

16 May 2016

Darren's ready for half marathon

Bunbury local, Darren Stevens, who has a vision and hearing impairment, is looking forward to running 21 kilometres in this year's HBF Run for a Reason on Sunday, 22 May 2016 with the help of one of Senses Australia's employees.

"I haven't ran in this event before, so it is going to be awesome to try a new running track," says Darren, who is 24 years old and an avid sportsman. Darren is also currently training for the 2016 SunSmart IRONMAN Western Australia in Busselton.

"I'll be running with Paul Garwood, a Senses Australia employee, I have heard he is a runner, but I haven't ran with him before since he lives in Perth," says Darren.

"I will use an elastic rope, which is about a foot long, Paul and I will run side by side with the rope having two loop holes which we will attach to our wrists, so when we run, if I am drifting too far to the side, Paul will just give the rope a little tug so I know I need to straighten up," says Darren.

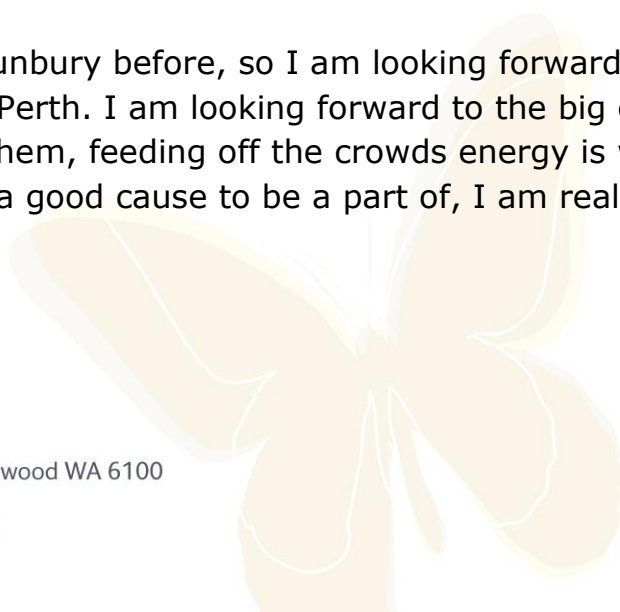
Paul Garwood, who is a Senses Australia Orientation and Mobility Instructor teaches safe, efficient and effective travel skills to people of all ages who are blind or have low vision and says he is looking forward to taking part in the run with Darren.

"Darren is a wonderful example of someone who doesn't let anything stop him or stand in his way to achieve his goals and aspirations. I am thrilled to be able to support Darren, enabling him to take part in this year's HBF Run for a Reason, helping him accomplish this great feat," says Paul.

Darren says that although his preparations for the 21 kilometre half marathon run are going well, it will be the energy from the crowd that will help to keep him going.

"I have never done a run outside of Bunbury before, so I am looking forward to running a new track especially in the big City of Perth. I am looking forward to the big crowd screaming at you when you run past them, feeding off the crowd's energy is what keeps you going and the event itself is such a good cause to be a part of, I am really looking forward to it," says Darren.

Cont...



Darren is as part of the Senses Australia team – 65 Senses Australia clients, employees and carers who are taking part in this year's HBF Run for a Reason and are together raising vital funds that will be used to support Senses Australia's services. In particular, funds raised will be used to support people with low vision to access online information using specialised software and hardware, enabling them to stay up to date and connect with friends, family and support groups via the internet.

To help Darren achieve his goal and raise funds for Senses Australia visit <https://hbfrun2016.everydayhero.com/au/senses-australia> or to find out more about Senses Australia and the Orientation and Mobility Service visit www.senses.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

