



My RPJ Crohn's Foundation is raising essential research funds for Crohn's and Colitis UK – finding a cure is the goal.

Crohn's is something that can take your life away if you let it. It could have stopped me in my tracks, but a positive mental attitude has seen me through dark times. Meeting challenges and setting myself goals has always helped me push through the pain and given me a sense of achievement and having something to look forward to really helps!

Racing has always been in my blood, I raced Karts when I was younger with some success, I've even raced against some of the greats including Jenson Button and David Coulthard!



However, I was so thin they had to attach 30kgs of lead to my seat to make me eligible to race! Sometimes, following an event my team had to lift me out of the

Kart, as the pain would take hold when the adrenalin slowed. However then as now when I sit in my race car, the adrenalin lifts me hugely, the will to win is still there and the competitive passion is what drives me to do this. I would urge everyone who suffers with IBD (Crohn's or Ulcerative Colitis) to go and chase their dreams, indulge their passions. Do what makes you feel energized and happy if you can, when you can – because IBD shouldn't stop you from living your life to the full.

Rick Parfitt Jr



Colitis and Crohn's are inflammatory bowel diseases that can have a devastating impact on education, work, social and family life. They can strike at any age but young people are most at risk and there is no known cure. Crohn's and Colitis UK offers much-needed information and support to the 250,000 sufferers in the UK, and also funds vital research. Further information can be obtained at

www.crohnsandcolitis.org.uk