

The participants of Onkobieg (Oncorun) reached the finish!

On Sunday, September 3, the 10th Jubilee Oncorun Together for Health was held which, like every year, was dedicated to cancer prevention and all people struggling with cancer and their families. There were nearly **2000 participants** who covered the lap **750 times** (16 447 km) around the Center of Oncology in Warsaw - which resulted in the amount of about **70 000 PLN**, which will be allocated to support the neediest patients – charges of Oncorun and also for preventive activities.

The event was co-financed by the capital city of Warsaw - Ursynów District.

From 11:00 AM there was a registration of participants who had not been able to book the packages online. Space at the Maria Skłodowska-Curie Oncology Center-Institute in Warsaw was full of positive energy. Oncorun participants walked kilometres around the hospital greeting patients waving from the windows. The first runners began to appear around 10:30. For many, participation in Oncorun has proved to be a great solution for spending time actively with relatives, while showing solidarity with people who are under oncological treatment and their families. Participants could actually help the needy patients and at the same time, get acquainted with the topic of oncological prophylaxis.

Residents of Warsaw, but also other cities such as Łódź, Wrocław, Kraków were participants of the Oncorun. Oncorun sympathizers, along with their families and friends, had the opportunity to take part in the largest cancer-oriented charity event. There were also doctors and staff from the Oncology Center, the Hematology Institute, the Mother and Child Institute, who every year stressed the value of Oncorun and encouraged to physical activity and prevention.

Romuald Wójcik opened Oncorun and lead the whole event, whereas Dj "Bert" provided music for the runners during registration and picking up starting packages. The biggest music surprise was the performance of "Fat Donuts" band, i.e. Tomasz Karolak and Bartek Miecznikowski, who played for the oncology and all patients in Poland.

Around 13:00 the organizers of the action appeared on the stage:

- Kamil Dolecki - President of SARCOMA ill Help Association,
- Szymon Bubińek - Member of the Board of the SARCOMA
- Maja Surowicz - President of the United Way Poland Foundation,

who thanked the participants for the numerous arrival and support for people suffering from oncological disease.

Later the official launch of the event was made by:

- Deputy Mayors of the Ursynów District Rafał Miastowski and Łukasz Ciołko;
- Head of the Department of Tumors of Soft Tissue, Bones, Melanomas in Center of Oncology - prof. dr hab. Piotr Rutkowski;
- Deputy Director of the Institute of Hematology and Transfusiology - prof. dr hab. Przemysław Juszczynski;
- Head of the Clinic and Oncological Surgery at the Institute of Mother and Child prof. dr hab. Anna Raciborska;
- the President of the Warsaw Family Physicians and the Spokesman of the College of Family Physicians in Poland Michał Sutkowski, MD.

Before the runners could cross the starting line, they took part in a warm-up run by Pawel Nastula, the Olympic champion and the Oncorun Ambassador.

Oncorun participants traditionally confirmed the correctness of the slogan, "Oncorun Together for Health". Families with children, grandparents and grandchildren, young people, middle-aged people, people with disabilities, seniors, and the most in need beneficiaries of the oncorun were ready for the run. One of them, 31-year-old Ania, thanked on the stage all runners with "I'm Running for Ania" label. Within the framework of the action "PKO Bank Polski Run Together" will finance the patient's prosthesis.

Within 60 minutes of run, each runner could run any number of laps in totally free way. There were many possibilities: trotting, walking, stepping, Nordic walking, going in a stroller or on somebody's arms. The 60-minute run was filled with DJ Bert, Sereia de Varsovia and Haze, which also performed several songs at the end.

Jubilee Oncorun once again proved to be a success. The Foundation of the Oncorun is a 50 people team of volunteers who, in a sweat, engage in action and gain new experiences. All volunteers are involved in the activities by Pola Goszczyńska from Sarcoma and Aleksandra Fiałkowska from the "It is good that you are" Foundation. This unique event featured exceptional people. Regardless of the aura or health status, they come each year to help the most needy, and actively participate in health prophylaxis. In this event there are no divisions, no competition, only big hearts, good fun and integration in a common purpose.

Oncorun Together for health! was organized under Honorary Patronage of the Undersecretary of State from the Ministry of Sport and Tourism Jan Widera; Mayor of the Ursynów District Robert Kempa; Director of the Center of Oncology - Institute of Maria Skłodowska Curie in Warsaw prof. dr hab. Jan Walewski, MD; Director of Institute of Hematology and Transfusiology, dr hab. Ewa Lech – Marańde. Media coverage of the event was rendered by the editorial staff of Eska Radio and the editorial board of the haloursynów.pl portal.

The positive image of this year's edition of Oncorun has been achieved with the support and the involvement of a number of allies of this event. Worthy of special thanks are the following partners:

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