

## LAUFEND HELFEN – jeder Kilometer zählt

### HELP BY RUNNING – every kilometer counts

**Date:** Sunday, October 2<sup>nd</sup>, 2022

**Location:** Schwertberg, Austria

The Red Cross in Schwertberg has been organising a running event for a good cause for years. It is an event for everyone. Whether big or small, fast or slow – the main thing is to be motivated, because every kilometer counts!

#### Your challenge

Starting at the Red Cross in Schwertberg, runners will travel along a 10 kilometer lap. 15 minutes after the starting signal, a CatcherCar starts pursuing the runners. As soon as it passes you, your run will be finished and the run kilometers will count. If you wish, you can finish the lap. However, please do not overtake the CatcherCar to avoid any double counts.



#### General information

- Start: 10 o'clock
- No entry fee
- Voluntary donations at the event site possible
- Upgrade packages can be selected when registering
- After the event, runners are provided with a free, self-cooked meal, using biological and local groceries (vegetarian option available)
- Victory ceremony will be held afterwards
- Results and pictures will be uploaded on the website as soon as possible

#### Registration

August 15<sup>th</sup> – September 23<sup>rd</sup>, 2022

Single or group registration possible

<https://www.laufendhelfen.org/anmeldung/>

#### Collection of starting number

<https://www.laufendhelfen.org/das-event/ablauf/>



ÖSTERREICHISCHES ROTES KREUZ

*Aus Liebe zum Menschen.*