

Warsaw, May 30, 2022 r.

Onco-run returns to Warsaw!

Join the event at the National Research Institute of Oncology and support those affected by cancer.

The Polish Sarcoma and Melanoma Association invites you to the fifteenth anniversary of the running event that is 'Onco-run – Together for Health!'

"'Onco-run – Together for Health!' is an event that we have been continuously developing over the past fifteen years, and which we created for people with whom we share similar experiences: cancer patients. Knowing the difficulties they face every day, we want to express, if only in a symbolic manner, our solidarity with them, to let them know that we recognize and understand the strength and determination that it takes in order for them to reach their daily goals," so says Kamil Dolecki, organizer and chairman of Polish Sarcoma and Melanoma Patients Association. It is also an opportunity to draw public attention to both cancer and cancer prevention. "We want to raise awareness among the general public in order to demonstrate that by helping others we are also helping ourselves," he adds.

Although Onco-run is returning to the National Research Institute of Oncology in Warsaw, it is still possible to participate in the virtual run. "We are pleased to be returning to the on-site event, where we will meet, at 11.00 am on September 11, 2022, at the National Research Institute of Oncology in Warsaw, to stand united, together at the start line, before running along the designated route to express, in large numbers, our unity with patients who are undergoing cancer treatment. Those who are not able to take part in the event in Warsaw will still have the option of participating in the virtual run. This is already well known to many participants from previous years," recalls Szymon Bubitek, organizer and board member of the Polish Sarcoma and Melanoma Patients Association.

**15 ONKO
BIEG.**

Stowarzyszenie Pomocy Chorym na Mięśniaki i Czerniaki Sarcoma
Biuro: ul. Mickiewicza 63 pok. 301, 01-625 Warszawa
Siedziba (dane do faktury): ul. Malborska 14/5, 03-286 Warszawa
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Registration of those wishing to take part is only possible via the website www.onkobieg.pl and registration will run only until July 10, 2022, or earlier if places sell out. The prospective participant will have two choices to participate in the event on September 11: either in the on-site run, in Warsaw at the **National Research Institute of Oncology, at 11:00 am**, or in a **virtual run, from any place of his/her choosing**. If they decide to enter the virtual run, the participants can then choose their own dedicated route. It is important to cover the pre-declared distance during one full hour of activity, starting at any time between the hours of 7:00 am and 12:00 pm CET.

Once again, the entire event will be broadcast live from the 'command centre' in Warsaw and will feature interviews with specially invited guests – medical professionals and patients – who will be speaking on the themes of raising awareness, of the importance of education and the role played by physical exercise as a method of preventive healthcare. Onco-run is a year-round project, the idea behind it being to express solidarity with patients during their treatment, together with their relatives, to provide financial support for the most in-need patients and to encourage health prophylaxis. Thanks to the funds collected from our partners, and donations from those taking part in the event, the Association is able to reimburse travel expenses for those who regularly need to travel to hospital for diagnosis and treatment, and to provide rehabilitation and artificial limbs for patients who have become amputees as a result of cancer. Over the past 14 years, the Association has supported over 300 patients and their relatives.

The organizers will also publish a report concerning the role of cancer prevention with regard to Polish men and women. *"We realize that taking preventative measures is key to warding off cancer. Bad habits with regard to our bodies, combined with our natural reluctance when it comes to regular testing, contribute to the development of cancer. This is why we are preparing a report that we will publish during our Onco-run campaign. The purpose of this report is to demonstrate that we care very much about public health and that what people do (or don't do) has an impact on their health,"* says Ewa Styś from the Sarcoma Association.

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For this year's Onco-run, long-standing 'Onco-runners' – those friends and colleagues who have directly or indirectly experienced cancer – also invite you to take care of your own health and also support cancer patients. These are people who, each year, take time out in order to help organize the event, and they do so with someone special in mind.

If you are in good shape you can run; if not, walking or jogging is also fine. Do you practice Nordic walking? If so, why not spend the morning with us here at Onco-run. We also welcome entrants with disabilities, those who, for example, use crutches or a wheelchair, as well as present and former patients, for whom we reserve particular respect. All your suggestions are welcome. **Together for health!**

For queries regarding 'Onco-run – Together for health!' please write to the organizers:

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The Fifteenth 'Onco-run - Together for health!' is supported by:

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