



**challenge 2014**

# **Aventure-en-soliDaire**

**A dream can change the world**

After Reunion Island and Armenia, Africa will host the next adventure. So let's go to Tanzania for a kind of "triathlon" on the highest peak : the Kilimanjaro.

This is the new challenge that Marc Brunet, a French entrepreneur, has decided to take on.

His goal is to support a humanitarian project in Africa : Distributing essential survival kits to displaced people in South Sudan.

By becoming a partner in this adventure, you will help to improve the life of a whole community !

This solidarity action will be managed on the ground by our partner MEDAIR, an NGO whose teams are also committed to give their all and to take on challenge. They have been working in South Sudan since 1991 and are a key player in humanitarian aid coordination there.

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## AN AFRICAN ADVENTURE

" You can achieve anything you want in life if you have the courage to dream it, the intelligence to make a realistic plan, and the will to see that plan through to the end. "

Sidney A. Friedman.



Climbing Kilimanjaro will be the first stage. Not a big deal, right ? Yet half of the hikers will not reach the top because of health problems caused by the altitude. The highest point (Ukuku Mount) rises to 5895 meters and the temperature there often drops to minus 25°.

From 4 000 meters up to the top, there is a glacier half of which melted over the past ten years. Scientists estimate it will disappear in the next 20 years.

It will be a 6 day trek with local guides to help you to acclimatize, get to the top and back to the warmth of Moshi.

## A SPORTING ADVENTURE



After the walking stage, the biking stage...

190 kms of mountain biking in 2 days : 2700 m increase in elevation, with several passages over 2000 m. This race around the famous mountain will take the bikers on trails and dusty tracks, strewn with stones. Even if they come across an amazing view, they probably won't have time to admire the fauna and the amazing landscapes of Mont Maru or Mount Kibo.

Marc will be biking his unique way : he will participate in the race on his recumbent bicycle.

After all these challenges, Marc Brunet who never seems to get enough, will ride his recumbent bicycle again for a 400 km tour around the Kilimanjaro through Tanzania and Kenya. This time he will be biking for about a week completely on his own.



The last stage will be the Kilimanjaro marathon : 42,195 km, the ultimate run ! This marathon, that has been around for 12 years now, is more and more successful each year and gathers competitors from 15 countries.

Starting at 6 am in Moshi the competitors will head to the foothills of the African Giant and will have to run a 600 m vertical drop before returning to the city stadium.



- *Experience international solidarity*

Marc does not want to experience this adventure just for himself. He'd rather take advantage of the media buzz around this challenge to support a humanitarian project in Africa. Aware that europeans are privileged in many ways, he finds it important to demonstrate practical care for those less fortunate.

- *Accept a personal challenge*

Because it is worth getting out of your comfort zone, facing new situations, learning to manage the unknown and enlarge your boundaries.

- *Encounter peoples and cultures*

Because it's rewarding to discover other ways of life, other values or cultures. It enriches your experience and gives you the opportunity to share with others and spread the hope of life.



**A SOLIDARITY ADVENTURE**

2011

**Humanitarian challenge** : sponsoring a child (Tiavina) in Madagascar. More than 4000 € have been collected to ensure the education and health care of this little girl until she is an adult.

**Sports challenge** : “La Diagonale des Fous» (The Ascent of Fools), one of the most famous trail competition in the world (Reunion Island).

*Partner : SEL Parrainage (French division of “Compassion”)*

2012

**Humanitarian challenge** : renovating a school in Chirakamout, an Armenian village that was at the epicenter of terrible earthquake in 1988. The 11000 € collected made it possible to replace all doors and windows, install a heating system and toilets and redo the floors and repaint.

**Sports challenge** : 6250 km on a recumbent bicycle through 12 countries from France to Armenia, completely on his own.

*Partner : Espoir pour l'Arménie (“Hope for Armenia”)*

“The impossible go away when we walk to it.”

