



SPINNEKOP 2018 - endorsed by the Organ Donor Foundation of South Africa

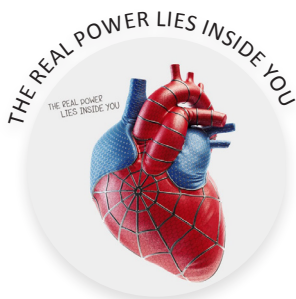


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Eric Kevin Nefdt is an Estate Agent, family man, aspiring adventurer and proud organ donor. Better known as Spinnekop (Afrikaans term for Spiderman), Eric completed the 2017 Comrades Marathon (wearing his Spidey suit) to draw attention to Heart Kids South Africa. This, after training for more than a year in rush hour traffic while wearing the superhero costume. His aim back then was to create awareness around congenital heart disease and to raise funds for a little girl named Elisa (at that time only 3 years old) who had sustained various surgery-related complications following 4 successive open-heart surgeries.

During August 2018, Eric (together with a small support crew) will attempt to run from Pretoria to Lüderitz, a harbour town in Southern Namibia, to create awareness around organ and tissue donation. The 1,500km marathon-a-day adventure will be broken into some 42-50 days. Eric has made application to Guinness World Records and plans to set the record for the furthest marathon run in a superhero costume. The Organ Donor Foundation of SA, (ODF) in collaboration with Centre for Tissue Engineering (CTE) has officially endorsed this event and is including the Spinnekop Project amongst its Organ Donor Awareness campaigns for August.



Why Spinnekop?

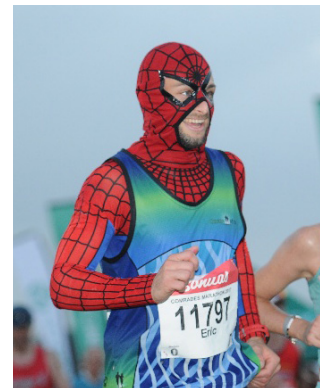
Organ donation is made possible by heroes – people who voluntarily decide to donate their organs and tissue for transplantation. Eric believes that anybody can make a difference. The Spiderman costume is simply a metaphor or symbol that anyone can be a hero and leave a lasting legacy through donation. Recent statistics reveal that less than 0.2 % of South Africans are organ donors.

www.health24.com/Medical/Heart/Heart-transplants/shocking-less-than-02-of-sa-are-organ-donors-20170418

“We (I) will run for the Organ Donor Foundation of South Africa, and my mission is to be a hero. We aim to educate people on how easy it is to become an organ and tissue donor. Our thinking is to take video-footage using GoPros daily and then post a short clip of what we’ve experienced at the end of each day. This will include interesting inserts of the terrain, i.e. desert scenery, wild horses close to extinction, ad-hoc street interviews along the route and footage of the journey’s highs and lows. These video updates will be shared publicly to Facebook including community pages along the route, and will be supplemented with local ODF street interviews and transplant recipients.” said Nefdt.

Before Comrades:

- <http://hometimes.co.za/2016/08/newsflash-spiderman-spotted-running-for-elisa/>



After Comrades:

- www.runnersworld.co.za/motivation/why-i-ran-the-comrades-dressed-as-spider-man/
- <https://maroelamedia.co.za/nuus/sa-nuus/pretoria-seie-spiderman-draf-binnekort-tot-in-luderitz/>

In the build up and preparation Eric is delivering talks at schools and campuses, sharing his “Make A Difference” message. To support his campaign, there will be a challenge and a link to the ODF registration page. Think ALS Ice Bucket Challenge, but with greater appeal (more fun and less ice). Eric, together with friends, donor recipients and ‘celebrities’ will promote organ donor awareness and more donor registrations.