

## About Salaam Bombay Foundation

---



**Salaam Bombay Foundation** has been working with under-privileged children since 2002, with a mission to guard them from the menace of tobacco. We work with 147 schools in Mumbai comprising of over 60,000 children (aged 10 to 17) from the Urban slums. Our programmes are built around life skills development and have a strong focus on activities outside the classroom especially related to sport and arts. We believe and have experienced the power of sport to transform a child's life and are dedicated in providing that opportunity among the under-privileged.

Please visit [www.salaambombay.org](http://www.salaambombay.org) for more information.

## The Race

---



For the last two years, our children have participated in a 5km run called the 'Freedom Run'. We observed that children need some prior support and training to successfully complete the race. Mirroring the enthusiasm and success of the Mumbai Standard Chartered Marathon, we aim to organize our own Freedom Run for children in the age group of 12-17 years. To help children successfully complete the race, we conceptualized 'Weekend Running Clubs' in 4-5 in different locations across the city.

We plan to tap into our network of over 100 schools, as well as organize a promotion drive among public and private schools to recruit children to participate in the race. All children who register for the race, will be encouraged to join the running clubs to train with their peers.

## Running Clubs

---

As a runner, you know the hard drills it takes to complete any long-distance run. It is about setting a goal, following a disciplined life, training hard and beating that little 'voice' in your head which tries to convince you to stop. Like life, the runner is always competing with oneself. If we can pass on these simple skills to our children, through the regular organizing of Running Clubs and races, we have the potential to give them a very powerful learning experience.

Our Clubs will be open to all children, and a special training program will be designed for them. Each club will run in fixed locations (*for potential locations, please see below*) with about 40-50 children in each club. SBF will provide the support, resources, guidelines and tool-kits to train these children.

## Volunteers

---

Volunteers will be responsible for delivering the learning and skill development to the runner and become a 'running mentor' for him/her. Each club will be managed by four volunteers. As a volunteer, you have the choice of which club you would like to join.

Each club will have one head volunteer, while three others would be there to assist him/her.

### Expectations from Volunteers:

---

1. Ensuring the children are running properly (breathing, leg/hand movement, etc)
2. Setting the pace and distance for the run
3. Enthuse and focus the children to run and complete the 5k race
4. Hold a reflection session about the run and setting individual goals for the next week-run.

### Time Commitment

---



A maximum time commitment of **2 hours (5:45am to 7:45am)**, every Saturday and Sunday, for **5 months (Oct-Feb)** is required. Every second Sunday, the head volunteer for every club will meet to discuss progress at the Salaam Bombay Office in Nariman Point.



## Running Club Tracks

Following are the proposed tracks that we would like to start. We are confident of bringing children to run in these locations. The clubs will start depending on the number of volunteers signing up for the particular club (track)



## Next Steps

---

Incase you are interested, please email [running@salaambombay.org](mailto:running@salaambombay.org). Your email should have the following:

1. Personal information (including cell phone number)
2. The most convenient running club for you
3. Your expected time commitment to the project
4. A small paragraph detailing your history/passion for running