

# Let's Get Behind Our Own Everyday Hero!

## Local Firefighter Selected to Participate in 2010 Tour of Duty Run



Brad currently serves on "A" Platoon at Osborne Park Fire Station

Local Firefighter, Bradley Hosking, has been selected from an Australian panel to represent WA in a joint venture between Australian & US Fire Services to run the breadth of America.

Married to Sonja & father of 2 beautiful girls, Kirra 6 & Jess 5, Brad is a committed athlete who thrives on the thrill of endurance events, reveling in the preparation, execution & rewards of tackling big challenges head on.

*"So when the opportunity to run across America presented itself, I grabbed it & didn't let go!"*  
**Bradley Hosking**



A career Firefighter with 17 years experience

Brad's attitude & whole of life commitment to staying fit, healthy & motivated has built him an outstanding track record in triathlon locally, nationally & internationally, which has seen him a 5 time qualifier & dual competitor in the Everest of Triathlon Events — The Hawaiian Ironman.

This together with his commitment to fundraising & his 17 years experience serving with the Western Australian Fire & Rescue Service, earned Brad the privilege of representing WA in the upcoming event.

### Who Benefits?

As a career Firefighter, Brad knows all too well the life altering impact of fire, seeing 1st hand the plight of children who suffer as a result of severe burns.

For this reason, Brad has chosen the **PRINCESS MARGARET CHILDREN'S BURN UNIT** as the recipient of his fundraising efforts.

Brad is self funded in his quest to participate in this event & all funds raised (excluding raffle incentives) directly benefit his designated charity.



*"As human beings, we can either relate 1st hand or at least empathise with the intense pain & ongoing suffering associated with burns injuries; pain you wouldn't wish on your enemy let alone a child.*  
*With this simple humanitarian understanding, I implore you to get behind the TOD run; know what it is we firefighters do and support our efforts to ease the suffering of these child burns victims by giving whatever you are able, no matter how small or large."*  
**Bradley Hosking**

So what's it all about & how can you get aboard?



## Charity Run Across America

Los Angeles to New York

16th August—11th September 2010

The brain child of a Melbourne Firefighter, Paul Ritchie, the Tour of Duty embodies the ethos of global Fire Services of doing it tough & bonding together through a sense of brotherhood, mate-ship & camaraderie.

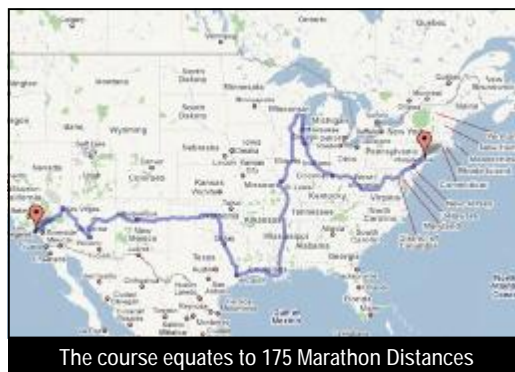


Pure Exhaustion

In recent years, this spirit of global unity has been called to duty many times with Firefighters travelling both interstate & internationally to help contain out-of-control blazes that threaten Life & property on an epic scale. The Victorian Fires of 2009 & the Californian Wildfires of 2008 being 2 heart wrenching examples of this commitment to give heart, soul & in some cases, Life to minimise community injury.

With this spirit of oneness in mind, the event sees a team of 18 Australian Firefighters—plus countless others from across the US—working together to run non stop from Los Angeles to New York.

The epic 26 day journey encompasses a grueling 7392km course which will pass through Las Vegas, Arizona, Albuquerque, Oklahoma, Houston, New Orleans, Mississippi, Memphis, Charlottesville, Washington, Baltimore & Pennsylvania before culminating at the site of the World Trade Centre in New York City at 8.46am on September 11th—the exact time that the 1st plane struck Tower 1.



The course equates to 175 Marathon Distances

As WA's sole representative, Brad was selected from a panel of worthy applicants after meeting a comprehensive selection process which focused on choosing individuals who would live in the spirit of the adventure & support the key messages of the event....

- ⇒ To honor the 411 emergency workers who gave their lives on September 11th, 2001
- ⇒ To raise awareness of the role that emergency workers play within our society
- ⇒ To raise funds & awareness for charitable organisations both here & within the US — in Brad's case, **Princess Margaret Hospital Burns Unit**

The event has gained influential support with the Right Honorable, John Howard acting as Patron. Likewise fellow Australians Hugh Jackman & John Farnham join high profile American celebrities Oprah Winfrey, Bruce Springsteen & Harry Connick Jr, in supporting the cause & raising Community focus of the event.

