10km and 5km

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WEDNESDAY 13TH NOV 2013 • 7.30PM

RUN IN THE DARK

LIFESTYLE SPORTS

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www.RUNINTHEDARK.org

Media Partner
Irish Examiner
Your entry fee will help Mark to explore the frontiers of recovery from spinal cord injury.

Mark fell from a second story window in 2010. He broke his back and the damage to his spinal cord left him paralysed. Cruelly, this was not Mark’s first tragedy. 12 years earlier, he lost his sight.

As the blind adventure athlete lay in hospital, paralysed and broken, his supporters created Run in the Dark to fund his ambition to walk again. Now Mark is using his body for research as he walks in Ekso robotic legs and follows an aggressive physical therapy programme.

Mark Pollock Trust and Wings for Life, the global spinal injury research charity, will benefit directly from your Run in the Dark entry. You can also fundraise for a charity close to your heart, or just run for fun!

Join us on the 13th November 2013 - Race, run or walk!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★
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