

Elite Orphans Running Club



**Click on the video to
watch us**



" Sometimes pictures describe more than words. This is who they are and what they do."

OBJECTIVES

- Raise the next generation of Vietnamese Elite Runners, so they can run for the National Team.
- Get an athletic scholarship, so they can go to College (abroad or in Vietnam)
- Give an option to these kids so when they are 18 years old, they can have choices in their life.
- Teach them healthy values for their future.
- Awake awareness on plastic waste and pollution in Vietnam, so they can protect their environment.
- Teach them English and how to be self independent.

General backgrounds about these children

- most of them were abandoned at their youngest age
- they have grown up lacking of self-esteem and confidence
- they rarely got the chance to live their orphanage
- they do not have the luxury to do sports and compete against other children

How do we select them ?

All of them are from Que Huong Charity Center. We weekly train 10 to 20 children based on their performance and results in The Lakes Race and other races.

The top 20 kids from Que Huong Charity Center is trained to be part of this program and hopefully become the next elite runners of Vietnam.

TYPICAL WEEKLY TRAINING

Monday: 10 kids will train in Sala (District 2) with Coach Alex Videau (Semi Professional Runner) and Saigon Zen Run. From 6h30 to 8h30 pm, the kids will work on their speed. Interval training, technical drills to learn coordination and running shape, the end of the session is a 5 minutes meditation.



Wednesday: 10 kids will train in Ho Da (Thu Duc District) in our training camp. Kids will run around the lakes of Ho Da in a trail path. We will focus on improving their milestone. Will run up to 6-10 km. The training always ends up with a 30 minutes clean up to awake awareness on plastic waste around the campus.



Weekend: Depends if we join races or not. If not races, the kids will spend on afternoon in our training camp in Ho Da, where games, sports activities and clean up are organized, all in English.

Why does running change their life ?

- running will push them far, they will have to fight hard to get rewarded, nothing is granted, it will give them hard working values and the taste of effort.
- accomplishing and finishing the race will give them confidence and a higher opinion about themselves
- real opportunity for them to LEAVE their orphanage, do an activity, explore new lands and travel.
- real opportunity to meet new kids from different backgrounds and nationalities, cultural exchange
- implement a good habit and healthy lifestyle, even if they do not turn professional runners, we hope they understand the benefices of running in their life and will pursue this activity.



Example of an Orphan: " running changed my life "

Crippa Yemaneberhan:

Born in Wollo in the north-eastern part of Ethiopia. Yemaneberhan lost his parents in the Eritrean-Ethiopian War and landed in an orphanage in Addis Abeba. He was adopted in 2001 by an Italian couple. Since ?? He won several medals in various age categories, he made his senior debut at the 2016 European Championships in Amsterdam finishing eighth in the 5000 metres. A year later he finished seventh in the 3000 metres at the 2017 European Indoor Championships in Belgrade.



Yemaneberhan Crippa in 2017



" Our project is about sponsoring Vietnamese Orphans, so they can run and challenge their limits. We train the Elite and register them to other races in Vietnam. We want to raise the next start of Vietnam."

Who are they ?



Name: Huynh Tieu Phuoc

Age: 13 years old

Personal Best 5km: 21'57

Awards: 1st Techcombank Kids - 1st Lakes Race Kids - 2nd Lakes Race 5km - Top 10 5km HCMC Run/Can Tho Run

Objectives: Sub 20'00, run 10km

Dream: Become a football player

Name: Huynh Tieu Oanh

Age: 11 years old

Personal Best 5km: 26'32

Awards: 2nd Girl HCMC KIDS DASH

Objectives: Sub 25'00, run 10km

Dream: Be a singer



[Read more about our other champions](#)
[HERE](#)

How do we travel ?

We invested in a minivan (tuk tuk) to transport them from their Orphanage to our training camp or races location.
We already went to Can Tho with our new vehicle !!



Sponsor us, get your logo on our Tuk tuk
and travel in Vietnam with us !!

CLEANING PROJECT

Every week, we take some children from Que Huong Charity Center to clean the forest and lakes where we train. We wish to educate the next generation about littering, ecology and recycling.

For this project, we buy or build (from dead wooden branches) bins and implement them around the lakes.

Each bin has its own purpose (plastic, metal can and paper) to encourage people to put their trash into our bins and hopefully recycle. Each week, we have people living nearby the lakes, collecting and emptying our bins.

In order to awake awareness, we hang signs between two trees to push people to recycle.

