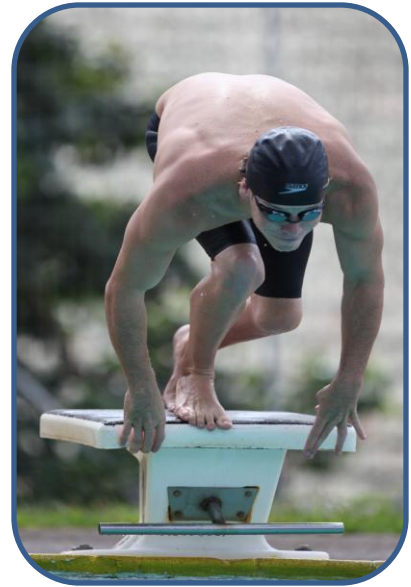


This year's Lake Eland swimming race on the 4th of November saw a special person taking the plunge.

Sebastian Crawford joined The Extra Mile team in October 2012 as the lead swimmer and he is determined to make a difference. This young swimming athlete has high goals. Not only is he training for the next Paralympics, he is also putting his talent towards a good cause. He leads The Extra Mile team for the 2013 Midmar fund- and awareness-raiser for and with people with disabilities in KwaZulu-Natal.



In joint forces with the READ group of the University of KwaZulu-Natal and the QuadPara Association of KZN, Sebastian asked swimmers to pledge their mile at this year's Lake Eland swim towards his cause. He collected 51 miles on the event among those these of Olympic swimmers Troydon Prinsloo and Charls Crous. The event started The Extra Mile count-down towards Midmar 2013. The Extra Mile initiative aims to "collect" as many mile dedications as possible until Midmar 2013 in dedication to people with disabilities. The initiative focuses in particular on available assistive devices, back to work programs and rehabilitation for children and people with disabilities in order to enable people of all abilities a dignified, independent and meaningful participation in society.

In its 2012 pilot project The Extra Mile initiative received 170 mile dedications at the Midmar 2012 race and raised funds that enabled the rehabilitation of 20 children with disabilities and provided four wheelchairs and cushions and a battery charger to people with disabilities in KZN. Sebastian is also calling for the support of other swimmers who will embrace his cause and help him to raise funds for further rehabilitation services and assistive devices to people who are living in impoverished circumstances.

Please help Sebastian by either:

- 1) Pledge your swimming miles to Sebastian's cause
- 2) Becoming an ambassador for Sebastian's swim at Midmar 2013
- 3) Passing this information on to somebody who can help and contact us over The Extra Mile website: www.e-mile.org
- 4) Donate to Extra Mile initiative through the Quadpara Association (see www.e-mile.org)