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Lifelong Runner and Mustang Creek Estates of Frisco Memory Care Resident Helped Staff Member Train for Dallas Cowboys 5k




For 69-year-old Jerry Crumpler, running has always been a part of his life; something he was naturally gifted at. He's had the running bug since middle school gym class, and in 1975 began competing in races – anything from 5k's to 50 miles – all across the United States, including running from the country's lowest point to its highest point, Death Valley to Mount Whitney, four times. A few years ago Crumpler was diagnosed with Alzheimer's, but he loves the challenge of running and didn't let the disease diminish his passion. His doctors told him he would eventually need to be in a memory care environment, and he moved to Mustang Creek Estates of Frisco a few months ago, but he hasn't let this recent move affect his love for his favorite sport. Crumpler is still as active as ever; walking on the campus a few hours a day, running a few times a week and always trying to stay moving. His hobby was noticed by Activity Director Penny Tipton, as she also enjoys running, and **the pair trained together for the Dallas Cowboys Draft Day 5k.** They showed others that with the right motivation, anything can be accomplished.

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