



Media release

For immediate release

Date: 15 October 2014

Race around Subiaco to raise heart disease awareness

Residents and community members both young and old are encouraged to get involved in Race around Subi, an Amazing Race-style adventure through the City of Subiaco on Saturday 25 October. For the first time the event will also raise awareness about heart disease.

The race starts at 9am at the Subi Farmers Market, Subiaco Primary School, 211 Bagot Road, Subiaco. Teams of two to six will navigate their way around the city, completing a range of fun and interactive challenges along the way, with the goal of being first to the finish line before 12pm.

Participants are encouraged to complete as many challenges as they can in the allocated time, with prizes up for grabs and a sausage sizzle after the event.

This year the race, organised by the city's Subi Voice of Youth, is teaming up with the Heart Foundation. Teams and individuals have the opportunity to raise funds through the Foundation's website.

Mayor Heather Henderson said: "We are extremely pleased to be supporting the Heart Foundation this year. The city supports an active lifestyle and Race around Subi is a great excuse for people of all ages to get out and do some physical activity, in a way which is fun and accessible to the whole community."

The race has personal significance for the Heart Foundation's fundraising director Wendy Matthews, who will be running a skipping activity during the race, via the foundation's Jump Rope for Heart program.

Wendy's mother suffered from a heart attack just two years ago while undergoing back surgery in hospital. Wendy found out while she was working at the foundation's annual Go Red For Women campaign, an event aimed at raising awareness about warning signs of heart disease.

Wendy said: "Unfortunately she (her mother) had back pain which is one of the pre-symptoms of a heart attack, but because of her upcoming surgery, she attributed it to that."

Wendy explained: "Mum had to get a pacemaker put in, and it was the research that the Heart Foundation invested in that created artificial pacemakers to be available."



“Working for the Heart Foundation I can see the benefit of people donating; I have a personal link and if pacemakers weren’t available then Mum wouldn’t be here,” Wendy added.

Race around Subi is open to all ages but children under twelve must be accompanied by an adult. Registration is free and teams can sign up online through the city’s website.

For more information about the event visit www.subiaco.wa.gov/youth or call 9237 9216.

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Photo opportunity

A photo with the city and/or the Heart Foundation can easily be arranged on request.

Notes to Editor

The City of Subiaco is recognised as a local government leader in a range of areas such as environmental and social initiatives, and long-term planning for the future. It is located in the inner metropolitan area of Perth and includes the suburbs of Subiaco, Daglish and parts of Nedlands, Shenton Park, Crawley and Jolimont. A major centre for employment with a diverse and growing business sector, the city provides important services including waste collection, town planning and public recreation facilities, to more than 19 000 residents. The city aims to maintain its vibrant sense of community and enhance the lives and well-being of everyone who lives, visits and works in Subiaco. For more information about the City of Subiaco, visit www.subiaco.wa.gov.au