

RICHARD DONOVAN'S SEVEN CONTINENTS CHALLENGE

CARD NO. _____

In 2002, Irishman Richard Donovan, South Pole Marathon Winner, will run seven extreme ultramarathon races on seven continents in aid of GOAL's street children's project in Calcutta and the Galway Society for the Prevention of Cruelty to Animals. Your sponsorship donation is much appreciated and will be divided evenly between the two charities. See back of card for details.

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*Irishman Richard Donovan in action in the Sahara Desert in 1999
Richard has won the First Ever South Pole Marathon this year*

In 2002, Richard Donovan is embarking on a journey spanning the seven continents of the world. He will attempt some of the most gruelling and trying ultramarathon races on earth, one on each continent. He hopes to be the first person ever to run seven ultramarathons on seven continents in the same calendar year and will cover 1000km of racing in the process.

His races not only cover vast distances of up to 150 miles, but they will take place in a variety of extreme climatic conditions and circumstances: from the scorching heat of the Sahara Desert to the mind-numbing cold of the South Pole; from the altitude heights of the Andes and Himalayan mountains to the elevation depths of Death Valley; and from sand dunes and baking roads to snow and ice.



You can follow Richard's race schedule and progress in the press and on the website <http://www.sevencontinents.ie>. Richard is running the races to raise money for the GSPCA's animal sanctuary in the West of Ireland and for GOAL's street children's project in Calcutta.

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GOAL's Street Children's Project, Calcutta

Now in its 25th year, GOAL is an international humanitarian organisation that has sent 900 volunteers to work in the developing world and has spent over €130 million helping the poorest of the poor. GOAL has managed this on an average cost base of just 5% per annum.

GOAL is saving over 6,500 children in Calcutta from the cruel world of the streets - where they can be the victims of abuse or of the child labour market. At its centres and schools in the city, these children are safe and do not have to resort to foraging in the city's dumps for a living. They can enjoy a meal and sport with friends and are encouraged to avail of the basic education and health services on offer.

For many children who would otherwise live in railway stations and sewers, the facilities offered by GOAL are the only chance they will get to escape a life of utter misery and degradation on the streets. You can help GOAL to continue to give these children two precious gifts -- a better childhood, and hope for the future - by donating on this card. It costs only €12 per month to house, educate and care for a street child.

The GSPCA Animal Sanctuary, Galway

The purpose of the Galway Society for the Prevention of Cruelty to Animals (GSPCA) is to promote animal welfare and prevent animal cruelty. To this end, the Society provides a range of services, including assistance to the general public on all issues regarding animals; the investigation of cruelty cases; the proper homing of abandoned, lost or mistreated animals; and the running of educational workshops for young people.

Unfortunately, many animals are the victims of unimaginable cruelty and neglect and it is left to animal welfare organisations such as the GSPCA to rescue them. With this in mind, and despite no regular government funding, the GSPCA has built an animal sanctuary on a 13-acre site outside of Galway city. The sanctuary will never destroy a healthy animal and endeavours instead to offer all abandoned and mistreated animals a second chance in life. However, mortgage and upkeep costs are high and more construction work is required. But, by donating on this card, you can make a big difference and the benefits will be visible.

GOAL West of Ireland, No. 1 Marangoni House,
Oldenway Business Park, Ballybrit, Galway.
Tel (091) 786123

GSPCA, 2a Aisling House, Augustine Street, Galway.
Tel: (091) 563631

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