



# Hope Runs

Hello!

Thank you for taking this opportunity to learn more about Hope Runs, a non-profit organization operating in AIDS orphanages in East Africa. Hope Runs is committed to providing in-orphanage programs in athletics, technology, and business training to help our children break out of the cycle of poverty.

Please read on to learn more about our work,

Claire, Lara, and the Hope Runs Team

Hope Runs is a 501c3 non-profit organization.



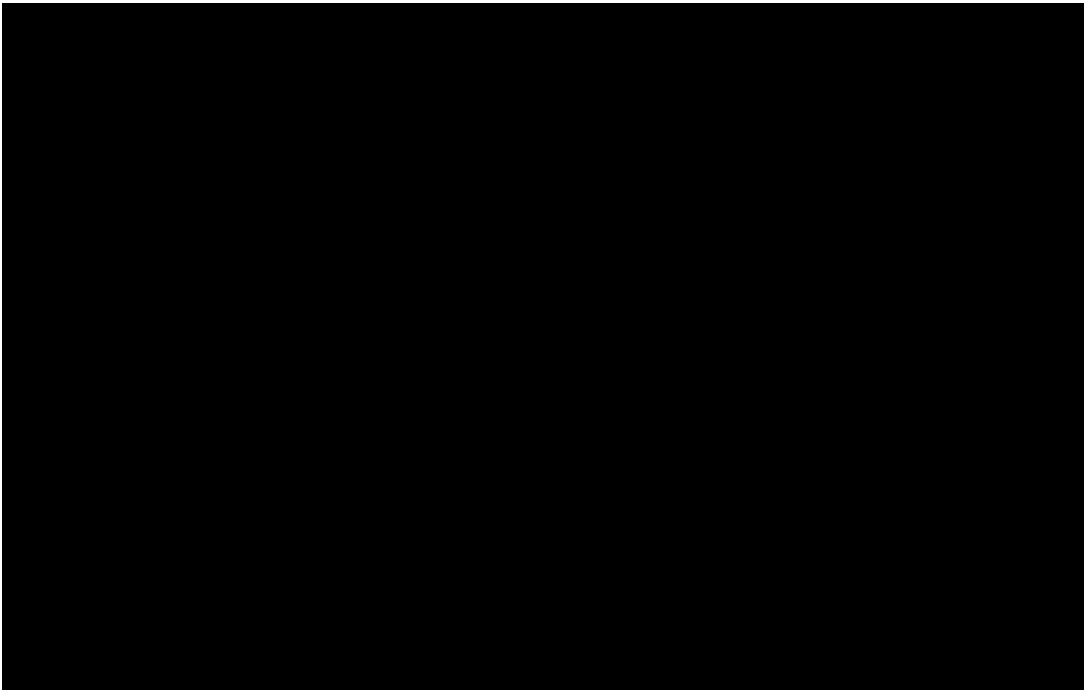


There are an estimated **53 million orphaned children** living in sub-Saharan Africa – this means **one in every eight children** has lost parents to poverty, disease, or conflict.

### The Cause

Orphaned and vulnerable children (OVC) represent one of the most disenfranchised populations in our world today. UNICEF reported in 2007 that in Sub-Saharan Africa alone there are an estimated 53 million children who have lost their parents to poverty, disease and conflict – leaving an entire generation of young people at the risk of reaching adulthood without the preparation they need to one day **uplift and transform** the struggling communities of their continent. While this population is poised to exacerbate the problems that have devastated countless communities in Africa, **HOPE RUNS** believes that with the right resources and opportunities, OVC can become a primary resource in Africa's fight toward a more equitable, prosperous, and peaceful future.





## The Non-profit Organization:

Hope Runs' founders Claire Williams and Lara Vogel, out for a run in Kenya

**HOPE RUNS** ([www.HopeRuns.org](http://www.HopeRuns.org)) is a US 501c3 non-profit organization operating in East Africa to address the pressing needs of orphaned and vulnerable children in this region. **HOPE RUNS** partners with AIDS orphanages to provide extracurricular programming that uses sports and athletics as a primary means of implementing health, technology, and social entrepreneurship training for children. **HOPE RUNS** also provides service-learning opportunities for international volunteers through its Sumer Alvarez Fellowship Program, and draws on local hires to implement its computer training, health and fitness classes, marathon competitions, educational scholarships, and more. **HOPE RUNS'** work, based in Kenya and Tanzania, has been



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featured in such publications as *Runner's World*, *The Sacramento Bee*, *The Folsom Telegraph*, and *Competitor*.

