

Sprint to the finish in Run to Remember

A Caledon, Ontario man is running to beat Alzheimer's disease and is appealing to the public to support his sprint to the finish.

After his father-in-law, Murray McLeod, died last January of Alzheimer's disease, Bob Waldon decided to give his 17-year running habit a new purpose. He committed to running a total of 70 km in eight races between April and December 2010. The project – Run to Remember – was to raise funds for Alzheimer's research and to support local programs and services for people with dementia.



So far, he has completed seven of those runs and has one more, the 12-kilometre hilly Eggnog Run on December 12 in Caledon, to help him meet his fundraising goal.

Watching Murray lose his ability to connect with people and life was difficult. "He was a quiet, gentle person with a great sense of humour and a dry wit," Bob says. "It seemed so unfair when that went away."

Bob and his wife Heather connected with a local Alzheimer Society and learned valuable information about what to expect as Murray's illness progressed. Understanding the disease helped them cope with the changes as they occurred. "Almost everyone has heard of Alzheimer's disease," Bob says. "More and more of us are being affected by it. Until we find a cure, funding research and patient support is critical."

Bob set three targets for the Run to Remember: to complete the races, to reach speed targets, and to raise funds. He intends to complete all three, no matter how difficult. "Just like Alzheimer's, someone can tell you what might be ahead, but you have to run the race to experience it yourself. Then, just keep pushing through."

Bob is close to meeting all his targets. At his last run at the Caledon Running Festival, he met his speed target of 46 minutes for the 10K race. With one race to go, he is 80% of the way to his fundraising goal of \$2000. He is grateful for the support he has received and needs just a bit more. "Without help and support from friends, volunteers and a good organization, I could not achieve these goals. That's why there is a Run to Remember and that's why I'm asking people to consider lending support to the Alzheimer Society."

Donate online today at www.alzheimerontario.org/alzheimerevents