



MEET THE TREKKER

FEATURING LUKE NORDER



Hey there Trekker! Let's take a moment to get to know a little more about you.

Which of the charities will you be representing?

I will be representing Beyondblue

What's your reason for supporting this charity?

A cousin of mine unfortunately suffered from mental health problems and eventually succumbed to them, which is a far too common a problem in today's world for me. That along with the challenges faced by my friends and their families I wanted to help out anyway I could to prevent similar things happening. Beyondblue helps so many people deal with things that you may not know are going on inside their heads and I would like to let them know they are not alone.

What does doing this Trek mean to you?

This Trek is an idea I've had for a long time and not known how to show it properly. Helping other people not face the same challenges myself or other families have faced would be such a great achievement and I hope a small token of the trek can help push progress in the right direction.

What do you bring to the Base-d on a cause team?

Height firstly, I think they want me to check the altitude first before they progress up the mountain, and just a passion for doing something for others.

What are you useless at bringing to the team?

A female intuition, we recruited for that and probably a long temper as many people would know.

Who is most likely not to complete the trek?

I'd say Ryan Pollock, he'll get distracted by the first female walking the other way.

Who is someone you look up to and why?

Mark Waller, he is a mentor and a friend that taught me it's ok to be yourself even when people expect you to be someone else

The group has decided to sacrifice one thing each prior to the trip, what is yours?

I am going to go the month of March Alcohol free. Also if we get a good donation I'll shave my beard at the last event!

How do you need to prepare for the Trek?

Hard to prepare for the altitude but I'll get myself in shape, was thinking of climbing mount Kosciuszko as a warm up.

If there was one thing you hope comes out of this Trek what would it be?

Bring the community together and raise awareness, the funds is a bonus.

Thanks for your time Trekker! We're looking forward to watching your journey!



A Little More....

Age: 28

Nicknames: Nords or Nuke

Favourite food: Stir-fry

Fun fact: Once travelled all 7 continents in 7 months

What is the favourite place you have visited?

Caye Caulker, Belize or Antarctica...so far

Tell me something about you no one else knows about you?

I have not only seen but own every episode ever made of Smallville.

If there was one famous person you could take on the Trek, who would it be?

Dwayne 'The Rock' Johnson, he looks like he could comfortably carry me up the mountain!

If you could choose a trek nickname what would it be?

Maybe the Big Sherpa as Pollock has already told me ill be carting him up the mountain!

Favourite TV Show?

The Simpsons

What is something you couldn't do the Trek without?

Legs

What concerns do you have about the trip?

With my long list of pre-existing injuries and being accident prone I am bound to hurt myself on the trip but as long as I make it that's just fine!