Krazees 4 Kripples

By: Leanne Opperman
Date: September 2011
Venue: Fabulous Las Vegas
WHAT IS KRAZEE 4 Kripples?

Let’s start at the beginning…

Okay not THAT far back.
WHO AM I?

My name is Leanne Opperman and I am an adrenaline junkie.

I’m from Sunny South Africa & very proud of my heritage.
WHO AM I?
MY CONDITION

Hereditary Inclusion Body Myopathy
MY CONDITION

Hereditary Inclusion Body Myopathy

Me with my Father, Mother, Brother and Sister

Vickey (sister)
MY OWN ‘KRAZEE’NESS

With my Parents at the Devil’s Pool at Victoria Falls, Zambia

Ushaka Marine World – Durban, South Africa

River Rafting – Mighty Zambezi
K4K 2009 – Milehigh 4 Muscles

Kraze4Kripples

21 November 09
Skydiving Club
Carletonville
From 9:00 AM
Braaipacks Available

Come enjoy a day filled with skydiving, music, food and friends, all in support of the Muscular Dystrophy Foundation of South Africa (Gauteng Branch)

For more information, to book a tandem skydive jump or for donations, please contact Jeannes on 082 452 1286

Muscular Dystrophy Foundation of SA
K4K 2010 – Hanging 4 Hope

Come enjoy the second annual ‘Krazee 4 Kripples’ event with us.
A day filled with hang gliding, music, food and friends,
all in support of the Muscular Dystrophy Foundation of South Africa (Gauteng Branch)
To book a hang glide or microlite ride or for donations, please contact Leanne on 082 452 1266

hanging for hope

27 November 2010
10:00 - until late
Thermal Riders Hang Gliding Club - Aviators Paradise, near Brits (25°41’33.0”S 27°46’59.3”E)

This event will form part of the Gauteng Hang Gliding Championships. Fun is guaranteed.
Cash bar - braaipacks available.
Blogs:
Henno  http://rwrant.co.za/2010/11/10/krazee-4-kripples-hanging-for-hope/
Sharman  http://sharmanandhobbo.co.za/blog/2010/11/krazee-4-kripples/
Brad  http://www.bradbrown.co.za/the-arb-guy/archives/1107

Social Media
K4K on Facebook  http://www.facebook.com/pages/K4K/136840743015439?ref=sgm
Twitter  http://twitter.com/#!/Krazee4K
Up in the sky for a worthy cause

Victims raise funds to soften blow of MD

Suppliers of muscular dystrophy drugs have taken to the skies to raise funds for the Muscular Dystrophy Association of South Africa (MDSA).

The annual Sky Run for Krippies event was held at the Karenpark Racecourse in Randburg, Johannesburg. The theme was "Running for Hope.

The event was the brainchild of Louise Appelton, who was diagnosed with MD while in Grade 11. Last year saw an incredible 65 people take part in the event, raising funds for the association.

Appleton and her friends raised money for four people with the disease and that success inspired them to make it an annual event with a different theme every year.

We decided to do this to show people that life will go on and keep going after what we are facing. MD. Last year we took a bite of the world and we're doing it all over again," she said.

The chairperson of MDSA, Louise Appelton, said that the event was important to MDSA because people with muscular dystrophy often feel as if they do not have normal friends.

Always remember that when people who are able to live their lives, come to watch, and encourage, their name, who is diagnosed with the disease, and whose son never walked, and when she discovered that he was wrong with him she became depressed but she won't let that get her down. I give thanks to MDSA and the community for allowing us to do this.

Muscular Dystrophy

Muscular dystrophy is a group of genetic conditions characterised by muscle weakness and loss of function. These are caused by muscle cell death, which begins in infancy. The condition is inherited and affects the motor neurons that control the muscles.

Symptoms include weakness, fatigue, difficulty breathing, and difficulty walking. Treatment options include physical therapy, medication, and surgery.

WHAT IS MUSCULAR DYSTROPHY?

TREATMENT

Solely there is still no cure. However, therapies such as physical therapy and medication can help manage the symptoms. Early intervention can help improve quality of life.

Beeld

Lesers skryf: Sweef hoog vir spierdystrofie-lyers

Sweef hoog vir spierdystrofie-lyers R schielie

Joubert van Carletonville skryf

Die tweede jaarlikse gedinsamele-enkomings vir spierdystrofie het nogmals een groot sukses geword.

Mense van al die talle Goudaan en Noordwes het aanwezig gekom by die Thermal Rodee-lyers kerksaalkerk in Carletonville.

Die K Ring voor Krippies-lyers is in 2009 deur Leanne Opperman van Hereditary Inclusion Body Myositis begin.

Leanne was vroeër veral voor haar deel as verpleegkundige. Jan van der Merwe het haar te ondersteun. Foto: RACHELLE JOUBERT

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Leanne was vroeër veral voor haar deel as verpleegkundige. Jan van der Merwe het haar te ondersteun. Foto: RACHELLE JOUBERT

Foto: Leanne Opperman en een van haar pasiënte. Foto: NAAMMIE DE JONGE

Blou is vir Krippies-lyers. Foto: ANNA JACOBS

Blou is vir Krippies-lyers. Foto: ANNA JACOBS
K4K 2011 – Drifting 4 Dystrophy

The third annual ‘Kraze4 Kripples’ is finally here! Enjoy a day filled with drifting, music, food and friends, all in support of the Muscular Dystrophy Foundation of South Africa (Gauteng Branch). To book a ‘drift’ or for donations, please contact Leanne on 082 452 1266 or Leanne@k4k.co.za

You’re in for the ride of your life!

26 November 2010
10:00 – until late
Zwartenkop Raceway
S 25.81161 E 28.11483

Kraze4 Kripples
DON'T TRY THIS AT HOME!
DEALING WITH ‘MD’

FIFA Soccer World Cup 2010 – with some American fans
MY OWN ‘KRAZEE’NESS

Micro-liting over the Zambezi
MY OWN ‘KRAZEE’NESS

Mponeng Underground Visit - Deepest Mine in the world
krazeefor kripples
krazeefor kripples
I WENT...
krazeefor kripples