

17 September 2015

A good reason to get fit – help Darren train for Ironman 2016

Bunbury local Darren Stevens is busy training for the 2016 SunSmart IRONMAN Western Australia in Busselton, but needs help to make his dream become a reality.

Twenty three year old Darren, has a vision and hearing impairment, but he says he isn't going to let that stop him.

"I have conquered a lot of challenges in my life, but one challenge I have been wanting to do for a long time is an Ironman 3.8km swim, 180km bike ride and a 42km marathon run," says Darren.

"Of course having a vision impairment makes this a bit tricky, which is why I am seeking out some people who would be interested in helping with my training and keeping me motivated. I plan to do the Ironman in December 2016, so keeping motivated for 18 months can be tough on my own."

Darren says although his fitness isn't quite where he would like it to be, he's working hard to increase his fitness and endurance.

"My fitness at the moment isn't quite up to scratch, which is why I am working on a base for the next six months. I swim at the public pool and will eventually do some beach swims, which I will do with a partner, who will have a rope that will be attached to me while we swim together.

"I ride a tandem bike when cycling. I am always happy for people to have a go on it if they've never been on one before and I need to get some kilometres into my legs.

"The running, I have a lead rope which we tie on each other's wrist and it's about a metre long which enables us to run together. Running is probably my strongest," says Darren.

Darren has also been working out at the gym. "I am trying to bulk up my arms a bit, especially for the swim, so a gym buddy is also welcome as well."

Cont...

Although taking part in an Ironman event has been a dream of Darren's for some time, he was encouraged to take part in the event next year, with the help of Senses Australia's Deafblind Youth Leadership Program.

Senses Australia's Deafblind Youth Leadership Program aims to provide assistance to youth who are deafblind, in developing their personal skills to enable them to undertake more significant leadership roles in their personal or professional lives.

Participants in the program have developed individual goals related to leadership. Goals could relate to learning new skills via training courses, recreation pursuits and advocacy for self or others.

Matthew Wittorff, Senses Australia's Manager, Deafblind Services says Senses Australia are proud of Darren's efforts and what he has set out to accomplish.

"Darren truly is an inspiration to us all. He has set a goal as part of our Deafblind Youth Leadership Program to participate in the Ironman event next year and he's been working hard to ensure he can give it his best.

"We are proud to be able to support and encourage Darren and with the support of others helping him train, we know he's going to do well," says Matthew.

To help Darren achieve his goal email Darren djs.1991@yahoo.com or to find out more about Senses Australia and the Deafblind Leadership Program visit www.senses.org.au or www.deafblindinformation.org.au.

Ends.

Media Contact

Claire Rowe, Public Relations and Social Media Coordinator, Senses Australia

Mobile – 0418 544 032

Email – claire.rowe@senses.org.au



Head Office 11 Kitchener Avenue, Burswood WA 6100
PO Box 143, Burswood WA 6100
Tel 08 9473 5400 Fax 08 9473 5499