

Walk/Run 30 miles in 30 days

# March with PATHWAYS

Join Pathways' First  
30 miles in 30 days  
Walk/Run Challenge  
March 2025



## About the Challenge

March with Pathways is an exciting virtual 30 miles in 30 days Walk & Run Challenge happening in March 2025! Our goal for this challenge is to promote healthy habits and raise funds for quality home health, hospice, and bereavement services across the Bay Area.

Whether you're a longtime supporter or new member of the Pathways' community, walk with a purpose by integrating fitness, philanthropy, and fun into your daily routine!

## How does this challenge work?

This challenge will be completely virtual using the fundraising platform Charity Footprints. Participation is free and open to people of all ages\*, and we encourage those participating to register on the Charity Footprints page to track their fundraising online.

\*If you are under 18, please have approval from a parent or guardian to participate.

## How do I track my progress?

You can easily link Charity Footprints with your favorite tracker (Apple Health, FitBit, Garmin, Google Health, Strava) to track your progress, or simply use a pen and paper! You can also keep a digital diary by posting updates to your followers on your personal fundraising page or social media (don't forget to tag Pathways Home Health and Hospice). If you can achieve more than 30 miles in 30 days, we encourage you to go for it!



## How do I fundraise?

We want to empower you to think creatively and use an approach that's meaningful to you. For some, it may be a pledge-per-mile from friends and family. For others, it could be a personal donation with a corporate matching donation from their employer. You can even utilize digital platforms like Facebook and Instagram to help leverage your campaign. Special opportunities like bake sales, fitness fundraisers, and restaurant give-backs are also highly encouraged!

Every dollar counts - there is no donation too small to make a difference! Stay engaged online to recruit a strong team of supporters and keep your network updated!

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## What happens after I finish?

After the 30 challenge days are over, we will invite all registered participants to attend our After Party on National Walking Day (April 2, 2025).

Some participants may exceed 30 miles, whereas walking and running 30 miles in 30 days may not be possible for everyone. However, all those who register online will receive a special invitation to join the After Party!

At the After Party, awards will be presented to:

- Top 3 Fundraisers
- Biggest Team of Supporters
- Most Active Online
- Furthest Distance Traveled

## About Pathways

Founded in 1977 by a group of Stanford physicians and community members, Pathways is a Bay Area pioneer, leader and innovator in Home Health and Hospice. We can provide care at home or in settings such as assisted living, a nursing home, or the hospital.

Pathways is committed to providing comprehensive home health and hospice services to patients and their families in the comfort of their own homes. Our services include Home Health, Hospice, Bereavement, Volunteering and Veterans Services, and we are dedicated to providing the highest quality care possible.

We have offices in Sunnyvale, South San Francisco, and Oakland; serving Alameda, Western Contra Costa, San Francisco, San Mateo, and Santa Clara counties.