

https://constantin2810.github.io/Milestone-Project/

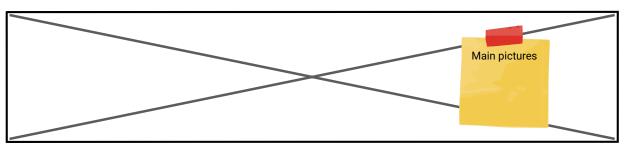


## Running for a cause

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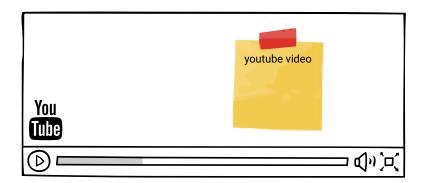
## Charity running

"Charity running is a major economic force," said USATF CEO Craig Masback, announcing the new awards at the Boston Marathon in April. "In it Americans promote fitness as well as charitable giving. It transforms a sport that is individual in nature into a phenomenon with a wide-reaching, positive effect on society."



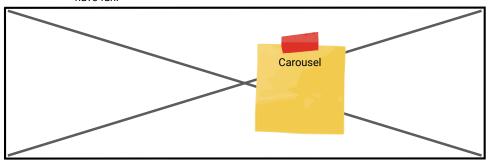
Running From the Heart

"This fell in our lap," says Sue Shay of Fred's Team, which raises funds for the Memorial Sloan-Kettering Cancer Center, referring to the individuals who began in the early 1990s to dedicate their runs and raise funds for cancer research in honor of New York City Marathon founder Fred Lebow.



8 Tips for Running a Race for a Charity

- 1. Pick a charity you can really get behind.
- 2. Find out ways to contribute.
- 3. Recruit a buddy.
- 4. Set small, achievable milestones.
- 5. Get the word out.
- 6. Throw a party.
- 7. Don't forget about your employer.
- 8. It's all about community and remembering to













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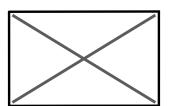




Join us and reserve places in top sporting events all over the world and raise money for great causes that you, personally, choose to raise money for.





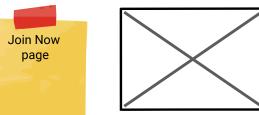


Sport for charity

Running for charity is a great way to be part of something truly worthwhile. Take on a fun run, 5K, 10K or even a marathon - it gives you focus, inspiration and motivation to get over the finish line as well as the chance to raise funds for your chosen charity. Find an event, join the team and become a charity runner today!

Go to YouTube

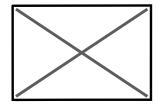




The Running Charity Harnessing the benefits of running & fitness, we help to transform the lives of young people experiencing homelessness.

Go to twitter





Run for Charity We're on a mission to get as many people active as possible while raising vital funds for charity.

