



Hike for Hunger Virtual Challenge November 1-30, 2020

For who? For you!

Hike for Hunger is for all! If you want to have some fun while helping to put food on the table for the people in your local community, then you are in the right place. If you enjoy hitting the trails or being a cheerleader from the sideline you can get involved. From any location, at any time, with anyone you can participate in the Hike for Hunger.

How do you start?

Register at <https://www.runreg.com/hikeforhunger>. Registration is \$25 and comes with a free t-shirt. You can register as an individual or with a team.

I registered, now what?

- 1) **Set your personal Hike for Hunger Challenge goal.** Whether you hike 10 miles in the month of November or take one hike each weekend, you are helping to raise awareness and funds for our COVID-19 Hunger Response Fund. You set your goal, you set your pace.
- 2) **Set your fundraising goal** and create your fundraising page using our easy templates. Once you register for Hike for Hunger, you will automatically receive an email with a link to your personal fundraising page. Your page has already been created for you, but you are welcome to customize it however you'd like. You can add why you are taking on this challenge and raising money for the Amherst Survival Center.
- 3) **Share your fundraising page** with family, friends, and neighbors to invite them to help you reach your goal. You'll find an email ready to send, which you can personalize. You can also share it on social media.
- 4) **Hike over the month of November.** Get outside and enjoy the fall weather while it's still here. You'll find links to some local trails on our website.

- 5) **Share your adventures** We would love to see your pictures and hear about your adventures. You can tag us @AmherstSurvivalCenter and use #hike4hunger on social media.

Here are some templates to help you get started! Feel free to customize your own or use ours as a source of inspiration:

- *In my #Hike4Hunger, I will be going the distance! I'll be hiking ___ miles to raise money to make sure everyone in community has the food they need!*
- *We are in this for the long haul! I'll be taking ___ hikes (or hitting the trails on ___ days) as part of the #Hike4Hunger challenge to give hunger the boot!*
- *I've joined the #Hike4Hunger challenge and am reaching for the stars! This month, I'll be hiking ___ feet of elevation, setting my sights on a community without hunger.*

Need some more inspiration?

Commit to hiking 7 miles in recognition of the one in seven people in Western MA who will face food insecurity this year, or commit to going on 4 hikes in recognition of the one in four children in our community who don't have enough nutritious food.

For more information go to our Hike for Hunger page!

<https://amherstsurvival.org/hike-for-hunger/>