



THE  
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# From Mud to Mortar

— *By Dallin Frampton* —

Over three years, CrossFit Inc.  
and affiliates around  
the world have literally  
changed the landscape in a  
handful of villages in Kenya.







CrossFit Inc. has been involved with changing lives along the eastern seaboard of Kenya for the past two-and-a-half years.

Taking the early initiative, CrossFit stepped up in 2011 and sponsored the construction of a school building in the village of Dzendereni after learning about US\$10,000 builds two rooms large enough to hold an entire elementary-school class.

After construction and dedication of the new building, CrossFit saw the impact the school made in the small community and united affiliates to sponsor similar projects through the Hope for Kenya fundraiser, which raised more than \$300,000 in February 2013.

To date, CrossFit and its affiliates have built a total of eight two-room school buildings, four water cisterns, 400-plus desks and a handful of latrines. Two more cisterns and

another two-room school are well on their way and will be completed by the time the CrossFit Games crowns champions in July.

With each school sponsored by a CrossFit affiliate, we stamp the name of the gym across the side of the building to solidify the bond between village and box. The schools and cisterns change the lives of rural Kenyans dramatically and stand as a testament to the CrossFit tradition of helping others in need.



# Dzendereni

When CrossFit first arrived in the village of Dzendereni, the elementary school students were meeting at what was built with nothing more than a combination of sticks and mud. Thousands of holes in the roof and walls made learning nearly impossible at times. During the rainy season, large streams of water would literally cut through the classroom and soak anything in their path.







Students are now able to learn in a cement building with concrete floors and brand new desks. To date, CrossFit has built a total of six classrooms in this village (see Page 21), and attendance has increased an average of 50 percent at the newly constructed school.







# Guro

The village of Guro is one of the driest villages CrossFit works with in the arid climate of Eastern Kenya, where the sun-baked soil is hard and weathered.





The students and teachers are eager, and a few rundown classrooms were built through domestic fundraisers. But the village was still in desperate need of another two rooms. Members of CrossFit New England stepped up and provided an amazing new school building in Guro.







# Mabesheni

In Chiduruma, the local dialect of the Duruma people, Mabesheni means “place of fish.” This village is the home to many different people and native animals, with fish being the last thing you would find.

Nestled about 10 miles from CrossFit’s home base in Kenya, Mabesheni is an example of the hardship and neglect Kenyan people experience in nearly every aspect of their lives.





It took the entire community the better part of a year to raise the required 10 percent of the building costs, but once the funds were raised, the villagers were anxious for construction to begin.

Rogue Fitness donated the funds required to build this school, which now houses the seventh- and eighth-grade students who are studying for high school.





# Mkanyeni

The village of Mkanyeni, tucked behind two different villages and nearly forgotten, was another candidate for a CrossFit school building. A few school structures were built in the village, but they simply weren't enough to house all the students. Because of the village's meager resources, locally organized construction projects resulted in a few mud-walled school buildings with half-finished roofs that left the children at the mercy of the elements.

