



## Heart racer puts theory into practice

Muriwai resident Zak Bogdan believes running for half an hour a day will greatly reduce the possibility of a heart attack.

The 43-year-old, who is competing in the 2009 adidas Auckland Marathon, takes his own advice personally because his dad died 20 years ago from a heart attack.

Cardiovascular disease, which includes heart disease and stroke, is the biggest killer of New Zealanders, accounting for 40 percent of all deaths annually. Many of these deaths are premature and preventable.

Heart racers, like Zak, aim to raise money for the Heart Foundation by competing in an official sporting event such as a marathon.

So far, he has almost reached his goal of raising \$200.

Because of an injury, this year Zak is taking a break from the full marathon and is racing in the half marathon with a goal of finishing in 1h 29 minutes.

Should he achieve this time, he will gain auto-

matic entry to the 2010 New York Marathon.

Zak cites core activities of the foundation like funding heart research, advancing cardiac rehabilitation and promoting heart-healthy lifestyles, as being of fundamental importance to all New Zealanders.

He has been rallying support, telling friends, family and colleagues about his half marathon goal and has stimulated many discussions about cardiac issues, reinforcing the importance of diet and exercise to his peers.

Zak's wife also inspires him because she is a cardiac nurse.

On event day, Zak is hoping for "not too much wind or rain", achieving his goal time, meeting fellow heart racers in the massage marquee and knowing he has helped raise money.

Entries for the quarter marathon run, 10km, and 5km walk are still available to the public.

If you are interested in supporting Zak or becoming a Heart Foundation Heart Racer visit [www.heartracer.org.nz](http://www.heartracer.org.nz).