

#RACEAGAINST
HUNGER



RUN YOUR

DISTANCE ANYWHERE

BEAT HUNGER EVERYWHERE

Your Race Against Hunger

fundraising guide





READY, STEADY, RACE AGAINST HUNGER!

Thank you for signing up to the Trussell Trust's nationwide Race Against Hunger. We're so glad you're taking part and can't wait for race day!

The Race Against Hunger 5k is back on 1 April 2023! If 5k is too far or not far enough, you can choose a distance that's right for you. Whether you're an experienced runner or a novice, it doesn't matter. Run, jog, walk, start at dawn, start at dusk. Take on the challenge alone or with friends, family or workmates.

Together, we can end the need for food banks in the UK. Together, we can create a more just society. Together, we can make change.

It's more than just a run.

IT'S A MOVEMENT FOR CHANGE



GET OUT WHEN YOU CAN, GET ON SOCIAL



It's time to tell friends, family, and colleagues about your fundraising efforts for Race Against Hunger. Invite them to sponsor you, persuade them to join you. It's a 'virtual' event, so wherever you are, wherever they are, you'll all be doing it together. Share on Instagram, Facebook, SnapChat, Tik Tok, WhatsApp, email – wherever you like - to tell your friends and followers you've signed up, and to connect with other supporters. And remember to use the #RaceAgainstHunger hashtag!

You can even set up a team with family, friends, or colleagues, and aim for a collective fundraising target!

And don't forget to join our friendly Race Against Hunger Facebook group and be part of a supportive community. You can even vote via the group for your favourite songs to be added to the Race Against Hunger playlist and share those selfies on the day for a chance to win some great prizes.

Next head to your fundraising page to set your fundraising target, personalise the page as you wish, and share your page link with family and friends to keep them updated on your training and ask for those all-important sponsorships.

I'm a nurse and working through this pandemic has been nothing like I've ever seen in my career of over 30 years. Watching so many people struggle, families not being able to afford to eat inspired me to do something, give something back and move my mind away from the stress of my day job.

It shouldn't have to be this way and I hope that someday we won't have to fundraise for a basic human right.

Caroline

WHERE WILL YOUR RACE TAKE YOU ON 1 APRIL?



Follow our #RaceAgainstHunger event checklist to be ready to hit the ground running...

BEFORE THE EVENT

- Plan your route –there are prizes for the most unique routes!
- Set up a fitness tracker, such as Strava, to track your distance on the day.
- Join the Facebook group.
- Personalise your fundraising page and share the link with family, friends, and colleagues to sponsor you!
- Wear your ribbon and back sign with pride
- Plan your finish line – how about a ribbon across your front gate?
- Tell your neighbours so they can come out and cheer you on (you never know, you might get extra donations at the end too!).
- Join us on race day for our virtual warm up. Look out for login details via the Facebook group and remember, it's your race, your way. Start at dawn, start at dusk, start anywhere in between!



AFTER THE EVENT

Upload your favourite photos to the Race Against Hunger Facebook group, enter into as many categories as you like. The categories are:

- Most creative route map on Strava (keep it clean!)
- Best race selfie
- Best finishing line selfie
- Most scenic surroundings selfie
- Post your tracked run on the Facebook group to share with the #RaceAgainstHunger community
- Continue to share with family, friends, and colleagues – you did a great thing and it's not too late to ask for sponsorship
- Keep an eye out – Race Against Hunger will be back again!



OUR RUNNING GUIDES HAVE SOME EXTRA TIPS



Whether you're a long distance whizz or completely new to running, we're here to support you - after all, you're supporting us. Together, we will Race Against Hunger.

Remember, it's not a race unless you want it to be. For once, it really is the taking part that counts. Whatever your fitness level, whatever your age, wherever your location, we're all racing, jogging, or walking towards one goal – to end the need for food banks and create real movement for change.

NEIL

Our staff have voted for the Trussell Trust as our charity of choice two years in a row. We've been doing a variety of challenges over the last few years to raise funds. We've also collected food and other items, delivered to food banks and volunteered our time.

We realised that the Race Against Hunger was a great idea to raise more awareness of the increase in food bank use before and after Covid broke out and the need to do more.

Well done to our team, the hundreds of runners and volunteers across the country for all your tremendous efforts. We shouldn't stop until hunger is eradicated from Scotland, the UK if not the world. Keep going everyone!



PATRICIA

I now work very closely with our local food bank as a referrer and they have been my chosen charity for a number of years. We all long for the day when food banks are not needed but in the meantime we really need to get behind the Trussell Trust and support them.

JAMES

I wanted to help, and do something for others. I often help my mum when she sets up food bank collection points, especially through lockdown.

I wanted to do something for others, with the added bonus of getting me fit.

WHY YOUR SUPPORT IS SO IMPORTANT

NO ONE SHOULD BE FACED WITH THE INDIGNITY OF NEEDING EMERGENCY FOOD.

Between 1 April 2021 and 31 March 2022, food banks in the Trussell Trust's UK wide network distributed over 2.1 million emergency food parcels to people in crisis.

This is an increase of 14% compared to the same period in 2019/20. 832,000 of these parcels went to children.

Hunger in the UK isn't about food, it's about people not having enough money for the essentials. Food banks in our network tell us this is only set to get worse as their communities are pushed deeper into financial hardship.

We know change is possible.

Together, we can build a future where nobody needs a food bank because nobody will allow it.

Visit [trusselltrust.org](https://www.trusselltrust.org) for more information.



USEFUL LINKS TO HELP SPREAD THE WORD



Find our Race Against Hunger website

Visit:
trusselltrust.org/RaceAgainstHunger



Join like minded runners on our Facebook group

facebook.com/groups/raceagainsthunger



Look out for our Facebook banner

It'll be sent out via email so watch your inbox!



Read our free running guides

Visit: trusselltrust.org/get-involved/fundraise/events/race-against-hunger/resources



Look the part in the fight against hunger

Wear your Race Against Hunger shirt and back sign with pride.



Join our free online warm up session

Details will be in the Race Against Hunger Facebook group.



Contact us

Reach us via email at:
fundraising@trusselltrust.org



Please remember to share on social and use the hashtags below!

#RaceAgainstHunger
@trusselltrust



#TEAMTRUSSELL



Join the nationwide Race Against Hunger on Saturday 1 April. Run where and when you like, show your support, and raise money to help end the need for food banks in the UK.

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