Dear [insert name],

I would like you to join me in participating in The Secret 3K run/walk being held in [insert city, country] on Mar 4, 2020 with your family, friends and co-workers! It is a relaxed fun event and not a race – it is only 3km! The details follow, but it is an initiative to raise awareness about issues of gender equality and the need to create safe and inclusive communities. We would be thrilled to include [insert city/country] on the list of the many participating countries that include Canada, UK, USA and Afghanistan.

The Secret Marathon film was inspired by the story of the first marathon ever to be held in Afghanistan and the women and men who courageously participated in this race to promote gender equality and the universal right to be free to run. See the film trailer here: <https://youtu.be/sNPxyL49-h0> It was through this Afghanistan experience that an important realization was made: **creating safe races can help to create safe places.**

Our goal is to build on this experience to help people feel safe while running or walking in their own neighbourhoods, especially at night.

To help achieve this goal, the documentary filmmakers from The Secret Marathon have partnered with the **Running Room** and **Girl Guides Canada** to host the third annual “The Secret 3K” in select cities across Canada. The date chosen for this event coincides with the week of **International Women’s Day**. To learn more about the race please visit <https://thesecretmarathon.com/3krace>

Because of the growing international interest in The Secret Marathon and the understanding that many people cannot attend one of the select cities in Canada, there is now a “Virtual Location” registration option. After you have commenced the Registration process and have entered all your personal data, you can select the Virtual Location option under “What City Will you be Participating at? You can learn more about participating virtually by going to <https://thesecretmarathon.com/virtual/>

I would love to have you join me on March 4, 2020 at [insert meet-up location] so we can run, walk and work together for equality!

Best wishes,

[insert your name]