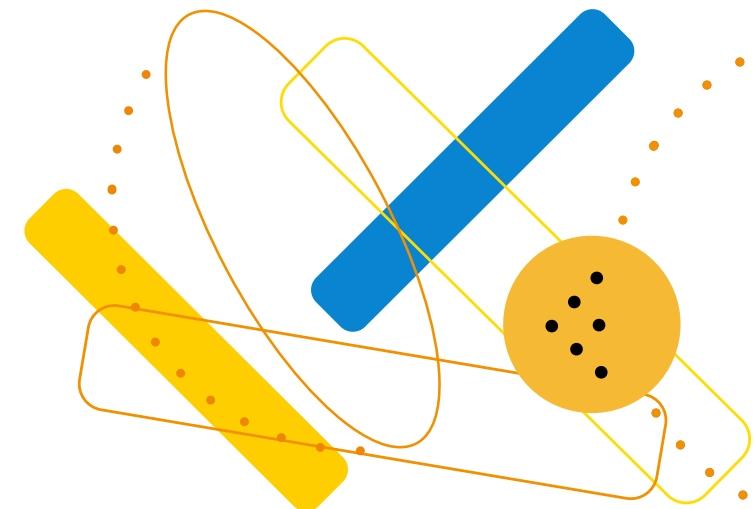




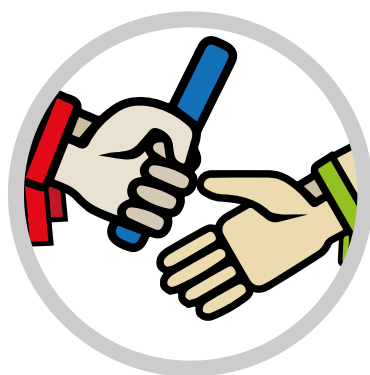
United
World
Week
MAY 2026

Characteristics of R4U



Passing the baton.

“Taking the baton.”
with a phone call or a
message, from the people
who run in the time zone
previous: **“passing the
baton”** to those
who run after
us.



One hour of running.

At each latitude, from
11:00 a.m. to 12:00
p.m., we take a stretch
of road **running or**
walking, on bicycles,
roller skates,
canoes,
etc.



The Time-Out.

At 12 noon we stop
for a minute of
silence or prayer
for **peace.**



The Golden Rule.

**“Do unto others as
you would have
them do unto you”:**
living it out helps
build a more united
world.



• Inspire, engage,
• connect...

