



PRESS RELEASE

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For Immediate Release

No Picnic for this Teddy Bear

A 21km run is a tough challenge for most people, but one participant in the 2011 Chevron City to Surf for Activ is making things much harder for himself.

Richard Low has committed to running the entire half marathon in a bear suit.

Starting out as a joke between work colleagues over Richard's bear-like office behaviour, Richard turned his crazy idea into a goal and began training.

Having only entered the Perth City to Surf for Activ once before in the 12km run category, Richard said facing the mental struggle when he hits the wall would be his toughest challenge.

"I'm following the Kinetic Health Half-Marathon beginner training guide and it's been really good. I go for about one run per week in the bear suit and I'm slowly building up to longer runs," he said.

The suit itself was bought off ebay, has a wool insulation layer and is lined with satin. It weighs approximately four kilograms, with vision only available to Richard through one small eye hole.

Dealing with the additional intensity brought on by the suit will see Richard wearing an ice vest and camelback for the event.

Richard hopes to teach people that one person can actually make a difference in life.

"If you set your goals, train hard and keep your target in mind, then you can achieve your goals and make a difference in the world.

"I'd feel very disappointed if I couldn't finish the event, especially with all the support I have received.

"I hope all the charities get all the money that they deserve, as it's all going to a good cause," he said.

Richard hopes that the awareness he generates will help him raise \$10 000 for his chosen charity, Free the Bears, as part of the Activ Charity Challenge.

Come event day Richard hopes that he doesn't fall over and no one runs off with his bear head, as he claims the bear suit will return next year.

The Chevron City to Surf for Activ is Western Australia's largest community event and includes the Marathon, Half Marathon, 12km run/walk, 4km run/walk and 4km wheelchair race. This year the event will be held on Sunday 28 August 2011.

Further details can be found on the Chevron City to Surf for Activ website
www.perthcitytosurf.com.

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To arrange an interview or for further information, please contact:

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Notes to Editors:

Please note, the official event name for 2011 is the “**Chevron City to Surf for Activ**”.

About City to Surf for Activ

The City to Surf for Activ is Western Australia's biggest community event and is Activ's major fundraising event. Now its 37th year, it has become the second largest official timed race in the Southern Hemisphere, with over 40,000 participants in 2010, event organisers expect entries in 2011 to top this. For the last 36 years, the Perth City to Surf has been an icon on the Western Australian sporting calendar, capturing the hearts of tens of thousands of people have embraced the event. The Chevron City to Surf for Activ takes place this year on Sunday 28th August.

Participants can select from various events including the Marathon, Half Marathon, 12km Run/Walk, and 4km Run/Walk/Wheelchair.

The Marathon and Half Marathon courses are one of the most picturesque in the world, offering runners the opportunity to run past key Perth landmarks including the Swan River, Kings Park on to the beautiful Indian Ocean at City Beach, The Marathon, Half Marathon and 12km Run/ Walk races all start in Perth CBD on St Georges Terrace while the 4km has its start precinct at MacLean Park in Floreat. All races finish on West Coast Highway in City Beach.

The 2011 Chevron City to Surf for Activ registrations are now open at www.perthcitytosurf.com .

About Activ

Activ is one of the largest disability service providers in Western Australia. The organisation provides accommodation, employment, transport, recreation, respite, training and community support to thousands of people with disabilities and their families. Activ's services are provided across the Perth metropolitan area, as well as in regional towns, Albany, Bunbury, Busselton, Esperance, Geraldton, Kalgoorlie, Kellerberrin, Manjimup and Narrogin.

Established in 1951, the community organisation is celebrating 60 years of enabling people with disabilities and their families to pursue a better life. For more information, Activ visit www.activ.asn.au

About Chevron

Chevron is one of the world's leading integrated energy companies and through its Australian subsidiaries, has been present in Australia for almost 60 years. With the ingenuity and commitment of more than 2,000 people, Chevron Australia leads the development of the Gorgon and Wheatstone natural gas projects; manages its equal one-sixth interest in the North West Shelf Venture; and operates Australia's largest onshore oilfield on Barrow Island and the Thevenard Island oilfields. The company is also a participant in the Browse liquefied natural gas development and is a significant investor in exploration offshore northwest Australia, one of Chevron's four global focus areas for exploration.

In addition, Chevron's Perth-based Global Technology Centre provides technology support and solutions to the company's operations in Australia and around the world. www.chevronaustralia.com