**SUPPORT ILF, RUN WITH MEDI DURING THE ILF 2018**

Dear participants of the ILF congress 2018,

medi, as Platinum sponsor, is organizing a fantastic activity during the congress in Rotterdam!

Everyone knows how important exercise is in the treatment of Lymphoedema and Lipoedema and how great it is to move together in a fantastic environment!

Instead of organizing a scientific workshop medi decided to organize a sportive walk/run to promote exercise, on **Saturday, the 9th of June, 2018**.

The start is at 8:00am on Saturday morning. There will be three routes to choose from; 1 km for the youngest participants; and the choice between 3 or 5 km routes for all other participants. Running, walking, or both!

The routes will start from the gangway of the SS Rotterdam and will cross over both the Quays and the Katendrecht district of Rotterdam.

Katendrecht was originally a shipping district, also with a famous red-light district. Today it is a trendy neighbourhood that has been transformed into a modern area, maintaining the influences of the past. The most well known Tattoo shop in the Netherlands is located 300 meters from the ship!

The routes will run along quays, stores and trendy venues, all sign-posted and with medi-volunteers on hand, to offer assistance where needed.

The money raised by the event will be given to the ILF to support one of their projects. The board will announce in due course which project has been chosen.

Fee for participation:

* 1 km € 3;
* 3 km € 5;
* and 5 km € 10.

**All participants will receive a pair of CEP running socks and an Event shirt.**

**We hope for a huge turn up and would like to see you on the 9th of June at the bottom of the gangway in your running outfit! Everybody can join, professionals, patients, and their families.**

**REGISTRATION CAN BE DONE VIA THE ILF WEBSITE *WWW.2018ILFCONFERENCE.ORG***