

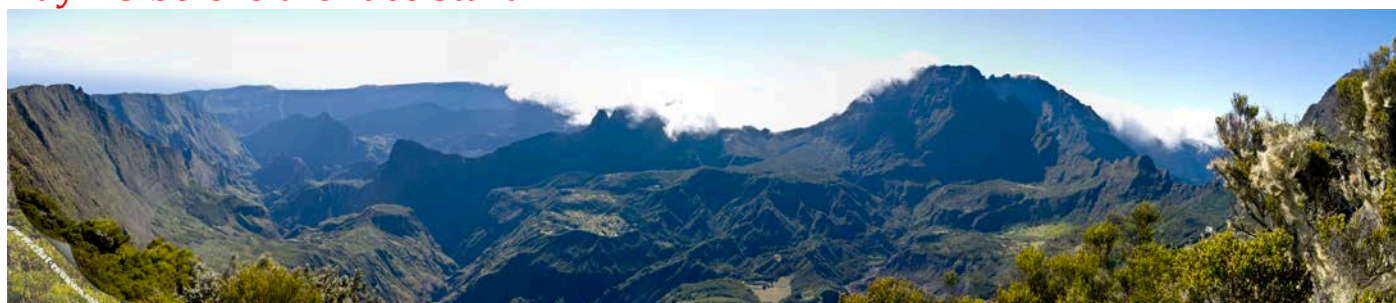


Newsletter 2 “Runforacause.fr”

Running “La Diagonale des Fous” for a cause
<http://runforacause.fr/en>

9th of October 2015

Day-13 before the race start!



Thank You to all the donators!!!

It is now **38 donation promises** that the project has received for a **total of 3129 USD**, which represents **19,20 USD per Km** that I will run.

This is excellent! The charity Organization “Les Enfants du Dragon” is very grateful of the interest you give to their actions here in Vietnam to support the kids in need and their families!



Thank you to the corporate Donors!!!

Among all donors, 2 corporate donors have made substantial donations.

Nice to mention that both companies are very active and doing great in supporting the development of the Vietnamese Agriculture sector!

Please visit their website for more information on their activities!



InVivo Vietnam

Represented by Christophe Guillaume

<http://www.invivo-nsa.com.vn/en/>



Fresh Studio Innovations Asia

<http://www.freshstudio.vn>

and to the Sponsors!!!



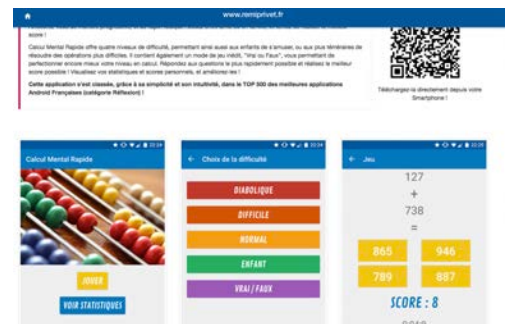
Salomon Vietnam

SALOMON Vietnam



Ruby Soho Saigon

RUBY SOHO Saigon



Remi Privet

<http://remiprivet.fr>

SALOMON products are definitively the best for trail running to me and especially on long and ultra long distances for which, there is no space for products failure... It is with a great honor that during the race, I will proudly wear **SALOMON** shoes and apparels supported by **SALOMON VIETNAM** team.

Remi Privet, is the creator of the project website and preparing new features including an online "Live update" which will be available during the race!!! At any time during the race, everyone will be able to follow my progression.

RUBY SOHO, which has supported the project when it was still "on paper", has organized on the 2nd of October an evening "Runforacause" to promote the project and the Charity organization work! It was a great evening, and we were honored by the presence of several members of the charity organization, as well as Jon Aspin from the Word of Vietnam.

Charity evening at RUBY SOHO on the 2nd of October



The charity organization: Les Enfants du Dragon



Please visit their facebook for daily update on all their activities:

- Orphanage building
- Spirulina culture,
- Water access
- Support to kids,...