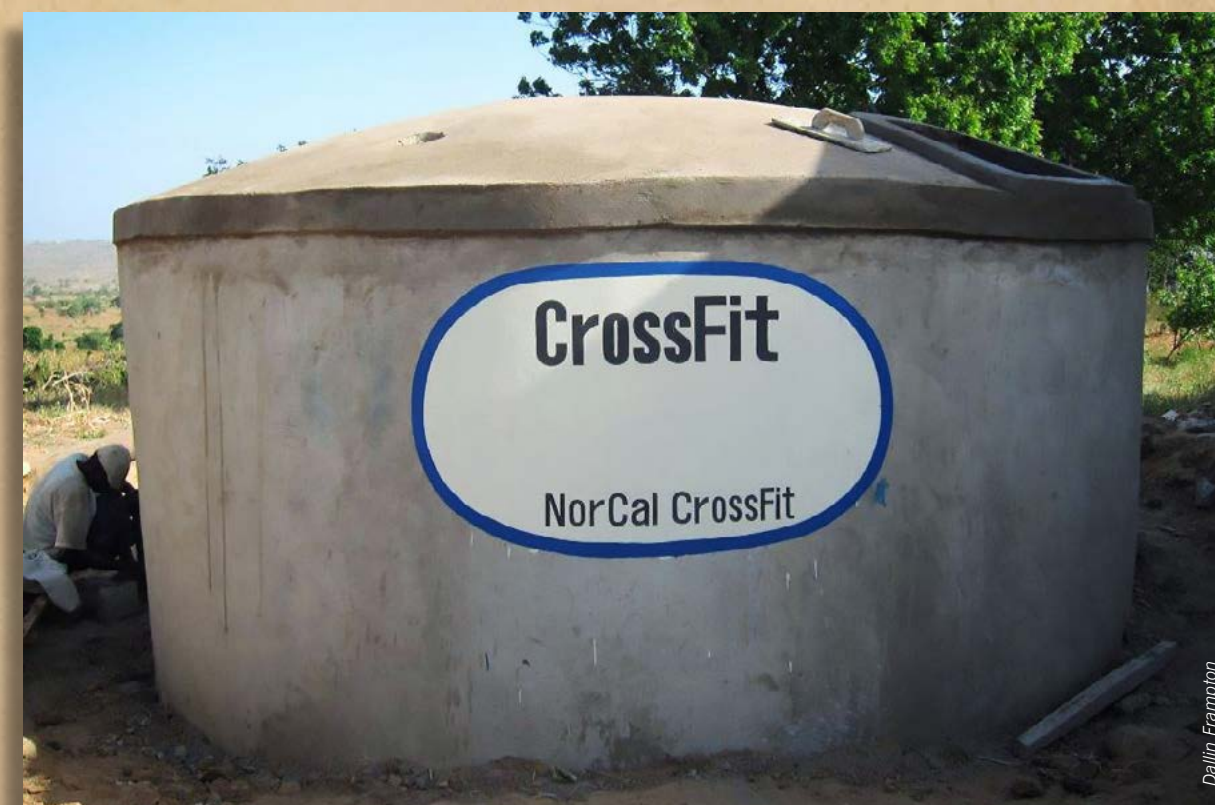


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Because of generous donations from NorCal CrossFit, Mkanyeni has two new school buildings along with a water cistern, which will aid in catching and storing up to 35,000 L of water when the rainy season hits near the end of March.



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# Dzendereni Phase 2

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The constant commitment of the people of Dzendereni to the Hope for Kenya initiative resulted in a total of six elementary classrooms. Four were sponsored and built by CrossFit Inc. in 2011 and 2012, and CrossFit Morristown funded construction of two more. Construction ended in May 2013.



*Dzendereni Primary School Principal Seif Mwanchanyika (in red) and his vice principal pose where the CrossFit Morristown school was to be built. It was nearly completed three weeks from when ground was broken.*





Because of the new facilities and newfound motivation, four eighth-grade students scored high enough on their exams to be accepted to a provincial high school, with one student, Loice Mwaka, going on to a national high school.





DeJin Hampton



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# Majengo

Majengo is one of the smallest villages we've worked with. The elementary school houses students in kindergarten to Grade 4, and children prep for grades five to eight at an elementary school in another location. Even with the small student body, the lack of classrooms was an issue. The kindergarten shared a mud structure with a thatched roof with the local church. The students had neither desks nor a chalkboard, and there were barely enough books to go around.





NorCal CrossFit committed to build two classrooms  
and provide 30 desks to fill each classroom.





# Dzivani

Dzivani is one of the most beautiful villages in the entire CrossFit service area. Built on a plateau looking over the Indian Ocean, this amazing community rallied together to build two schoolrooms in its dilapidated school compound. Nearly nine years ago, the government built the community a block of four classrooms, but when CrossFit arrived, the buildings were only barely standing. The children of Dzivani Primary School were in desperate need of a proper school building, and a group of affiliates along the Gold Coast of Australia jumped behind the village.







While the Aussies back home worked through a series of fundraising competitions they called WODstock, the Dzivani natives worked for five months to scrape together the equivalent of US\$1,400. These box owners and members have laid the highway from elementary-school ambition to high-school opportunity, which opens a whole new world of possibilities to rural Kenyans looking to escape life in the fields.



### About the Author

Dallin Frampton is a 23-year-old resident of Salt Lake City, Utah, who works for CrossFit Inc. as the Project Manager of its philanthropic division. He is also the owner of CrossFit SpearHead located in Holladay, Utah.