

# 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.org**



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



[@kissgoodbyetoms](https://www.instagram.com/kissgoodbyetoms)



[@KissgoodbyetoMS](https://www.facebook.com/KissgoodbyetoMS)

