

FRISCO HEALTH AND FITNESS NEWS

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Health and Fitness

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

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If you come to **Mustang Creek Estates of Frisco**, you will certainly witness something intriguing; 69-year-old Jerry Crumpler, who was diagnosed with Alzheimer's few years ago, is running side by side with Penny Tipton, the community's Activity Director, as he helps her to train for the upcoming **Dallas Cowboys Draft Day 5k on Saturday, April 29** that they will participate in together.

For Crumpler, running has always been a part of his life. You could say he has a gift for running. 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. After being

diagnosed with Alzheimer's, 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 Tipton, as she also enjoys running, and the pair have set out to train for the 5k together. They are planning weekly training sessions for **Wednesdays** as the race approaches. They are excited to take on this new challenge together and show others that with the right motivation, anything can be accomplished.

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