

THE MAY 50K TRACKER

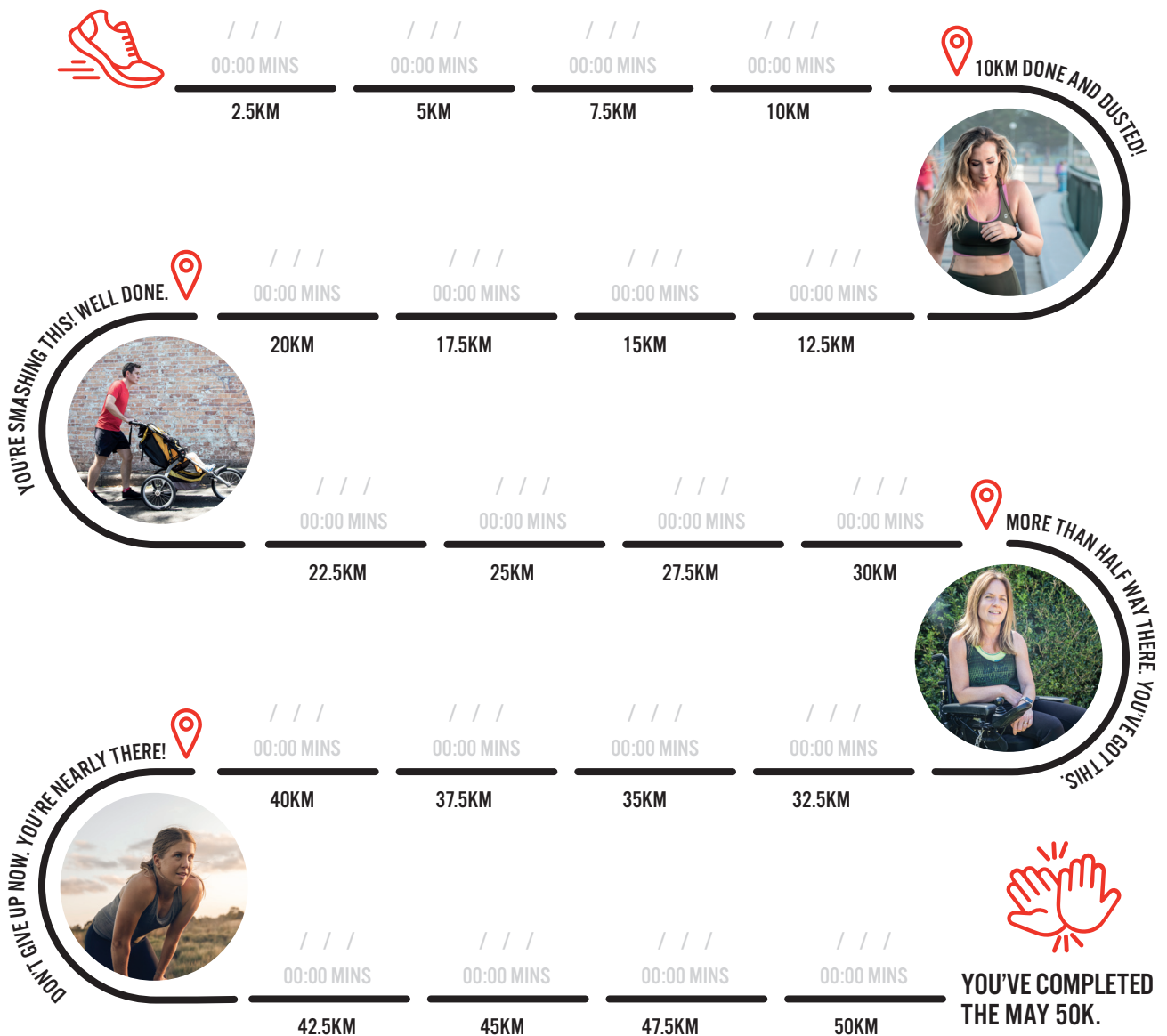
RUN OR WALK 50KM IN MAY AND RAISE FUNDS TO LEAVE MS WHERE IT BELONGS, BEHIND US.

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 a cure 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.



- themay50k.org
- [@kissgoodbyetoms](https://www.instagram.com/kissgoodbyetoms)
- [@KissgoodbyetoMS](https://www.facebook.com/KissgoodbyetoMS)

2.5 KM PERSONAL BEST:

#KissGoodbyeToMS