

NCT-RUNning against Cancer. Alone. Together!



**#nctrun**

7 - 9 July 2023

# #nctrun



## **NCT-RUNning against Cancer 2022 from July 7 to 9**

### **Together twelve times around the world**

"How far would you go?" It all started with this question in 2012. It is still the motivation for many people to take part in the NCT run. Since then, more than 45,000 people have taken to the starting line to do something special on one day: to set a statement against cancer together.

With "Alone. Together!" was added to the original motto in 2020 on the occasion of the first virtual NCT Run. The largest charity run in the Rhine-Neckar metropolitan region became a worldwide event. From Iceland to Antarctica, from Honolulu to Japan, people were on the road to run for the NCT Heidelberg. In eleven years, more than 500,000 kilometres have been covered and over 900,000 euros in donations have been used to support numerous innovative cancer research projects at the NCT Heidelberg.

### **Starting signal: 7 July - on all seven continents**

The success story as a virtual run is set to continue this year. The NCT run is not about top athletic performance. Everyone can take part, everyone can help. The virtual NCT run can be run anywhere: In the park or forest, on the treadmill or the tartan track. Everyone decides the route themselves.

### **Join us and register now at [www.nct-lauf.de](http://www.nct-lauf.de)**

**Alone. Together!** Become part of the NCT run and show it on social media with the hash-tags #nctrun and #nctrun. To get in the right running mood, you'll find personalizable starting numbers, posters, print templates, a run playlist and much more in our toolbox.

**We are looking forward to moving the world with you and making a strong statement together against cancer.**