Antoine de Saint-Exupéry



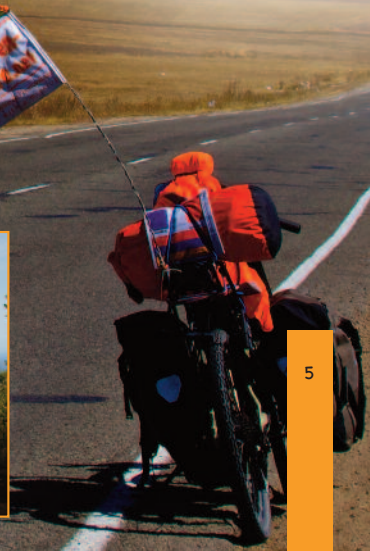
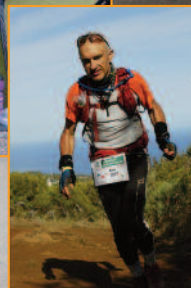
Supported by his family and friends, a visionary manager dreamed of this project. 59-year-old Marc Brunet is managing a record company but already has a long sports background in amateur athletics, although he has only competed during the last several years.

A “mighty jogger before the Lord” for 30 years, a lover of the thrills of mountain biking and more recently of the recumbent bicycle, he has enthusiastically participated in marathons, mountain bike expeditions and trail competitions.

After taking part in “The Ascent of Fools” in 2011 (a foot race over a 130-mile uphill course that increases 6 miles in elevation, to be completed in less than 60 hours), he travelled From France to Armenia in 2012, alone on his recumbent (6250 km in 10 weeks, with no assistance).

Ever persevering, Marc is launching a new challenge this year, out of his desire to try new things and succeed. He plans to demonstrate that individuals can achieve unimaginable feats for themselves and for others by just setting goals, believing in them, and being determined.

- 6250 kms on a recumbent : France to Armenia
- la Diagonale des Fous à La Réunion (trail-running 163 kms en 60 h)
- Moutain bike raid – 8 days Mauritania desert
- Mont Cameroun in 1 day (4090 m)
- Marathons : Nashville, Paris La Rochelle
- Trails : Drayes du Vercors, la Gypaète, l’ Ardéchois, etc.
- l’Ardéchoise on a recumbent



**THE ADVENTURER**

This sports adventure would be of no use without its humanitarian aspect. The main challenge indeed will consist of improving the life conditions of those returning to South Sudan and other refugees in this country.

The funds raised will go to MEDAIR, our partner for this specific project and will help them to provide essential survival kits. This NGO has been well-known for many years for its thorough and efficient work.

### South Sudan... why ?

In July 2011, South Sudan became an independent nation, bringing optimism to the residents who survived two decades of civil war. Since then, hundreds of thousands of refugees have been flooding into the country. In addition, the heavy fighting that erupted last December forced more than 200,000 people to flee their homes. To meet the immediate needs of this vulnerable population, MEDAIR, present in the region since 1991, provides life-saving assistance and essential survival items to those most in need.

- **Cooking kit for 4 people :**

A large and a small pan, 4 plates, 4 mugs, 6 small and 2 large spoons, a knife and a storage box

- **WASH kit (water, sanitary and hygiene) :**

2 basins, chlorine tablets, filters, soap.

- **Shelter kit for a family :**

A tarpaulin sheet, 2 jerry cans, 2 mattresses, 2 blankets, 2 mosquito nets, rehydration solution, and a storage bag

- **Whole kit : Cooking + WASH + Shelter**



Medair is a humanitarian organisation, inspired by Christian faith to relieve human suffering in some of the world's most remote and devastated places. We bring relief and recovery to people in crisis, regardless of race, creed or nationality.

As signatories of the International Committee of the Red Cross Code of Conduct, we believe that aid should be given to everyone who is in need, and not be used to further a particular political, social or religious viewpoint. We save lives in emergencies and then stay to help people recover from crisis with dignity—working side by side with communities to leave a lasting impact.

We do whatever it takes to bring relief where it's needed most. We provide a range of emergency relief and recovery services: Health care and nutrition. Safe water, sanitation, and hygiene. Shelter and infrastructure.

