

# Join us and fight motor neurone disease



# Run 21

**The challenge: Run 21 miles between 1-21 June 2022**

**The reward: Raise £100 and receive a limited edition medal**

Run 21 is back this June! Last year our MND community came together to run 21 miles before Global MND Awareness Day on 21 June. Over 250 people got involved and raised over £73,000.

Join the team and help raise money to ensure no one has to face MND alone.

[www.mndassociation.org/run21](http://www.mndassociation.org/run21)



Caitlin took part in Run 21 in support of her Mum Kirsty who was diagnosed with MND in 2019.

“At the start of the challenge I was a little nervous as I hadn’t run for a long time and hadn’t left myself with many days to complete it. But once I settled into it and found a pattern of splitting the distances across the days I was getting through it well! The amount of support that I received was so overwhelming.”

## Fundraise your way

We’re always excited to hear about your fundraising events and will be there to help you every step of the way. Sign up for your free fundraising pack and organise your own event.

[www.mndassociation.org/fundraiseyourway](http://www.mndassociation.org/fundraiseyourway)

### Top 5 fundraising ideas:

1. Quiz night

2. 90’s disco

3. Dance-a-thon

4. Tea party

5. Golf day

# Yorkshire Challenge

**Date: 17 – 18 July 2022**

**Registration fee: From £10**

**Minimum sponsorship: From £250**

Choose between 28km, 50km and 100km

Take in the beautiful scenery as you walk, jog or run through the stunning Yorkshire dales. Starting and finishing at Nidderdale Showground, the 100km route takes you towards Ripley Castle, taking in some of the area's most challenging climbs, then a final loop including the striking Gouthwaite Reservoir.

You'll get full support all the way with marquee rest stops, refreshments and a huge celebration at the finish line after an amazing journey.

Whichever distance you choose – there's a Yorkshire Challenge for all!

[www.mndassociation.org/yorkshire-challenge](http://www.mndassociation.org/yorkshire-challenge)



# Virtual London Marathon: Your route, your way

**Date: 02 October 2022**

**Registration fee: £15**

**Minimum sponsorship: £195**

Take on 26.2 miles, your route, your way. Join the Virtual London Marathon and complete the marathon miles and get the marathon medal - but do it YOUR way. Whether you walk the distance, run relays around your village with friends, or find a flat route and try for a PB!

You have 24 hours to complete the 26.2 miles and will get an official finisher's medal and t-shirt!

[www.mndassociation.org/virtuallondonmarathon](http://www.mndassociation.org/virtuallondonmarathon)



Louise and her sister took part in the Virtual London Marathon last year after her friend Neville was diagnosed with MND in 2019. She said "It was really emotional having my friends and family supporting throughout and having my friend Neville being able to come and see us both finish. I had a few happy, emotional tears but was completely buzzing."

Your support makes a

**BIG**  
difference



*"It means I can be at the right height to take part in conversations with people who are standing. My family are all very tall, so it means I can be the right height for lots of hugs and kisses too"*

Claire, living with MND

Raise £600 and you could fund a seat riser, making a difference for someone like Claire.

Visit [mndassociation.org/fundraising](https://mndassociation.org/fundraising) to find out more ways to get involved and support the fight against MND

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If you are affected by MND and need information or support, please contact our Helpline:

**mndconnect**  
0808 802 6262  
[mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)

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