

PRESS RELEASE
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FOR IMMEDIATE RELEASE



NO LIMITATIONS FOR CRASH VICTIM IN THE REBEL SPORT CITY TO SURF FOR ACTIV

Simon Zbyrko from Leeming is walking his way to a personal victory. The 25 year old man was in a severe motorbike accident early last year and is challenging himself by walking the Nissan 4km Walk / Run in this year's Rebel Sport City to Surf for Activ.

This is the first time Simon will participate in the Perth City to Surf and he hopes to raise the awareness of Partner Charity Activ. "My objective is to prove to myself that I can still do the simple things. I want to challenge myself and raise money for this very worthy cause." Simon stated.

The motorcycle enthusiast is currently sitting in 4th place on the fundraising tally. "I can no longer participate in the MAD (making a difference) motorbike charity ride so to be able to show my friends, family and myself that my limitations will only slow me down not stop me is my primary motivation."

Simon's goal is not just to finish the 4km course but to finish it in under an hour. His training involves physiotherapy sessions 3 times a week due to his accident; and endurance training by doing large amounts of leg weights, riding at least 40kms a week on an exercise bike and walking wherever he can.

Fundraising Manager Indi French said "partner charity Activ do a world of work in the broader community that the general public just don't realise. Support like this is paramount to the continuing work of charity organisations in the community. This year the Rebel Sport City to Surf for Activ is out to make an even bigger contribution to charity through the Activ Charity Challenge. An initiative that invites all participants to get behind their charity of choice or Partner Charity Activ"

Simon is looking forward to the feeling of crossing the finish line at City Beach in under an hour. If you would like to donate to Simons fundraising page please go to http://www.everydayhero.com.au/simon_z or if you would like to learn more about what Activ does please visit <http://www.activ.asn.au/> .

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