



# 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.*

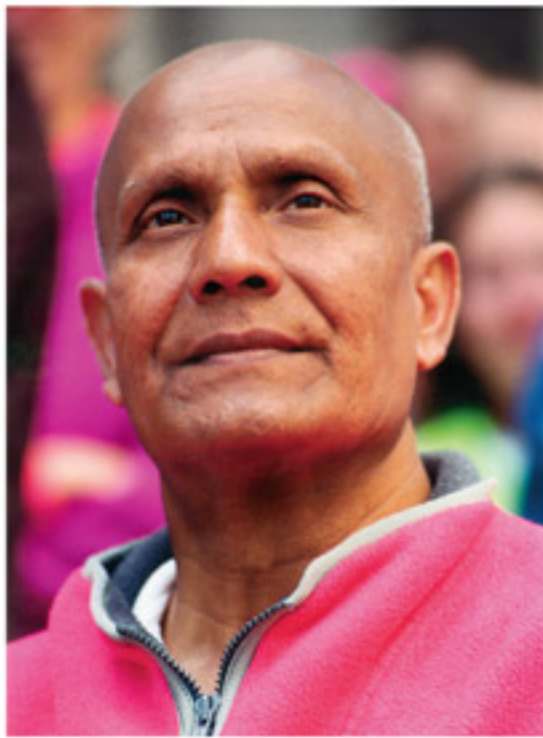


*Everyone gets a chance to hold the torch.*



*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.*



**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.**

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



### 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.



### 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](http://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.**







## World Harmony Run Theme Song

Listen on [www.worldharmonyrun.org/song](http://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	Uzbekistan
Bahamas	China	Gambia	Japan	Mongolia	Puerto Rico	Suriname	Vatican
Bangladesh	Colombia	Georgia	Jordan	Montenegro	Romania	Sweden	Venezuela
Barbados	Cook Islands	Germany	Kazakhstan	Morocco	Russian Federation	Switzerland	Vietnam
Belize	Costa Rica	Ghana	Kenya	Myanmar	Samoa	Taiwan	Virgin Islands
Belarus	Croatia	Greece	Kyrgyzstan	Nepal	San Marino	Tanzania	Wales
Belgium	Cyprus	Grenada	Latvia	Netherlands	Scotland	Thailand	Zambia
Benin	Czech Republic	Guatemala	Liberia	New Zealand	Senegal	Timor-Leste	Zimbabwe
Bhutan	Denmark	Guyana	Liechtenstein	Nicaragua	Serbia	Togo	
Bosnia & Herzegovina	Dominica	Honduras	Lithuania	Northern Ireland	Sierra Leone		

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LIVE FROM THE ROAD [www.worldharmonyrun.org](http://www.worldharmonyrun.org)