

Mike Buss Along With a Number of Veterans Taking on a 1500mile Trek Across the UK

Submitted by: Mike Buss - The Running Man

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It was May 5th at Dover Castle and Mike Buss The World Record Breaking Running Man just back from the infamous Marathon des Sables hooked up with a number of other veterans ready to take on a walk that it seems no one has ever done before... To Walk or Tab as the army like to call it from Dover Castle to Cape Wrath in North West Scotland an impressive 1500miles and finally finishing at John O'Groats.

They are all trekking in support of the Veterans in Action Charity supporting veterans suffering from psychological issues such as PTSD (Post Traumatic Stress Disorder) or who find it difficult to adjust to civilian life.

This long distance Trek is the 4th and 5th of a series of 8 Treks called the Union Flag Walks that when completed will form the Union Flag Walk over mainland UK. The treks are manned by veterans who suffer from PTSD and Mike will be joining the team as a sufferer himself.

This latest trek started on the 5th of May and went from Dover to the Army v Navy Rugby Match where Mike and the team were presented with the match ball and the ball will be carried by team members for the complete walk.

The team were also presented with a Baton from the charity The Baton along with a £500 donation, the baton has been carried by the team since the rugby match and will be carried all the way to the end of the trek.

After the Army v Navy Rugby the team followed the Grand Union Canal through Milton Keynes and then into Northampton before following a series of National Trails.

The team have already made it onto the Pennine Way which they are close to completing, from there they will carry on along the St. Cuthbert's Way and then into Edinburgh. They will then follow the Union Canal towards Glasgow and then follow Antonine Way, Kelvin Way into Mingavie on the outskirts of Glasgow. Once in Milngavie the team will follow the West Highland Way to Fort William and then follow the Great Glen Way towards Inverness. They will then follow roads up to Cape Wrath and this will complete Union Flag Walk number 4. They will then start Walk number 5 which will be from Cape Wrath to John o'Groats.

Although Mike is joining the walk as a sufferer of PTSD he will be helping to inspire others on the walk to achieve because of his background as an Ultra Athlete. Veterans In Action use a unique 3 step process called the ALIVE Program that helps veterans realise their true potential and works on helping rebuilding confidence, self esteem and self belief.

To find out more about VIA or the ALIVE Program please contact: info@v-i-a.org.uk or make a donation through Virgin Giving.

Any press interest can be directed to activelifeuk@hotmail.com if there is any wish to interview Mike and the team on route along what is proving to be one of the toughest treks across the UK.

Mikes next challenges gearing up so far are:

Round the Island, where Mike will be taking part in a 70mile race around the coast of Isle of Whight on the 25th and 26th June carrying a 40lbs pack.

Run for Heroes Highway - Mike will in July be running from RAF Lynham to the John Radcliff Hospital along the repatriation route supporting the petition to change the name of the route to the Heroes Highway just like what has already happened in Canada. When Mike reaches the Hospital in Oxfordshire, Mike will then carry on running to Number 10 Downing Street to hand in the petition.

November, Mike will be gearing up for his most dangerous run of his life by attempting to run the greatest distance whilst set on fire.

You can follow Mike Buss on facebook to keep up todate with all his latest challenges and daily blog.

