



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



The flame brings hope to people of all nations.

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 senior citizens, 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 will touch the lives of millions.

No money is being raised, no political cause is being promoted. Rather, everyone is invited to take a step towards a better world.

Touch the Torch

Everyone can participate: athletes and non-athletes, young and old alike. Carry the torch a few steps, a few blocks or a few miles, or join in one of the thousands of welcoming ceremonies along the route. All it takes is your commitment to take a step for world harmony.



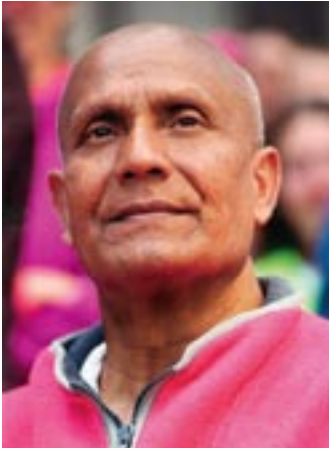
Making a wish for world peace.



Everyone gets a chance to hold the torch.



Through classroom presentations World Harmony Runners from various nationalities share valuable lessons in friendship, cultural diversity and peace building.



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 oneness.

**United in Diversity:
We are all part of
the same world
family.**



Organisers

The World Harmony Run is organised 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.



Follow Us Online

You can also participate online, where we post stories and photos of events as they happen around the world. Visit our website www.worldharmonyrun.org for schedule information.

**Children – Tomorrow's
World Leaders:
The World Harmony
Run brings the
message of peace and
friendship to students
in thousands of schools
around the world.**



Nelson Mandela, former President of South Africa, and his wife Mama Graça Machel with Sri Chinmoy.



Former Soviet President Mikhail Gorbachev holds the torch with his wife Raisa Maximovna as Sri Chinmoy looks on.



Mother Teresa and Sri Chinmoy celebrate the spirit of harmony.



Archbishop Desmond Tutu shows his support for the World Harmony Run.



Nine-time Olympic gold medalist Carl Lewis speaks about the goals of the Run.



Muhammad Ali, world renowned boxing great, reflects on harmony.



World Harmony Run Theme Song

Listen on www.worldharmonyrun.org/song

Words and Music
By Sri Chinmoy
April 15, 2005

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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
Andorra
Antarctica
Antigua & Barbuda
Armenia
Argentina
Australia
Austria
Azerbaijan
Bahamas
Bangladesh
Barbados
Belize
Belarus
Belgium
Benin
Bhutan
Bosnia & Herzegovina

Botswana
Brazil
Brunei Darussalam
Bulgaria
Cambodia
Cameroon
Canada
Chile
China
Colombia
Cook Islands
Costa Rica
Croatia
Cyprus
Czech Republic
Denmark
Dominica
Ecuador

Egypt
El Salvador
England
Estonia
Ethiopia
Fiji
Finland
France
Gambia
Georgia
Germany
Ghana
Greece
Grenada
Guatemala
Guyana
Honduras
Hungary

Iceland
India
Indonesia
Ireland
Israel
Italy
Ivory Coast
Jamaica
Japan
Jordan
Kazakhstan
Kenya
Kyrgyzstan
Latvia
Liberia
Liechtenstein
Lithuania
Luxembourg

Macedonia
Malaysia
Maldives
Mali
Malta
Mexico
Moldova
Monaco
Mongolia
Montenegro
Morocco
Myanmar
Nepal
Netherlands
New Zealand
Nicaragua
Northern Ireland
Norway

Palestine
Panama
Papua New Guinea
Paraguay
Peru
Philippines
Poland
Portugal
Puerto Rico
Qatar
Romania
Russian Federation
Samoa
San Marino
Scotland
Senegal
Serbia
Sierra Leone

Singapore
Slovakia
Slovenia
South Africa
Spain
Sri Lanka
St. Kitts & Nevis
St. Lucia
St. Vincent & The
Grenadines
Suriname
Switzerland
Taiwan
Tanzania
Thailand
Timor-Leste
Togo

Tonga
Trinidad
& Tobago
Tunisia
Turkey
Uganda
Ukraine
United Arab Emirates
Uruguay
USA
Uzbekistan
Vatican
Venezuela
Vietnam
Virgin Islands
Wales
Zambia
Zimbabwe

MORE INFORMATION: European Headquarters: Dipavajan Renner, Executive Director
Strassgangerstr. 192, A-8052 Graz, AUSTRIA

TEL / FAX +43 - 316 - 324120

• EMAIL europa@worldharmonyrun.org

LIVE FROM THE ROAD www.worldharmonyrun.org