



**It'll be tough, you may feel like giving up but you will succeed because...**

- PSC sufferers have a much harder time than this and they can't opt out
- People have given their hard earned cash to PSC Support in your support
- The money you raise could help PSC Research find a cure or treatment
- You're helping raise awareness of PSC and Organ Donation
- We need the PSC Support flag photo from the summit!
- Martine will be proud of you
- You won't let Sophie have to go to school and tell them that "Daddy didn't make it to the top of the mountain"
- You chose to do this – meet your commitments
- You've trained and prepared yourself
- You won't let down your team members, sponsors or family
- You're mentally tougher and physically stronger than you imagine
- This is a once in a life time opportunity – seize it!
- Pain is temporary but **quitting last for ever...**



## Remember that you're being supported by:

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