



WORLD HARMONY RUN



Sri Chinmoy
Founder
1931-2007



Harmony begins with me!



This year diverse international teams of runners will carry a flaming torch over 30,000 miles /48,000 km through more than 100 countries around the globe.

100 Countries 6 Continents Running over 35,000 miles



Avril Lavigne
Aclaimed Singer Musician



Hugo Girard
World Champion Strongman



Grant Leier
Accomplished Artist Painter

The World Harmony Run is a global torch relay that symbolizes humanity's universal aspiration for a more harmonious world.

Now in its third decade, the World Harmony Run is humanity's largest and longest grassroots effort for peace. Since its inception, the torch has visited more than 140 nations.

Along the route, people in thousands of communities—from children to seniors, from everyday folks to world leaders—will join the World Harmony Runners by carrying the torch a few steps or a few miles, each person adding their hopes and dreams in a global wave of friendship and goodwill. Through direct participation and media coverage, the World Harmony Run touches the lives of millions.

No money is being raised, no political cause is being promoted. Rather, everyone is invited to take a step towards the dream of a oneness-world family.

Everyone can participate

Athletes and non-athletes, young and old alike, can carry the torch a few steps, a few blocks or a few miles. Join one of the thousands of welcoming ceremonies along the global route. Share your hopes for inter-cultural peace: come hold the torch and take a few steps for world harmony.



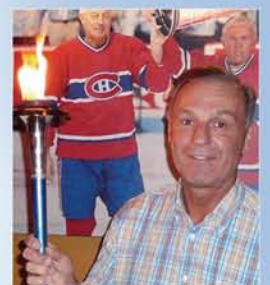
Rt. Hon. Jeanne Sauvé



Hon. Peter Milliken, MP

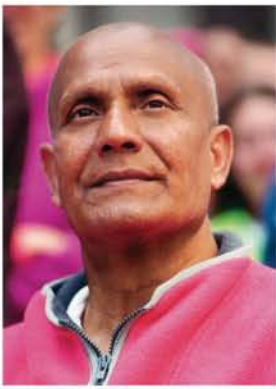


Hon. Flora MacDonald



Guy Lafleur





Founder - Sri Chinmoy

The World Harmony Run was founded in 1987 by the late peace visionary Sri Chinmoy in a spirit of love, peace and oneness. This spirit permeates the Run and touches the hearts of all those who participate.

An athlete, philosopher, artist, musician and poet, Sri Chinmoy dedicated his life to advancing the ideals of world friendship and harmony.



Former President Nelson Mandela and his wife Mama Graca Machel with Sri Chinmoy.



Former President Mikhail Gorbachev and his wife Raisa Maximovna with Sri Chinmoy.

Organizers

The World Harmony Run is organized by volunteers inspired by Sri Chinmoy's vision of a more peaceful world. In cities and towns, we partner with community groups and local officials in staging welcoming ceremonies for the Runners and events for youth.



Join Us Online

You can also participate online, where we post photographs and stories as they happen around the world. You can visit our website at www.worldharmonyrun.org



Mother Teresa and Sri Chinmoy celebrate the spirit of harmony.



Muhammad Ali



Carl Lewis



Paula Radcliff

World Harmony Quotes

This special international event deserves to be applauded and supported...

~ The Hon. Peter Milliken, Speaker of the House of Commons

I am a firm believer in initiatives that will promote more unity in a world that appears so divided at times. The World Harmony Run addresses this topic well and I wish you every success in promoting these activities...and in all of your endeavours.

~ Phil Fontaine, National Chief, Assembly of First Nations

I am delighted to extend greetings to the World Harmony Run. This event is a wonderful expression of the power of friendship and goodwill—and reminds us to be grateful for our many blessings. The World Harmony Run connects the many cultures, religions and political systems across the globe through the simplicity of basic humanity—the pursuit of kindness, compassion and tolerance. I salute the goals of the World Harmony Run and offer best wishes for its success today and in the future.

~ Mayor Timothy H. Rigby, City of St. Catharines

The World Harmony Run visit was a wonderful experience and taught us just how global our school really is. It also showed us what positive things you can do by including children, teachers and parents in a project like this one. Everybody wanted to do their part. It was one of the most beautiful experiences of my life!

~ Denis Branter, Vice-Principal, Sir James Douglas School, Victoria, B.C.

www.worldharmonyrun.org

WORLD HARMONY LOVERS



World Harmony Run Theme Song

listen on www.worldharmonyrun.org/song

Words and Music
By Sri Chinmoy
April 15, 2005

$\text{♩} = 112$ Fast

Run, run, run, run, run, run! World – Har-mo-ny – Run._____

We are the one-ness and full-ness_____ of To - mor - row's Sun._____



COUNTRIES AND TERRITORIES PARTICIPATING SINCE 1987

Albania	Herzegovina	Ecuador	Hungary	Luxembourg	Norway	Singapore	Tonga
Andorra	Botswana	Egypt	Iceland	Macedonia	Palestine	Slovakia	Trinidad & Tobago
Antarctica	Brazil	El Salvador	India	Malaysia	Panama	Slovenia	Tunisia
Antigua & Barbuda	Brunei Darussalam	England	Indonesia	Maldives	Papua New Guinea	South Africa	Turkey
Armenia	Bulgaria	Estonia	Ireland	Mali	Paraguay	Spain	Uganda
Argentina	Cambodia	Ethiopia	Israel	Malta	Peru	Sri Lanka	Ukraine
Australia	Cameroon	Fiji	Italy	Mexico	Philippines	St. Kitts & Nevis	Uruguay
Austria	Canada	Finland	Ivory coast	Moldova	Poland	St. Lucia	USA
Azerbaijan	Chile	France	Jamaica	Monaco	Portugal	St. Vincent & The Grenadines	Vatican
Bahamas	China	Gambia	Japan	Mongolia	Puerto Rico	Suriname	Venezuela
Bangladesh	Columbia	Georgia	Jordan	Montenegro	Romania	Sweden	Vietnam
Barbados	Cook Islands	Germany	Kazakhstan	Morocco	Russian Federation	Switzerland	Virgin Islands
Belize	Costa Rica	Ghana	Kenya	Myanmar	Samoa	Taiwan	Wales
Belarus	Croatia	Greece	Kyrgyzstan	Nepal	San Marino	Tanzania	Zambia
Belgium	Cyprus	Grenada	Latvia	Netherlands	Scotland	Thailand	Zimbabwe
Benin	Czech Republic	Guatemala	Liberia	New Zealand	Senegal	Timor-Leste	
Bhutan	Denmark	Guyana	Liechtenstein	Nicaragua	Serbia	Togo	
Bosnia & Herzegovina	Dominica	Honduras	Lithuania	Northern Ireland	Sierra Leone		