

STEVE'S EPIC RUN FOR LEE JAY
22nd August – 12 September 2009



Who are we?

Lee Jay 11/09/86

A beautiful 22 year old who was in a shocking car accident in May 2007 when a speeding taxi jumped a red light which destroyed her vehicle and left her with a broken neck, and is now a quadriplegic.

Whilst Medical Aid is assisting, there are soaring costs for her to obtain treatment and rehabilitation available for the future to enable her to regain the use of her limbs, and to keep on fighting her brave battle.

Stephen J Black 27/07/54

I, since a young boy have always been very active, competing in cross country, sprints and medium distance races at school.

From the age of 11yrs my late brother Andrew and I would have to cycle 22 kms to and from school each day, thinking we were hard done by, by our parents, would have been so much better to take the bus, but my Father insisted, I am very thankful to this day having to do such exercise in my formative years.

After my national service I lived in the Eastern Cape where I lived most of my time on the beach. Jefferys Bay was where I learned the lifestyle of surfing getting my Eastern Province colours in 1977, missing out on Springbok Colours and a tour of South America and the United States, thanks to a 3 month army call up. Moved back to KZN in 1978, did

my first Duzi with Andrew in 1979, won the novice trophy which was the motivation to do **18** more Duzi's after that. (Won 9 Gold medals)
Held the record for the Non Stop Duzi in both a double canoe with John Murray and a Single Canoe from 1985 to 1995.

Was awarded full Natal colours for Canoeing in 1999.

In these years I managed to get 1 bronze medal and 10 Silver Medals in the comrades.

In 1994 and 1995 I was chosen as one of 25 canoeists to compete in the Finlandia Clean Water Challenge, a 1500 km race from Chicago to New York, I finished 9th on both occasions.

During these years my Brother Alistair and I cycled on mountain bikes unaided across Lesotho in winters 4 times in different areas, on one of the trips, raising R53,000.00 [1989] for a home for the mentally handicapped in Wartburg.

Now to the modern Olympics.....

Started Trail running with a race from Bushmansnek Border Post into Lesotho and back again, distance of 85 km, in 2006. Was very lucky and won it, subsequently won it in 2007 and 2008.

Have done many other big trail runs, not winning them, but mostly being in the top 3.

2008 ran the Thin Air Challenge through 154 kms of Lesotho; it's actually a mountain bike race, the organizers allowing me to run as I lack the privilege of a mountain bike, won it overall.

February 2009 did the Wild Coast Ultra from Port St Johns to East London, a distance of 270kms over 6 days, ran from Port Edward to the start at Port St Johns as a warm up, a distance of 140kms over 2 days, was lucky here and won the race in a time of 39hrs 15min, breaking the record by 5hrs 20 min.

***"I have been very blessed over the years, normally I stay below the radar with my achievements, but if this will help to raise monies for Lee then that is very cool. I am very committed to this long run to Knysna to help Lee, we should go for it and raise a million."* Steve Black**



The distance is approximately 1100km's and we are asking for support by sponsoring Steve for every Kilometer he runs! If you would like to participate please complete the attached support form and we will keep you posted!!

PLEASE PASS THIS ON TO EVERYONE YOU KNOW, WHO MAY CARE!