



Cobes for Parkinson's Disease – Fundraiser Challenge Event

On April 10 this year, Ben Coburn and a group of his friends will take on a mammoth challenge involving swimming, running and board paddling around Newcastle – in honour of Ben's Pop who had Parkinson's.

Why are we doing it?

My beautiful Pop, Barry Martin, had Parkinson's Disease. To see such a fit and healthy man struggle with this disease in the twilight of his life was extremely difficult. In our quest for help for pop, it appeared a lot more work can be done in this field to ensure future generations don't have to suffer the way pop suffered with the disease.

Who are we raising money for?

We are raising money for Shake It Up, a fantastic organisation with all funds going directly to research into Parkinson's Disease. The Michael J Fox Foundation co-fund research projects with Shake it Up. While, the founding directors, cover all the charity administration costs so that 100% of the funds go towards research.



If you'd like to donate to our challenge, [please visit our fundraising page.](#)

Shake it Up wrote an article on the event, which you can find [here.](#)

If you'd like to learn more about the Shake it Up Foundation, please visit their [website.](#)

What are we doing?

We have decided to make our very own challenge event. It will consist of a 1km swim, 8.5km run and 3.5km board paddle in and around Newcastle. There is a group of us doing the event and by how the training is tracking, it sure will be a challenge!

Additionally, I am doing no alcohol, no takeaway, training twice per day and drinking 3.5ltrs of water per day for 80 days leading into the event in preparation.



Social Media

We have a [Facebook](#) and [Instagram](#) page. You can follow the event, our training progress, and all other media content through these pages.