

PRESS RELEASE
Thursday 11th August 2010
FOR IMMEDIATE RELEASE



MARATHON CHALLENGE FOR CYSTIC FIBROSIS

Ruth Nicolas, from Carramar, will participate in the Chevron Marathon as part of the 2010 Rebel Sport City to Surf for Activ for her 10 year old daughter Holly who suffers from Cystic Fibrosis. Ruth hopes to raise \$2000 for Cystic Fibrosis Western Australia (CFWA) and is well on her way having already raised \$1287.

This will be the third City to Surf for the mother of three, however the 2010 event will see her participate in her first ever marathon.

“At times I have thought I may have bitten off more than I can chew but during those times I have thought of my daughter Holly who was born with Cystic Fibrosis and I realise how lucky I am to be fit and healthy enough to consider running a marathon. I have plodded on through the cold, dark, early mornings and drizzly evenings in my quest and decided it would be a good opportunity to raise funds for CFWA” commented Ruth on her inspiration behind being involved with this event.

Holly’s condition causes her problems with nutrition and can see her take up to 40 enzyme tablets a day on top of various other tablets such as antibiotics. In addition Holly also has nebulised medication 2-3 times daily and also has frequent visits to Princess Margaret Hospital. There is currently no cure for Cystic Fibrosis.

Ruth is raising money for Cystic Fibrosis Western Australia as a part of the Activ Charity Challenge. This is a new initiative that invites all participant of the Rebel Sport City to Surf for Activ to fundraise for partner charity Activ or any other charity of choice.

Cystic Fibrosis is a common life threatening recessive genetic condition which mainly affects the lungs and digestive system. Sadly this illness still takes too many lives too early. Money raised will help Cystic Fibrosis Western Australia to provide essential services for people who are living with CF and to provide funding for research.

Ruth is looking forward to the atmosphere during the run, the camaraderie amongst the runners and the crowds shouting support. To donate to Ruth’s fundraising page visit http://www.everydayhero.com.au/ruth_nicolas

The Rebel Sport City to Surf for Activ will be held on Sunday, August 29th 2010 and consists of the Chevron Marathon, Westpac Half Marathon, Channel Nine 12km Run, Appealathon 12km Walk, Westpac 11km Wheelchair and the Nissan 4km Walk/Run.

Registration links and further information on the Rebel Sport City to Surf for Activ is available at www.perthcitytosurf.com.

Website: www.perthcitytosurf.com