



# Mini Monarch Ultra Run/Walk Program Manual



# Mini Monarch Ultra Run/Walk - Planning Your Event



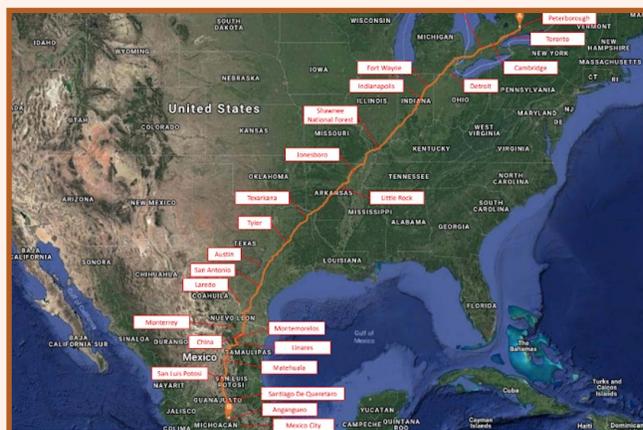
**What:**

# Mini Monarch Ultra Run/Walk (MMURW): Run with the Ultra Runners!



## About the Mini Monarch Ultra Run/Walk

Environmental Concern has been working with the “Monarch Ultra Run” team founders and other Global Partners to raise human awareness and interest in the monarch butterfly and habitat conservation. The Monarch Ultra Run is the first attempt by approximately 70 ultra runners to follow the 4,300 km (2,760 miles) migratory path of the monarch butterfly. The relay starts on September 19 in Peterborough, Ontario, and will continue for 47 days through the United States to the Sierra Madre Mountains in Mexico.



EC is also coordinating the Mini Monarch Ultra Run/Walk (MMURW) Program for local school-age children that will coincide with the Monarch Ultra Run. Students will participate in their own MMURW while following the progress of the ultra runners.

- \* Students will learn about the monarch migration, connect with other schools and students throughout North America, and will receive milkweed seeds to start their very own pollinator habitats.
- \* This is a unique opportunity to expand the students’ connection with nature and the monarch butterfly’s challenging journey.
- \* The program also provides a process for students to communicate with other schools across North America who are participating in the MMURWs.



**Why:**

# Raise Awareness of the Importance of Monarch Habitat



## The Monarch Butterfly Population is Declining!

In 2004, 550 million Monarchs completed their winter migration. In 2013, only 33 million arrived at their overwintering grounds in Mexico, a 94% decrease over 9 years.

Habitat loss is one of the major reasons for the decline.

Environmental Concern responded to the decline of the population by developing outreach programs to educate the east coast and regional community about the need to increase milkweed habitat to increase the survival rate of the monarch butterfly.



## Raising Awareness in Schools:

- Utilize the schoolyard habitats as an outdoor learning area - is there milkweed growing in your school's habitat or pollinator garden? Refer to QAC *Environmental Literacy Matrix*
- Use map of the east coast monarch migration to show students when the monarchs are migrating in this region.
- Discuss the Monarch Life Cycle and the importance of milkweed plants to the survival of the monarch butterfly.
- Run/Walk for the monarch butterflies to raise awareness about the decline of the "near threatened" species.

### Life cycle



Who:

# Students and the Community



- Students will plan and participate in the event (run, walk, ride), mimicking the Monarch Ultra Run that is going on at the same time as the MMURW.
- Students will share their knowledge about the “Near Threatened” Monarch butterfly (*Danaus plexippus*) with their parents, neighbors and the community, and talk about how they can help increase monarch and pollinator habitat.
- Students will receive a packet of common milkweed seeds (*Asclepias syriaca*) that they can sprinkle around a meadow or roadside or large open area before winter.



## Where & When:

# Choose a Location and Date



### Where:

The MMURW event may be held during school hours or on a weekend.

- School grounds are the most convenient and familiar location for students.
- Nearby parks or accessible trails are also an option if you ask for permission in advance.
- Plan the event during an after school meeting (4-H club, Girl Scout or Boy Scout meeting, etc.).

### When:

The event should take place when the last generation of monarch butterflies in this region are migrating to Mexico.

The 4th generation of the monarch butterfly travels many miles to the Sierra Madre mountains in Mexico where they overwinter until early spring. It is important to time the event to coincide with the monarch migration.

**Plan the event during the months of September through November in Queen Anne's County.**





**How:**

# Organize Your MMURW

## Map the Route

Consider having two or three different routes/distances so that participants of all ages can enjoy the event.

Recommendation: A 100-yard run/walk will be fun for younger runners. You can also use your school's track for a longer run for older students or adults.

## Obtain Permits

If your location is planned off of school grounds, check with your city municipality to see if a “parade route” permit is required. Contact your local police department to see if extra police presence will be necessary.

Recommendation: holding a run on school grounds will usually alleviate some of these requirements.

## Safety

- Walk the area before the run/walk.
- Look for any obstructions or items that may be a hazard during the run.
- Print permission form for parents to sign prior to event.
- Assign volunteers along the run/walk course.
- Adults should run/walk with the younger children.

## Promote the Event

Spread the word with flyers, emails, social media, posters, banners, and more!



## What Now:

# Mini Monarch Ultra Run/Walk was a success - What Now!



- Fill out the MMURW Information Page (see appendix) for your use.
- Send copy of MMURW Information Page by mail or email to Environmental Concern  
Mail: Environmental Concern  
Attn: Deaven Maull  
P.O Box P  
St. Michaels, MD 21663  
Email: monarchs@wetland.org
- Send photos to monarchs@wetland.org
- Prepare for spring milkweed planting and clean-up in your schoolyard habitats.
- Keep a log of the event to use for your Maryland Green School Application (or recertification Application)



**Environmental Concern's  
Mini Monarch Ultra  
Run/Walk Event**



# Mini Monarch Ultra Run/Walk Information Sheet

Enter general event details on the left. Add additional information on the right.

EVENT		Detailed Information			
Mini Monarch Ultra Run	General Observations During Event	Native Plants Identified	Wildlife Identified (Butterflies?)	Number of Participants	
DATE					
TEACHER/GRADE					
SCHOOL					
LOCATION					