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FASTED RUNNING CHALLENGE

Participant Information Pack

Introduction

Welcome to the Fasted Running Challenge! Running during Ramadan is a unique opportunity to test your endurance, enhance your fitness, and contribute to a meaningful cause. This event combines physical activity with spiritual reflection, creating a truly impactful experience. We are thrilled to have you join us in this endeavor to support those in need.

Why Running and Staying Fit is Important?

Running Options and Training for Marathon

Participants in the Fasted Running Challenge have the flexibility to choose the distance that works best for them. You can run either a 5K or a 10K at your own pace at any time throughout the month. For those who are super athletic or seeking an added challenge, you have the option to complete multiple 5Ks or 10Ks over the course of the month.

This challenge is particularly ideal for individuals who are training for the London Marathon, which takes place not long after Ramadan. It offers a structured and meaningful way to stay on track with your fitness goals while combining it with the spiritual and charitable essence of Ramadan.

Running is an excellent way to maintain and improve your overall health. It strengthens your heart, boosts your immune system, and enhances mental clarity. During Ramadan, running takes on added significance as it encourages discipline and mindfulness. Participating in the Fasted Run allows you to stay active, set personal fitness goals, and feel a sense of accomplishment while making a difference in the lives of others.



Safety While Running

Safety is our top priority during the Fasted run challenge. Please follow these safety guidelines to ensure a positive and secure experience:

- Plan your runs during cooler times of the day, such as early mornings or evenings.
- Wear comfortable, moisture-wicking clothing and proper running shoes.
- Stay hydrated during non-fasting hours by drinking water and consuming electrolyte-rich foods.
- Listen to your body. If you feel tired or unwell, take a break and rest.
- Run in safe, well-lit areas and be mindful of traffic and your surroundings.
- Inform someone of your running schedule and location, or run with a buddy.
- Warm up before running and cool down after to prevent injuries.



Key Contacts

If you need assistance or have questions, please contact:

Shabir **07889 525258**

Yakoob **07764 533129**



Fundraising Goals

The Fasted run is about more than just running; it's about making a positive impact on the lives of those in need. Participants are encouraged to raise a minimum of £250 to support charitable causes. Here are some tips to boost your fundraising efforts:

- Share your journey on social media to engage friends, family, and your community.
- Explain the impact of the funds raised and how they will be used to support charitable initiatives.
- Set incremental fundraising goals and celebrate milestones.
- Use online fundraising platforms for secure and easy donations.
- Reach out to local businesses for sponsorship or matching donations.

Thank You!

We appreciate your dedication and effort in participating in the Fasted run challenge. Together, we can make a significant difference. Good luck, and enjoy every step of this rewarding journey!