



Ralph Mills & Chris Sochanski



ABSA CAPE EPIC MARCH 2009

Chris Sochanski and I are the **CHOC R&Cing Team** who have for the last two years completed the ABSA Cape Epic mountain bike race and raised **R180,000** for **CHOC Childhood Cancer Foundation**. The 2007 event raised just over R70,000 which was spent on maintenance and redecoration of the paediatric oncology wards at both Charlotte Maxeke Johannesburg Academic and Chris Hani Baragwanath Hospitals.

In 2008 we set a target of R100,000 to go towards upgrading of the paediatric oncology procedure rooms at Chris Hani Baragwanath Hospital. We are delighted to let you know that not only did we exceed the 2008 target by R5,000 but that the first of the procedure rooms has been completely revamped, with work starting on the next during this month! We cannot begin to tell you what a difference this has made to the children and paediatric oncology staff!

Before upgrade of Procedure Room



After upgrade of Procedure Room



Spurred on by the difference we have made to the well-being of children with cancer we have decided to have another go at completing the 2009 ABSA Cape Epic mountain bike race and to **raise our target to R150,000 this time round!** Please assist us in achieving our goal by donating what you can - we cannot "keep more than hope alive" for the CHOC children without your support.

In 2009 our fundraising effort will be allocated to the purchase of three sorely needed Minor Procedure lights for Chris Hani Baragwanath Hospitals. There is a particular need for mobile operating lights to enable the paediatric oncologists to perform minor procedures in the treatment rooms. The remaining funds raised will be contributed towards the upgrade of Chris Hani Baragwanath Hospitals Oncology Ward 43 and 44.

The 2009 ABSA Cape Epic, an 8-day mountain bike team stage race dubbed by some as the "Tour de France" of mountain biking, will for the first time be held in Cape Town and surrounding areas. A total distance of 743km with ascent of 16,650 metres will be facing all participants! It is a gruelling affair and most of the year leading up to the event is spent training. The website makes for an interesting read and during the race it can also be accessed for regular reports on progress.

Visit www.cape-epic.com

Any money donated goes directly to CHOC.

Visit **Backabuddy** for ease of payment on: <http://www.backabuddy.co.za/CHOCRACING>

Or to CHOC directly - their account details are as follows:

Account name: CHOC Childhood Cancer Foundation
Account number: 205 881 416 (Savings account)
Bank and branch: Standard Bank, Killarney - branch code 007 205
Reference: R&C followed by your name (e.g. R&C Joe Bloggs)
***Please note the reference is very important to identify your deposit.**

Note:

- Please fax 011 646 4421 or e-mail a copy of the deposit slip to elma.wood@choc.org.za
- Section 18A Donations Receipts are available on request directly from CHOC on the e-mail above.

Thank you in advance for supporting this very worthy cause.

Visit www.choc.org.za to find out more and see the good work they do for children with cancer.

CHOC Childhood Cancer Foundation South Africa

NPO Registration no 001-338 NPO

Section 18A Exemption Reference number 930 009 261 PM/0042/06/04

Feel free to forward this to anyone that you think may be willing to make a contribution.



2007 Finish at Lourensford Wine Estate-Somerset West



2008 Finish at Lourensford Wine Estate-Somerset West

2009 Finish at Lourensford Wine Estate - Somerset West

R 150 000 ?