

# Welcome to the Montessori School of Westminster's 2022 Hike-a-Thon!

It's time for the MSW community to get outside, have some fun in the woods, and raise some money for our fantastic school!

The MSW Hike-a-Thon inaugural trek was in 2021. Our goal was to create a virtual and safe outdoor activity that families could do together at a location and on a schedule that works for you. This year we are adding the opportunity to join organized hikes with other MSW families – it's more fun and a great way to start if you're new to hiking or the area. You can find a lot of resources, including the organized hike list and registration information online at [www.theMSW.org/hike-a-thon](http://www.theMSW.org/hike-a-thon).



Also new in 2022, we are using RunSignUp to track miles for individual students and by class – track your miles online as you go, share your progress with your donors, ... and compete against your classmates or the class down the hall! There is no cost to participate in hikes – we just ask that you share your goal with family and friends to raise money for the school.

## 1. Set your goal.

Talk to your family and figure out when you might be able to get outside for a hike. Your whole family could hike, or just you and one parent, or maybe you can hike with friends for some outside time! How many times do you think you'll be able to hike during the 3-week event? How far? Find your own hikes or join with other MSW families at organized hikes. Check out our list of trails or find others by searching online. Exploring new trails is a great Spring Break activity!

## 2. Set up your personal RunSignUp page

This is where you will be able to post your goals, update your mileage and fundraising progress, and post photos of your hikes so your supporters can see your progress. **Miles must be entered in RunSignUp for students to earn prizes.** (See instruction sheet in blue bag or download from [www.theMSW.org/Hike-a-Thon](http://www.theMSW.org/Hike-a-Thon).)



## 3. Fundraise

Ask your parents, grandparents, aunts & uncles, family friends, and neighbors to sponsor you for our school's Hike-a-Thon. Online donations can be made through your RunSignUp page, or donors can give you cash or checks. (Individuals cannot manually add offline donations, but if you submit them to the school throughout the event, the RunSignUp account administrator can upload cash/check donations so your fundraising page totals include them.)

## 4. Pack snacks and water, pick a trail, and go!

If your trail doesn't have mile markers or if you turn around partway, you or an adult can track how far you've gone using an exercise app on a phone, smart watch, or fitness tracker. New to hiking? See our tips about what to wear and pack!

## 5. Record your hike mileage.

Round your hike to the nearest half mile. (Ask your parents if you need help with the math!) Update your mileage in RunSignUp regularly so we can track the progress of your class and the whole school.

## 6. Use the trackers provided to record your progress on the go and hike your way to prizes!

There are two primary opportunities for students to earn prizes during the Hike-a-Thon: total number of miles hiked and total amount of money raised for MSW. To keep track at home, color the trackers as you complete your miles or hit a fundraising milestone.

- Mileage prizes are cumulative. For example, a student who hikes a total of 12 miles will earn a bracelet, keychain, and scoop of ice cream.
- Students will receive only the prize indicated for the fundraising level achieved. All students who raise \$50.00 or more will be entitled to receive the frisbee as well as the respective prize for the total amount they have raised. The Montessori School of Westminster reserves the right to substitute a prize with a similar product should the prize initially offered no longer be available.
- **Special prizes** will be awarded to the students who have the top mileage and the top fundraising for the school. There will be a prize for the class with the most team miles.

**FINAL MILEAGE AND ALL DONATIONS ARE DUE TO MSW NO LATER THAN TUESDAY, APRIL 26, 2022, TO BE INCLUDED FOR COMPETITIONS AND PRIZES. PRIZES WILL BE DISTRIBUTED IN MAY.**

## Need more information?

Visit our event webpage at [www.theMSW.org/hike-a-thon](http://www.theMSW.org/hike-a-thon) for a complete overview of registering on RunSignUp; additional paper forms to download; and lots of resources for getting out on the trails.

Questions? Contact Trish St. Michel, Director of Development [tstmichel@theMSW.org](mailto:tstmichel@theMSW.org)