



Ministry Leadership Expedition

...Through the Wilderness

May 20-29, 2022

Greetings Ministry Leader,

Long ago John Muir exclaimed... “The mountains are calling, and I must go.” And while I wholeheartedly agree with Muir, I more deeply sense that we are all responding to the “Still Small Voice”, the heart of God calling us upward to high places. And when God calls, we must answer, for to do so is to embark on an adventure like no other! Through the mountain wilderness Moses, Elijah, and Jesus were all faced with the holiness and power of God. That is our goal and deepest desire. Pray for nothing short of this my friends and be ready for what God has in store... it’s sure to be awesome!

As a ministry leader you are invited to consider participating in the **Ministry Leadership Expedition** this spring. The following information packet contains the essential details for your participation in the Ministry Leadership Expedition. If you decide to go on the expedition please read this detailed planner, get all questions answered, and then follow the preparation timeline below.

Preparation Timeline:

- | | | |
|----------|--------|--|
| ● Step 1 | Now | Complete and submit your application ASAP... space is limited! |
| ● Step 2 | Now | Begin fitness program and acquiring gear |
| ● Step 3 | Mar 27 | Application deadline with \$200 deposit |
| ● Step 4 | Mar 29 | Video Conference Call #1 from 7-8 pm ET |
| ● Step 5 | Apr 12 | Video Conference Call #2 from 7-8 pm ET |
| ● Step 6 | Apr 26 | Video Conference Call #3 from 7-8 pm ET |
| ● Step 7 | May 1 | Final Payment \$500 |
| ● Step 7 | May 10 | Video Conference Call #4 from 7-8 pm ET |
| ● Step 6 | May 20 | Ministry Leadership Expedition Begins |

If you have any questions feel free to call, text, or email us.

Until then, follow Him... and lead on!

Marty Miller, M.S. Ed.

Blueprint for Men

Founder + President

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1 OVERVIEW

The *Ministry Leadership Expedition* is an immersive wilderness experience for ministry leaders that is designed to stretch the mind, elevate the spirit, strengthen the heart, challenge the body, and rest the soul. Participants should anticipate the physical challenges of backcountry travel with a group of up to a dozen individuals into a remote wilderness setting where ministry leadership skills will be taught, demonstrated, and applied through outdoor skills and experiences.

WHO:	Ministry Leaders
WHAT:	Ministry Leadership Expedition
WHERE:	Grand Canyon, Arizona
COST:	\$700 total (\$200 non-refundable deposit due by Mar 27. Balance due by May 1.)
PROVIDED:	Round-trip transportation from Phoenix, AZ to the Grand Canyon Front-country lodging, shared meals, specialized shared equipment Leadership training, curriculum, and backcountry guiding
BRING:	You are responsible for your own camping equipment... refer to equipment list
REGISTER:	Every participant must complete and submit the following online <ul style="list-style-type: none"> ▪ Step One - Register and pay \$200 deposit by March 27 ▪ Step Two - Complete and submit required forms ▪ Step Three – Download our group communication app
SIGN-UP:	Mar 27, 2022, deadline

2 EXPEDITION LEADERSHIP



Marty Miller, M.S. Ed

Marty is a veteran educator, outdoor professional, and a leader of men. He is the founder and president of *Blueprint for Men* that provides this experience for you as a ministry leader. Marty is gifted at discovering and sharing spiritual lessons from nature and has skills and certifications ranging from Wilderness First Responder to Leave No Trace Master Educator. Marty and his wife, Gale, are the proud parents of two adult children and four grandchildren. Life is good!



Doug Brown, Ph.D.

Over the years Doug has filled roles that range from church pastor to camp director. Currently he serves as Outdoor Leadership professor at Southern Adventist University. Doug is an outdoor expert that has skills and certifications including Leave No Trace Master Educator, Wilderness First Responder, Swift Water Rescue Technician, Single Pitch Rock Instructor, Mountaineering Skills and AIARE level II Avalanche Safety and Rescue. He and his wife Twila have two adult children. Life is good!

“Leader of the Day”

During the trek each man will have an opportunity to provide leadership for the entire group in what we call “Leader of the Day”. During your leadership day you will guide and manage the group as pertaining to safety, schedule, teaching, devotionals, etc. Oversight will be provided by the trip leaders but just enough to ensure that our objectives are met.

While on the trek we will follow the biblical pattern of the day starting at sundown so your leadership day will begin in the evening too. This will all make sense while on the trip.



3 OBJECTIVES

During the Ministry Leadership Expedition, you will...

Stretch the Mind

Using outdoor leadership methods “real world” leadership will be taught and demonstrated. And while in this spectacular wilderness setting you will learn the basics about the Grand Canyon ecology and geology that we will photograph and study.

