

## Running For Rhinos!

Sean Ramsdell, Busch Gardens

Hello fellow rhino keepers and enthusiasts! My name is Sean Ramsdell and I am a rhino keeper at Busch Gardens, Tampa. I met some of you at the last IRKA workshop in San Diego and I am looking forward to meeting more of you at future workshops. It was in San Diego that we listened to Cathy Dean, the Director of Save the Rhino International, describe her organization's work including their fundraising efforts of which the London Marathon caught my attention, since I have recently become an avid runner.

In 2012, I began the Couch to 5K program to better my fitness. I had been an athlete in high school, but my activity level tapered off in college and continued to dwindle once I started my career. But I decided, NO MORE! I began to run....first, minutes at a time, then eventually half hours and then more. My first major goal was to run a half marathon – at Walt Disney World, Florida! Soon after, I set my sights on another – at Disneyland, California. Then, I heard about the London Marathon from Cathy Dean. I knew when she presented that slide that this was my next goal. I introduced myself to Cathy during a break and said I was thinking about running. Mind you – I've never run a marathon and I've never been to London. Cathy and I continued to discuss the London Marathon during the rest of the workshop, and by the last day, I was ready to commit. I am running the 2014 Virgin Money London Marathon for Save the Rhino! I'm obviously very excited for the marathon and to see London for the first time, but more importantly, I am excited to do more to help wild rhinos. I am already the Bowling for Rhinos coordinator for Tampa Bay AAZK and I give the best keeper chats and tours I can at Busch Gardens, but this is definitely an exceptional opportunity to have a global impact.



sweat (a ton), tears (once I finish) and plane tickets (yikes!) to London, are on my own. ;)

Please take some time and read more about my journey on my blog [RunningForRhinos.com](http://RunningForRhinos.com). I discuss my training, include fun photos and more importantly, a donation link. I am doing all this work to raise money for rhinos. 100% of the money I raise is going directly to Save the Rhino International. The blood (a little),