

THE MAY 50K TRACKER

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

Each time you complete 2.5kms, enter the date and time taken to complete it into the tracker below and watch your progress!

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

Don't forget to tell everyone about how you're leaving your limits behind!

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



/// 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



@kissgoodbyetoms



@KissgoodbyetoMS

2.5 KM
PERSONAL BEST:

00:00 MINS

#KissGoodbyeToMS