Go to Instagram











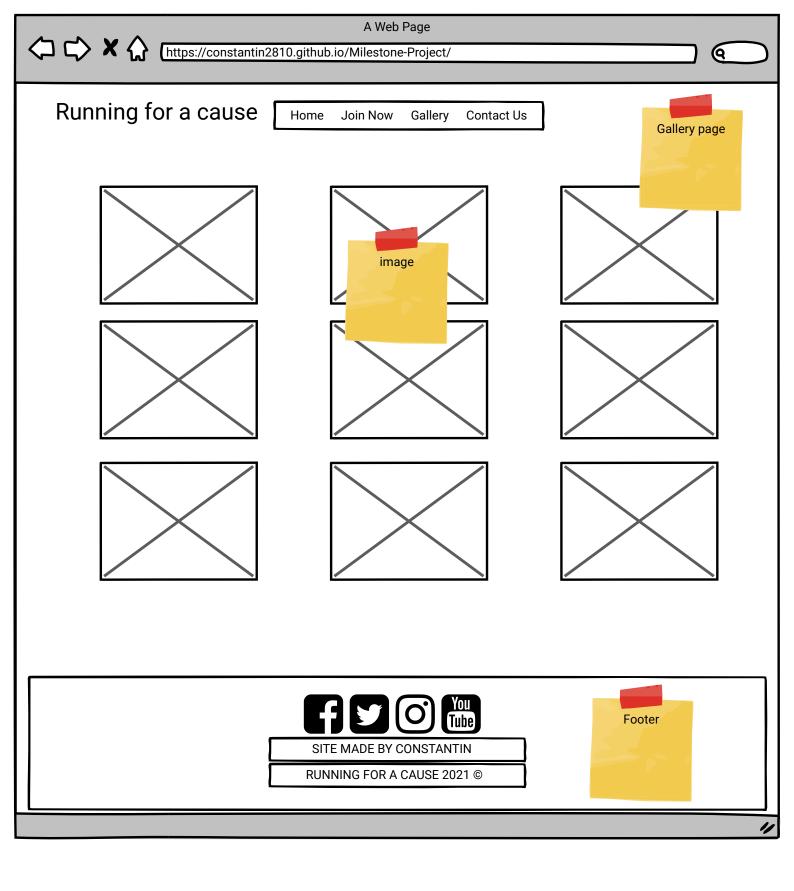


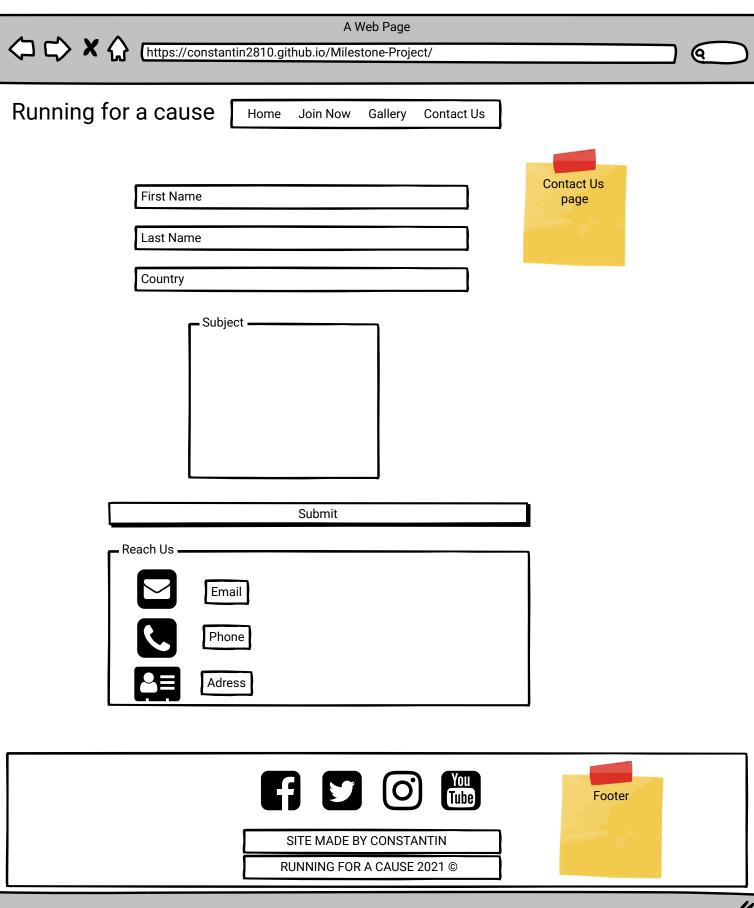


