

From: "mivision" <info@mivision.com.au>
Subject: Support John Nicola's Ultra Desert Run across the Sahara | 100% donations go towards National Vision Research Institute
Date: 2 March 2015 12:05:07 PM AEDT
To: "Arwen Bardsley" <abardsley@aco.org.au>
Reply-To: info@mivision.com.au

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THE TOUGHEST FOOTRACE ON EARTH

JOHN NICOLA TO RUN ULTRA DESERT MARATHON

Call him crazy but once again John Nicola will join Marathon des Sables in April, 2015. Known as the MdS, the gruesome journey is a self-supported six-day run over 250kms. Imagine yourself in the Sahara desert with nothing but rolling sand dunes for hundreds of kilometres around. The atmosphere around you is at its peak - 50 degrees centigrade. You can't feel the sweat dripping down your face because it's evaporating in the cruel heat. Your lungs feel parched and part of your brain is screaming at you to stop, but your adrenaline keeps you going to reach the finishing line of MdS.



SELF-SUPPORT

The race requires participants to be self-sufficient. John will be carrying 10kg of food, personal belongings, cooking tools, sleeping bag and sleeping matt. Gear also includes compulsory medical supplies such as anti-venom kit and aluminum survival sheet for the six-day journey. Only water will be supplied during the event at various checkpoints.

RUN FOR A REASON

In association with the National Vision Research Institute (NVRI), John hopes to raise funds for research into vision and its disorders. Supporting the NVRI will fund its work in preserving sight and preventing blindness. Visit the ACO link below to donate to John's efforts in meeting his fundraising goal.



ABOUT NVRI

The NVRI is a division of the Australian College of Optometry (ACO) and is committed to research to advance the preservation of sight, the prevention of avoidable blindness and improvements in vision care and treatment.

The ACO relies on the generous support of donors to continue its important work and is extremely grateful to the intrepid John for making this further commitment of support to the NVRI!

TEA & TOUR EVENT

Donations over \$200 will receive an invitation to a special Tea & Tour event to be held on the 16th of March. This event will provide guests with exclusive access to the NVRI research facilities based in Carlton, Victoria. Researchers will be on hand to provide demonstrations on the important studies being carried out within the laboratories.

SUPPORT JOHN & DONATE NOW!

VISIT : www.aco.org.au/mds

[Click Here to Donate to John Nicola's Ultra Desert Marathon](#)