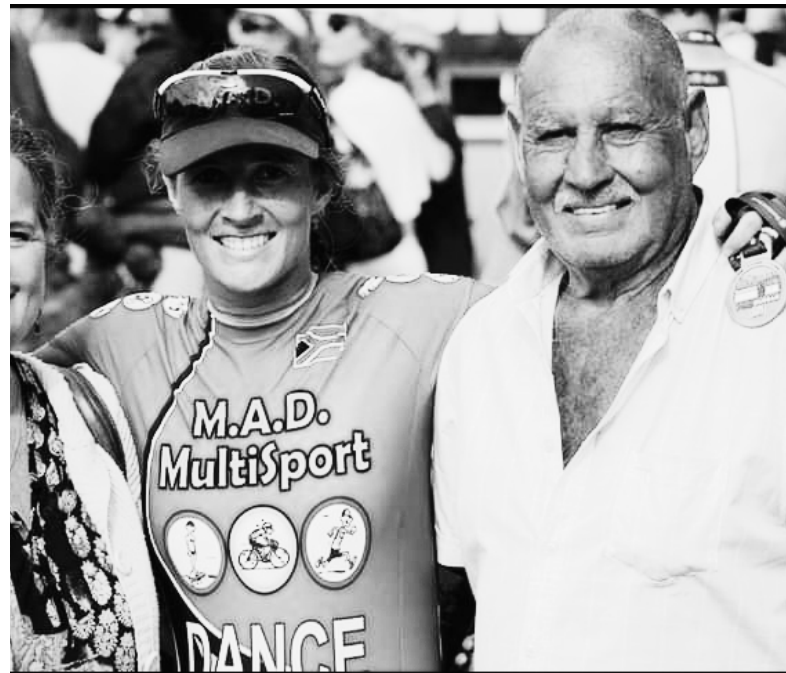


FOR THE NSRI - STATION 12

HONOURING A FATHER'S KINDNESS AND STRENGTH IN AN EXTREME TRIATHLON



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My name is Lauren Dance, and I am reaching out to you with a heartfelt mission to honour the memory of my father, Robin Dance.

On November 2nd, 2022, while I lay in hospital recovering from a shoulder surgery, my life was forever changed when my father passed away from a heart attack. Amidst this profound loss, I carry with me the indelible imprints of his kindness, strength during adversity, and unwavering support.

My father was not only a loving parent but also a true role model. He possessed an exceptional capacity for kindness, demonstrating compassion and empathy towards others in every aspect of his life. His selflessness was evident in the way he extended a helping hand to those in need, always putting the well-being of others before his own. Through his acts of kindness, he instilled in me a deep sense of empathy and a desire to make a positive impact on the world around me. In his final moments, the NSRI volunteers swiftly responded to the emergency, tirelessly working to save his life. Though they couldn't alter the outcome, their dedication and bravery touched my family deeply. Now, I am determined to express my gratitude and appreciation by embarking on an extraordinary journey in honour of my father and in support of the NSRI.



**NATIONAL
SEA RESCUE
INSTITUTE**

KNYSNA
EXTREME TRIATHLON 0-5





"May love be what you remember most." - Darcie Sims

My father's strength during adversity was inspiring. He faced life's challenges head-on, demonstrating resilience and an unyielding spirit. Even in the face of setbacks, he maintained a belief in the power of perseverance and the importance of never giving up. He taught me that strength is not just physical but also mental and emotional, and that true strength lies in the ability to rise above hardships with grace and determination.

As a devoted father, he played a pivotal role in nurturing my dreams and supporting me throughout my athletic career. From the time I was a little girl, he recognized my passion for sports and dedicated himself to fostering my talent. He would tirelessly accompany me to training sessions, cheer me on during competitions, and offer words of encouragement. His belief in my dreams became the driving force behind my athletic pursuits, and I owe much of my success to his unwavering support.

In honour of my father's memory and the impact he had on my life, I am embarking on an extraordinary journey—The Knysna Extreme Triathlon 0.5, on the 18th of November, 2023. This endeavour is not only a physical test of endurance but also a testament to my father's influence and belief in my abilities. As I push my limits during this 2.5km sea swim, 100km cycle through the Garden Route and the gruelling 30km off-road run through the forest to finish at the Diepwalle Forest Station, I will draw inspiration from the countless times my father encouraged me to reach for the stars and pursue my dreams fearlessly.

Furthermore, this endeavour holds a deeper purpose. By raising funds for the National Sea Rescue Institute (NSRI) Station 12, I aim to pay tribute to my dad while expressing my gratitude to the NSRI volunteers who tirelessly work in dangerous situations to save lives. Just as my father believed in my dreams, the NSRI believes in the sanctity of life and goes to great lengths to ensure the safety of those at sea, in the forests and on land. Together, we can support their vital mission by providing the necessary resources, training, and equipment to safeguard lives along our coastline.

I humbly invite you to join me on this extraordinary journey of remembrance and resilience. Your support, whether through a generous donation or by spreading the word about this crowd funding campaign, will make a significant impact.

Join me in creating a lasting tribute to Robin Dance, a remarkable father, and a source of inspiration, by donating to our crowd funding campaign today. Let us come together to make a difference and ensure that the NSRI can continue saving lives and providing hope to those in need.

Thank you for your support.

Please follow the link to make a donation or copy and share 😊

<https://www.backabuddy.co.za/champion/project/lauren-dance-5626663149229762058>

Lauren Dance