



# Stacey's heart of gold

By David Tauranga

FIRST-TIME mum Stacey Pinique will be putting her heart into this weekend's Auckland Marathon.

The Mangere Bridge resident will be raising funds for the Heart Foundation. Sunday's event will be her sixth Auckland Marathon and her second as a foundation Heart Racer.

Heart Racers raise funds by being sponsored to compete in official sporting events, with all money going towards funding for research, cardiac rehabilitation and community education.

Stacey has signed up for the quarter marathon – 10km – this year and says while she's been training nearly every day she's feeling a little nervous.

"I would have liked to

have done more training but I've been a little pressed for time," she says.

"But the goal for me is more about doing the quarter marathon than completing it in some amazing time."

While she's a marathon veteran she has a new member in her support crew this year – five-month-old son Jackson.

Signing up as a racer was the motivation she needed to support a great cause as well as reaching her goal of getting fit and healthy after becoming a mum for the first time, she says.

"It has taken the emphasis off me trying really hard to get fit and slim again, to supporting others dealing with the impact of heart disease.

"I also believe that if you do good things, good things will happen to you. Maybe

I'll need help someday and will reap the benefits of someone else's good deeds. Who knows?"

She is also well on track to achieving her other goal of raising \$1000 for the foundation and to date has raised around \$900.

Friends and family and are also supporting her, especially her father who started off her fundraising efforts by donating \$200.

Husband Wayne has also pitched in and helped by posting a link to her fundraising site on his Facebook page.

"The fundraising has gone really awesome, I thought a couple of times I'd exhausted all my avenues but then more donations would come in little by little," Stacey says

"It would be cool to achieve the goal that I've set but I think \$910 for the founda-

tion is still pretty damn good anyway."

She's encouraging anyone who might be considering becoming a Heart Racer to definitely sign up.

Being a racer is an easy and fun way of showing support to the foundation and a good cause, she says.

"Cardiovascular disease is one of those things that a lot of people are affected by. Most people know someone who's had a heart attack or the like.

"I'm competing in the marathon for me but being a racer everything I do impacts a wider community that affects many New Zealanders."

To support Stacey or to become a Heart Foundation Heart Racer see [www.heartracer.org.nz](http://www.heartracer.org.nz)



**Hearty effort:** Mangere Bridge resident and first-time mum Stacey Pinique with five-month-old son Jackson. Stacey is taking part in the Auckland Marathon this Sunday as a Heart Racer for the New Zealand Heart Foundation.

Photo: DAVID TAURANGA