Elevate the Spirit

As we experience the beauty of nature our hearts and thoughts are lifted heavenward. Through a careful study of the majestic canyons and the delicate flowers we will discover spiritual truths in the “Book of Nature” that will overflow into worship and praise of our Creator God.

Warm the Heart

During our week together our hearts will bond as we eat together, tent together, hike together, and worship together. We will become almost like family! These authentic relationships built on the trail and around camp with other ministry leaders will warm the heart with an unmistakable agape love.

Challenge the Body

There’s nothing like being physically exhausted after a full day of hiking on a trail or paddling on a river. You feel like you’ve reached your limit and can’t go on... totally spent. And yet, it’s at these times that you feel more alive than any day back at the office. It’s as if your body is screaming and your soul is smiling! During your time in the backcountry, you will develop skills that will allow you to traverse this rugged and hostile environment safely.

Rest the Soul

Let’s face it... you’re tired, maybe even exhausted, down to the bottom of your soul. Now, imagine a week away from your electronics and schedule in a wilderness setting... and imagine how restful that would be to your soul! To ensure that you will truly find rest for your soul you will learn skills to keep yourself safe in the rugged environment while at the same time protecting the delicate desert ecosystem through the practice of Leave No Trace backcountry skills.

Extend the Experience

The goal of the Ministry Leadership Expedition is to reboot your life and retool your ministry! But the real challenge is when you return to the valley where the pressures of life become a reality again. Transferring knowledge and skills from a wilderness setting to a church setting is not an easy task but will be a major focus of our effort. And even more importantly to experience “Soul Care” on a regular basis back home.



4 BASIC SCHEDULE (TENTATIVE)

Fri, May 20	Arrive by 2pm at Sky Harbor/Phoenix Airport, Camp Yavapines, Orientation
Sat, May 21	Worship / Orientation / Drive to North Rim
Sun, May 22	Kwagunt Hollow
Mon, May 23	Lower Jump Up Springs
Tue, May 24	Lower Jump Up Springs
Wed, May 25	Lower Jump Up Springs
Thu, May 26	Indian Hollow
Fri, May 27	Upper Escalante
Sat, May 28	North Rim / Drive to Camp Yavapines
Sun, May 29	Drive to Phoenix, Fly Home, departures no earlier than 10am

5 GEAR LIST

General Backpacking & Camping Gear

- Large backpack (60L+)
- Hydration system (bladder)
- Sleeping bag (rated to a min. of 30° F)
- Sleeping pad
- Lightweight Tarp
- Stove w/fuel
- Cook-set
- Lighter/matches
- Cooking Utensils
- 1 liter wide-mouth water bottles (2)
- Zip-lock bags for stuff
- Compass/GPS
- Water treatment (filter/steri-pen)

Clothing

- Trail boots
- Waterproof/breathable jacket and pants
- Fleece insulating layer
- Quick-dry synthetic underwear (2)
- Quick-dry synthetic T-shirt (2)
- Camp shoes
- Wool socks (2)

Personal First aid kit

- Band-Aids
- Duct tape
- Moleskin
- Ace bandage
- Athletic tape
- Scissors
- Antibiotic ointment
- Aspirin /Tylenol – for headaches
- Aleve/Ibuprofen – for swelling
- Prescriptions

Misc. Personal Items

- Sunglasses
- Sunscreen (SPF 30+)
- Lip balm
- Headlamp
- Extra batteries
- Toilet paper, trowel, sanitizer, Ziplock for trash in Ziplock bag
- Deodorant
- Pack towel for bathing
- Bible, Journal, Pen/pencil

6 LNT... LEAVE NO TRACE BACKCOUNTRY ETHICS



The Leave No Trace Seven Principles

The Leave No Trace Seven Principles are the bedrock of the Leave No Trace program. They provide guidance to enjoy our natural world in a sustainable way that avoids human-created impacts. The principles have been adapted to they can be applied in your backyard or your backcountry.

Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
 - In popular areas:
 - Concentrate use on existing trails and campsites.
 - Walk single file in the middle of the trail, even when wet or muddy.
 - Keep campsites small. Focus activity in areas where vegetation is absent.
 - In pristine areas:
 - Disperse use to prevent the creation of campsites and trails.
 - Avoid places where impacts are just beginning.

Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in cat holes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cat hole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

7 PHYSICAL PREPAREDNESS: Your Wilderness Training Begins Now!

Will I hold everyone back? What if I am the weak link in the team, and because of me, the team can't accomplish what we set out to do? Should I have signed up for this trip? These are thoughts that go through our heads as we think about what it takes to participate in something that is potentially more physically demanding than we might be used to. Yes! The Wilderness Ministry Expedition will be physically demanding; however, the course is designed for everyday people who want to challenge themselves. You will be tired and physically drained at times, but that is part of what brings us together as a team. One of the main reasons to be in your best physical condition at the time of the course, is because it is very likely that at some point of the trip, someone else will need your help. As guides we train at a level where we always have more to give. We invite you into that mentality as well.

Often participants return from a trip like this wishing they had taken the workout plan more seriously! Physical preparedness is crucial not only for your success on course, but for the success of the entire group. Your ability to mentally engage with the group is significantly affected by how physically able you are to handle the challenges you will face on course. Please take all aspects of training for your course seriously! We have compiled the following information to help you best prepare for your course. Please read through carefully and begin your physical training plan as soon as you can.

Train for your course for a minimum of two months. During your training, progressively increase your pack weight, time, distance, and elevation gain. This will ensure that you are prepared for the physical demands of your course. Do not rush to increase your training intensity as this will increase your risk of a training injury, preventing you from being ready for your course. Make sure and build a plan that changes and allows your body to rest and recover. This is actually when you become stronger. (We all need to appreciate the rest our Father has prepared for us)

Two weeks before your course you should be at peak performance. This means that you should be able to carry a 40–60-pound pack for up to 6 miles at a 2-3 mile per hour pace, day after day. The last one to two weeks before the expedition, you should be doing very mild exercise and focusing on rest. You will need to train in all 3 aspects of fitness: Cardiovascular, Strength, and Flexibility.

Cardiovascular Training

Biking, running, rowing, and swimming are good aerobic options in the early stages of training. However, as you get closer to your course, include more activities that load the spine and legs the same way that hiking will. Walking on an inclined treadmill, Walking up and down hills or stairs. Remember that we are training for endurance. You do not need to run or sprint. Just walk and try to keep your heart rate at a conversational level. Over training can be very damaging.

Strength Conditioning

Focus on building strength in areas specific to course activities: Strength in your upper back and shoulders will help you carry a heavy backpack as well as use your trekking poles effectively. (Train with

your trekking poles) calves, hips, quadriceps, hamstrings, and gluteal muscles are used when ascending and descending with a heavy pack. Your core, abdominal and lower back area are perhaps the most important of them all. Increasing your core strength will not only help your balance when your pack is on, further preventing injuries, but it will also allow you to travel longer. Working out the muscles that support the knee and ankle are also vital. Training with gym machines will help you build overall strength, but training primarily with free weights is best. Free weights require additional balance and better engage stabilizing muscles that are crucial for course activities.

Flexibility Conditioning

Be sure to include 5 -10 minutes of targeted stretching following every workout. If you have areas of concern, add emphasis on that area and make sure you have normal range of motion. This will be important as you increase the intensity of your workouts. Stretching helps keep you free from injury and helps you recover faster if you do get injured.

Additional Challenges

In addition to preparing physically for the challenges of this course, you will need to prepare mentally for the challenges that may come from being cold, wet, tired and hungry. No matter how much you prepare for your course, you will still have some days that leave you physically and mentally exhausted. Weather can vary significantly from hour to hour; rain, cold, hot, and winds are all common on desert courses and can sometimes all happen in the window of a single day. Scrapes, bruises, aches, and blisters are not uncommon when living and recreating outdoors. As you exercise to prepare for your course, take time to prepare for the mental and emotional challenges that you will likely experience while on this course. Choose the best food you can find; low in sugar, minimal to no refined flour, as much plant-based fats, carbs, and proteins. Eat at regular times and nothing after 6:00 pm. Get plenty of fresh air and sunshine and begin to prepare your mind to receive all God has for you.

8-Week Workout Plan

The following is a sample workout schedule for training that begins two months before your course start date. Be sure to adequately warm up before you work out and to stretch after your workout to prevent injuries. Wear your hiking boots for as many workouts as you can. This will help you break in your boots and get your feet used to being in a stiff hiking boot.

Before you get started write out a plan and refer to the diagrams and videos for stretches, strength, and cardio exercises, etc. Track your progress!

