



## Red Light Run

### What is a Red Light Run?

The Red Light Run was born when three anti-trafficking campaigners, Duncan Parker, Mark Rowland and Phil Lane decided to do go the extra mile (or two) to raise awareness. They raised money for FREEDOM TICKET FOR LIFE to prevent trafficking by supporting girls education projects.

In 6 days they ran 5 marathons, from the red light district in Amsterdam to the red light district in London.

After 140 miles, 1.1 million steps and 5.5 days they had:

- lost 3,500 calories a day
- had 5 hours sleep a night
- got through 5 pairs of trainers between 2 men
- shed 1.5 stone lost during training (and that was just Duncan)

### Other Red Light Runs

Red Light Runs have now taken place around the globe raising money for Freedom Ticket for Life and raising awareness about trafficking. You don't have to run 6 marathons or even 1, how you do it is up to you.

In Belgium a relay race took place with 10 groups running through Brussels from the red light district to a Boston University. The baton was passed from group to group at specific prominent locations in the city and information about trafficking and what you can do to prevent it was disseminated at each spot.

### Organising a Red Light Run

For more information on organising a run download our How to Run for Freedom pack [www.freedomticketforlife/resources](http://www.freedomticketforlife/resources)