HOW TO BE PART OF IT

WINGS FOR LIFE WORLD RUN

WINGS FOR LIFE

Just in this moment – while you are reading this – somebody is experiencing a spinal cord injury and will remain paralyzed. This means: No feeling in the legs, and in the worst case, no feeling in the arms or hands either. Immobile. Constantly dependent on the assistance of others.
Wings for Life wants to help. As a **charity foundation,** Wings for Life supports cutting-edge research worldwide. The big goal: **To find a cure for spinal cord injury.**
Find more details and supported projects at www.wingsforlife.com

WINGS FOR LIFE WORLD RUN

A global charity race held one day each year since 2014, the Wings for Life World Run is the primary fundraiser for Wings for Life. Tens of thousands of people take part around the globe at exactly the same moment. **There is no traditional finish line.** Instead, a moving finish line called the Catcher Car pursues you! You can register **to run against a real Catcher Car** at a Flagship Run **or against the Virtual Catcher Car** of the Wings for Life World Run App. When the Catcher Car passes you, your race is over, and the distance you achieved appears on the **Global Result List.** Everything you're doing is for a good cause because **100% of your entry fees and donations goes directly to research toward a cure for spinal cord injury.**
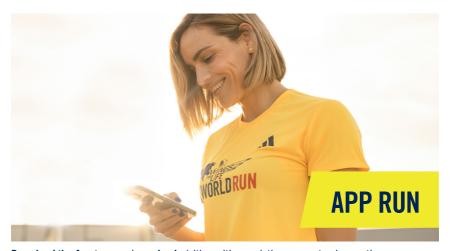
RACE FORMAT AND CATCHER CAR

The Wings for Life World Run is different. It's not what you may be used to from other races. First of all, the start signal will show up **all over the globe at the same time.** Exactly 11am UTC. That means in London the participants start at 12pm, in Munich at 1pm, in Japan at 8pm, and so on… **The Catcher Cars start their chase 30 minutes after the start signal, passing one participant after another.** Relaxed runners, for example, will be passed at kilometer 5, while professional runners will be sweating it out until kilometer 60. Your **result** will not be a time, but rather the **distance** you have achieved.

ONE RACE, TWO POSSIBILITIES

There are two ways to join. Participate **shoulder-to-shoulder** with thousands in a Flagship Run **at a major international destination,** where together you'll be pursued by a Catcher Car.
Or register for an **App Run** to be chased by the Virtual Catcher Car **anywhere you are** – setting your own individual course or taking part in an App Run Event created especially for camaraderie.

FLAGSHIP RUN

You **choose one of the Flagship Runs around the world** to race with others until the Catcher Car passes you. Please note that there is a **limited number of registrations** available for each Flagship Run. If your first choice is already sold out, check out the other locations we have worldwide.

APP RUN

Download the App to your phone, **log in** (either with an existing account or by creating a new account) and **register for race day.** Once you've completed this process, you can do your App Run **individually or join an App Run Event organized by someone else.**
Then run at the same time as everyone else in the world on May 4th, 2025, chased by the Virtual Catcher Car. When you're finished, you'll see your name on the **Global Result List.**

Most important: **You'll be united with all the participants around the world.**

WINGS FOR LIFE WORLD RUN APP

With the App, you can run anywhere you like. Take your favorite path, or explore somewhere new. On your own, or with friends. You'll still be participating simultaneously with thousands worldwide. And the Virtual Catcher Car will find you! Once you're caught, your race is over. Then it's time to celebrate, and you'll see your name on the Global Result List. If you're an ambitious runner, you can even become Global Champion using the App. But no matter what distance you cover, you'll be helping to find a cure for spinal cord injury.

Don't feel like running on your own? Check out the list of App Run Events and join one to run side by side with others. There's no additional fee, and you can switch between App Run Event locations as often as you like.

A few weeks before race day, you will also get your digital starter pack via the App. It's filled with vouchers and coupons according to your location.

See you on race day!

