

Running the London Marathon for Muscular Dystrophy Going the Extra 26.2 miles

Why do I run? A question I often ask myself on a dark winter's night in the cold and rain. I started running a few years ago as part of a 'lifestyle change', trying to get fit after several years of doing little more than occasionally run after the kids.

Let's be honest and call it an early midlife crisis! I quite enjoyed the running, but was struggling to stay motivated. I was persuaded to sign up for a 10 kilometre run, the 'Town and Gown' in Oxford. I was a bit dubious but the fact that it was organised by the Muscular Dystrophy Campaign clinched it.

A Family Disease

You see, my family has a history of myotonic dystrophy (a form of muscular dystrophy). It's been there almost as long as I can remember. My mum, brother, uncle and cousin have all suffered from it, and so it has always been part of normal life for me. My brother Douglas is the last surviving member of our family living with this terrible muscle-wasting disease. He is 43 and is now severely disabled.

This is when it all fell into place for me: running and the Muscular Dystrophy Campaign. Running has become my main hobby and I have now taken part in quite a few 10 kilometre races and half marathons. I love the anticipation at the start of a race, and the tramp, tramp of



dozens of pairs of feet finding their rhythm when we all set off.

But most important of all is the opportunity to raise money for a fantastic cause. The Muscular Dystrophy Campaign is a national charity which supports people who are affected by muscle wasting conditions,

and funds world-class research to find treatment and cures. They have provided emotional and practical support to me, and I know many people whose families have relied heavily on them.

The London Marathon: April 21st

And now I've decided to take it all a stage further. The Muscular Dystrophy Campaign has kindly given me a place in the 2013 London Marathon. I am part of an enthusiastic Muscular Dystrophy Campaign team. We're all really excited about the prospect of running 26.2 miles through the streets of London in April. Training and fundraising have already started. I am running up to 40 miles a week, and I will probably run more than 600 miles in total. I have a target to raise £1500, but of course I hope to raise much, much more if I can.

So I need your help and support if at all possible. My fundraising page is at www.justgiving.com/adampierssmith3, or you can email me at adampierssmith@hotmail.com for other ways to give.

Adam Smith