

A photograph of two women running outdoors on a dirt path. The woman on the left is wearing a bright orange long-sleeved top and glasses, laughing. The woman on the right is wearing a light grey long-sleeved top and has her hair tied back, also smiling.

GO THE DISTANCE FOR DEMENTIA RESEARCH

Run, walk or jog as much as you can between 1 April and 31 August, raise £150 and help us move one step closer to a life-changing dementia treatment. Run 100km (pioneer), 300km (epic), or simply run the distance that suits you (maverick) – the choice is yours!

**Together, we can help stop dementia in its tracks.
So, pull on your trainers, and get going!**

Raise £200

and receive a free
Alzheimer's Research UK
neckwarmer

Raise £400

and receive a free
Running Down Dementia
running top

runningdowndementia.org



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