The first Hope Runs article featured in *Runner's World* received such a tremendous response that the magazine partnered with Hope Runs for a weekly video diary series at [www.RunnersWorld.com](http://www.RunnersWorld.com). In 2007, the Hope Runs founders were finalists for the Runner's World 2007 Heroes of Running Award. One of Hope Runs' most exciting accomplishments can be found at: [www.Tumainikids.blogspot.com](http://www.Tumainikids.blogspot.com), the first blog on the Internet written by orphaned and vulnerable children.



[wwwwww.Tumainikids.blogspot.co](http://wwwwww.Tumainikids.blogspot.co)

*In its first week on the web alone, TumainiKids reached 10,000 visitors, and has been featured in Senses Magazine, The Women's International Perspective, Clubhouse Magazine, and Taborri Press.*

## A

### History of Success: Hope Runs Past Accomplishments

- **Daily Running Programs in Two Kenyan Orphanages** – Hope Runs coaches are professional Kenyan runners who work with Hope Runs kids of all ages on a daily basis to promote Hope Runs mission
  - **Student Runners Attending International Races** – Our Hope Runners have attended five international races, including Tanzania's Mt. Kilimanjaro Marathon, the Standard Chartered Nairobi Marathon and the Safaricom Lewa Marathon
  - **Award-Placing Runners** – At these races and other local races, our Hope Runners have repeatedly earned awards for their outstanding achievement.
  - **Hope Runs Races** - Our volunteer running coaches also organize orphanage-based races to encourage participation in the running program and to entice community support of Hope Runs programming
- **Summer Running Program in Rural Tanzanian Orphanage** – The summer of 2008 brought an exciting new challenge for Hope Runs as volunteers created a running program at the Hananasif Orphanage Academy in Tanzania



- **Hope Runs University Scholarships** – Hope Runs supports the university studies of our runners.
- **Business and Social Entrepreneurship Training Program for Kenyan High School Graduates** – developed in conjunction with American consultants, the Entrepreneurship program in Kenya provides high school graduates with hands-on business and entrepreneurship training. The expansion of this program is one of the key beneficiaries of the 777 Challenge Fundraising.
  - **Student Entrepreneurial Projects** – Hope Runs currently has two student-led entrepreneurial projects started and managed by Hope Runs secondary students
  - **Online Merchandise Store** – Developed by one of the Hope Runs University Scholars, our online merchandise store helps to sell the handicrafts of the women working at the orphanage. All proceeds benefit the Tumaini orphanage.
- **International Volunteers** – Our Sumer Alvarez Fellowship program brings volunteers to Hope Runs orphanages for extended volunteering opportunities of two to eight months. With the belief that international involvement helps educate youth about the issues and difficulties facing the developing world, Hope Runs encourages our volunteers to create their own project tailored to each home. However, a few staples unify each program:
  - **Summer Running Programs:** Our volunteers are all athletes, and this summer, our Hope Runs volunteers began a new running program in a rural Tanzanian orphanage academy!
  - **Proceeds Benefit Orphanages:** The fundraising of our volunteers goes directly to the homes they work in. In Tanzania, this meant infrastructural and staff support at the orphanage academy.
  - **Projects Include:** Health Surveys by University of California San Francisco Medical Students, Psychological support by volunteer teachers, Art Therapy projects in conjunction with S. Africa AIDS orphan projects, Irrigation support to name a few!
- **First Blog on the Internet Written by Orphans and Vulnerable Children!** At [www.TumainiKids.blogspot.com](http://www.TumainiKids.blogspot.com), our Hope Runners share their experiences with the world. As the first of its kind on the internet, this website has become an award-winning addition to the Hope Runs accomplishments.
- **Five Thousand Donated Shoes:** With the support of donors from home and our volunteers' network, Hope Runs has brought nearly five thousand thousands of shoes to Africa to equip our runners safely
- **International Support:** Support from home keeps our programs running:
  - **Chapter Model:** Our Chapter system lets anyone get involved—whether a grade school student in the US or a trained runner in Australia



- **Runner's World Magazine:** Our partnership with Runner's World has led to a weekly video series and a Heroes of Running nomination
- **Awards and Grants:** Nike Changemakers, Runner's World Magazine and Donate for Children, and The Skoll Foundation have all recognized the efforts of Hope Runs
- **Hope Runs Founder Award Skoll Scholarship for Social Entrepreneurship at Oxford University:** Hope Runs founder Claire Williams was awarded a Skoll Scholarship for Social Entrepreneurship from the Skoll Foundation. The scholarship fully funds her MBA at Oxford University with the aim of giving Hope Runs a bright future.

