



## PRESS RELEASE

**Tuesday 9<sup>th</sup> August, 2011**  
**For Immediate Release**

---

### **Tough Heart keeps 'Dead man walking'**

Herman de Vries will run the 12km course in this year's Chevron City to Surf for Activ showing that he really is invincible.

In January last year Mr de Vries, 64, was told by doctors he was a dead man walking after not noticing he had had a heart attack in late 2009.

Mr de Vries said he had felt the pains but didn't know it was a heart attack.

"I was cycling one day and I felt a pain in my chin, arms and chest. Then, just before Christmas, I went on another cycle and couldn't finish. I had to slow right down.

"When I went to the doctor in early January, he said there was no time for an ECG and I needed to go to hospital straight away," he said.

Mr de Vries arrived at hospital on Friday and was in the operating room to have a triple heart bypass by Monday.

Both his doctors and surgeons told Mr de Vries if he had not been operated on, he could have had another heart attack which would have ended his life.

Being an active person and working up to 80 hours a week prior to surgery, Mr de Vries found his recovery fulfilling, enjoying the idea of getting better and better everyday.

Mr de Vries said exercise was the best medicine on his road to recovery.

"Initially it was a small walk around the ward, then a walk to the car. I would try to walk five times around our local park a day.

"Four weeks later the doctor said I was fit enough to go back to work," he said.

Mr de Vries said he now felt fitter and stronger than he did before his operation.

"I have to thank Dr Mark Edwards for my great new opportunity of living a full healthy life," he said.

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](http://www.perthcitytosurf.com).

**- ENDS -**

---

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

Rikki-Louise Nayler, Business Development and Marketing Coordinator, Chevron City to Surf for Activ.  
Telephone: (08) 9436 0224, email: [Rikki@csports.com.au](mailto:Rikki@csports.com.au)

**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](http://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](http://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](http://www.chevronaustralia.com)