



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.

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

- **Step 1** is Select a category you want to RUN (2K, 5K, 10K,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). Click Submit at the end of this page.
- **Step 3** You may Start your Virtual Palliative Run at your convenience during the palliative care week that is October 3rd to Oct 10th. (The chosen target distance may be completed within this one week, as per your convenience)
- **Step 4** At any point during the RUN click a picture /snapshot of any running application, informing us your participation and if possible more details of your RUN.
- **Step 5** Submission of photo/snapshot/Any message before 6pm of Oct 10th

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

We require 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, etc... as surprise gifts.

Q8) What is the benefit of this RUN?

First and foremost you are being partners in providing palliative care to patients suffering from pain due to terminal /other serious illnesses.

All our patients belong to the underprivileged section of the society.

Proceeds will go toward supporting patients with extreme illness and their families.

Along with that 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 by the foundation.

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

Mail us at rajeswaryfoundation@gmail.com

Q 12) Is there any age restrictions?

NO, ONLY YOUR SPIRIT OF PARTICIPATION MATTERS IN THIS RUN TOWARDS A NOBLE CAUSE.