

Pupils harness pushup power

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■ CHARITY EXERCISE

GEELONG people are being encouraged to join a national campaign that hopes to turn 90 seconds of pushups into thousands of dollars.

The Pushups for Charity campaign comes to Geelong on May 21 and Peak Fitness Challenge managing director Dale Ringin is hoping to raise \$5000 for Make-A-Wish Australia.

Those who sign up for the event, being held at

Montpellier Primary School, will receive a free home fitness program and a video on how to prepare for the challenge.

"All ages can participate and have fun," Mr Ringin said. "Ninety seconds isn't going to kill anyone."

Sponsors pledge money for each pushup a participant completes.

For more details on the event go to www.pushupsforcharitygeelong.net.au



Feeling the push: Montpellier Primary School students Madison Ilioski, Graeci Shawcross, Jake Nankervis and Joe Kelly with Dale Ringin. Photo: REG RYAN

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Push-ups raise \$5000 for kids

ORGANISERS have hailed the inaugural Geelong Push-Ups For Charity challenge a success after they exceeded the target of raising \$5000 for Make-A-Wish Australia.

Peak Fitness Challenge managing director Dale Ringin said more than 30 people pumped out the push-ups for the worthy cause, performing a total of 1430 push-ups in two rounds of 90 seconds.

"Our goal was to raise \$5000 for Make-A-Wish Australia and we estimate that we raised \$5172," Mr Ringin said.

"Everyone did their very best to knock out as many push-ups as they could in 90 seconds ... we had adults and children, as young as two years old enjoying the atmosphere and being a part of the event.

"For the record, our

■ FIT FOR CHARITY

highest female was Belinda Randall, with 80 push-ups, and equal first in the males were Jase Lydom and Matt Squire, on 75 push-ups."

People donated to the children's cancer charity by sponsoring participants for each push-up they completed.

"I'd especially like to thank all of the participants, donors, businesses and volunteers that helped make the event such a success," Mr Ringin said.

"I think the money raised says a lot about our community's interest in helping the children ... the number of people involved in the day is a reflection of how much people in Geelong appreciate the importance of being healthy."



Free ride: Dale Ringin in the Push-Up For Charity Challenge with son Mitch, 3. Photo: ALISON WYND