

# 2014

## ISSUE 4



SAVA Community Veterinary Clinics

# CVC

# NEWS

## You can make a difference!



## FROM THE DESERT TO THE JUNGLE

By Dr. Anthony Erasmus

Tackling the Kalahari, Augrabies, Extreme ultra-distance marathon last year and absolutely thriving on the challenge has created the need for more multi-stage trail running.

The 10<sup>th</sup> edition of the legendary Jungle Marathon, an extreme footrace through primary Amazon jungle in Brazil starting on 5 October 2014, will not only fulfil the need, but will push the limits, I am sure. The Jungle Run (as it is fondly referred to) in the Flona Tapajos, near Santarem, is a six-stage, 255 km race through swamps, with multiple river crossings (1 km in rapidly flowing water), steep climbs and descents in muddy terrain, village trails and on fluvial beaches in 40–45°C temperatures and 100% humidity.

The night stage of 105 km will be particularly challenging, as I believe it is pitch dark under the jungle canopy, with the dense vegetation blocking all moonlight. I am sure the howler monkeys will add to the eerie atmosphere!

All the gear and food needed for the seven days is carried as part of your 13 kg backpack, including a hammock with a mosquito net and rain fly-sheet. Sleeping in a hammock will be a new experience (especially after carrying your bed all day). Drinking water is provided at check points approximately every 10 km along the course and boiling water for cooking at the end of each stage at the overnight camp.

Jaguars are commonly sighted by trail runners. The extremely rare short-eared Amazon jungle dogs have been photographed by previous participants.

Swamps and anacondas are synonymous, as are piranhas and caimans and the Amazon River and its Tapajos tributaries. The Candiru is a particularly nasty little toothpick fish. It usually parasitizes catfish but can swim up urine flow into the urethra of humans, obstructing it and necessitating amputation in many of the local male villagers. Urinating whilst crossing rivers would therefore not be a good idea! Shuffling of feet is recommended when entering the rivers, to chase rather than tread on a stingray.

CNN have voted the Jungle Marathon as “the most difficult and wildest eco race on the planet”. Whilst physical fitness has to be top notch, strong mental tenacity is of paramount importance, without which you will not cross under the finish banner.

Due to the generosity of veterinarians and clients we were able to collect over R40,000.00 for the CVCs last year for the Kalahari, Augrabies Extreme Marathon.

Let us see if we can repeat or, even surpass, this fantastic fund-raising effort for an excellent cause.

Please go onto [www.communityvet.co.za](http://www.communityvet.co.za) and click on the Amazon tab where Elmien will note your contribution.

Alternatively email me at [anthony.erasmus.vet@gmail.com](mailto:anthony.erasmus.vet@gmail.com) with your pledge and I will pass it on to Elmien at the SAVA CVC office .

The last Pretoria branch meeting raised a quick R6,000.00. The challenge is on for other branches and groups to do the same or better!

Thanking you in anticipation,  
Dr. Anthony Erasmus

## CVC WOULD LIKE TO THANK

EndoVet	Dewormer
Christelle	Dog products
Mr. Eybers	Paw Print donation
Spar Monument Park	Dog food
Joey Gracie Foundation	Dog food and blankets
Bridget Kelly	R100
With love	R100
Debbie Tiley	R100
Lakeside Dierkliniek (collection tin)	R334
Bizana donation	R560
S Kendall	R1000
Brad Cross	R1260
All practices participating in the Paw Print Project	



Should you wish to get more tails wagging you can donate via direct deposit into the CVC bank account:

SAVA – CVC, ABSA Bank  
Brooklyn, branch code: 632005  
Account Number: 4056779023 or



You can also commit to a monthly donation by submitting a debit order form available on our website: [www.communityvet.co.za](http://www.communityvet.co.za)