

HOW FAR WILL YOU GO?

Run India

World Vision

RUN FOR CHANGE.
RUN FOR EDUCATION.

RUN INDIA FAQ

ABOUT RUN INDIA

What is Run India?

On 22 August Samantha Gash will begin a 3800km run across India. Samantha has partnered with World Vision to visit the communities they work with across India along the way. She will learn first-hand about the challenges they face, as well as sharing the stories of success that are providing hope for their future. Run India is a live 12 week challenge that provides the motivation to complete an endurance feat that raises funds, awareness and achieves social change for children in India.

You have the opportunity to virtually join Sam on her run, by signing up to the Run India challenge and running, walking or even shuffling at home. Every kilometer you move will contribute to the overall team goal as we all work towards something bigger than ourselves to create social change.

Who is Sam Gash?

It was during a 222km nonstop run in the Himalayas in 2011, that Samantha Gash - a former lawyer turned endurance athlete - decided she would commit her life to running for change. Five years later, she's heading back to India and inviting you to join her as she embarks on her greatest challenge yet.

Having ran through some of the most extreme and inhospitable locations on the planet, from the deserts in Chile, China, Egypt and Antarctica, to the mountains of Nepal, New Zealand, India and South Africa, her achievements and experiences have been extraordinary.

Samantha continues to share her story of transformation with audiences around the globe, inspiring people with a simple message - use what you're good at, to impact what you are passionate about.

When does the run officially start and finish?

STARTS: Monday 22 August
FINISHES: Sunday 13 November

This is a 12-week endurance challenge. You can sign up anytime from now, and even start once Sam has started her run. Every kilometer counts and every dollar will go towards the overall total. You can set your distance and start running, walking and shuffling anytime from the official run start date.

How can I participate?

There are a number of ways you can actively take part in the Run India challenge and feel part of this incredible journey.

Sign up

You can create a team, join an existing team or join Sam's team and run for change. You choose the distance you want to run over the 12 week challenge, run or walk as every km counts, and track your distance on your everyday hero profile. You also have the opportunity to raise funds to support six World Vision communities; improving access to quality education for children in India.

Visit challenge.runindia.org.au to follow the steps.



Donate

If you're not such a keen runner or walker, you can still be a part of Run India by **donating to Sam and other participants**. The funds raised will support six World Vision projects across India, tackling issues such as malnutrition, access to clean water and sanitation, early marriage and gender issues.

Donate at the www.runindia.org.au website. You can donate to a friend and their team via their everyday hero page, search the teams at challenge.runindia.org.au

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Follow the journey

Follow the journey via the social media channels, **Facebook**, **Twitter** and **Instagram**. You can join the conversation using #RunIndia and #Howfarwillyougo. There will be regular updates on our website and blog from Sam as she's running through India, delving deeper into the challenges facing Indian communities today – and witness incredible stories of change.

Do I need to go to India to take part in Run India?

No!

You can run anywhere, anytime, with anyone. As long as you are moving and tracking your kilometres, you are part of the challenge. You can run at home, in the gym, with a team or even on holidays. See our “track your distance” FAQ's for more information on how to keep a record of the kilometres you do and add them to your fundraising page.

How far do I have to run?

You don't have to run or walk any set distance. It's up to you to decide #howfaryouwillgo? What's a challenge to you? This is your chance to push and challenge for something bigger than yourself. There are a number of ways to work out your distance goal:

Daily goal

You could set a daily goal that will keep you focused each day for the 12 week challenge. You may want to stick to week days so you can exercise with colleagues or friends. For example: You could set a goal of 5km each working day. That comes to 25km per week. Over 12 weeks, that is 300km.

Weekly goal

You can either decide how far you want to go each week and then x12 to work out your total distance. So you may set a goal of running or walking 50km per week. That could be a short run one day, a long trek another, and another few short walks. Every km counts so make sure you're tracking them throughout the week. This would then be x12 and come to 600km as the total goal.

Overall goal

You can choose one of the eight distance goals of the places that Sam will run to during her Run India challenge. For example, you may choose to virtually run to Delhi with Sam. This means you will run the equivalent distance she will run which is 1068km. You could run this distance as your own personal goal which would be 89km per week. Or you could set this as the goal for your team. In a team of 4, that would mean 22.25km per week for each person, and a total of 267 per person as their overall personal goal.



Whatever the distance you decide, every km counts towards the overall goal as we are part of a much bigger movement for social change. Remember to track your distance using either Strava, MapMyRun or adding your km in to your profile page manually.

How can I follow the journey and keep up with Sam?

There are a number of ways you can feel a part of the journey and follow along with Sam who will be running in India. The best place to follow along is the www.challenge.runindia.org.au website. We will have a map there that you can view at any time and track where Sam is up to and compare it to where you are on your virtual run with her.

You can join us on social media at Facebook, Twitter and Instagram. We'll be posting regular updates from Sam's journey in India, the peoples she meets and the stories of change she encounters.

You can join the conversation using the #tags #runindia and #howfarwillyougo. Make sure to tag your own posts as well with these #tags so we can follow your journey too.

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RAISING MONEY

I want to do the challenge - When can I start fundraising?

You can start fundraising now. You then have all the way up until 13 November to reach your target. There are lots of great resources to help you in the “resources” section on the challenge.runindia.org.au website.

How do I collect donations?

Ask your family, friends and people you know well to donate to you for Run India. Check out “resources” on the website for helpful hints and tips. Get creative with how you ask for donations and have fun with it.

What are the different ways people can donate to me?

The easiest way to accept donations is through your Run India profile page. Send your donors a link to your page and they can take it from there. It's quick and easy for your donors and they'll receive a tax-deductible receipt via email (for donations \$2 and over). Payment methods: The payment methods accepted include PayPal, Visa, MasterCard, AmEx, cash, cheque and BPAY.

INFORMATION FOR DONORS

Can I donate to a participant by cash, cheque or BPAY?

Yes. Simply click “Give Now” on the participant's Run India profile page and enter your details, select

“Cash, Cheque or BPAY” as the payment method then click “Confirm and Pay”.

A pledge form will be emailed to you, and you can also download one on the spot. It has all the details you need to complete your donation.

When your donation has been processed, a receipt will automatically be sent to your email address.

If you require another copy of your receipt, please contact everydayhero so they can send you another one!

Where is the money going?

Funds raised by Run India will support six World Vision projects across India. These projects demonstrate World Vision's holistic approach to community development, which tackle issues such as malnutrition, access to appropriate water and sanitation, underage marriage, gender bias and many more challenges facing communities - all of which present major obstacles to quality education for young women and men in India.

The money raised can help in a number of ways. We have a few different donation amounts to show the impact of your fundraising:

\$10 could help one child improve their education standards in communities across India for one year.

\$25 could help two children in India grow up healthy and educated in readiness for school, for one year.

\$50 could help better equip teachers and parents to provide four children with access to quality education in India for one year.

\$100 could help distribute learning materials so nine children have good/strong resources from which to learn in India for one year.

\$150 could help improve the financial resilience and capability of parents and carers to enable 14 children to receive continual education in India for one year.

\$200 could help improve essential infrastructure in schools and communities like the provision of hand washing facilities and disabled access for 19 children in India for one year.

\$400 could help distribute learning materials so 38 children have good/strong resources from which to learn in India for one year.

\$600 could help better equip teachers and parents to provide 57 children with access to quality education in India for one year.

\$800 could help improve essential infrastructure in schools and communities like the provision of hand washing facilities and disabled access for 76 children in India for one year.

\$1000 could help 95 children improve their education standards in communities across India for one year.