

HAGAR

The whole journey



RUN FOR FREEDOM

2019 PARTICIPANT INFORMATION PACK

WELCOME

Do something extraordinary in 2019!

Imagine running around one of the world's most famous and picturesque landmarks to help transform the lives of women and children who have been trafficked, enslaved or abused.

By inspiring your family and friends to follow your journey and sponsor you, you will help raise funds and awareness to support Hagar's life-transforming work.

Also, while in Siem Reap, you'll get a glimpse into the world of Hagar! You will have the opportunity to learn more about our work, meet our frontline staff, and run alongside survivors who are being supported by Hagar to rebuild their lives. It will be an incredible and rewarding way to explore the city, understand its people and stay active!



HELP REBUILD LIVES

ABOUT THE RUN

The run will take place on Sunday, 8 December 2019 in Siem Reap, Cambodia.

You will join survivors, staff and supporters from around the world, as together we participate in the Angkor Wat International Half Marathon with about 10,000 other participants from around the world. The choice is yours: you can run or walk 3km, 10km or the half marathon, which is 21km.

Never run before? Perfect! Of course, you can opt to walk any of the course, but we've also had some inspiring past participants who had never run before in their lives and took on the half marathon. In fact, we've found that those who have never run before are often the best fundraisers because their family and friends are eager to support them as they get out of their comfort zone, try something new and set themselves a personal challenge. Start training now and this could be the best thing you do in 2019.

ANGKOR WAT HALF MARATHON

The Angkor Wat International Half Marathon was started in 1996 as an appeal to the world to support the ban on use of antipersonnel mines. Runners from all over the world participate in this event and entry fees continue to support those who have been injured by landmines.

The marathon offers the chance to run on an incredibly unique course in a UNESCO world heritage listed area with ancient temples and trees. It is definitely an opportunity to take capture some spectacular photos along the way!

There are three distances: 3km family run/ walk; 10km road race; or 21km half marathon. Each category starts and finishes at the iconic Angkor Wat temple in Siem Reap and follows a flat course – so there are no killer hills!

MOTIVATION

HOW THE MONEY YOU RAISE WILL HELP

Run for Freedom is not only an opportunity to challenge yourself physically, explore a fascinating part of the world, meet some inspirational people and learn more about Hagar's work. Yes, it is all of those things, but it is also much more.

At its heart, Run for Freedom gives you the opportunity to help transform the lives of women and children who are recovering from the trauma of trafficking, slavery and abuse. By asking your family and friends to sponsor you, you will be raising vital funds that will enable Hagar to reach more women and children who need help to rebuild their lives.

So regardless where you finish in the run, you'll be a champion to us. We know that the idea of fundraising can be daunting. However, rest assured that our staff are here to help you every step of the way!

Once you have officially signed-up as a participant, the team at Hagar will send out some handy fundraising tips and ideas and you can follow us on social media in the lead up to the Run.

SUPPORT TEAM

HELPING YOU TO MAKE THIS YOUR BEST JOURNEY

Our team will keep you updated with the details you need to plan your itinerary, prepare for the run and smash your fundraising goals!

YOUR ITINERARY

SATURDAY, 7 DECEMBER 2019

Join the Hagar team for an afternoon of learning about our work. Hear from an inspirational survivor about their journey of healing after unimaginable trauma, then join fellow participants, together with Hagar's staff and clients for a welcome dinner.

SUNDAY, 8 DECEMBER 2019

It's an early rise and the day has arrived... run time! After the elation of completing your run and being part of something amazing, we recommend a relaxing afternoon by the pool!

After race day, you are free to travel home or perhaps stay and explore more of Siem Reap for a few days.



YOUR COMMITMENTS

By participating in Run for Freedom, you'll be making a commitment to fundraise to support Hagar's life transforming work in Cambodia.

On a practical level, you will be responsible for organising your own:

- flights
- accommodation
- airport transfers
- visa
- travel insurance

We want you to have a fantastic experience and will proactively equip you with all the information you need to organise these things, including accommodation recommendations, information about travel in Cambodia, including information about visas and safety.

JOIN US

We would love to have you as part of the team for Run for Freedom in 2019!

Here's how you register to participate:

STEP 1

Sign-up for the run and select your distance on the official event website: www.worldsmarathons.com/marathon/angkor-wat-international-half-marathon

STEP 2

Let the team at Hagar know you have registered so we can add you to our team and send you through all the information you'll need. Please email hongkong@hagarinternational.org.

STEP 3

Set up your personal fundraising page online. Details will be provided.

Set yourself an ambitious fundraising goal, then start asking your family and friends to sponsor you! In our experience, you'll probably be utterly inspired by their generosity and willingness to support your journey. This helps provide great motivation for all that training in the lead up to the event!

STEP 4

Book your travel, accommodation and organise your visa.

Then, we'll look forward to welcoming you to Siem Reap in December!

RUN FOR FREEDOM 2019

QUESTIONS?

Contact Us: hongkong@hagarinternational.org

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