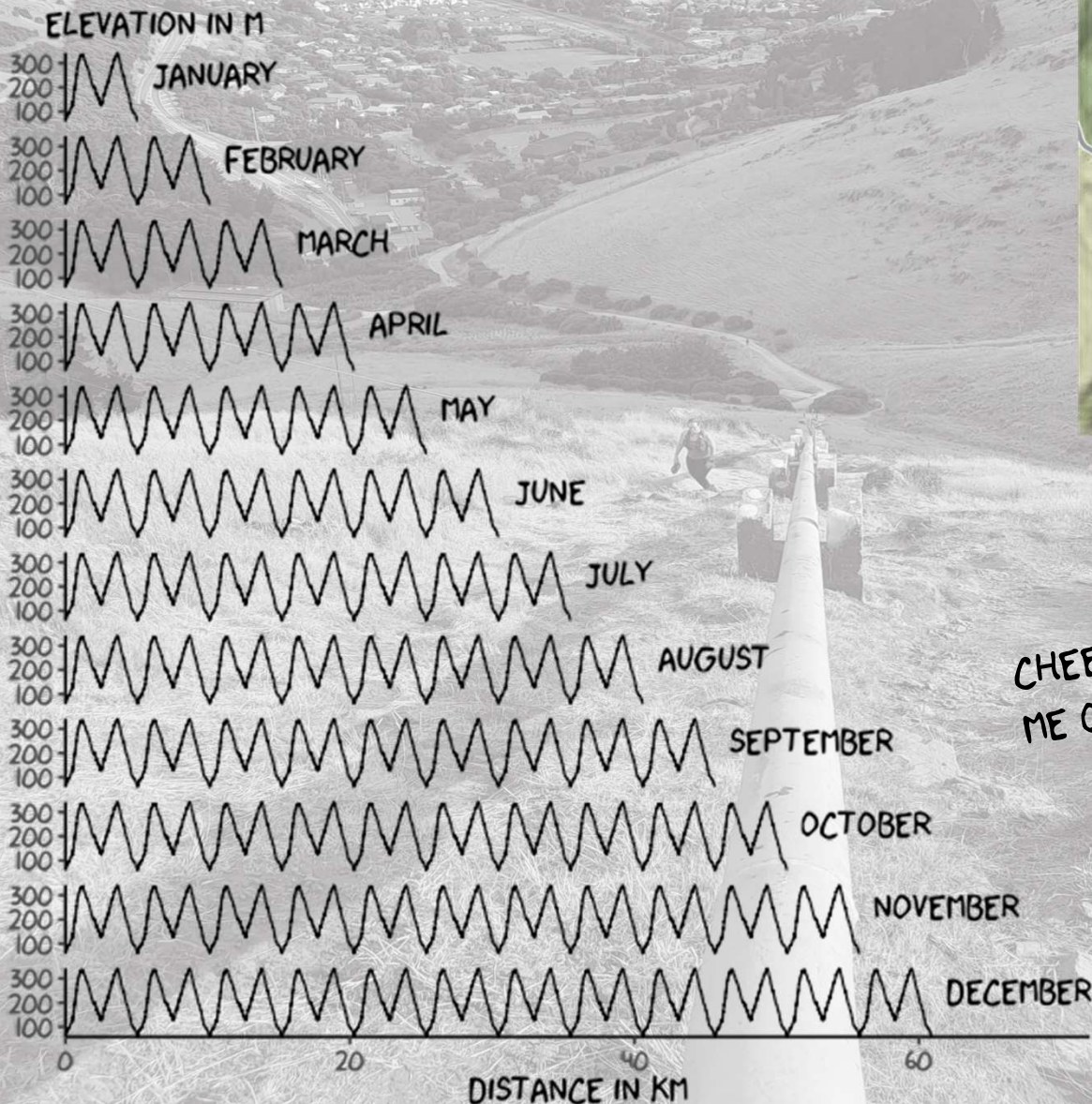


# ADVENTURE FOR DEMENTIA

I'm taking on an adventurous running challenge to raise awareness of dementia in New Zealand and support Dementia Canterbury.

## TODAY'S LAPS



## THE ROUTE



One lap = 5 km & 480 m climbing

CHEER ME ON IF YOU SEE ME OUT ON THE TRAIL!



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