### The Fireman's Prayer

When I am called  
to duty God,  
wherever flames may rage,  
give me strength  
to save some Life,  
whatever be its age.

Help me embrace  
a little child,  
before its too late,  
or save an older person  
from the horror of that fate.

Enable me to be alert  
& to hear the weakest shout  
& quickly & efficiently  
put the fire out.

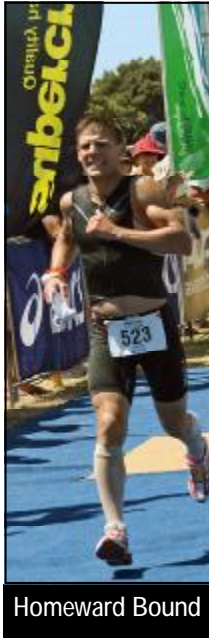
I want to fill my calling,  
to give the best in me,  
to guard my every neighbor  
& protect his property.

If according to my fate,  
I am to lose my Life,  
please bless with  
your protecting hand,  
my children & my wife"



# Busselton Half Ironman—Doing it Tough

Saturday May 1st, 2010



Homeward Bound

Brad's current focus is fully on completion of the Busselton Half Ironman event in May.

A strong performer previously in this event, Brad intends to do it even tougher this time around by completing the run leg in his full Breathing Apparatus & firefighting over-trousers.

No mean feat considering this adds 13.5kg in weight!

A multiple contender of both Half & Full Ironman, Brad most recently placed 8th in the 2009 Busselton IM, beating over half of the professional field home in a time of 8 hours, 52 mins & 26 seconds.



Completing the 2008 Ironman

## Fundraising Sweep

Guess Brad's completion time & win!

## Training Hard—Brad's Weekly Schedule



3+ swims covering Up to 10km

**6 Weeks Out** - 4 runs for 40km including  
2 x 12km treadmill runs  
(Full Breathing Apparatus & over-trousers)  
1 interval session  
1 road run

**4 Weeks Out** - Up to 5 runs for 50km including  
2 x 18km treadmill runs  
(Full Breathing Apparatus & over-trousers)  
1 interval session  
1 road run

**2 Weeks Out** - Up to 5 runs for 40km including  
1 full distance run  
(Full Breathing Apparatus & over-trousers)  
1 interval session  
1 road run



3-5 rides covering 230—350km



Bodyweight  
68kg



Over-trousers  
1.5kg



Breathing Apparatus  
12kg

## HOW CAN YOU HELP?

Brad is seeking maximum exposure for the run & his fundraising efforts to support PMH.

So any support that you, your friends, family or associates can provide will be gratefully accepted.

There are a number ways you can do this, though the following is by no means an exhausted list.

If you have any additional ideas, please let us know:

### Donations to PMH through Brad's fundraising page

[www.everydayhero.com.au/todrun](http://www.everydayhero.com.au/todrun)

All donations directly benefit PMH with those over \$2 being fully tax deductible



### Donations of auctionable items or services

to assist with raising funds directly or via prizes for supplementary fundraising ventures



### Offering your time as a volunteer at any of the planned fundraising events

The 1st is the Busselton Half Ironman. A team of volunteers is needed to sell raffle tickets & collect funds on the day of the event. Volunteers are also needed to man the Expo tent (Friday 30th) where visitors will have the ability to donate on-line & experience Brad's burden 1st hand by trying on the displayed Breathing Apparatus. Anyone interested in helping out, can contact me on 0423-906-228 & I will forward your details to the event co-ordinator.



### Spreading the word

simply forwarding this newsletter (an abbreviated version covering Brad's article only, is available on request) to everyone in your address book will help to raise awareness & funds.



### Access to Corporate Sponsorship

If you have the ability to provide Brad with Corporate Sponsorship, please contact him at [bradson@aapt.net.au](mailto:bradson@aapt.net.au). In doing so, you will be helping an extremely worthy course whilst gaining exposure for your company & joining the likes of Nike, Gatorade, Harley Davidson, QANTAS & SKINS.



*If you would like to know more, further information can be sought through:*

[www.everydayhero.com.au/todrun](http://www.everydayhero.com.au/todrun)

[www.tourofduty.com.au](http://www.tourofduty.com.au)

Emailing Brad directly at [bradson@aapt.net.au](mailto:bradson@aapt.net.au)

[www.pmh.health.wa.gov.au/](http://www.pmh.health.wa.gov.au/)