

Dear friends,

first of all I wish to stress that this letter and my idea have been inspired by the fantastic example of Tim, a great friend and a fine person, who recently completed the Ironman Triathlon (3.8 km swimming, 180 km cycling, and 42.2km running) for charity, after one year of intense training, in a fantastic 10 hrs and 27 minutes.

On the other hand, now at 53 and with no specific experience in this kind of race, and after the Cro Magnon Extreme Race, that I had initially chosen, was cancelled, I decided to take part in the GTV 100 km (<http://www.grantrailvaldigne.it>): a 100 km international mountain trail with an overall 5,300 m drops and rises. The race takes place on the 9th of July in Val d'Aosta starting and ending in Morgex (Italy). most of you will wondering "why the hell is he going to do this?"... "why should he force himself to run thousands of km. in the next months, giving up weekends, often getting up at dawn to run and having to go to the gym several times a week to train?" Some of the reasons are: seeing if I can get alive to the end of this incredible competition, the challenge it represents and my passion for sport. However, there's more! Much more!!

About 20 years ago, my sister Paola, one of the women I most look up to, with her husband Franco and their three children decided to adopt Michele: an abandoned little creature affected by a terrible and very rare disease called Lesch Nyhan Disease. For more than 20 years they have been fighting daily challenges battles compared to which Ironman or GTV 100 km are easy hobbies.

For this reason, I decided to give Paola and Franco my actual support in their generous and continuous effort not limited to lovingly grow up Michele, but also to proactively raise funds for research supported by "*Mauro Baschirotto Rare Disease Association*" of Vicenza (see <http://www.birdfoundation.org>).

To be motivated at best to train for the race during the next months, I thought of doing this fundraiser "performance-based". I am not asking for money from you right now; I would like you to commit yourself to donating an amount that you freely choose for research to "*Mauro Baschirotto Rare Disease Association*" of Vicenza according to my performance at Gran Trail Valdigne race.

In particular, I would like to ask for the promise of your contribution in accordance with the following four outcomes:

- Outcome no. 1. Your donation if I get to the end alive and still able to smile (proved by a picture)
- Outcome no. 2. Your donation if I complete the race in between 26 and 25 hrs
- Outcome no. 3. Your donation if I complete the race in less than 25 hrs
- Outcome no. 4. Your donation if I start – just because you would like to give your contribution regardless of my performance

Stefano, Michele's brother, has personally created and edited the website www.federico-cromagnon.com where you will find information and some update on this crazy idea of mine. If you think of promoting this initiative with your friends, feel free to do it. You can forward this email and/or promote the dedicated website as well as do it through Facebook or similar social networks indicating the following e-mail address: contact@federico-cromagnon.com .

Once the race is over, I will get back to you providing both the results of the race and the "*Mauro Baschirotto Rare Disease Association*" bank account number for you to fulfill your promise with the relevant contribution.

A few months after the event, I shall publish on the website the amount of funds raised and the specific project that the "*Mauro Baschirotto Rare Disease Association*" will implement with them.

Will you help me with this? If you will, let me know as soon as possible the amount you would like to donate for each outcome.

A very heartfelt thank you
Federico

GTV 100: 100 km / 5,300 m D+
Mountain track 79%,
Wood track 14%,
Carriageable road 7%
Max Elevation: 2,670 m at Col Licony