



**Heart
Foundation**
MyMarathon™

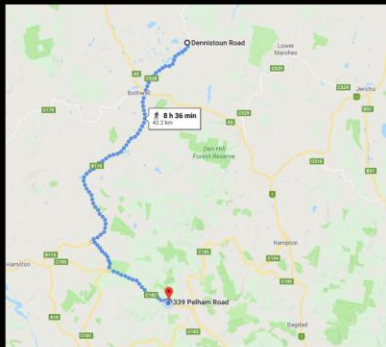


I'm doing a 42km Marathon this October to fight the single biggest killer of Australians - Heart Disease

MY STORY

8 years ago i started to feel short of breath when doing simple tasks, I thought jeez I am unfit for 35 I need to start excercising! A month passed and I was getting worse, I was even short of breath sitting down whilst doing nothing, so I made a doctors appointment for the following day. I was diagnosed with Dilated cardiomyopathy (DCM) a condition in which the heart's ability to pump blood is decreased because the main pumping chamber, the left ventricle, is enlarged and weakened. The recovery period was long and took a few years to feel normal again, I will always remain on heart medication but that's okay as I know my heart is working right!

It's going to be a real challenge, as i set out to walk the total 42.2km in one day! Estimated walking time to complete will be between 8-9 hours, 42.2km is not going to be easy, but any donations will help keep me going all the to the finish line



FOLLOW MY JOURNEY AT:
[MYMARATHON2019.EVERYDAYHERO.COM
/AU/TRACEY-EYLES/](http://MYMARATHON2019.EVERYDAYHERO.COM/AU/TRACEY-EYLES/)

SATURDAY, 19 OCTOBER
EVERY STEP COUNTS!

FOR MORE INFO & DONATION

MYMARATHON.COM.AU
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