



MEDIA RELEASE

8 September 2021

The Pearl Beach CHALLENGE 5km COMMUNITY WALK Weekend 3 – 6 September 2021

The Pearl Beach 'Challenge Walk' was a sponsored activity to walk a set 5km course around the streets of Pearl Beach over the weekend 3 – 6 September. Initially it was designed for individuals and specialist groups to promote Heart ailments, Orthopaedics, Cancer, or simply good health during these difficult times of Covid lock downs. Due to the current Government regulations the walk was modified and seven teams and over sixty participants registered to walk the course.

A big thank you to Event Sponsor **COAST REALTY** and Group Sponsors **personal EYES, Brisbane Waters Private Hospital** and **Health Care** and all those who sponsored a participant we are very grateful for their generosity. The participants were walking for their health and the financial viability of the Pearl Beach Community Memorial Hall.

The total amount raised will exceed \$16,500, and is a compliment to the participants for attracting such great individual sponsorship. A special thank you to the event 'Ambassadors' Bev Lapacek who raised \$3,300 and Taras Mencinsky who ran the course twenty times (100km).

Bev's story - "Last year I started having symptoms indicative of heart disease, namely an ache down my left chest and arm and sought medical advice. A Stent was inserted and I thought that would fix things however, 5 months later, I learnt that other vessels were blocking and in late April underwent a Triple Bypass. I am still undergoing a Cardiac Rehabilitation Program and walking longer distances each week. My Cardio/Thoracic Surgeon at Brisbane Waters Private Hospital" has committed to sponsoring me". Bev walked with other heart surgery friends Duncan Bridel and Carolyn Marks as the Heart Beats Team, all had the same Cardio Thoracic Surgeon, a testament to his skill and their recovery from major heart surgery.

Taras has a different story. "I have run all my life but only started running longer distances once my children were getting older and I was in my late 30's. I started with marathons and then progressed to trail marathons and ultra-marathons. That's why I love living in Pearl Beach. The Brisbane Water National Park is on our doorstep, and I can run literally for a hundred kilometres or more just exploring the many tracks and fire trails within and surrounds. The Memorial Hall in Pearl Beach is a meeting place for the residents. It brings us together and reminds us of the generations past that we have to thank for what we enjoy now and it is our responsibility to ensure it is here for future generations ".

**End: Lynne Lillico
Pearl Beach Progress Association, Publicity**

Photos:

**Marathon Runner, Taras Mencinsky
Robert Lillico & Bruce Swalwell
Nagi and Malathi
Heartbeats – Duncan Bridel, Carolyn Marks and Bev Lapacek
Andrew & Frances Alter**