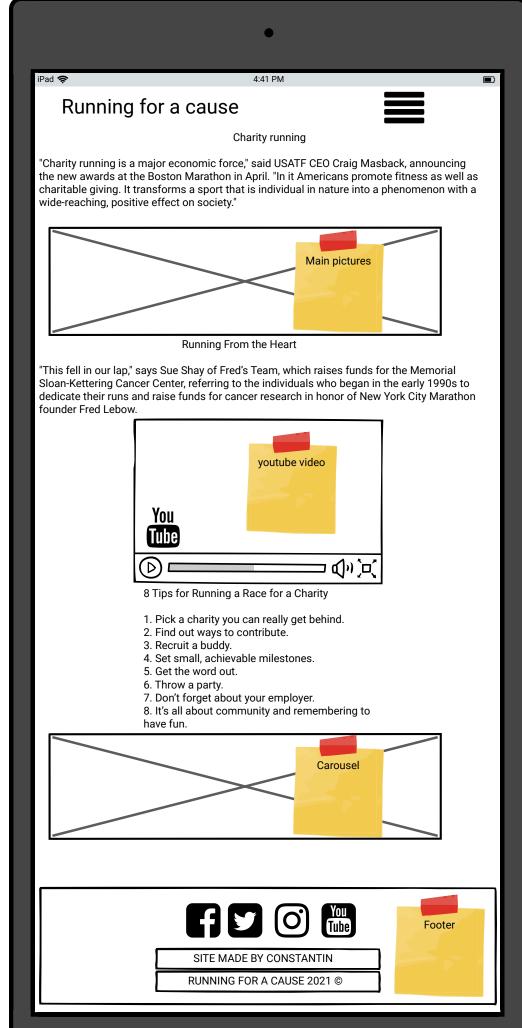
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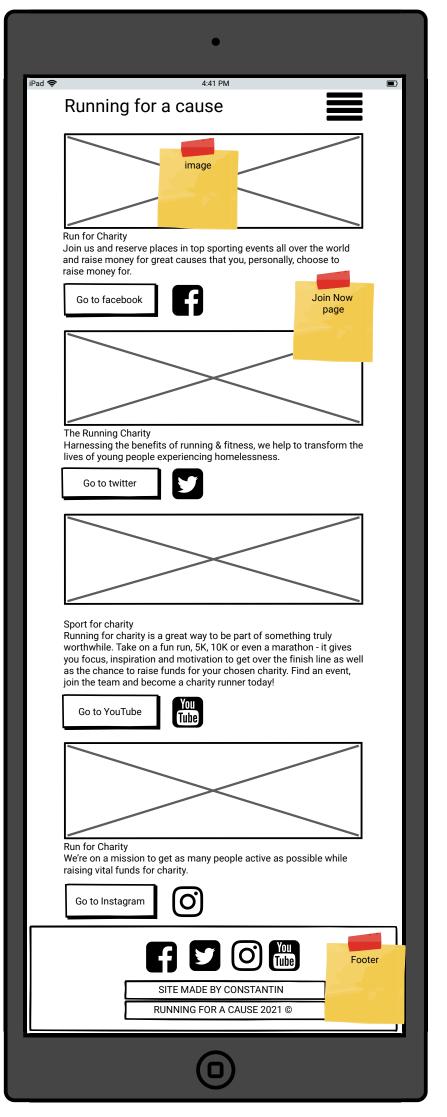


