



MEDIA RELEASE

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THE RACE THAT NEVER ENDS

Officially this year's much-enjoyed City2Surf marathon is long gone, but for one of the most compelling competitors, the race continues.

While most of the 80,000 strong field have hung up their runners, shorts, t-shirts and fancy dress outfits for another year, the supporters of cancer patient Fred Pham are determined to keep securing funds in his personal fight against cancer.

All are in awe of the much-loved inspirational teacher from Fairfield High School.

Mr. Pham, who ran as one of the Australian Cancer Research Foundation's (ACRF) finest Ambassadors, was widely acknowledged as the most inspirational participant in the large field of runners.

The school teacher and father of five young children, has only a short time to live yet this did not stop him walking against the odds along the 14 kilometre course with two of his sons and even becoming the event's most successful individual fundraiser.

"I first had the idea to participate in the City2Surf last year, shortly after being told I have only three months to live, however, had already missed the deadline for registration and didn't think I would ever get the chance in this lifetime" Mr. Pham said.

The simply unstoppable Fred Pham raised more than \$30,000 for the ACRF and as the highest individual fundraiser attracted a further \$10,000 donation from race organisers.

Now many in the Vietnamese community of Australia are rallying to honour one of their most illustrious members and to boost his fundraising efforts, as they say thank you to Australia upon commemorating 35 years of Vietnamese-Australian settlement.

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The charismatic Tam Hoang along with numerous visionaries from the Vietnamese Students Association have rallied people from all around Australia to participate in three Fred Pham 500 marathon running events, which will take place in Sydney, Melbourne and Brisbane.

“I was touched when I heard Fred’s story see the indomitable will of the man and the love of all his children, students and the teachers around him.” said Hoang.

“What struck me most was when I heard that as he reached “Heartbreak Hill”, one of the most difficult parts of the course, as his legs cramped and he had almost given up.

“However, he said that he believed that every painful step he took would benefit someone else suffering from cancer, so he was determined to continue.

“His will power and infectious desire to help others really got to us and so we then became determined to help this man reach his dream of raising \$100,000 for the ACRF,” said Hoang. “His two young sons also went to the same school as I did, so that was a personal motivation for me as well.”

Hoang said recently many people now wished to help Fred Pham realise his dream of raising more than \$100,000 before the inevitable occurs, which unfortunately according to doctors might be sooner rather than later.

Tam said they hoped to appeal to 1500 financial supporters a donation of just \$50, not only amongst the Vietnamese community but all Australians, in the fight to find a cure for cancer. To help promote this series of events, gifted young Vietnamese composer Van-Anh Nguyen has even written a song in English, featuring the voice of Australian Idol Top 10 Finalist Thanh Bui, to promote the cause of Fred Pham after being moved to respond when she heard his story.

“After Tam told me the details of Fred’s run against the odds, I was determined to help him by writing an anthem in his honour,” said Van-Anh who runs her own music school.



“His spirit is so strong I think all Australians could all really learn something positive from him.
“His efforts in the City2Surf were nothing short of a miracle.

“As Thanh, the singer of my song, and I have both lost our grandparents to cancer we also had our own personal reasons for wanting to support Fred,” she said.

“Luckily my father is a cancer survivor so I know all about the importance of advanced research first hand.

“It is great honor to support an organisation that does such wonderful work as the Australian Cancer Research Foundation.”

Van-Anh Nguyen’s new tune is called “I’ll Keep Running” and is an inspiring radio friendly track which deserves to be heard.

A major concert featuring Thanh Bui is planned for September 17 to promote the Fred Pham 500.

For those wishing to know more please visit

<http://www.everydayhero.com.au/event/fredpham500>

To find out more or to join the team contact fredpham500@googlegroups.com or call 0430 181 787