

GO THE DISTANCE AGAINST DEMENTIA

This summer, take on Running Down Dementia. The challenge? Run 100km and raise £100 for Alzheimer's Research UK.

In the park, on the street or at the gym, you've got from 8 May until the end of September to smash those kms.

Whether you team up with friends, run it alone, or take it on at parkrun, it's time to lace up and get sponsored. Every pound you raise will help fund vital research to defeat dementia.

**RUNNING
DOWN
DEMENTIA**

Challenge yourself to run 100km over the summer and raise £100 to help defeat dementia

Join the nationwide team
and sign up today at
runningdementia.org

Registered charity number 1077089 and SC042474

**SIGN UP
NOW**



Cheryl Herrievan, an Eaton Park parkrunner, raised £2,097 for Alzheimer's Research UK by completing Running Down Dementia in 2016.

She took up the challenge for her mum who was diagnosed with Alzheimer's earlier in the year. She said: "I wasn't a runner until I started RDD in 2016.

"My fitness greatly improved, I felt really good and it didn't take long before I could run 5km without stopping. It's a big challenge, but you can do it in bite-sized chunks. It was a fantastic feeling to know I'd made such a difference."

RUN 100KM RAISE £100



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