ORGANIZE YOUR OWN APP RUN EVENT

Organizing your own App Run Event is a great way to heighten your impact and motivate others to make a difference, too. First, find a location, like a park or running track, that is secure and free of traffic and obstacles. Then, get the word out! We feature **all App Run Events on our website** and in the the Wings for Life World Run App. The **registration** process is also provided **in the App,** along with the **tracking tool** for you and your participants on race day. Check out the App Run Event Manager, where you can set up and manage your App Run Event:
are.wingsforlifeworldrun.com

HOW NON-PARTICIPANTS CAN FOLLOW THE EVENT

There will be a **Live Experience** at www.wingsforlifeworldrun.com on race day, and spectators at Flagship Runs can follow the **Live Experience** on screens at the local venue. The **Global Result List** will be available at www.wingsforlifeworldrun.com, too. And, of course, anyone can support you and the charity by making a **donation.** One fun option is the **Every Kilometer Counts program:** Your supporters commit to paying an amount they choose for every kilometer you stay ahead of the Catcher Car. Also check out all the Wings for Life World Run **social channels** for regular updates.

WINGS FOR LIFE WORLD RUN TEAMS

When you have registered, you can join the team of a famous athlete, a celebrity or people you know. Or you can create your own team. Run together with your family, your friends or colleagues, and collect donations for spinal cord research. By the way: **You don't have to run in the same location to be in the same team.**

WINGS FOR LIFE WORLD RUN GLOSSARY

- **APP RUN EVENT MANAGER:** This is the place where App Run Event organizers can manage their App Run Events – e.g. to contact their participants or to edit the info on the website.
- **DIGITAL STARTER PACK:** Every App Run participant receives a digital starter pack (e.g., coupons/vouchers) via the Wings for Life World Run App on their mobile phone.
- **GLOBAL RACE CONTROL:** Wings for Life World Run Global Race Control is the official hub for the event. It produces and distributes all global communications and is where the single global time-keeping system is managed.
- **GOAL CALCULATOR:** On the website, runners can use the Goal Calculator to figure out their personal target distance and see the pace they will need to stay ahead of the Catcher Car.
- **STARTER KIT:** This is what every Flagship Run participant gets when picking up their race number at the Race Number Distribution Point.
- **UTC:** Coordinated Universal Time (UTC) is the primary time standard by which the world regulates clocks and time. It is sometimes referred to as GMT.
- **WINGS FOR LIFE:** Wings for Life is Red Bull's chosen charity. It's always Wings for Life (cap W, lower case f, cap L).
- **WINGS FOR LIFE WORLD RUN CERTIFICATE:** A document that verifies and celebrates each runner's participation. This certificate will be available 24 hours after the end of the race.

YOUR START. YOUR DONATION. YOUR SUPPORT.

By participating in the Wings for Life World Run, you do something good and help us get closer to our ultimate goal. **100% of your entry fees and donations go to spinal cord research.** This is possible thanks to Red Bull and our sponsors. They cover all administrative costs.

START YOUR WINGS FOR LIFE WORLD RUN JOURNEY NOW!

Wings for Life World Run Website: www.wingsforlifeworldrun.com
Wings for Life Website: www.wingsforlife.com
Locations: www.wingsforlifeworldrun.com/locations
Teams: www.wingsforlifeworldrun.com/teams
Goal Calculator: www.wingsforlifeworldrun.com/goal-calculator
Race Format: www.wingsforlifeworldrun.com/en/the-race-format
App Run Event Manager: are.wingsforlifeworldrun.com
Wings for Life World Run Online Shop: www.redbullshop.com/wings-for-life-world-run

RUN WITH US AT YOUR NEAREST FLAGSHIP RUN OR WITH THE APP ON MAY 10TH, 2026

HOW THE WINGS FOR LIFE WORLD RUN WORKS

START

Join one of the Flagship Runs or download the App and be part of the Run wherever you are, all over the world at the same time.

30 minutes after the official start the Catcher Car leaves and begins to pursue you. Either the real Catcher Car or the virtual one of the App is your personal finish line.

The last man and woman worldwide to be passed by the Catcher Car are the global champions.

HOW FAR WILL YOU RUN?

JOIN US