

Alzheimer's
Research
UK

**SIGN UP
NOW**



**RUN
100KM
RAISE
£100**

**RUNNING
DOWN
DEMENTIA**

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

**Take on the nationwide
challenge and sign up today**
runningdowndementia.org

Registered charity number 1077089 and SC042474

GO THE DISTANCE AGAINST DEMENTIA

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

In the park, on the street or at the gym, you've got 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.

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Cheryl Herrieven, 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."

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