

How to join *the* Foundation *for* Peripheral Neuropathy Run the L Team!

- 1) Register for the Run for the L challenge [here](#) anytime between now and Sept 1, 2020.
- 2) Enter the following code to receive a \$15 discount: TFFPNRUNSL20  
Cost for each entry after discount: \$60.  
Join with a race buddy and split the miles: \$105 per pair
- 3) Have a group? Get an additional \$15 for everything 3 people who register, up to the cost of registration
- 4) Complete the challenge! You can run, walk or wheel (rollers, wheelchairs etc at your own pace during the 8 weeks.
- 5) Track your miles. Participants track their own miles with their favorite activity app or tracking device and then log the miles via the Race website. Directions on how to do this will be provided upon registration. Some suggested free tracking apps include Strava and Nike Run Club but any tracking app or fitness watch is allowed. Participants can log their miles after every activity or at another cadence throughout the challenge. All miles just need to be entered by the final day of the challenge. Miles can be backdated if registration is done after the start of the race but must be dated between August 10 and October 4, 2020.
- 6) Everyone who enters receives a medal and other goodies from the organizer at the end of the race.
- 7) Fundraise for PN: For every person who registers, FPN will receive \$10 from the race organizers.  
Want to do more? Ask family and friends to donate to help you achieve your goal!  
Recommended amount: \$0.25- \$1.00 per mile. Participants who raise donations on behalf of FPN will receive Premium Membership for the coming year.  
Online donations may be made through this [online form](#):
- 8) Have disabilities that make the mileage impossible but want to participate? Contact us at [info@tffpn.org](mailto:info@tffpn.org) for accommodation.

Join us for the Run the L Challenge!