

# SANCTUARY RUNNERS

## NEW GROUP – FAQs



### Who are Sanctuary Runners?

We're a non-profit who want to see a more integrated and inclusive society. We are our volunteers, members and staff. We are bridge builders, using running, jogging, or walking groups and events to bring entire communities of people together. This includes those seeking international protection, all migrants, newcomers and long-time locals of our cities, towns and villages.

### Why do people set up a Sanctuary Runner group?

To bring that bridge-building mission to their local area. Sport gives people a reason to come together and to do something with each other. People like the idea of having the t-shirt to wear and a bigger network of groups across Ireland for support (over 10,000 people have run or walked in a Sanctuary Runner t-shirt since 2018 and we have over 2000 regular members).

# FAQ'S

## ***What do I need to set up a group?***

You need a number of people who will help organise the group. This could be 4 - 5 people who have different skill sets and connections. A mix of genders and ages and nationalities can be lovely to help reach out to people of different demographics and backgrounds.

## ***What does this organising group do?***

They help decide how, when and where the group will meet, organise a social side the group (like teas & coffees after a run), recruit new members from all communities, spot opportunities for the group to integrate deeper into the local community, and stay in touch with Sanctuary Runners Ireland.

## ***How do Sanctuary Runners Ireland support groups?***

We provide advice on setting up and sustaining the group, guidelines and network for volunteers, an annual Sanctuary Run event, support on grant funding, t-shirts, event entries, branding material etc.

## ***Do people have to run?***

Absolutely not! We encourage movement and activity, but people are welcome to walk, jog, run or just volunteer their time to help organise the group or the social get together.

## ***What is the connection to parkrun?***

Weekly parkruns have been a great way for Sanctuary Runner groups to get up and running - with a course, venue and the community already coming together. Not all our groups run at parkrun but where they do, parkrun have been very welcoming.

## ***Why do you wear the blue t-shirts?***

Our members tell us that the t-shirts create a great sense of belonging for the group - they are part of the one team together. Its also great for visibility and to start up conversations with people who see the group together.

## ***What does a successful group look like?***

You can help decide that for your group! If everyone is having fun, getting active and meeting new people that sounds good to us. Having a diverse organising group who communicate well together, know when to take a break or to promote a special event is a big help.

## ***Do Sanctuary Runners have a political affiliation?***

No. Sanctuary Runners is apolitical. Our focus is on solidarity, friendship and respect.

## Set the Pace - Lead the Change