

THE MAY 50K

JOIN US TO LEAVE MS WHERE IT BELONGS, BEHIND US.

Participate in one of the largest virtual
workplace challenges in Australia

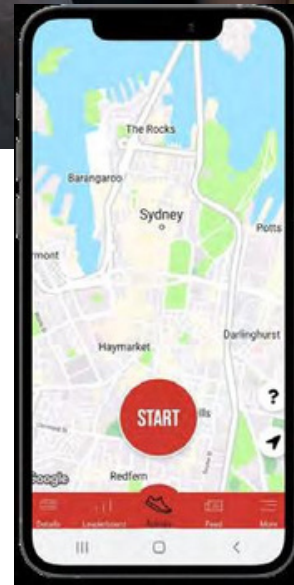


#KissGoodbyeToMS





WHAT IS THE MAY 50K?



A global movement challenging you and your colleagues to run or walk 50km (or more!) in May and raise funds to leave MS where it belongs, behind us. As a virtual fitness challenge, you can log your kilometres when, where and how you like, with every step taking us closer to finding a cure for multiple sclerosis.

CHOOSE YOUR CHALLENGE:

THE MAY 50K

The OG
50KM

Take on the original 50km challenge and smash your goals to leave MS behind.

THE MAY 50K

Double Up
100KM

Double Up to 100km and take it to the next level to make MS a thing of the past.

THE MAY 50K

Triple Threat
150KM

Reach triple threat status and conquer 150km to show MS who's boss.

RAISE EMPLOYEE PRODUCTIVITY

Signing up your organisation is a great chance to look after your team's health and wellbeing, increase energy levels, keep your colleagues connected and in turn raise productivity whilst raising funds for research into the prevention, better treatments and ultimately a cure for MS. We've got you covered with all the resources you need to make The May 50K everyone's favourite workplace activity.

Can internal teams or departments compete against each other? Absolutely, there's nothing like a bit of friendly competition! You can register as an Organisation and create workplace teams within, this creates a lot of fun internal rivalry!

When is it?

It starts on the 1st of May and runs for the duration of the month.

Where does it take place?

It's a virtual challenge so you can do it anywhere – simply download our App to log your km's and share your progress.

How much does it cost?

It's FREE to participate.

What are we fundraising for?

All funds raised will support life-changing research into the prevention, treatment and finding a cure for multiple sclerosis.



WHAT IS MS AND WHY SHOULD YOUR WORKPLACE SUPPORT FINDING A CURE?

Multiple Sclerosis (MS) is a chronic disease that attacks the central nervous system. The immune system attacks the myelin – a protective sheath surrounding nerve fibres of the central nervous system. When myelin is damaged, this interferes with messages between the brain and other parts of the body. Our research team predict we are just 10 years away from finding a cure for MS and with sufficient funding and help from workplaces like yours, together we can make this a reality!



2023 Top Fundraising Organisation

\$38,020 Total raised

"I was surprised to find so many colleagues had a connection to MS and thrilled that The May 50K provided a platform for us to raise funds for MS research which is close to my heart. It created an opportunity for our employees to set goals for their own health and well-being while connecting with colleagues and having some fun internal rivalry. Australian Clinical Labs also agreed to matched employees fundraising up to \$100K which was a big draw card. It is a win-win for us all round."

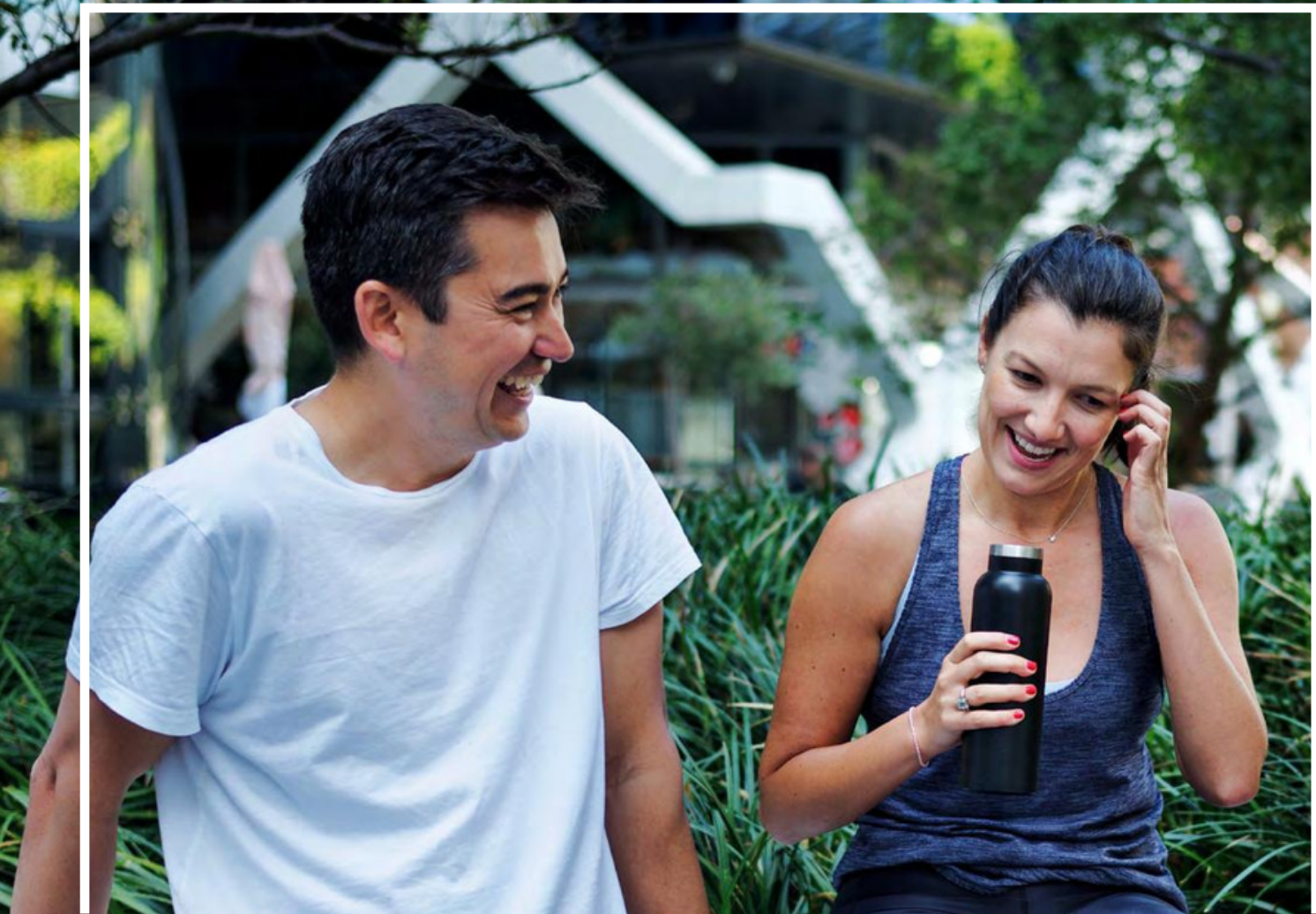
Clinton Wells BHSc
VIC West Commercial Leader



"We're proud over 100 Salesforce employees have given their time and money so generously to MS Australia."

Blair Wood RVP, Growth,
Financial Services





CONTACT ME TODAY

A handwritten signature in black ink that reads "Kristin Paton".

Kristin Paton

Fundraising Manager, The May50K

E kristin.paton@msplus.org.au

T 03 9845 2724

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