

Cross Country Cares / Landloop gee om

Our Cross Country team loves the freedom and independence that running gives us. We would love to make a difference in the lives of those who cannot experience the freedom of movement in the same way that we do.

Nicky Abdinor is gebore met 'n mediese toestand genaamd Phocomelia en Bilaterale BFFD. Sy het geen arms nie en haar bene is verkort. Nicky, 'n kliniese sielkundige, bestuur haar eie motor en dit sonder hande!

In order to do this she has had to have her car adapted and the cost of such an adaptation is R500 000. The independence she has gained from this has been invaluable. Nicky would like to make it possible for herself and others in similar circumstances to gain independence, by creating a fund to assist alterations on vehicles needed by physically challenged individuals. Read more about Nicky on her website, nickysdrive.com.

So come along and collect a sponsor sheet from Mrs Fisher. All volunteering Cross Country team members and all Kenridge pupils who would like to participate, will meet Nicky at Doordekraal Dam on 23 August at 14:30. We will run or walk for 1 hour and be sponsored for every km that we complete.

Soek vir jouself borge en jy sal betaal word vir elke km wat jy binne 1 uur kan stap of draf op hierdie dag. Nicky gaan kom kyk en vir ons aanspoor.

Die geld wat ons insamel, sal ons dan aan Nicky se organisasie oorhandig by 'n saalbyeenkoms, waar sy met ons gaan kom gesels oor hoe sy die lewe beleef en die lewenswysede wat sy opgedoen het op haar lewensreis.

Gary Player once said: "It is not our achievements that matter, but the difference we make in the lives of others." Let us work together and see what a difference we can make!

When: 23 August 2011

Where: Doordekraal Dam

Time: 14:30

Cross Country team members, aftercare pupils and those needing transport will meet the Cross Country teachers at the tuckshop at 14:15 sharp. We will then walk, as a group, to the dam.