

medal will be waiting for them at the finishing line. For those who aren't able to make it to Warsaw, the organizers have given these participants the opportunity to choose their own way of taking part. Some of them have chosen to run virtually, which is why many runners will run their own individual routes on Sunday. They will also be given sixty minutes to do so, and they can choose the exact start time themselves – any time between the hours of 7.00am and midday. They can run on a treadmill or walk in the park, covering their pre-declared distance, chosen at registration.

The organizers encourage you to share your pictures on social media. Thanks to **#Oncobieg** everyone can run together. Together for health!

From 9.00am, on the grounds of the Maria Skłodowska-Curie National Research Institute of Oncology, the 'Oncobieg village' will be open, meaning an area intended for runners. Diagnostic tests will be carried out on-site, including blood pressure tests and tests of glucose and vitamin D levels, together with the above-mentioned examinations for skin cancer. Those taking part will be instructed in how to properly perform self examination of the breasts and testicles. Volunteers with animations will be waiting for the youngest.

All the proceeds from the event will be allocated to rehabilitation, medicines, prosthesis, travel costs to and from hospitals as well as educational activities conducted by the Polish Sarcoma and Melanoma Patients Association.

**15 UNKO
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

NIP: 524-262-90-81 / REGON: 141197341 / KRS: 0000290920

nr konta: (PEKAO S.A.) 21 1240 6104 1111 0010 1621 0261

tel.: 608 335 326 / biuro@sarcoma.pl / www.sarcoma.pl



As in previous years, you will be able to follow the entire event live, during an online broadcast, from the studio in Warsaw, where interviews with specialists and representatives of patients organizations will take place. This is all intended to educate the general public about cancer prevention.

Particulars of the event can be found from 9:30am on the website,

www.onkobieg.pl on Facebook: <https://www.facebook.com/onkobieg>

(<https://bit.ly/3Rwoolh>) and on YouTube: <https://youtu.be/yMWmjUp-JIA>

As with every year, the start packs that the participants receive are there to remind them to take care of their own health throughout course of the year, while the kilometres they cover are a real help for cancer patients.

The fifteenth Onkobieg takes place thanks to the support and trust of many partners:

Partners: the Ministry of Sport and Tourism; Eko Cykl Organizacja Odzysku Opakowań S.A., Bristol-Myers Squibb, Garden - Space Sp. z o.o., Compensa Insurance Association; S.A. Vienna Insurance Group, Pierre Fabre Polska, M&M Consulting, Bohema House Teatr Ekologiczny, Bohema Dance Ekologiczna Szkoła Tańca, Project Zero Waste Sp. z o.o., Sanofi – Aventis sp. z o.o., Sidnet Solutions Sp. z o. o., Swedish Orphan Biovitrum Sp. z o.o, Nashi Art., Novartis Poland Sp. z o. o., Only Only, Medicart healthcare Sp. z o.o., Euromed Medical Solution Sp. z o.o., LOOS Centrum Sp. z o.o., Rawicka Fabryka Wyposażenia Wagonów "RAWAG" Sp. z o.o., LiveU, Future Gate Sp. z o.o., Brand24, DPD Polska Sp. z.o.o, Uzdrowiska Kłodzkie S.A., Staropolanka, Roche Polska

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Sp. z o.o., Roche Diagnostics Polska Sp. z o.o., MSD Polska Sp. z o.o., Centrum Kompleksowej Rehabilitacji, uPacjenta.pl,

Mission Partners: Maria Skłodowska-Curie National Research Institute of Oncology, Warsaw; the Institute of the Mother and Child, Warsaw; Institute of Haematology and transfusion medicine, Warsaw; College of Family Physicians in Poland; the Polish Society of Oncological Surgery; the Institute of Patient Rights and Health Education; the Polish Cancer Society; the Polish Society of Clinical Oncology; the Polish Psycho-oncological Society; the Polish Coalition of Cancer Patients; the Association for Help for Patients with Gastrointestinal Stromal Tumor; the Sarcoma Patient Advocacy Global Network; All.Can Polska, Akademia Czerniaka, Fundacja ANIKAR; the Polish Society of Nurses; Association "AMAZONKI" Warszawa Centrum, Fundacja Carita im. Wiesławy Adamiec, Association of Polish Sign Language and Translators; Young Family Doctors.

Media Partners: Radio ESKA; TVP Woman; Voice of the Cancer Patient; portal onkologiczny zwrotnikraka.pl; website CovZdrowiu.pl; magazine Służba Zdrowia; haloursynow.pl; Publisher Termedia.

Honorary patrons of the event are: the Ministry of Health, the Ministry of Sport and Tourism, the Office of the Patient Ombudsman, the Mayor of the Ursynów District of Warsaw.

Questions regarding the fifteenth 'Oncobieg – Together for Health!' can be sent direct to the organizers.

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The organizers would be pleased to hear from any media outlets interested in coming to the studio at the Maria Skłodowska-Curie National Research Institute of Oncology in Warsaw to cover the event. They can be contacted at the following addresses:

Szymon Bubilek – Board Member of the Polish Sarcoma and Melanoma Patients

Association

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Kamil Dolecki – Chairman of the Polish Sarcoma and Melanoma Patients

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The Polish Sarcoma and Melanoma Patients Association

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