



Hello,

I'm taking part in The Rainforest Run for International Animal Rescue, because I want to help protect the rainforest, before it's too late! I would love your running club to join me and take part in The Rainforest Run too.

The Rainforest Run is a virtual run, where people are uniting around the world on Saturday 17th September to raise vital funds by running, jogging or walking a distance and route of their choice.

The team at IAR Indonesia works tirelessly to protect precious rainforests, the wildlife within them and the communities who live alongside them. This work is vital but costly. The Rainforest Run provides a unique opportunity to help raise the funds urgently needed to support this lifesaving work.

It would be absolutely amazing if your running club forms a team to take part in The Rainforest Run. Your club could set a distance of 5k/10k/ a half marathon or marathon- the choice is yours'. The run could be completed in your running kit or in rainforest fancy dress. After you've completed the run, why not celebrate saving the planet with your club by visiting a café or pub.

You can choose your fundraising target and there are different limited edition incentives to help motivate you to raise sponsorship. Every £5/\$5 raised will help plant a tree, so every donation counts!

Whatever you raise and however you take part, you will be helping to build a better future for us all! You can sign up your running club today here:

<https://www.therainforestrun.org/sign-up>

If you have any questions, you can email fundraising@internationalanimalrescue.org.

Thanks very much.