" It is too late to change the mindset of elders, but not the young and innocent ones "

Watch them



CLEANING PROJECT

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" It is too late to change the mindset of elders, but not the young generation !! "



RACE SCHEDULE - 2020

Note: This schedule is likely to be updated as more races are coming up to Vietnam

Event Name	Date	How many kids ?
HCMC Marathon	5/01/2020	13 kids
Nui Dinh Trail Training Camp	19/01/2020	10 kids
Cau Dat Ultra Farm Trail (DALAT)	2/02/2020	20 kids
Spartan Kids Race (D9- Saigon)	15/02/2020	10 kids
Resolution Run (D7- Saigon)	23/02/2020	10 kids
Sufferfest (DALAT)	28/02/2020	18 kids
Da Lat Ultra Trail	15/03/2020	5 kids

Sponsor us and get your logo travel with us across Vietnam
Full Schedule [HERE](#)

SPONSORSHIP PROPOSAL



Thank you SPONSORS

Why do we need sponsor ?

All the trainings and activities are volunteering work. However, in order to register the kids to races, arrange accommodations, buy tents, sleeping bags, pillows, blankets, transport, gas, purchase of the minivan, food, running shoes, socks, shorts, T-Shirts and all other expenses related to this program, they need to be funded.

By sponsoring us, you will allow your brand to travel with us around Vietnam and be seen on all races that we join. We will highlight you on these events.

We cannot do it on our own, we need companies and supports of any kinds to raise the next elite runners."

"TOGETHER WE MAKE ORPHANS RUN "



Media
sponsorship



Financial
sponsors



In-Kind
sponsors



Venue
sponsorship

GOLD SPONSOR

15.000.000 VND

- get your logo on our minivan
- get your own flag next to ours (picture at the end of all trainings and races)
- get your logo on the back of our Races T-Shirt
- get your logo on the back of our Training T-Shirt
- get your logo on our website (landing page) and facebook page
- get one post per month on our fan page

SILVER SPONSOR

10.000.000 VND

- get your logo on our minivan
- get your own flag next to ours (picture at the end of all trainings and races)
- get your logo on the back of our Races T-Shirt
- get your logo on our website (landing page) and facebook page
- get one post per month on our fan page

BRONZE SPONSOR

5.000.000 VND

- get your logo on our minivan
- get your logo on the back of our Training T-Shirt
- get your logo on our website (landing page) and facebook page
- get one post per month on our fan page

SPONSOR SUPPORTS

Get your logo on our T-Shirts !!!

Race T-Shirts (Gold + Silver Sponsors)



Training T-Shirts (Gold + Bronze Sponsors)



SPONSOR SUPPORTS

Get your logo on our Minivan (Tuk Tuk) !!!



Get your own flag and appear on all races that we join !!!



COACH



Name: Chris Devoize

Age: 27 years old

Nationality: France

Accomplishments:

Sub 38' for 10 km - Sub 1h30 for
21km - Finisher Full Ironman -
Finisher 75km TRAIL

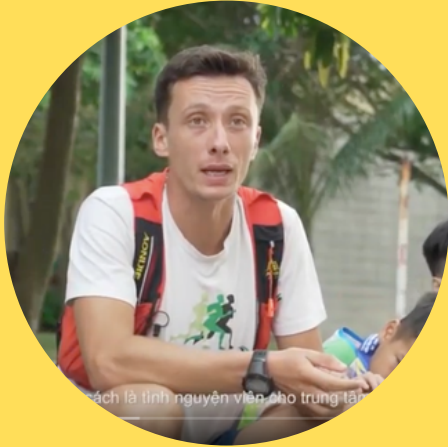
" Behind training this Elite Orphans Group, there are many important objectives to my eyes. I always push the kids to give 100%, no matter what. At the end of their tasks, either running, picking up trash, or learning English, they must feel they tried their best to not have regrets. Life may have been unfair for them at first, but not anymore ! This program selects only the best of these kids, leaving hundreds of their friends behind them, therefore I always expect the best from them. I believe this is the most important value in life, if they always do their best in their daily tasks, they can become successful.

With my team, we teach them how to run longer and faster. We also teach them how to reduce plastic waste in Vietnam to find sustainable solutions for their country. In addition, we also teach some English lessons. Behind all that, we want to develop their confidence and self-esteem, they have all reasons to be proud !!

We are raising and training the future of Vietnam for a better and greener country."

CONTACT US

If you wish to sponsor these kids or partner with us,
you can contact us



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All our projects and websites:

- www.thelakesrace.com
- www.athlete-trotter.com
- Facebook => Elite Orphans
- Facebook => The Lakes Race