

My Sigma Run Experience- Lesean

Posted January 09, 2020

The Sagicor Sigma Corporate Run has been galvanizing the support of thousands of Jamaicans to raise funds for child-related charities for 21 years. In this time, over \$400 million has been raised, every dollar going towards the development of hospitals, children's homes and foundations around the country. Without the support of every participant, the work of the Sigma Run would not be possible.

As we gear up for Sigma Run 2020 we're sharing the personal experiences of Sigma Run participants. From start line to finish line, each participant has a unique story of how the Sigma Run has impacted their lives.

Next up is Lesean Grant, who has taken his physical fitness more seriously as a result of the run:

" Participation in the SIGMA Run over the years has been both a privilege and a pleasure.

Aside from forcing a disciplined approach to my preparation for the event, it has helped me to take fitness, health and my general well-being more seriously. Knowing that by helping myself I'm also helping a worthy cause is a major plus. Just the thrill of being part of something greater than myself is reward enough.

I don't even need to place among the top participants, but each year I attempt to better my last performance. Thanks to Sagicor, I'm all the better for participating."

Sigma Run 2020 takes place on Sunday February 16, 2020. Join us in raising \$55 million to support the Savanna-La-Mar Hospital, the Clifton Boys Home and the Bustamante Hospital for Children Special Care Nursery. Find out more and register today at www.sagicorsigmarun.com.