

Slow Run 2020 - will this be the new Ice Bucket Challenge?

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To support Parkinson's patients, the Yuvedo Foundation has launched the Slow Run 2020 - the longest, slow, digital relay race without the risk of infection.

Federal Minister of Health Spahn is already one of the supporters: as patron.

The Ice Bucket Challenge was a viral success - a trend that went around the world. Now a foundation from Berlin has set itself the goal of becoming "the next Ice Bucket Challenge". The idea: With the Slow Run 2020, the Yuvedo Foundation wants to start the slowest, longest and most contagious digital relay on Instagram. The Slow Run 2020 has already received prominent support from Annette Frier, Katarina Barley and Elmar Brok. Influencer Jerome Mathew also shows many creative ways in which people can participate.

Everyone can take part, whether in the living room, cellar, garden, garage, apartment or from the roof terrace. The relay runners need neither stamina nor absolute fitness, because, according to YUVEDO Foundation, it is all about "running as slowly as possible". The founders want to draw attention to one of the many symptoms of Parkinson's disease - the slowing down of movement, called bradykinesia.

Bradykinesia manifests itself through the gradual loss and slowing down of spontaneous movement, which can manifest itself as a decrease in facial expressions and a chronic, abnormal silence in Parkinson's patients.

Actually the "Great Ride" was planned for this summer, a bicycle tour from Düsseldorf to Amsterdam. Patron of the project is Federal Minister of Health Jens Spahn. Now, as a result of the Corona crisis, the virtual Slow Run has been created, as a predecessor and also as a replacement for the "Great Ride". The "Great Ride" is now hopefully to take place next year, depending on the pandemic situation.

Pick up your baton, on your marks, ready, go

Especially in the corona crisis it is important to draw attention to a disease like Parkinson's disease, because Parkinson's patients often suffer from reduced lung function, which in turn adds them to the risk group of those who may be particularly affected by Covid-19. And how can you get involved?

Under the hashtag #slowrun2020 on Instagram the relay runners publish their part of the relay race.

Creativity is required when choosing the relay baton. For example, one participant has chosen a vacuum cleaner, another has chosen pasta and flour to symbolise the Corona crisis. From the lamp to the golf club to the ski - the participants are creative!

So despite the cancellation of the big running events in 2020, there is still a chance to run together. But don't forget to run very slowly! And if you prefer to stay comfortable on the sofa in jogging pants, you can support the event and the Yuvedo Foundation with a donation - while lying down!