

Are you brave enough to run 10k blindfolded?

Thursday 12 June, 2014

RLSB, London's leading charity for blind young people, launched the UK's first Blindfold Run challenge today at the Queen Elizabeth Olympic Park which has been supported by Silent Witness star, Emilia Fox.

This unique event works with runners working in pairs. One person is blindfolded and tethered to a sighted runner, who narrates the twists and turns of the track to make it round the 5k or 10k course. The event will be held at the Queen Elizabeth Olympic Park on 2nd November 2014.

Emilia Fox, star of BBC Crime Drama Silent Witness, who is supporting the event said,

"This is sure to be a one of a kind charity run. Running without being able to see and relying purely on your other senses will be a unique experience for many people and is for such a great cause. I hope as many people as possible support this event."

RLSB's Chief Executive Dr. Tom Pey said;

"If you ask a totally blind person what they see they will tell you that they see nothing. This concept of nothingness is difficult to grasp if never experienced. Our Blindfold Run is designed to bring you to understand it. And it's a great chance to make a special bond with your sighted guide. Literally, your safety is in their hands and you have to trust them implicitly. All of this and you are raising money for vision impaired young people – so that they can live a life without limits. So, get your slippers off and your trainers on. The run of your life is about to start!"

Money raised from the Blindfold Run will go to life-changing support services for blind children, young people and their families. Runners can sign up at rlsb.org.uk/blindfold. To celebrate the launch participants can get 25% off the entry fee using the promo code LAUNCH at the checkout.

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[The Royal London Society for Blind People](#)

T. 02078086172

E. media@rlsb.org.uk

W. <http://www.rlsb.org.uk>

Additional Contact(s):

Emma.thompson@rlsb.org.uk

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