

# THE MAY 50K

*#KissGoodbyeToMS*



**I'M LEAVING MY LIMITS BEHIND.**

This May I'm challenging myself to run or walk 50km throughout the month to raise funds for life-changing multiple sclerosis research.

**JOIN ME AND TOGETHER WE  
CAN HELP KISS GOODBYE TO MS.**

Sign up to The May 50K for free today.  
Register now at [themay50k.com](https://themay50k.com)