Thank you for your interest in fundraising to empower Girls and Women in Fiji and Sierra Leone by providing sustainable menstrual supplies and education. Together we can create a ripple effect of empowerment…

You will be empowered by movement/running and in turn, you'll empower girls in Fiji and Sierra Leone by fundraising.

Almost half of the girls in third world countries miss school monthly due to period poverty and eventually drop out. Sustainable pads and education provided through the funds you raise can end this cycle and allow these girls to become the leaders of tomorrow!

How it works

- Select and register for a race of any distance in 2022
- Run/walk alone or with a team. **View Teams** here: JOIN A TEAM FGF U4U 2022 (email teamarc@activeresoluteconnected.com to add your name to a team OR to add your team to the list!)
- Create your personalized fundraising website on justgiving.com
- Walk/run alone or better yet, create a team and walk/run together!
- Explore training options with ARC/True Potential Running
- Bonus: Connect ARC's Founder, Gina Meyer, DPT with the race coordinator

Just Giving Site Instructions:

- Go to www.justgiving.com
- Click on "sign up" (it's a tab in the upper right corner) and fill in the requested info.
- Next, click "start fundraising."
- Search for "Arc Active Resolute Connected" and select our organization (funds will be passed through ARC to the FGF and Uman4Uman.
- Under what are you doing select "Taking part in an event."
- Search your event. If it is not there- go to "add your own" and add the event info.
- Create your fundraising page:
    - Page Summary: Enter: "Empower women through Uman4Uman/the FGF with funds"
    - Cover Photo suggestion here: ARC FGF U4U Cover Photo
    - You Story suggestion:

      Thanks for taking the time to visit my JustGiving page.

I hope you'll help me empower girls in Fiji and Sierra Leone. Menstruating is a natural part of life for girls and women all over the world, but although nearly half of the global population are female, a good portion don't have access to feminine hygiene of any type to help them manage their menstrual cycles. In third world countries, like Sierra Leone and Fiji for many young girls, menses becomes a barrier to education, resulting in missing significant amounts of schooling every month. An educated female population is not only a moral imperative and social right, it is the foundation of female empowerment in order to promote the productiveness of the workforce and the health of the nation. Investment in educational gender equality decreases nation poverty in the long run and improves women's literacy, which gives every woman the ability to participate in leadership and decision-making in their communities. This can help create a better world!

Donations made to ARC Active Resolute Connected will be distributed to Uman4Uman and the Fijiian Girls Foundation to provide sustainable (a better solution for the environment) sanitary supplies (washable pads) and education to girls in need in Sierra Leone. $100 can help 6-10 girls, depending on their geographical location. We intend to help spread the global initiative to end period poverty, thereby empowering girls to stay in school and become future leaders in society.

Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving - they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity.

- Share your page!! You can share via email AND on social media!!

Training Options (Anyone can participate! Even if you've never run and/or would prefer to walk!!)

- Click here to check out three options for training through ARC/True Potential Running (including how to apply for ARC): Training Options for 2022
- Do you lack the financial means to pay for your training or feel you could benefit from expanded training to include physical therapy/mentorship/mindfulness training/run coaching? If so, apply for the ARC Program by clicking here: