

RunQ8

2000 runners – 10km – 1 cause

28 November

Under starter's orders for the fifth time, the annual charity race organized by the Fawzia Sultan Rehabilitation Institute (FRSI), is back on November 28th. More than 2,000 runners from across Kuwait will gather for an 8.30am start, and in the knowledge that every step they take will benefit the Children's Evaluation and Rehabilitation Center (CERC).



Since it was first held in 2011, RunQ8's aim has been to raise awareness of and funds for the CERC; FSRI's specialized non-profit facility which provides specialized and multi-disciplinary care, treatment and support for children with disabilities. The Center provides comprehensive programs that include physical therapy, speech therapy, psychology and occupational therapy.

All proceeds from the race go towards enabling CERC to continue providing highly specialized quality care to Kuwait's children, enhancing its services and investing in the development of its team. The raised funds will also help children and families that have been unsuccessful in obtaining the treatment and support they need elsewhere, providing them access to much needed treatment for free.

FRSI was established in 2006 as a non-profit institute, and is the only organization of its kind in Kuwait. All the money made by FSRI is reinvested back into the institute in order to improve the quality of medical care and services provided. FSRI invests a lot of time and energy in research and education, and the institution is committed to providing the highest quality, accessible, and comprehensive rehabilitation services.

Dr. Elham Al-Hamdan, the Founder and Medical Director, established the organization with the mission of being a holistic medical institution providing higher quality, multi-disciplinary services, whilst also serving as a regional hub for health, research, education & advocacy. FSRI is a firm believer in community outreach capacity building and volunteer initiatives, as key components to promote health and wellness across Kuwait's society.

They not only run a number of highly visible community initiatives themselves (such as RunQ8), but they also partner with many other non-profits and NGOs in Kuwait.

THE RACE

Registration is open, and for an entry fee of just KD10 you too can be part of this year's RunQ8. You can register and pay online at runq8.org.

The 10km race is open to people of all ages and all fitness levels. And if you are not into running, you can choose to walk, jog or stroll; just as long as you cross that start line.

Get training, and keep up to date with FRSI and RunQ8 on Instagram [@frsi](https://www.instagram.com/frsi)

