

Parkinson's UK Run 50/50

Spring into action and run 50 miles in 50 days.
Share your reason to run and support the
Parkinson's community.

Use this tracker to log your runs
and see how well you're doing.

	Start March	1	2	3	4	5			
	6	7	8	9	10	Don't forget to cool down after each run!		11	
12	13	14	15	16	17	18	19	20	21
22	23	24	25	Halfway there!		26	27	Thank you for being part of the race to find new and better treatments for Parkinson's.	
28	29	30	31	32	33	34	35	36	37
	38	39	40	41	42	43	44	45	
		46	47	48	49	50	End		



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554). © Parkinson's UK 12/25 (244339)



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