Week 1

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups
(Sets of 15 or so, whatever is doable) Increase as you are able or do more reps
Start Moderate with at least two rest days in the week. Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Increase each week
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Increase each week

- H.R. 105-130/min Strength Training - the muscles that support the core, back, knees and ankles
- H.R. 110-130/min 1-2 Mile Hike / 20 lbs. pack weight (Try for 1000' of elevation gain and loss)

Week 2

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups
(Sets of 15 or so, whatever is doable) Increase as you are able or do more reps

Start Moderate with at least two rest days in the week. Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Increase each week
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Increase each week
- H.R. 105-130/min Strength Training - the muscles that support the core, back, knees and ankles
- H.R. 110-130/min 1-2 Mile Hike / 25 lbs. pack weight (Try for 1000' of elevation gain and loss)

Week 3

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups
(Sets of 15 or so, whatever is doable) Increase as you are able or do more reps

Start Moderate with at least two rest days in the week. Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Increase each week
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Increase each week
- H.R. 105-130/min Strength Training - the muscles that support the core, back, knees and ankles
- H.R. 110-130/min 2-3 Mile Hike / 30 lbs. pack weight (Try for 1000' of elevation gain and loss)

Week 4

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups
(Sets of 15 or so, whatever is doable) Increase as you are able or do more reps

Start Moderate with at least two rest days in the week. Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Increase each week
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Increase each week
- H.R. 105-130/min Strength Training - the muscles that support the core, back, knees and ankles
- H.R. 110-130/min 2-3 Mile Hike / 35 lbs. pack weight (Try for 1500' of elevation gain and loss)

Week 5

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups
(Sets of 15 or so, whatever is doable) Increase as you are able or do more reps

Start Moderate with at least two rest days in the week. Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Increase each week
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Increase each week
- H.R. 105-130/min Strength Training - the muscles that support the core, back, knees and ankles
- H.R. 110-130/min 3-4 Mile Hike / 40 lbs. pack weight (Try for 1500' of elevation gain and loss)

Week 6 This will be the week to push hard

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups (3 sets of whatever is doable until you can't do anymore)

Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) push yourself, but keep the conversational heart rate!
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) “ “
- H.R. 105-130/min Strength Training - the muscles that support the core, back, knees and ankles
- H.R. 110-130/min 4-5 Mile Hike / 50 lbs. pack weight (Try for 2000' of elevation gain and loss)

Week 7 (This is a week to slow down and exercise Moderately like you did on Week 1

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups

Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Just 30 minutes
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Have a nice walk
- H.R. 105-130/min Strength Training - moderate reps
- H.R. 110-130/min 1-2 Mile Hike / 25 lbs. pack weight (Try for 1000' of elevation gain and loss)

Week 8 This is the last week before we head into the canyon. Rest and eat well!

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups

Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Just 30 minutes
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Have a nice walk
- H.R. 105-130/min Strength Training Gentle easy reps or none
- H.R. 110-130/min 1-2 Mile Hike / 20 lbs. pack weight (Try for 10

STRETCHING EXERCISES


GUIDED VIDEO

<https://youtu.be/H0p9CbqT3UA>

CHART

Stretching Exercises

by DAREBEE © darebee.com

	 shoulders	 lower back	 hamstrings	 quads	 inner thighs	 hips
1						
2						
3						
4						
5						
6						


















































BODYWEIGHT EXERCISES

GUIDED VIDEO

<https://www.youtube.com/watch?v=leGrTqW5lek>

Bodyweight Exercises































BY NEILA REY @ neilarey.com

 abs	 quads	 glutes	 triceps	 biceps	 back	 chest
 sit-ups	 lunges	 squats	 close grip push-ups	 leg curls	 pull-ups	 push-ups
 reverse crunches	 high knees	 donkey kicks	 tricep dips	 chin-ups	 elbow lifts	 plank rotations
 bicycle crunches	 turning kicks	 bridges	 tricep extensions	 doorframe rows	 superman	 chest squeezes
 flutter kicks	 climbers	 jump knee rucks	 get-ups	 body rows	 star plank	 shoulder press
 leg raises	 plank jump-ins	 fly steps	 punches	 sitting pull-ups	 alt arm/leg plank	 shoulder taps
 elbow plank	 lunges step-ups	 side leg raises	 side-to-side chops	 pseudo planche	 full arch	 clapping push-ups

CARDIO EXERCISES

1-minute cardio
30-Day Challenge @ darebee.com

Repeat the exercises for each day for 60 seconds, every day for 30 days. **Go flat out.**

1  jumping jacks	2  butt kicks	3  march twists	4  split jacks	5  seal jacks
6  high knees	7  half jacks	8  side jacks	9  T-jumps	10  toe tap hops
11  hops on the spot	12  side-to-side jumps	13  squats	14  knee strikes	15  climbers
16  skiers	17  knee-to-elbow	18  side leg raises	19  squat step-ups	20  straight leg bounds
21  squat hold punches	22  lunge twists	23  skaters	24  shoulder taps	25  lunge step-ups
26  single leg hops	27  climber taps	28  jumping lunges	29  jump squats	30  basic burpees