

# THE LUNG RUN 2021

## Instructions for participants

Thanks for joining the Lung Run community! We are extremely happy to see so many people committed to clean air. Please follow the instructions below and let's make a difference together!



### PREPARATION

**BANNER** Take a piece of paper and prepare a banner ☐ use the #LungRun and #COP26 hashtags. Do not forget to include our call '20.30k to end coal by 2030'. If you like, use the ready-to-print version [here](#).

**PICTURE** Take a picture of yourself with a banner while starting the run (you can do it a bit earlier as well) and email it to [thelungrun@bankwatch.org](mailto:thelungrun@bankwatch.org).

The sooner the better! We will get some small prizes for the first few runners to provide their pictures.

### WHAT DO WE NEED YOUR PICTURE FOR?

**CAMPAIGNING** We will create a slideshow out of all your pictures and post it across our social media channels to deliver our message to the decision-makers gathered at COP26.

**ACTION** Last but not least, please make some noise on your personal social media channels. Use whichever platforms you prefer to post pictures from the run. Use the #LungRun & #COP26 hashtags. Tag @COP26 if possible.

### RUN!

Have an amazing run and see you next year!

**Questions? Ask us anything via Strava or email.**

