

## **FAQ Run for Help! Foundation Słonie na Balkonie**

### **I. Why do we run?**

Run For Help is a virtual donation run organised by the Foundation “Słonie na Balkonie” to help traumatized children. We run four times a year. You decide which route, distance and how many times a year you run. For each run we thank you with a specially prepared commemorative medal, which you will receive by post.

### **II. Why run when you can walk or ride?**

If you look at the process of evolution, it becomes clear that our body wants to run. Running requires a regular supply of oxygen to the muscles and the removal of carbon dioxide has a positive effect on our cardiovascular system and lowers blood pressure and cholesterol levels. Running reduces stress and improves mood and memory. And this is just the beginning! By taking part in Run for Help, you take care not only of yourself and your loved ones - you also support the kids from our Foundation!

### **III. Who does my run help?**

Your run will help kids who faced trauma, who lost their parents or/and homes and who are under care of Foundation “Słonie na Balkonie”.

In Poland kids who faced trauma do not have an access to therapeutic help due to our system which is not efficient. Your run will provide a specialist help protecting them from unpleasant consequences.

**IV. I registered but my bank is not among the electronic payments. How do I pay the starting fee?**

In case of absence of a specific bank please make a bank/post transfer and make a payment to the following bank account number:

*Fundacja SŁONIE NA BALKONIE - main account*

*IBAN: PL 17 1020 3352 0000 1102 0271 6215*

*SWIFT: BPKOPLPW with description: donation Run for Help*

**V. Where and when should I run?**

Anywhere in the world within given timeframe. Get some sleep, warm up, count down in your mind or out loud - 3, 2, 1 START! After completing the selected distance, please send your result to the e-mail address:

[run@slonienabalkonie.pl](mailto:run@slonienabalkonie.pl). It can be the GPX track from your run (or a screenshot), you can use platforms that archive training data, e.g. Nike Run Club, etc. or enter your name and surname in the e-mail + distance covered and time obtained.

**VI. What if someone gives a different result than actually achieved?**



**Run  
for Help**

Fundacji  
Słonie  
na Balkonie

Due to the special conditions and rules of the race, we appeal to the fair play rules.

#### **VII. Our company wants to run for the kids - what should we do?**

That`s fantastic! Write us at: [run@slonienabalkonie.pl](mailto:run@slonienabalkonie.pl)

Office Run for Help / Foundation „Słonie na Balkonie”

phone: + 48 42 672 61 19, mobile: + 48 603 805 335

address: Kościuszki 39, 90-427 Łódź, Poland

#### **VI. What`s next?**

It's going to be even more interesting! Your score will be stored on [www.runforhelp.pl](http://www.runforhelp.pl). You will be able to check how much time you have achieved and how much money you have collected for our kids. The ranking will sum up your kilometres and amounts in individual runs over the years. Be sure to remember the next edition! Become a Master in helping!

Run! Help! Collect medals!