

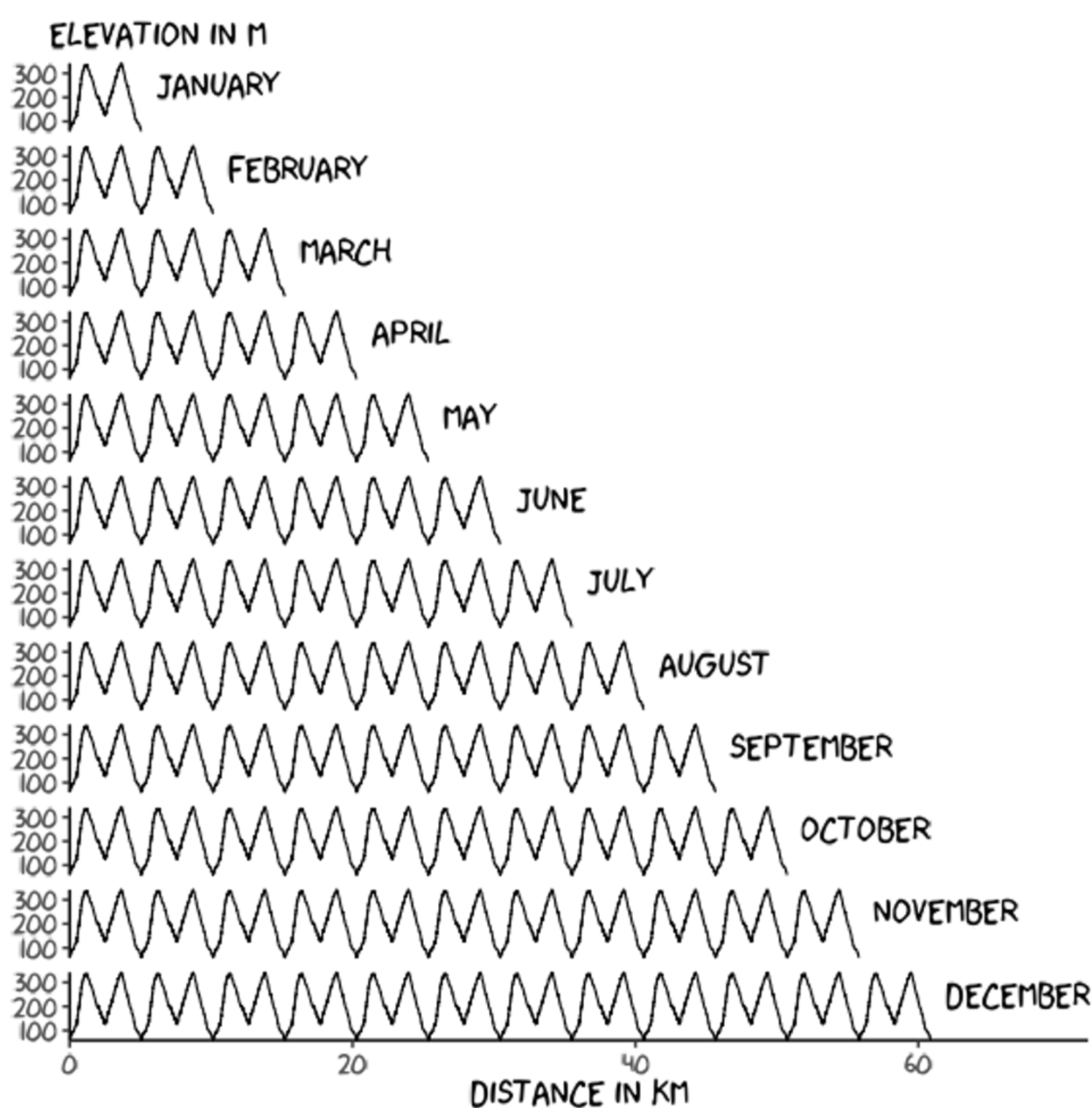
# Adventure for Dementia

*I'm Amy! And I'm taking on an adventurous running challenge to raise awareness of dementia and support Dementia Canterbury, in memory of my Aunt Joanie who lost her battle with Dementia in January 2022*

## The Challenge

The challenge is to run the infamous Pipeline of Pain.  
A distance of 5.2 km and 465 m of running uphill.

Now that might be adventurous enough for some but I'm adding a lap each month until the grand finale of 12 laps (in one day!) in December, That's a total of 62.4km and 5,580m of climbing in December and a total of 405.6km and 36,270m of climbing over the whole year!



## The Route



## How you can support



### See me on the trail?

Cheer me on, or join in for a lap or two!



### Donate!

Scan the QR code, or visit:  
[givealittle.co.nz/fundraiser/adventurefordementia](https://givealittle.co.nz/fundraiser/adventurefordementia)

Today's  
Progress:



Follow or join the challenge

@adventurefordementia.nz

@amy\_goes\_adventuring