviews in your media market. View the 2020 GirlTrek media kit [here](https://d3n8a8pro7vhmx.cloudfront.net/themes/56b182c3ebad6493f0000001/attachments/original/1598910118/GirlTrek_2020_Media_Kit_0831.pdf?1598910118).

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