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Press Release – For immediate release

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**Buff® Sponsor Marathon Runners' Mission for Parkinson's**  
*Duo plan to run million meters to raise funds for the cure*

Two avid runners have embarked on a mission to run at least one million meters to raise funds and awareness in the race to find a cure for Parkinson's disease.

Recreational runners Alex Flynn and Rich Merry plan to train and run the equivalent of more than 25 marathons over eight races throughout 2009, two of the most gruelling races in 2010, the six-day Marathon des Sables and 151-mile Spartathlon, and with their challenge continuing into 2011 and beyond.

Thirty-seven-year-old Flynn, a father of two, was diagnosed with Parkinson's in June 2008 and quickly moved to set up a web site to raise more than £1 million for the Cure Parkinson's Trust to fund research into a cure for Parkinson's Disease. Flynn was joined by his friend, Merry, who also committed to raise funds for the Trust.

Flynn will battle the effects of his Parkinson's as he undertakes the extensive training required day in day out, before completing the running challenges with support from Merry.

Parkinson's is chronic progressive brain and nerve disease. The four primary symptoms of Parkinson's are tremor or trembling in hands, arms, legs, jaw, and face; rigidity or stiffness of the limbs and trunk; slowness of movement; and postural instability or impaired balance and coordination. Patients may also have difficulty walking, talking, or completing other simple tasks. It is estimated 120,000 people in the UK and more than a million in the US suffer from the disease.

"If we could raise £1 for each step, that would be over £1,000,000 and would represent a huge leap towards a cure," Flynn said. "Rich and I want to help find a cure for the millions of people living with and affected by Parkinson's worldwide. I want to look forward to a life when we can all say, "We used to have Parkinson's."

Ends

News facts:

Recreational runners Alex Flynn and Rich Merry plan to raise £1 million for the Cure Parkinson's Trust

Brits will run equivalent of two marathons a month for the next year

Parkinson's sufferer plans extensive training to prepare for marathon races, fundraising effort

Richard Merry takes strides in support of friend's efforts to battle Parkinson's

120,000 Brits, 1 million Americans suffer from Parkinson's

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