

**MEDIA RELEASE**  
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**FOR IMMEDIATE RELEASE**

## **CHAZ MOSTERT RALLY'S TO SUPPORT KIDS LIVING WITH KIDNEY DISEASE**

Kidney Health Australia are thrilled to announce that Supercars Championship driver, Chaz Mostert, will be getting behind the wheel to join this year's Kidney Kar Rally, which has over 35 cars taking part in a fun but gruelling route along the New South Wales coastline in August.

'I am stoked to be involved in the Kidney Kar Rally, it's going to be great to flick up some dust on the dirt tracks and support their cause at the same time! The Rally will raise money for kids living with kidney disease, and I'm honoured to be a part of the event' says Chaz.

With 27 year old Chaz's spirited personality taking on the challenge, it is certain he will inject enthusiasm and help fuel the fun filled seven day rally.

In its 31<sup>st</sup> year, the Kidney Kar Rally enthusiasts will drive from Port Macquarie to Armidale, via the Capricorn Coast from 9-17 August, 2019.

As a community fundraising event, each year rally teams from every state meet up and travel thousands of kilometres across the Australian countryside with one ambition... to change the lives of children and young people affected by kidney disease.

Following the traditions of the Australian reliability trials from the 1970s, the rally is not a race but a test of skills and is designed to allow the novice and the experienced to participate on a level playing field. Whilst there's camaraderie between participants, the rally is competitive and organised by individuals who have rallied competitively for most of their lives.

The rally drivers have been long term supporters of kids living with kidney disease and raised over \$15m in total for Kidney Health Australia's annual Kidney Kids Camp and youth programs. Kidney Health Australia are sincerely grateful to individuals and organisations in the community like Biante Model Cars who are supporting the event this year.

Chief Executive of Kidney Health Australia, Chris Forbes, said the Kidney Kar Rally had provided fantastic support for the charity's program which helps children and young people deal with the physical, emotional and psychological impacts of this life changing disease.

"Many children living with kidney disease lead isolated lives as a result of their condition and treatment. Our kid's camp and youth programs have been designed to help young people make friendships with others in their situation and build confidence and self-esteem through a series of fun peer-networking activities," Mr Forbes said.

"Alarmingly, 65 people die with kidney related diseases every day, and currently 1.5M Australians are unaware they have early signs of the disease. So the rally is also a great platform to connect with and educate local communities about kidney disease and the importance of prevention, early detection and support," Mr Forbes said.

For more details about supporting the Kidney Kar Rally or getting involved please contact John Paine, Event Director on: Mobile: 0418 243 616, or visit the website: <https://www.kidneykarrally.org.au>

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Kidney Health Australia is a not-for-profit and the peak body for kidney health in Australia with the aim to protect 5 million at risk Australians from developing end stage kidney disease, and to save and improve the lives of people already affected by the disease through support services and funding crucial research. To find out more visit [www.kidney.org.au](http://www.kidney.org.au)

### **Kidney Health Facts**

- Kidneys are essential to a person's health and wellbeing. They rid your body of waste (through urine), clean your blood of waste and toxins, regulate your blood pressure and manage the production of Vitamin D – essential to strong bones, muscles and overall health! If a person's kidneys stop functioning, they will die within a few days
- The biggest risk factors for kidney disease are diabetes, high blood pressure, established heart problems and/or stroke, family history of kidney failure, smoking, obesity, being 60 years or older, of Aboriginal or Torres Strait Islander origin, or a history of acute kidney injury. To check your risk visit [www.kidney.org.au/kidneyrisktest](http://www.kidney.org.au/kidneyrisktest)
- **65 people die with kidney-related disease every day**
- 1 in 3 people in Australia are at risk of developing chronic kidney disease
- A staggering 1.7 million people already have the early signs of the disease but **1.5 million of those are not aware of it**
- Kidney-related disease kills more people than breast cancer, prostate cancer and road accidents combined.
- Kidney disease is a silent killer - **sufferers can lose 90% of kidney function without experiencing any symptoms**
- Tragically, one in five **Aboriginal and Torres Strait Islanders** have indicators of chronic kidney disease and **are four times more likely to die from it than the non-Indigenous population**