



World Transplant Games Federation

NEWSLETTER

More transplant recipients, more active, more often!



It is time to start dreaming again...

The month of April marks two years to the start of the 23rd World Transplant Games in Perth, Australia. It will be an experience not to be missed - and after what the world is going through, an experience well deserved. Make sure to mark the dates in the diary now, 15 - 23 April 2023.

But before then, we have some exciting events and engagements coming up. Read all about them in our latest newsletter.

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ANNOUNCEMENT

Sprint Triathlon to be held at the 23rd World Transplant Games in Perth 2023

For the first time, the World Transplant Games will be hosting a Sprint Triathlon at the next Summer Games in Perth, 2023. To qualify, participants must have completed at least two official sprint triathlons in the 12 months preceding the Games. The Games take place from 15th – 21st April 2023.



A sprint triathlon is a great gateway into the world of triathlons and has a lot to offer newcomers to the sport. If you can find 3-5 hours per week to exercise, you will have more than enough time to prepare for your first triathlon. Who knows, you may discover a new passion.

For the veterans of the sport, knowing the short distances can pack a lot of intensity, and going full throttle for the entirety of the swim, bike, and run takes some serious fitness!

WHAT YOU NEED TO KNOW

- The sprint triathlon comprises of 500m swim, 20km cycle, 5km run
- Competition will be in men's and woman Individuals (by age group from 18 years) and also in pairs/teams
- Equipment: Any swimwear is allowed. Wetsuits are permitted only for water temperatures under 22 degrees Celsius
- The organization will provide a swim cap with a race number
- Helmets by UCI safety standards must be worn. Bicycles must be in a safe and rideable condition
- There will be a mandatory safety inspection for all competitors

5K ANYWAY NEWS

**The 5K AnyWay event is gaining momentum
as we strive to make a difference in the lives
of our transplant community**



5K ANYWAY - YOUR WAY!

The 5K AnyWay takes place between the 28th May – 5th June 2021 and hopes to virtually unite our global transplant community and help spread the word of the importance of organ donation. Register today and join the celebration!

MEET TX THE TRANSPLANT TEDDY BEAR

Let's help put TX in the hands of youth transplant patients around the world. For every 10 participants who register under a team in their country, one build-a-bear workshop Teddy will be unlocked. Some teams have already unlocked a dozen bears!



JOIN 5K ANYWAY TODAY

This event is seeing an incredible response, and has already raised \$13 739 in donations! All donations go towards our Fit for Life! program which aims to elevate the importance of physical activity for youth transplant patients

VIEW LATEST 5K ANYWAY NEWSLETTER

HEROKI PROMO

The WTGF partnered with HeroKi Kidney Shield, to offer 5 participants the opportunity to test and review their innovative belt



ABOUT THE HEROKI KIDNEY SHIELD

The HeroKi Kidney Shield is a certified medical device that protects your transplant kidney from impact while you perform physical exercise.

Created by Alon Mogal, a kidney recipient himself – the HeroKi Kidney Shield gives you the freedom to live life to the fullest – with no fears!

It's comfortable, adjusting to your body's movement and it also looks pretty awesome. Bring out your inner hero and practice the sport the enjoy, with confidence.



CONGRATULATIONS TO

Paul de Smalen - The Netherlands
Steve Donald - The Netherlands
Margherita Mazzantini - Italy
Alexandra Funk - Germany
Lewis Daniels - UK



HAPPINESS GUARANTEED

To purchase your own, visit www.heroki.co and enter promotion code **WTGF022021GY**
Currently only available within the EU

VISIT HEROKI PROTECTION HERE

BILLION STEPS IS BACK

**We are excited to announce that
the Billion Steps Challenge is confirmed and
will be back in September 2021**



We can't wait to get stepping in the 3rd edition of the highly successful Billion Steps Challenge!

This fun online walking challenge aims to encourage everyone in our transplant community to celebrate the gift of life and to get active and get moving, all the while promoting transplantation and raising public awareness around the importance of organ donation.

Exercise has the ability to improve mental health, reduce the risk of depression, and improve overall feelings of well being.

92% of the participants said the challenge motivated them to stay active during what has been a difficult and challenging year.

2017

1570 participants joined into 241 teams, representing 33 countries.
Steps walked **810,850,047**

2020

3264 participants from 64 countries, joined into 717 teams.
Steps walked **1,451,398,796** - 146% over our target

2021

We may have to set the target even higher this year...



SEE PREVIOUS BILLION STEPS CHALLENGE HERE

TTS-WTGF WEBINAR

The Transplantation Society and WTGF host Webinar on Covid-19 Vaccines for Transplantation



TTS-WTGF WEBINAR ON
COVID-19 VACCINES FOR TRANSPLANTATION

STEVEN J. CHADBAN **PAUL HARDEN** **CAMILE KOTTON** **MICHAEL ISON** **LIGIA PIERROTTI**

THURSDAY • APRIL 15 • 2021
Signup at www.tts.org/wtgf

8 AM (New York) • 2 PM (Paris) • 1 PM (London)
9 PM (Tokyo/Seoul) • 11 PM Sydney

We understand the apprehension and uncertainty transplant recipients have in regards to the Covid-19 vaccination.

The objective of this webinar was to provide transplant recipients and their families with the most up to date information on the different COVID vaccinations available to them.

The webinar was open to all members of the transplant community, and an important section covered the vaccine experience so far in transplant populations.

Live Recording of the webinar is now available - link below

Vaccination is one of the keys to life resuming to some level of normality

[CLICK HERE TO VIEW WEBINAR RECORDING](#)



GET INVOLVED

Be sure to get involved with all our exciting initiatives!!

MONTHLY PHOTO COMP

Enter our fun monthly themed photo competition and win a WTGF hoodie

SHARE YOUR STORY

Send an email to fitforlife@wtgf.org and share your transplant athlete story

REFIT FOR LIFE! RECIPES

Submit your transplant friendly recipe to feature in our weekly nutrition post



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