



Host Your Own Event Guidelines

In honor of **World Day Against Trafficking in Persons** on July 30, host an event in your community to raise awareness on the fight to end human trafficking!

Get Started

1. Determine the type of event you want to host and where
2. Identify a primary point of contact to handle communication for the event
3. **Register your event today and encourage others to join you!**

[Register My Event](#)

4. [Add on a fundraiser](#) to enhance your impact



Did you know there are **49.6 million people** in modern slavery worldwide and an estimated **12 million of them are children?** (ILO, United Nations)

Awareness Event Options:

Organizers are encouraged to schedule events to take place on **July 27**.

● Car Caravan

Gather with a group of supporters to drive in a procession of vehicles through neighborhoods and public spaces, advocating for the end of human trafficking.

[Represent the Cause](#)

[Get a Car Flag](#)

[Download Awareness Posters](#)

● Walk or Gathering

Unite with individuals in a designated area within your community to raise awareness about human trafficking.

[Represent the Cause](#)

[Download Awareness Posters](#)

● Rise Up. Get Fit. Workout

A fitness-focused event where participants engage in a workout provided by CrossFit OUR. This can be done at your local gym, park, or backyard. **Get the workout on the next page.**



Rise Up. Get Fit. Workout

Complete the Workout On July 27

at a community gym, local park,
or in your own backyard!

For Time



400m Run



60 Box Step Ups



60 Pushups



400m Run



60 Pushups



60 Box Step Ups



400m Run

Wear a 14 or 20 lb. weighted vest if
available for an added challenge.
You can also replace box step ups
with the same number of lunges.

The coaches of CrossFit OUR have a dedicated workout for World Day Against Trafficking in Persons! Since 2020, "Rise Up. Get Fit." has been completed in hundreds of gyms and by thousands of athletes around the world. This year, CrossFit OUR is again extending the challenge to **anyone willing to dedicate their fitness to the fight against human trafficking.**

Don't Miss Out

1. If you want others to join you, register your workout location.
2. **On July 27**, complete the workout to the left. Modify based on your needs.
3. Get loud! Share your workout experience by tagging **@fitnessforour** and **@ourrescue** on social media.

Questions?

You can contact us at:
events.crossfit@ourrescue.org



@ourrescue | ourrescue.org