

# THE MAY 50K

# TEAM TRACKER

RUN OR WALK 50KM IN MAY AND RAISE FUNDS TO LEAVE MS WHERE IT BELONGS, BEHIND US.

Each time your entire team has completed 2.5kms, enter the date into the tracker below and watch your team's progress.

You've taken us a step closer to finding cures for multiple sclerosis.

Don't forget to tell everyone about how your team is leaving their limits behind!

Share your progress via #KissGoodbyeToMS and ask your friends to share their support.



/// 00:00 MINS □□□□	/// 00:00 MINS □□□□	/// 00:00 MINS □□□□	/// 00:00 MINS □□□□
2.5KM	5KM	7.5KM	10KM



10KM DONE AND DUSTED!



/// 00:00 MINS □□□□	/// 00:00 MINS □□□□	/// 00:00 MINS □□□□	/// 00:00 MINS □□□□
20KM	17.5KM	15KM	12.5KM

YOU'RE SMASHING THIS! WELL DONE.



/// 00:00 MINS □□□□	/// 00:00 MINS □□□□	/// 00:00 MINS □□□□	/// 00:00 MINS □□□□
22.5KM	25KM	27.5KM	30KM



MORE THAN HALF WAY THERE. YOU'VE GOT THIS.



/// 00:00 MINS □□□□	/// 00:00 MINS □□□□	/// 00:00 MINS □□□□	/// 00:00 MINS □□□□
40KM	37.5KM	35KM	32.5KM

DON'T GIVE UP NOW. YOU'RE NEARLY THERE!



/// 00:00 MINS □□□□	/// 00:00 MINS □□□□	/// 00:00 MINS □□□□	/// 00:00 MINS □□□□
42.5KM	45KM	47.5KM	50KM



YOU'VE COMPLETED THE MAY 50K.



[themay50k.org](http://themay50k.org)



@kissgoodbyetoms



@KissgoodbyetoMS

2.5 KM  
TEAM BEST:

00:00 MINS

#KissGoodbyeToMS