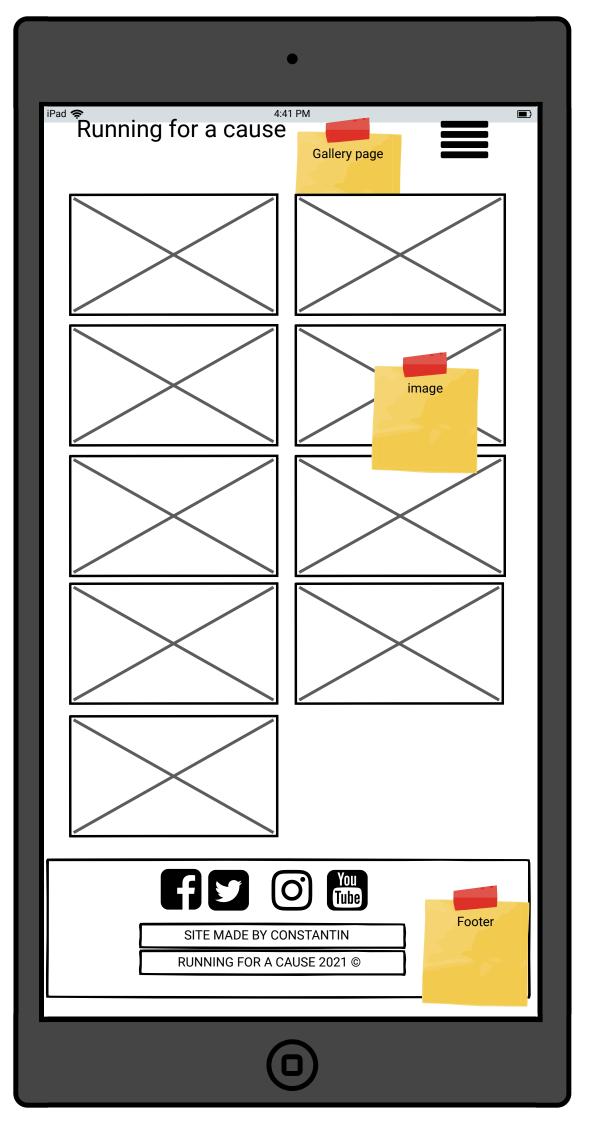


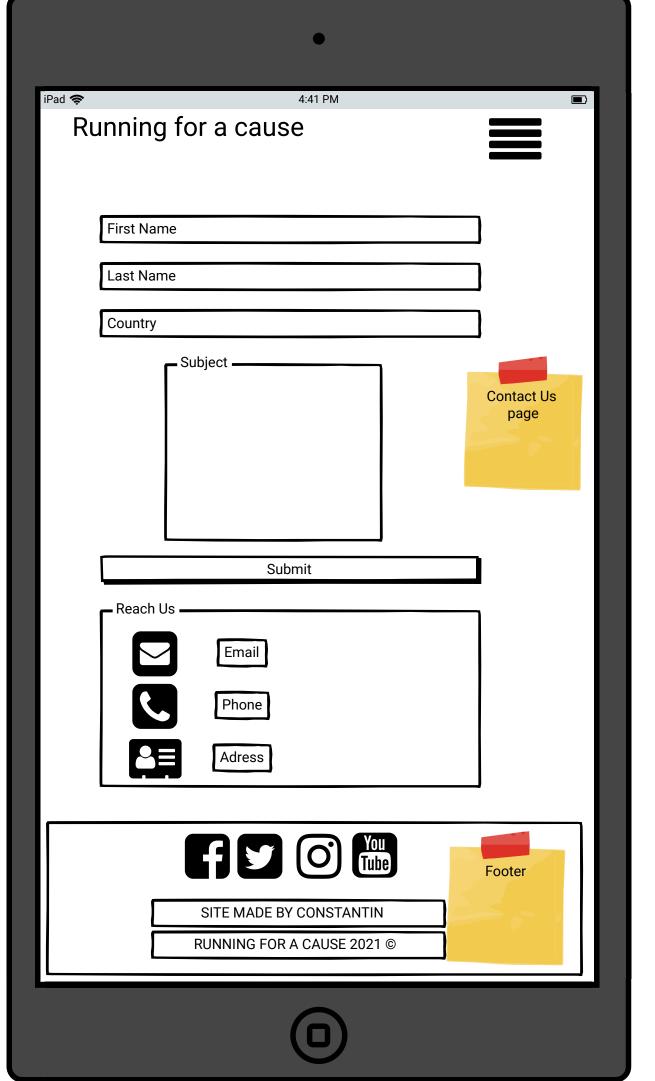










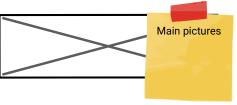


## Running for a cause



Charity running

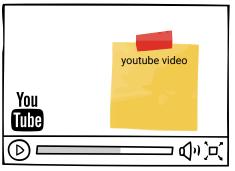
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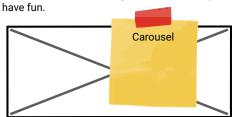
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