In all we do, we pursue the highest professional standards of quality, accountability, and sustainability. Our experienced teams carry out our projects in close connection with communities.



From the rain-swept coasts of Madagascar to the icy mountains of Afghanistan, from crowded displacement camps in South Sudan to our headquarters in Switzerland, Medair's internationally recruited staff are united throughout the world by a set of common values.





# L'EST RÉPUBLICAIN

## Des kilomètres solidaires

Une course de fond et de solidarité pour Marc Brunet, la solidarité à la page de la solidarité.

**5** ans après la mort de son fils, Marc Brunet a décidé de consacrer sa vie à la solidarité. C'est pourquoi il a créé l'association « Aventure en Solidaire » qui organise des courses de fond et de solidarité pour les personnes âgées et handicapées. Cette année, il a organisé la course « Valence-Ervan » de 6000 kms, qui a permis de collecter 10 000 euros pour l'association « Aventure en Solidaire ».



Le 10 mai 2014, Marc Brunet a organisé la course « Valence-Ervan » de 6000 kms, qui a permis de collecter 10 000 euros pour l'association « Aventure en Solidaire ».

### Soutien aux actions

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# le dauphiné

## Après l'Arménie, la Tanzanie

### Marc Brunet, l'aventurier solidaire



Le nouveau défi sportif et humanitaire de Marc Brunet démarre fin février. A suivre

Après son aventure à vélo en 2012, le drômois Marc Brunet se prépare pour 2014 à relever un nouveau défi : un triathlon atypique en Afrique de l'Est. Parti de Valence pendant l'été 2012, Marc Brunet avait parcouru 6250 kms pour rejoindre Ervan, la capitale arménienne sur son vélo couché. En 2014, ses aventures le conduiront en Afrique : La Tanzanie.

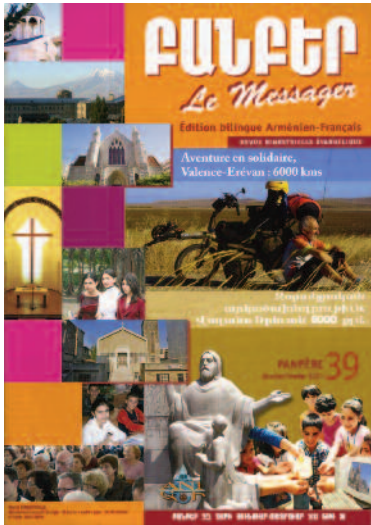
Il va participer à une sorte de « triathlon » sur et autour du plus haut sommet de ce continent : le Kilimandjaro. Une nouvelle aventure qui se veut aussi solidaire, puisque ce défi permettra d'attirer l'attention sur la situation des populations déplacées au Soudan du Sud. L'objectif étant de recueillir des fonds pour fournir des kits d'urgence à ces réfugiés.

VECU

Les paysages de l'ouest, sur la route d'Ervan, en Arménie.



Sur le marché de Dég, en Arménie, le vélo couché pour les sports et les signes de la route.



REVUE DE PRESSE

## Il s'engage pour Medair: Marc Brunet avec Aventure en Solidaire Kilimandjaro 2014



Après la Diagonale des Fous en 2011, et 6250 kms à vélo de France en Arménie en 2012, Marc Brunet, un chef d'entreprise relève un nouveau défi en 2014: un « triathlon » un peu particulier, à l'assaut du plus haut sommet d'Afrique: le Kilimandjaro.

- Au programme 3 étapes en 9 jours:
- l'ascension du sommet (à 6000 m)
  - un raid VTT de 190 kms
  - un marathon (42,195 m de course à pied)

Cette aventure sportive sera aussi une aventure solidaire puisque les fonds collectés à l'occasion de cet exploit sportif soutiendront l'équipe d'urgence de Medair au Soudan du Sud. Chacun est invité à encourager Marc en faisant un don qui permettra à notre équipe d'urgence d'intervenir là où les besoins sont les plus intenses, souvent dans des conditions extrêmes.

<http://www.aventure-en-solidaire.net>





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