

Greetings,

The experience of being both a kidney specialist and a kidney patient has afforded me unique insight into kidney ailments and their dramatic impact on the lives of patients suffering from kidney conditions. Kidney disease touches many lives. Globally more than 500 million individuals, or about one in ten adults in the general population, have some form of chronic kidney disease. No exact figures are available for the South African population but suggestions are that figures are even higher at approximately one adult in eight especially if they suffer from hypertension or are diabetic.

Having been an avid mountain biker in the past I was devastated when my cycling interest was curtailed for medical reasons and my wife Kate suggested I adapt my mountain bike by adding an electric/battery powered motor (www.ezeebike.co.za) to the bike which now adds needed support to my cycling and allows me to cycle and compete once again.



I am so grateful for having been given the opportunity to continue mountain biking, which I love to do with friends and family, but so many people with kidney conditions are physically debilitated and financially wiped-out by the disease and have to give up much of their normal lifestyle. In order to raise both funds and awareness of this issue, myself and fellow social mountain bike team members named '**The Iron Boys**' have decided to race in the infamous **Karoo to Coast** www.karootocoast.com event. This mountain bike race is no mean feat with the full 100km off-road distance from Uniondale to Knysna being covered in one day. Our team plans to use this opportunity to raise funds for a very worthwhile cause, **The Cape Kidney Association** www.capekidney.org. The Cape Kidney Association is a grassroots non-profit organization that assists with the needs of patients and families suffering from chronic kidney disease and is based here in the Cape.

In order to raise funds for this worthy cause, our team is planning to take the race head-on and we are already clocking up our mileage in training, electric motor and all.



Our aim is to raise as much sponsorship as possible for Cape Kidney under the '**Kilometres for Kidneys**' project by attracting sponsorship through the following:

- Team sponsorship
- Per kilometre sponsorship
- Private donations for the Cape Kidney Association

In return the sponsors will receive:

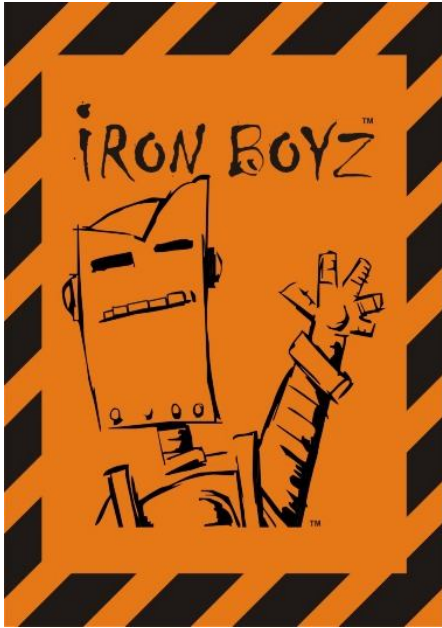
- Their logos on our cycling tops
- Any exposure through media coverage that we are able to generate
- Brand exposure through social networking avenues
- The satisfaction of knowing they have helped someone in need ☺

A good friend and patient of mine, Bruce Coquelle, with the support of the Autoquip Group, has already shown tremendous support for our endeavour, and pledged a very generous donation to the Cape Kidney association. This initiative is very close to Bruce's heart, he himself being the recipient of a kidney donated by his daughter, Tamzyn. The Autoquip Group has also offered a set of rims and tyres to the value of R10 000 to the sponsor who most accurately predicts the average finishing time of the team (to give you a clue 2010's veteran male winner finished in an impressive *3 hours 26 minutes and 43 seconds.*)

If you have any queries about the Kilometres for Kidneys project or would like to come on board either to make a private donation or to provide corporate sponsorship in support of the initiative, please contact either myself (gkbihl@icon.co.za) or Tamzyn (tamzyn@autoquip.co.za) and we will get back to you with further details. Your support will be great appreciated by those in need. Please also join our Facebook page: **Kilometres-for-Kidneys** to stay in touch and involved.

Regards

Geoff Bihl



KMs for Kidneys



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Voted by Bicycling Magazine Readers as
one of the top ten mountain bike races in South
Africa. April 2007 edition.