

Instead of actually taking part in the Flora London Marathon, anyone can do their own thing to raise money for the MSRC. Like last year, we are suggesting 26.2 of anything. But quite honestly you can do anything you like! This is what some people will be up to:

My Marathon Challenge

!!!-YIKES-!!! Sylvia Brown Does Tandem Hang Glide

Always the daredevil, Sylvia Brown is living up to her reputation by doing another crazy thing to raise money for the MSRC. Says Sylvie:

"This year I'm doing a tandem hang glide!!! For my own personal Marathon Challenge me and my tandem partner will attempt to reach a height of 2620 feet (the equivalent to the 26.2 miles ran in a marathon)!

It's going to be quite a RIDE, and yes, I am nervous!!! I've been reassured I don't need my legs much, but have also been advised not to eat much breakfast as it can get pretty gusty up there!

Please sponsor me now! No donation is too large or too small. The MSRC are in desperate need of every penny you can give them. At present they are running on their overdraft and sheer faith. There is no other charity which helps and encourages people with MS to help themselves like this one does so it is vital they they keep

going. They offer a lifeline to so many and we want to reach out and help even more people live well with MS, as I am now doing!



Sylvia Brown

Donating online is simple, fast and totally secure. You can do so through my Just Giving hang glide page here:

<http://www.justgiving.com/sylvieshangglide>

It is also the most efficient way to sponsor me: The Multiple Sclerosis Resource Centre will receive your money faster and, if you are a UK taxpayer, an extra 28% in tax will be added to your gift at no cost to you.

Many thanks for your support.
Have a great day!

Sylvie

My Marathon

How about this for an original My Marathon? Abi Crawford says: "I have got a hairdresser to agree to cut off 26.2 cm off my hair, Zach (my 7 year old son) is having a 26.2 minute sponsored class silence, and

Sparky (my husband) is doing the London Marathon! Am trying to recruit other family to also attempt something mad, bad or completely crazy!"



!!!STOP PRESS!!!

MAGNIFICENT SPECIMENS[©]

At MSRC we are constantly looking for new ways to raise awareness about MS and the role of the MSRC so we are delighted to announce the launch of the MAGNIFICENT SPECIMENS[©] wristband! These unique bands are fast becoming the hottest "must have" fashion accessory, and now you too can help raise awareness of MS by wearing the MAGNIFICENT SPECIMENS[©] wristband. The wristbands have our website address printed on the

outside along with our slogan MAGNIFICENT SPECIMENS[©]. The wristbands are available from The MSRC office Tel: 01206 505444, at a suggested donation of £1.50, inc. post and package.

Our slogan MAGNIFICENT SPECIMENS[©] will be used in the "days" ahead for a very exciting campaign, and we would also like to thank one of our New Pathways readers for providing such an inspirational slogan!