



**ZONTA**  
INTERNATIONAL  
**DISTRICT 14**  
EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY



**# RunForZonta**  
FUNDRAISING FESTIVAL



# # RunForZonta

We would like to introduce to you Anita Kostka, reigning Sparta Triecta World Champion. We are very proud that she will partner with Zonta International District 14 to raise donations for the Zonta Foundation for Women.



## WHO CAN PARTICIPATE?

Zontians  
Zonta Clubs  
Companies  
Organizations  
Friends  
Everybody



## WHAT ARE THE RULES?

From May 1st to 31st Anita will run.  
All kilometers or altimeters add up to the sum you donate:  
1 kilometer = 1 USD  
1 altimeter = 1 USCent  
You decide if you donate in km or am. Anita runs an average of 300 to 400 km and 5000 am per month.



## HOW CAN I FOLLOW ALONG?

Anita and D 14 will share regular updates on [our homepage](#) and [facebook](#). You are invited to share the updates using the hashtags:  
#RunForZonta and #ZontaDistrict14



## HOW DO I PARTICIPATE?

Register by e-mail: [RunForZonta@web.de](mailto:RunForZonta@web.de)  
After May 31st we will inform you how many kilometers and altimeters Anita ran. Then donate the respective amount to the Zonta Foundation for Women.



## ANYTHING ELSE?

Please cheer Anita on at [facebook](#) or [Instagram](#), as she will run for our Zonta International Foundation for Women