

# Two feet One heart beat = Change



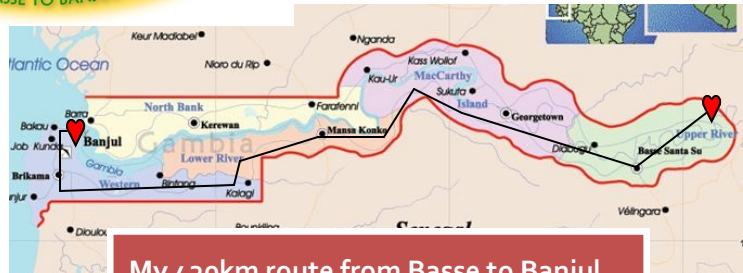
This July I will be running for 17 consecutive days across the country of The Gambia totalling 430km (that's a half marathon each day!) to raise money for the Nova Scotia Gambia Association (NSGA).

By joining my team Love4Gambia and raising \$100 you can help me and the NSGA create positive change for youth and communities across The Gambia. Your efforts will create the opportunity for youth to go to school, hold a job and create a better future for their children.

By joining my Bluenose Marathon Love4Gambia Charity Team you will receive:

- Free Love4Gambia race t-shirt
- Chance to win 1 of 5 Asics sneakers
- Free team pasta dinner at the Italian Club
- Chance to win back your race entry fee!

For more information please contact:  
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My 430km route from Basse to Banjul



Spider winning our friendly race on the beach in The Gambia