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Swimming for Awareness

Submitted by Bobbie Dodson



Keris Dahlcamp in the cool water of Lake Tahoe.
Photo provided

For more information visit www.friendsofthecongo.org.

While swimming the length of Lake Tahoe was a challenge, Keris Dahlkamp says it comes nowhere near the challenge the citizens of the Democratic Republic of the Congo face today. Because he wanted to raise awareness of the desperate situation there, Dahlkamp took to the 65 degree water at one in the morning and successfully completed the 20.75 miles in 10 and a half hours. "I wore a wet suit and three layers on my head," Dahlkamp explained his strategy and struggles, "My biggest problem was nausea. I think my nutrition was a little off in the excitement of readying for the event." He had boat and kayak support, plus many friends and relatives cheering him on.

He raised about \$6,000 in donations for Friends of the Congo.

"I think the high point was in the morning seeing the sun came up, but also knowing that Kambale Mugavuli, National Spokesperson for Friends of the Congo, flew here from the east coast to support me," Dahlkamp commented.

"Keris reminded me that no matter how tough things get in the Congo, or the world, there will always be people caring for one another trying to make the world a better place," Mugavule said.

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