



# FAQs

**How many miles do I need to hike?** On Hike Day, there are two options: 16 or 23 miles. All hikers must maintain a minimum of a 30 minute/mile pace.

**What is expected of me?** You are expected to do your best! By committing to this program, you have pledged to raise \$2,500 in support of CF Foundation research and programs.

**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 at DMV hotspots so you can get fit enough for Hike Day. When you arrive at the 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 Resort on Friday late afternoon and check in. You'll attend a team dinner on Friday night where you'll hear from our co-chairs, view a safety presentation, receive information about the route, and pack up goodies for your breakfast bag. On Saturday morning, we meet bright and early to bus to the trailhead. There will be full support along the trail, including mountain services, sweepers, and two aid stations stocked with food and supplies. Once you cross the finish line, there will be a celebration and team dinner waiting for you. Kick back all night but don't stay out too late because Sunday morning brings us together for an awards brunch.

**What counts towards my fundraising goal?** All online donations to your personal fundraising campaign, including 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 and 'Xtreme Hike' in the memo. Send checks to: Sarah Green, 4550 Montgomery Ave, Suite 350N, Bethesda, MD, 20814. After processing, the donation will appear on your Hike webpage.

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

**Can I work with another Xtreme Hiker?** Absolutely! Hikers have had great success partnering with other runners for their events. Not only does it allow you to share the work, but you often will get a much larger turnout for your events by incorporating different networks and communities.

**What resources are available to me?** CFF staff are your go-to people for any and all questions, brainstorming, and encouragement! Also from the Foundation, 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 make a donation and get to wear jeans on a workday (ask us for more information) or utilize your company's matching gifts program. The possibilities are endless!

**Can I bring my family / kids to Hike weekend?** Yes! You are responsible for paying for their meals and lodging. Only your lodging and meals are covered by your fundraising, unless otherwise previously discussed with CFF staff.

*If you don't see your question here, please don't hesitate to ask! You can reach Sarah at 301-657-8444, [sgreen@cff.org](mailto:sgreen@cff.org).*