



Running for a Brighter Palestine!

What is Iqraa?

Iqraa is Arabic for "read." Since 2008, 148 Iqraa runners of diverse nationalities, religions and backgrounds have raised over \$208,000 for education in Palestine. Join us as we build on this success!

Run with Team Iqraa!

Team Iqraa guarantees slots in the Prince William Half-Marathon on October 1 or the Marine Corps Marathon or 10K on October 22, 2017. You also can train with us for other races. **And if you are an avid runner you can run in your chosen race as an Iqraa runner.**

How does Iqraa support Palestine?

In partnership with United Palestinian Appeal (UPA), a 501(C)3 charity, Iqraa raises funds for university scholarships to strengthen the Palestinian educational system. As an Iqraa runner, you contribute by obtaining sponsors, such as members of your family, friends and colleagues. You can also volunteer to support Iqraa.

Team Iqraa training

Team Iqraa participates in comprehensive training supervised by experienced coaches from the Marathon Charity Cooperation (MCC), a network of like-minded charities. We can help a beginning runner complete a 5K, 10K, full or half-marathon through our comprehensive training plan. Benefits include:

- Five and a ½ month (May-Oct) training program
- New friends to run with, including on our long Saturday training run
- Numerous seminars on such topics as nutrition, equipment, and injury prevention
- Training on a variety of easily accessible scenic trails in the DC metro area
- A program emphasis on the balance between appropriate mileage and recovery time
- Practice races and nutritional support



Does Iqraa make use of non-running volunteers?

Yes! Volunteers who coordinate and staff training runs and races sponsored by Marathon Charity Cooperation earn "hours" for Iqraa, which translates into funds for education in Palestinian universities.

Interested? Learn more!

Training begins May 7 and continues through October. For more information on training or registration, please contact: Kirk Campbell, Iqraa Running Coordinator:

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