



HIKE FOR HEALING
cpp's ANNUAL HIKE-A-THON
Participant Instructions

Hike-A-Thon Participant Instructions

Welcome! We are so glad you have chosen to participate in our **Annual cpp Hike-A-Thon, Hike for Healing**. The following instructions provide a complete guide, helping to get you from today all the way through the event, and after, with success, safety and support.

Gathering Pledges

Email friends and family to let them know you are hiking to help build a primary care clinic in Cambodia. Ask neighbors and people in your community. Let people see your excitement. People love to support causes, especially when they can see how much it means to you.

For many fundraisers, it can be difficult to ask friends, family members and acquaintances for financial support. Start with those you know will be willing to support you and use this to build momentum. It's always easier to hear a "no" after you have heard "yes" a few times.

Here is a list of common members of our community to consider asking. Keep in mind that many companies offer matching programs, which could double your donations!

- Mom and/or Dad
- Grandparents
- Adult sisters and brothers
- Aunts and uncles
- Adult cousins
- Neighbors
- Family friends
- Close friends of your extended family (i.e. Grandma's best friend)
- Coaches and extracurricular activity leaders
- Bosses and co-workers
- Families you work for (i.e. babysitting or lawn mowing)
- Businesses with whom you do frequent business
- Hair stylist
- Tutors
- Babysitters

CPP accepts credit card donations on our website. Please let your donors know that they may donate on your behalf at www.creatingpartnerships.org. Please ensure they add your name while making the donation so that you are appropriately credited with the donation.

Event Day

Event day registration opens at 8:30 a.m. at the South Entrance to Peters Canyon Regional Park. Parking for participants is available at Peters Canyon Elementary School, 26900 Peters Canyon Road, Tustin, CA 92782. A parking permit will be sent to you prior to the event. Please arrive early to ensure sufficient time to check in.

Remember to submit your cash or check pledges at registration. Additionally, don't forget your Waiver.

Schedule

Registration/Check-In	08:30 am
Hike Begins	09:00 am
Hike Ends	11:00 am

Tips for making your hike a success

You've worked hard to gather your pledges! Now, honor all that have supported you by having the best hike possible. The following will help boost your energy, and keep unwanted accidents from happening.

- Eat a good breakfast – You'll need fuel to keep your energy going
- Wear comfortable and supportive shoes – Don't wait until event day to break in a new pair of boots. Make sure your shoes will not cause blisters, or cause pain post event.
- Protect yourself from the sun – please wear and bring sunscreen. We also recommend wearing a hat, or visor, and using sunglasses to protect your eyes.
- Stay hydrated – Make sure to drink plenty of water, or alternative sports drinks, to avoid dehydration and headaches.
- Bring your smile – We want you to have fun, and look good on camera! We'll be taking lots of pictures, so be ready to show us your pearly whites. While you are at it, remember your camera for those memorable moments you wish to capture for yourself.

After the Event

Congratulations! You have successfully completed the Hike for Healing Hike-A-Thon, and you have raised a lot of money for Creating Partnerships for Progress. Send one last email to all your supporters to thank them for their support. Take a moment to feel proud! Your efforts made a difference. Thank you for all your hard work!