



CREATED BY



26–28 June 2026  
Maritime  
Mountain Race

## Social Media Post Templates

### Social Post - Option A

**I'm taking on the Maritime Mountain Race this June, joining 30 teams in the Swiss Mountains for The Mission to Seafarers' first-ever European fundraising challenge.**

Over 90% of world trade is carried by sea by 1.89 million seafarers working in some of the most isolated and dangerous environments in the world. They face long periods of separation from their families, mental health challenges, the risk of abandonment, and piracy, yet their - ongoing commitment keeps our global economy moving.

The Mission to Seafarers provides vital in-person support in over 200 ports worldwide: ship visits, chaplaincy, emergency help during crises, and practical items like SIM cards so seafarers can call home. Simple acts that make a profound difference.

My team is raising US\$5,000 to expand this life-changing work. Every donation helps reach more seafarers who need it most.

Will you support us? 🙌 [LINK]

**#MMR #MaritimeMountainRace**

### Social Post - Option B

**This June, I'm tackling the Swiss Mountain for seafarers who face far greater challenges every day.**

My team is taking on the Maritime Mountain Race, a demanding one-day challenge of [11km Lighthouse / 16km Sails & Summit - delete as appropriate] through steep mountain terrain, joining 30 teams in this first-ever European fundraising event for The Mission to Seafarers.

Over 90% of world trade is carried by 1.89 million seafarers working in isolation, facing mental health challenges, abandonment, and piracy. While we're pushing ourselves on the mountains for one day, they endure long periods away from their families in dangerous conditions.

The Mission to Seafarers is there for them, providing ship visits, chaplaincy support, emergency help, and practical items like SIM cards to enable phone calls home..

We're raising US\$5,000 to expand this vital work. Every donation, large or small, helps reach seafarers who need it most.

🙌 Donate here: [LINK]

**#MMR #MaritimeMountainRace**