



7 November 2020

WHAT ARE YOUR LEGS?

Steel springs! What are they going to do? Hurl you down the track!

I may have dated myself a bit with that reference, but I couldn't resist. Motivation is a tricky beast, and you've got to go with what works for you. However, I've been feeling very motivated recently because I've been out and about running my #42forCF.

#42forCF is more than just a catchy tagline, it is a campaign started by our very own Bradley Dryburgh to inspire the CF community and help us reach our health goals. Bradley is a Wollongong boy and he manages CF in his own life. Despite living with CF he nevertheless tries to maintain an active lifestyle and it has helped him enormously in containing his symptoms.

Bradley is putting this principle into action by running an entire Marathon (42.2km) on December 12th. Bradley is doing something that many of us could only dream of matching, but that does not mean that we cannot support him every step of the way. One way of showing our solidarity is to donate to CF Research via his fundraising page, but Bradley knows we can go further and do more. He wants the CF community to feel active and energetic, and to be out there running down our goals.

I can't run 42km all in one go, but I can run alongside Bradley one day at a time by doing 1km each day until December 12th. You can too, and you know what? Your friends and family can as well.

So put yourself out there for Bradley and CF, run your #42forCF this month and challenge your loved ones to do the same. Make sure to post your challenge on Facebook, Instagram and Twitter and tag in CFA and Bradley Dryburgh so that we can get the whole CF Community rolling on this one.

Share your progress, your challenges and your experiences, and help us celebrate you like we are celebrating Bradley and his amazing achievement. Wherever you are, whoever you are, we can all give our #42forCF this year if we do it together.

Sponsor Bradley [HERE](#) or set up your own Donation Page at [LINK](#)

Bradley Dryburgh:

<https://www.instagram.com/bradleydryburgh/?hl=en>

<https://www.youtube.com/watch?v=Uz3OyenNiag>

Kind regards

A handwritten signature in black ink that reads "Nettie Burke".

Nettie Burke, CEO

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