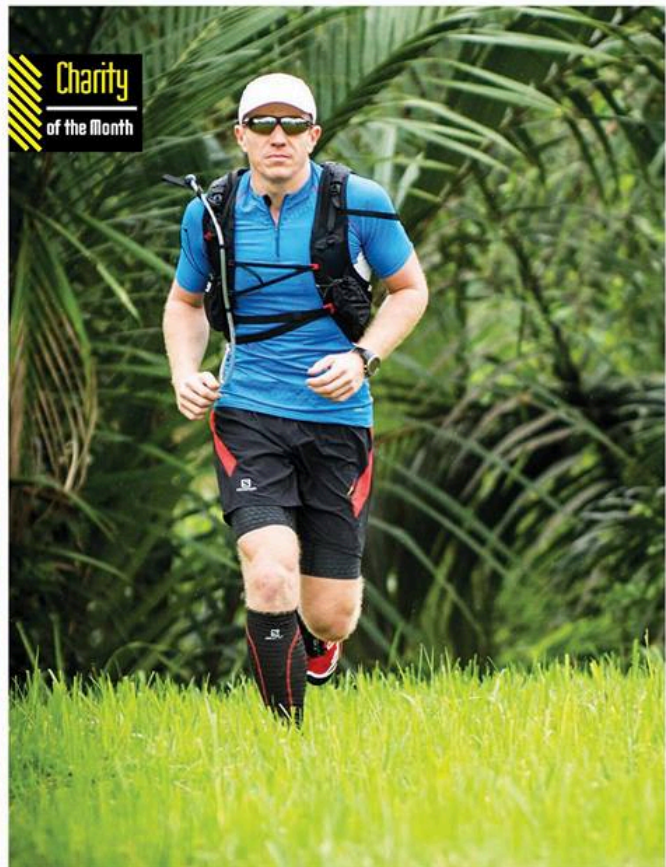
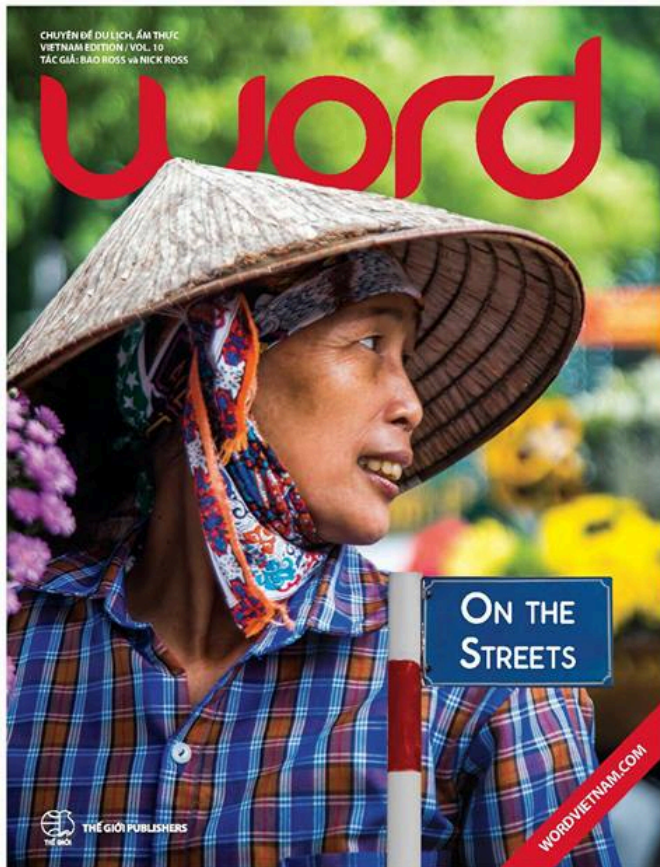
https://www.facebook.com/groups/Enfantsdudragon/10153282065318163/?notif_t=group_activity

Compare the pictures below to the ones published last month, progress are HUGE!!!

