

FAQs on PALLIATIVE RUN 2020

Everything you want to know about the Virtual Run, for a Noble

Cause Q1) What is a Virtual Run?

At your pace and location, you complete the target distance, for which you have registered online. You may walk, jog or run to complete the virtual run. The **location could be anywhere**: inside your home, or garden, or any street or on a treadmill. You complete the virtual run, which is your chosen target distance within a period of **ONE** week. **It is fun, both for young and old**

Q2) What are the steps involved in participating for the run?

- **Step 1** Select a category you want to **RUN (2K, 5K, 15K or Half Marathon)**.
- **Step 2 Register online** by completing the online registration form and paying Rs500 per participant (if you are a student only Rs100).
- **Step 3** Start your Virtual **Palliative Run** from October 3rd to Oct 10th. (The chosen target distance may be completed **within this one week**, as per your convenience of location and pace.)
- **Step 4** Submission of at least one of these: **photo/Run stats/ message** by Email at rajeswaryfoundation@gmail.com before **6pm of Oct 10th**.

(At any point during the RUN click your picture/send us a message/share Running App Screen shots, informing us your Run participation)

Q3) Is submission of Photo Mandatory? If so, any dress code?

We require at least your message that you completed the chosen target distance of the Virtual RUN to issue individual Certificates. **Photo submission is not mandatory**, however we would like to receive photos of participants to publish in our site. Regarding **Dress code**, there are no hard and fast rules, wear a dress which you feel comfortable.

Q4) Which running app should we download to participate in the Virtual Run?

It is **NOT mandatory** to download any app to track your RUN progress. You promise yourself that you would complete the chosen target distance in the RUN week. Your health and fitness is equally important. However, in case , you

are able to download any running app like Strava, (which is OPTIONAL) then please share with us your screen shot, which entitles you as an ideal RUN participant.

Q5) How do you ensure that participants would give true information?

This Run is being organised for a Noble Cause .**This is not a Competition, but a Participation.** So we believe every participant would be true to her / his word.

Q6) Will the participants receive any certificate?

Yes, Certificates will be emailed to every participant before **30 Oct**

2020 Q7) Is there any other gifts?

We may acknowledge few participants like: Senior most, Best Fit, Best colour coordinated Team/Individual, etc... And more surprises!

Q8) What is the benefit of this RUN?

- First and foremost you are being **partners in palliative care.**
- All our patients belong to the underprivileged section of the society.
- Proceeds will go towards supporting patients with extreme illness and their families.
- Also, you are encouraged to run for your Health and Fitness and achieve a RUN target for yourself.

Q9) Can we visit the foundation?

You are always welcome to our foundation and understand various activities undertaken.

Q10) What, If I face difficulty in registering online, is there any other option?

Alternatively you may call us and we will assist you.

Q11) Whom can we contact for any doubts or for more details?

You may call us at 8714227847/9847390218/9818811936

Or Mail us at rajeswaryfoundation@gmail.com

Q12) is there any age restrictions to participate in the RUN?

There are **No** age restrictions, **ONLY YOUR SPIRIT OF PARTICIPATION MATTERS, TO RUN FOR A NOBLE CAUSE**