

PRESS RELEASE
Thursday 29th July 2010
FOR IMMEDIATE RELEASE



STROKE SUFFERER DETERMINED TO COMPLETE THE REBEL SPORT CITY TO SURF FOR ACTIV

Robert Goyen, 35, from Bicton suffered a major stroke at the age of 33 due to a hole in his heart. He will participate in the Westpac Half Marathon in the 2010 Rebel Sport City to Surf for Activ only 18 months after his stroke.

Goyen is a great fan of the City to Surf and has always seen the event as a must do every year, however his goal 18 months ago was just to walk and talk again. His determination to recover has seen him achieve a great deal by taking small steps forward every day.

In a matter of minutes Goyen could feel his body shutting down as he was suffering from blurred vision, had lost feeling in his right side as well as his speech. He believes that without the quick response of the ambulance and his fitness he would not be alive or would have permanent disabilities for life. This event will prove as a milestone in his recovery.

The stroke came as a shock as Goyen has always been a very fit and active person. "Running has always been something that I enjoyed and I wondered if I would ever be able to run again and be part of the City to Surf. During my rehabilitation for my stroke and heart operation I would just take one step at a time and try to push myself more each time I exercised." Groyen said

Goyen want to push the message that it doesn't matter how unfit you are mentally or physically if you take a small step forward each day to change your life. "Whether you are walking 4kms, getting pushed in your wheelchair or running the marathon, make the City to Surf a reason to get out of bed and put one foot in front of the other... I know I did." Commented Goyen on being involved in the 2010 Rebel Sport City to Surf for Activ.

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