



Guide to Get Involved

After watching the film you may want to get more involved and make a difference yourself. Here's some ideas to get you started:

- 1. Participate in The Secret 3K** as an individual or with your group.
Join us as we run, walk and work together for equality. Learn more by visiting <https://www.secret3k.com/>
- 2. Make a Donation** and learn about one of the charities we support including:
 - [Marathon of Afghanistan](#) (Afghan Sports Trust)
The Marathon of Afghanistan is not just a marathon, it's part of a movement for equality. You can make a [direct donation](#) to the marathon through the Afghan Sport Trust.
 - [Canadian Women for Women in Afghanistan](#)
Canadian Women for Women in Afghanistan (CW4WAfghan) is a not-for-profit organisation founded in 1998 to advance education and educational opportunities for Afghan women and their families and to educate Canadians about human rights in Afghanistan
 - [261 Fearless](#)
261 Fearless is a global non-profit organisation using running as a vehicle to empower & unite women through Education Programs. They facilitate running clubs and train women to become running coaches so women all around the world can run in a safe and supported environment. The name "261" was inspired by the race bib number that Kathrine Switzer, the first woman to officially run the Boston Marathon wore when she completed that landmark race.
- 3. Read the Book, [The Secret Marathon](#)**
Read the behind the scenes story of the Marathon of Afghanistan which features chapters from characters featured in The Secret Marathon film. In The Secret Marathon, readers will be transported to a country of beauty, hardship and complexity, sharing in the despair, resilience and friendliness of the Afghan people as they strive for freedom and equality for themselves and their fellow citizens.
- 4. Volunteer with The Secret 3K**
Learn more about volunteer opportunities by emailing us at info@secret3k.com
- 5. Share About the Film on Social Media**
Tell us what you learned from watching the film or why you enjoyed us and please tag us using [@TheSecretMarathon](#) ([@asecretmarathon](#) on Twitter) or use [#TheSecretMarathon](#)
- 6. Host or Join a Run Club**
Create a safe space for women and girls to run in your community by hosting a run meet up or joining with an existing one. You can often find run clubs hosted by local running stores like [Running Room](#) in Canada or around the world hosted by [261 Fearless](#) or as part of a school team or club.