Construction of an orphanage in Long An province - Great progresses were made on the construction site:



Press release: Word of Vietnam



Very nice article published in the October issue of WORD of Vietnam.

Article wrote by Jon Aspin, pictures by Nick Ross.

You can find the article at:

<http://wordvietnam.com/news-latest/briefings/high-altitude-madness>

And the whole October issue can be downloaded at:

<http://issuu.com/wordvietnam/docs/word-vietnam-october-2015>



High Altitude Madness

Nicolas Privet is running to raise money for a cause
— Les Enfants du Dragon

At the risk of sounding cynical, at any given moment there's a bunch of charity runs and bike rides happening around the country. Barely a week goes by when we're not being asked to save the world by taking part in some form of strenuous exercise.

This makes standing out for your charity dollar tough, and means the lengths you might have to go to could get extreme — like high-altitude ultra-marathon extreme. This is exactly the case for Nicolas Privet, whose call for donations I came across on the Facebook page. *Running, Swimming, Biking and more in Saigon*. He's the one putting the 'more' into it, and making us mere mortals feel a bit sad. Just when you're feeling happy with your 100km bike and 50km run week, he cranks out 225 plus 60km worth of intense trail. It can get embarrassing.

Good cause

But it's all with good reason. On Oct. 22, Nicolas will complete a 163km mountain 'run' including 10,000m worth of elevation gain in the French principality of La Reunion, a tiny island in the Indian Ocean between Madagascar and Mauritius. Nicolas expects that this epic feat will take him 48 hours to complete, and it's known as *La Diagonale des Fous*. A bunch of wacky runners who call this type of torture 'sport' have been doing the run for the past 15 years.

"I'll sleep in fifteen minute increments along the way," Nicolas tells me. "It's common for people to start hallucinating during this event, so it's important to rest."

Oh, My God.

I ask him what motivates him to do this. After growing up in the French Alps and then moving to Vietnam 10 years ago, it

turns out he missed the fresh air. So after seven years of not doing anything, the last three have seen him make a pretty strong comeback. But it's something else that really keeps him going.

"My family sacrifices a lot so that I can train for this type of event," he says. "So whenever I compete, I promise my daughter the finisher's medal, and I keep a photo of her with me. That way I don't forget I have to get it to her."

For The Kids

As if there could be anything more important than that, for this event, Nicolas is raising money for a charity close to his heart: Les Enfants du Dragon. Around officially since 2009, the charity has been supporting children and families in need, particularly those affected by homelessness and severe poverty. It's a fantastic cause, and funds raised from Nicolas's effort will go towards the construction of an orphanage in Long An Province, as well as the distribution of bicycles to kids who can't afford them.

After 12 months of solid preparation, Nicolas's first significant test saw him take on the Vietnam Mountain Marathon in Sapa on Sep. 26. After that it's been all about winding back a little, and trying to keep his mind and body in good condition.

While he's thankful to his gold sponsor Salomon Vietnam, as well as Ruby Soho in District 7 and Fresh Studio, he's always looking for more to complete his goal of raising US\$5,000 (VN\$25 million).

Good luck Nicolas. Don't fall asleep half way! — Jon Aspin

You can subscribe to Nicolas's newsletter and donate directly to his cause via runforlaunion. fr. Check out the work of his chosen charity at lesenfantsdulagun.com

How is going the training???

On the 26th of September, in Sapa, I ran **The Vietnam Mountain Marathon**, a trailrace of 70Km with 3000m elevation gain. It was... rainy, muddy, slippery, technical but, so **BEAUTIFUL!!**

Sensations were very good and without burning the machine too much, I finished in 11h56mn , position 28th on 166. This gives good confidence for the Race to come.



Arrival after 70km of race. Accompanied to the end by the Topas ecolodge manager!



Arrival after 70km of race. Accompanied to the end by the Topas ecolodge manager!

From now to the race, the objective is to maintain the good condition gained, sharpen the body, titan strengthen the mind and of course, the most important is to keep injury free till the big day...

<http://vietnammountainmarathon.com>