



@NHSOrganDonor
 @R4R2024
 #RaceForRecipients
 #OrganDonation



Race for Recipients

Organ Donation

2024



Follow us on social media and share your activities!

In honour of our organ donors, their recipients and those waiting for life saving transplants, we want to raise awareness and encourage people to get active, register their organ donation decision - and share this with loved ones!

Our goal will be for the nation to work together through running, walking, cycling, swimming and any other distance exercise to achieve the Race For Recipients meaningful milestones!

Join as a solo racer or as part of a wider team

Fitness level is not important, this is for everyone!

1

SIGN UP

and join your region!
 Contribute to your shared target of 61,400km

2

CHOOSE A TEAM

Choose your team
 Register your event or
 Join as a solo racer

3

HAVE FUN!

Progress through the milestones starting at 9km through to 7,500km

4

SPREAD THE WORD

One donor can save up to 9 lives, can you get 9 other people to register their decision?

To find out more and join the race head to

www.raceforrecipients.com

or scan this QR



It's Organ Donation Week!



Register your organ donation decision today

tinyurl.com/R4RODR

