

Dear friends,

I enjoy participating in CrossFit and cardio activities. In July 2024, I completed a 21 km run, and later in December, a friend and I ran 54 km from Airolo to Castione. The run took seven hours and was incredibly strenuous, but the experience was worth all the effort.

This year, I struggled up the 4,200 steps to the Niesen – 1.3 km with an elevation gain of 780 m, wearing a firefighter's uniform and carrying 21 kg of gear!

I was inspired to take on various athletic challenges that require considerable mental toughness and skill after reading an iconic book by David Goggins.

**Now, the magic number of 100 km of the ROCKAND HIKE has captivated me. What excites me: achieving the goal, overcoming my inner demons, exploring my own limits, and fully enjoying the indescribable freedom of running.**

But it gets even better: The prospect of participating in HIKE4KIDS 2025 - ROCKANDHIKE and the associated opportunity to help disadvantaged children immediately resonated with me. Too many children in the world aren't that lucky. They, too, have dreams and visions.

**So I decided to combine this sporting challenge with a good cause and participate in HIKE4KIDS 2025 - ROCKANDHIKE for Summits4Hope.** With every step around Lake Zurich, I want to give 300 children in Kenya a better future. As a team, with a great community, combined with fun and satisfaction.

**Support me in completing the 100 kilometers for children in Kenya!**

Every donation, no matter how small, helps children in Kenya gain access to education and achieve their dreams. Let's make a statement together and show them that they are not alone.

**Your donations will be used 100% directly for Summits4Hope's educational projects – with no deductions for foundation costs. And they are also tax-deductible.**

Thank you for your support, I'm counting on you!

Best regards, Amos

P.S. To make your donation, please click this [LINK](#), which will take you back to the donation form on my fundraising page. First, choose your donation amount. Then, add your personal information. If you are donating from outside of Switzerland, choose payment by credit/debit card.