## The Founders:



### Claire Williams

Claire holds a B.A. and an M.A. in Anthropology from Stanford University, and is pursuing her MBA as a Skoll Scholar for Social Entrepreneurship at Oxford University. Claire got her start in the non-profit world while working as an



anthropology consultant with several different international volunteer organizations to encourage programming that improves volunteer experiences in the field. Claire and Lara are authors of a forthcoming book (Seal Press: 2010).



## Lara Vogel

After graduating from Stanford University with a B.A. in Human Biology and International Public Health, Lara balked in the face of jumping immediately into medical school and thus took the next logical step: writing. After working as a travel writer all over the world, she then co-founded Hope Runs, an organization widely regarded in running circles for its efforts to implement athletic programs in AIDS orphanages. Having worked in health clinics around the world, she is confident in the positive effects that health education programs, particularly for children, can have on the well-being of a nation. Lara is also pursuing her medical degree. Lara and Claire are authors of a forthcoming book (Seal Press: 2010).

## PAST PRESS:

The founders of Hope Runs are happy to provide prompt interviews and press kits to media outlets upon request. Please contact us for information.

- BUST! Magazine, September 2008 ([BUST Magazine](#))
- Oxford University Hub, October 2008 ([Oxford Hub](#))
- Runner's World ([Runner's World](#))
- Sacramento Bee ([sacbee.com](#))
- Runner's World Heroes Finalist 2007 ([runnersworld.com](#))
- WNDU TV, ([wndu.com](#))
- Senses Magazine ([Senses Magazine](#))
- Donate for Children and Hope Runs Partnership ([Donate for Children](#))
- Spotlight Radio ([Spotlight Radio](#))
- Her Active Life ([heractivelife.com](#))
- YourRun.com ([yourrun.com](#))
- Pace Pitch Contest Finalists ([nyctechevents.com](#), [pace.edu](#))
- Folsom Telegraph ([folsomtelegraph.com](#))
- Appletown Post Crescent ([postcrescent.com](#))



- Women's International Perspective ([thewip.net](http://thewip.net))
- El Dorado Hills Telegraph, August 2007 ([edhtelegraph.com](http://edhtelegraph.com))
- The Final Sprint, July 2007 ([thefinalsprint.com](http://thefinalsprint.com))
- California Track and Running News, June 2007 ([caltrack.com](http://caltrack.com))
- Clubhouse Magazine, October 2007 ([Clubhouse Magazine](http://Clubhouse Magazine))
- Clubhouse Jr. Magazine, October 2007 ([Clubhouse Magazine](http://Clubhouse Magazine))
- The Women's International Perspective, May 11, 2007 ([The WIP](http://The WIP))
- Area Daily, May 10 ([Area Daily](http://Area Daily))
- Twitter.com, April and May 2007 ([Twitter](http://Twitter))
- Blogspot Blog of Note, April 19, 2007 ([Blogspot](http://Blogspot))
- The Women's International Perspective, April 14, 2007 ([The WIP](http://The WIP))
- Competitor Southern California, June 2007 ([Competitor.com](http://Competitor.com))
- Competitor Southeast, June 2007 ([Floridasports.com](http://Floridasports.com))
- Competitor Texas, June 2007 ([Citysportstx.com](http://Citysportstx.com))
- Competitor Northwest, June 2007 ([Citysportsnw.com](http://Citysportsnw.com))
- Competitor Northern California, June 2007 ([Citysportsmag.com](http://Citysportsmag.com))

Our Photos: [www.flickr.com/photos/hoperuns](http://www.flickr.com/photos/hoperuns)

Our Videos: [www.youtube.com/trippingonwords](http://www.youtube.com/trippingonwords)

Our Runner's World Online Video Diary Series: (in "Videos" section under Motivation)

<http://www.runnersworld.com/video/1,8052,s6-21-0-7,00.html>

**For more information, please contact:**

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