

EXPANDING ECONOMIC OPPORTUNITIES AVAILABLE TO EAST AFRICAN YOUTH THROUGH LONG DISTANCE RUNNING



Running Across Borders Training Camp
Addis Ababa, Ethiopia

Are you in a running club?

Are you a member of a book club?

Are you a teacher in a school? Do you participate in university sports or societies? Are you involved in a church or community group?



The Running Across Borders (RAB) Training Camp began unofficially in March 2008, when co-founder Garrett Ash travelled to Addis Ababa. Garrett met several athletes living on less than \$1/day, yet who demonstrated great potential as athletes, students, and workers. Since then RAB

has established a high altitude training camp in Addis Ababa 2300m (7,600 ft) above sea level. Athletes in the camp receive accommodation, coaching, meals, transport to training venues, and the chance to study English and work in sport-related administration, tourism, and medicine, all within the context of a dedicated group of athletes living as a team. Since October 2008 the best of them have been travelling outside of Ethiopia for the first time ever, to compete in elite marathons such as Venice and Rome.

HOW YOU CAN HELP

RAB is seeking donors, sponsors, or fund-raisers. The following are examples of how funds can benefit the mission:

10 USD pays for one athlete to pursue developmental employment within the training camp: examples of positions include administrative assistant, sports tourism associate, or social development outreach worker. This funding covers their Internet, printing, and photocopying costs.

20 USD pays for one athlete to attend a national-level competition in Ethiopia, a critical step in advancing her athletic career.

45 USD buys a mattress so another athlete can join the camp.

225 USD pays for two weeks of rent for the entire facility housing at least 10-15 athletes.

450 USD pays for a full month of rent for the entire facility.



Running Across Borders (RAB) is a non-profit organization that seeks to expand economic opportunities for East African youth through running. International-level sport bears significant economic potential, even by developed-world standards. Thus, East African countries, which have the world's best runners but some of its poorest economies, have significant potential to develop through sport. The youth of East Africa can become employed not just as athletes but also in sports administration, sports tourism, coaching, sports medicine, education, research and in support of social development efforts.

You can donate yourself but you can also raise funds through your own running, event organizing, or awareness raising! For full details visit www.runningacrossborders.org/donations.html

Thank you for your consideration
Malcolm Anderson Garrett Ash

For further details of Running Across Borders visit www.RunningAcrossBorders.org
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