



# FAQs

**How many miles do I need to hike?** On Hike day, there will be three options: 14, 16 or 17 miles. Trails are subject to change and hikers will be placed in a group based on the Hike Coach's discretion.

**What is expected of me?** By committing to this program, you have pledged to raise at least \$2,500 in support of CF Foundation research and programs and participate in the 3-month training period by training both with the group and on your own.

**What are the perks of the program?** Aside from the satisfaction of knowing you are helping to move the needle forward in finding a cure for CF, there are tons of perks for Xtreme Hikers. During the summer, you will be invited to training hikes so you can get prepared for Hike day. When you arrive at the High Peaks Resort for Hike weekend, you will receive your rooming assignment. Throughout the weekend, CFF will take care of all your meals, snacks, and transportation.

**What is the itinerary of Hike weekend?** You will arrive to the High Peaks Resort on Friday late afternoon and check in. The pre-hike pasta dinner is Friday evening, where you'll hear from our Hike Coaches, receive information about the route, and pack up goodies for your Hike bag. On Saturday morning, we meet bright and early for breakfast, then everyone is transported to the trailhead. Once you cross the finish line, it's back to the hotel for a celebration and team dinner.

**What counts towards my fundraising goal?** All online donations to your personal fundraising campaign, including individual donations and sponsorships will count towards your fundraising goal.

**What do I do with checks?** All checks should be made out to the 'Cystic Fibrosis Foundation' with your name in the memo line. Send checks to: Cystic Fibrosis Foundation, 200 Gateway Park Dr, Syracuse NY 13212. The donation will appear on your Hike webpage within 10-15 business days.

**Can I host my own fundraiser?** Yes! Talk to your CFF event coordinator about your event ideas and we can help you make them happen!

**Can I fundraise with another Xtreme Hiker?** Absolutely! Hikers have had great success partnering with other participants for their events. Teams can share the fundraising and work together to meet their team total.

**What resources are available to me?** CFF staff are your go-to people for any and all questions, brainstorming, and encouragement! You will also have access to all kinds of information about cystic fibrosis and fundraising. You have the Foundation team to help you follow up with donors or to help you make sponsorship asks. Looking for something else? Just ask! We're happy to do whatever we can to help make your campaign a success!

**Can I use the CFF logo for my events?** No, the CFF logo may only be used for official CFF events hosted by the Foundation. You may use the Proud Supporter badge on your third-party fundraising events marketing materials.



**Who should I solicit for donations?** Anyone and everyone! Posting on social media is an easy way to reach out to a lot of people, but the key is to be consistent! Even friends with the best intentions get distracted, so don't be afraid to post regularly. Plus, social media can reach people that you might not think to ask. You never know who has a connection or is willing to donate. Ask friends and family to share your link and you'll expand your reach that much further! For fundraising events, talk to your local restaurants, coffee shops, gyms, or anywhere you visit regularly. The worst they can do is say no, so don't be afraid to hit the pavement and have some conversations.

**How should I solicit donations?** There are many avenues that you can explore when fundraising. The most effective is online fundraising. You'd be shocked how effective a well-executed email campaign can be. Check out our email templates on the Xtreme Hike website that the Foundation provided for you to help get you started! Add in social media, physical letters, and conversations and you will be unstoppable!

**How can I get my company involved?** There are plenty of ways to get your company involved with your campaign! Depending on your workplace, you can host Jeans for Genes days, where coworkers donate and get to wear jeans on a workday (ask us for more information) or utilize your company's matching gifts program. Any sponsorships you secure will be credited to your fundraising, and the CFF staff is happy to help with sponsor outreach. The possibilities are endless!

**Can I bring my family / kids to Hike weekend?** Yes! You will be responsible for paying for their meals and lodging. Only your lodging and meals are covered by your fundraising.

*If you don't see your question here, please don't hesitate to ask! You can reach Amy at 315-463-7965 or [aspranger@cff.org](mailto:aspranger@cff.org).*