

# BREAK THRU PEOPLE SOLUTIONS

## MEDIA RELEASE Break Thru Raise Money For The Black Dog Institute In The 2010 City 2 Surf

At 8am on Sunday the 8th August, along with 80,000 other enthusiasts, "Team Break Thru" lined up in the Yellow section, bibs and timing chips donned - for what you ask? For the 40th annual 14km City2 Surf! Team Break Thru were proudly walking in support of The Black Dog Institute, raising funds to assist them to carry out the wonderful work they do for Depression and other mood disorders.

The morning was brilliantly sunny, and our dispositions matched - even though many of our runner's day had begun almost 3 hours before. There were some nerves in the air, a lot of talk about "slow walkers staying to the left", were to meet if someone got lost, how to combat potential gorilla scares and strategy development about how best to beat the infamous Heart Break Hill - oh, and most importantly - how to hold the 3 metre long banner!

The real runners started at 8:30am and with the sound of the first fire of the gun the excitement grew amongst Peta Maskell, Martin Petersons, Kevin Zahra, Kay Menemenios, Hoda Kobeissi, Anngrett Berry, Suzanne Gallagher, Melissa Gallagher, Jen-Lin Chien and Christine Spowart - It was ALMOST our turn!

Soon enough, they called the Yellow group to take their marks, set and GO! At this point, all we could really do was shuffle along for the first 500 metres, but at least that gave everyone the opportunity to ease into the next 13.5kms. With shouts of "Break Thru" and "The Black Dog" coming from those watching on the pavements, the team got into their rhythm that would finally see them through to Bondi Beach (2 hours and 58 minutes later, just to be exact).

The Care For Families team would sincerely like to thank those who walked/ran/crawled on the day and those who donated and bought chocolates in support of The Black Dog.

We hope you can join us again in 2011 - get those walking shoes on and start your training, just 360 days to go!



### Break Thru People Solutions

16 August 2010

For more information on Break Thru People Solutions, please visit [ww.breakthru.org.au](http://ww.breakthru.org.au)

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