Issue No.3



3 Down and 3 To Go.....









# Three Down and Three to Go....

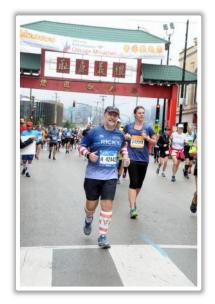
The runRICKYrun project is now half way through - with New York the next stop on 4<sup>th</sup> November. There are 3 races left of Ricky's attempt to complete the *Abbots World Marathon Majors* within 12 months.

So Far Ricky has tackled Boston, Berlin and Chicago. Next is New York, followed by Tokyo and ends with the London Marathon on 28<sup>th</sup> April 2019.

There are some impressive figures for the project:

- Training Distance 2,500km\*
- Marathons 6 (253.17km)
- Flights 32
- Flight distance 157,866km
- Money for Charity TARGET \$42,195 USD\*

Ricky will shortly be flying to New York for the last major of 2018. It has been a tough schedule with 3 major marathons in just 7 short weeks and a travel program that has already reached 100 flights for 2018.



#### **CHICAGO & BERLIN MARATHONS:**

(Above) Ricky running through China Town in Chicago, US..

(Below) Berlin Marathon – impressive sights...!





# The runRICKYrun Charities.....



# Macmillan Cancer Support

Ricky ran the **Berlin Marathon** in September and will be running the **New York Marathon** in November 2018 for *Macmillan*. This is a charity that assisted Ricky's Mother during her fight against cancer. So far GBP1,738 has been raised.

#### UNICEF

Ricky was raising money for UNICEF at the **Boston**Marathon and he raised over \$10,300 USD at the first *runRICKYrun* event - Ricky has stopped raising money for UNICEF now as the official target has been exceeded.



# R M H C

# Ronald McDonald Housing Charities (RMHC)

The Chicago Marathon in October, Ricky was part of a 1,000 strong team for RMHC. Collectively the team was able to raise in excess of \$1.5 million USD. Ricky enjoyed the experience of running the Chicago Marathon that he has already signed up to run this event again in October 2019 for RMHC.

# Children with Cancer UK

For the **London Marathon**, Ricky has partnered up with the Children with Cancer charity. Historically Ricky has always raised funds for children's charities and added this worthy cause after his mother died at the hands of cancer.



# RACE REVIEW: BERLIN MARATHON

The BERLIN MARATHON 2018 will be remembered for many years.

It was where & when Eluid KIPCHOGE broke the world record at 2 hours 1 min and 38 seconds. I suppose I can always say I ran with him on that day (although my attempt took over 3 hours longer).

To read more please go to:

https://runrickyrun.net/2018/09/25/berlin-marathon/





RACE REVIEW: CHICAGO MARATHON

The CHICAGO MARATHON 2018 was a fantastic experience.

Being part of the RMHC team was the key factor - 1000 members all running and raising money for charity - over \$1.5million USD was raised by the team at this event. To read more please go to:

https://runrickyrun.net/2018/10/25/chicago/



#### **CHARITY FUNDRAISING -**

#### RICKY NEEDS YOUR HELP?

So far, the runRICKYrun project has generated a total close to \$18,000 in fund raising for charity. This month we are focusing the fund raising on the MACMILLAN CANCER SUPPORT charity that provides tremendous benefits to Cancer sufferers and their families. Please dig deep and support this cause.

### The Next "BIG" Events...



# 4th November 2018

Ricky will be running the **NEW YORK CITY**MARATHON 2018 for Macmillan Cancer Support.
This will be the 4<sup>th</sup> marathon of the runRICKYrun charity project. Running through the 5 boroughs of central New York for the second time - last time was in 1999. I wonder how much has changed.

# 25th November 2018

This is a local event with several catergories available. The **Penang Bridge Marathon** is an international event that is very well supported. Running in the heat in the early hours is something that Ricky has become accustomed to during his training. Ricky will be competing in the 21km veterans category.



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# 2<sup>nd</sup> December 2018

Ricky has been invited to run in the Macao International Marathon in December. Ricky will again compete in the 21km category as he bids to maintain his fitness between New York and Tokyo in March 2019.

This event has some tight time limits, so Ricky will have to increase pace to prevent a DNF result.

# Sponsors & Supporters of.....





IFA-ASIA are proud platinum sponsors of the runRICKYrun project.

Ricky is proud to wear the runRICKYrun kit that is fully provided by BrooksRunningMY.





The Running Plan have kindly provided the training schedule for the runRICKYrun project and ongoing support and advice.



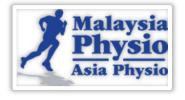
The Montreux Group have generously provided a large donation to UNICEF on behalf of the runRICKYrun project.



The UK Property Investment company Prosperity Wealth have provided a sizeable donation to UNICEF of behalf of the runRICKYrun project.



Ricky was appointed as an Ambassador for HOWEI in Malaysia and is often running in their events in Penang & Kuala Lumpur.



The Malaysian practice of Asia Physio provide the medical support and advice to Ricky through this project.



The runRICKYrun Project - raising money for Charities through the completion of the Abbots World Marathon Majors.

If you would like to support the runRICKYrun project, please contact ricky@ifa-asia.com

If you wish to donate click HERE: <a href="https://www.runRICKYrun.net/wish-to-donate/">www.runRICKYrun.net/wish-to-donate/</a>