

YOUNG AUSTRALIAN ARMY CAPTIAN HUGO TOOVEY TO LEAD THE JODI LEE FOUNDATION QUEENSLAND TREK

Bowel cancer survivor, Captain Hugo Toovey, will lead The Jodi Lee Foundation's inaugural Queensland Trek (JLF Trek QLD) on Saturday 24 August and Sunday 25 August 2019 in Brisbane.

With bowel cancer still the second most common cancer in Australia, the Jodi Lee Foundation is urging people to register and take part in the trek to raise funds, awareness and help eliminate bowel cancer.

Trekkers will join Jodi Lee Foundation Youth Ambassador Hugo Toovey who was diagnosed with bowel cancer at the age of 25 and is a passionate advocate for early detection and debunking the belief that bowel cancer only effects people over the age of 50. Hugo believes that being proactive and aware of your body at young age will set you up for success later in life, and wishes to spread that message around Australia.

"I am passionate in raising awareness to make young men and women realise they are not invincible," Hugo said.

"Learn to know what's 'normal', be in-tune with your body, and go get checked if something isn't right. Early detection is crucial, it saved my life."

"I can tell you first hand that I would have never thought I would have had cancer twice before 30. But I am living proof that cancer doesn't discriminate. I am so proud to be a Youth Ambassador for the Jodi Lee Foundation and am excited to lead passionate trekkers on the Queensland trek," Hugo continued.

Jodi Lee Foundation CEO, Kathryn Quintel said, "The JLF Trek is a challenging event, and we are thrilled to bring it to Queensland for the very first time, the treks aim to funds and raise awareness for bowel cancer."

"We hope through raising awareness of bowel cancer we can encourage people to take the time, to take the test as it might just save their life," Kathryn continued.

"Bowel cancer can be prevented through early detection and screening, but for many people it's not even on their radar and the Jodi Lee Foundation want to change that," Kathryn continued.

"There are often a number of bowel cancer stories among our trekkers, including survivors, those hiking for loved ones currently battling the disease, and others who have a close connection in one way or another. We are looking forward bringing the trek to Queensland for the very first time and hiking to raise vital funds and awareness to assist us in preventing bowel cancer," concluded Kathryn.

Trekkers will explore a beautiful side of Brisbane hiking 84km over two days, or 42km, 23km, or 12km over one day.

Trekkers will start the two-day 84km hike on Saturday 24 August at Lake Manchester and conclude on Sunday 25 at The Gap. For those participating in the 42km hike, hikers will walk from Mount Glorious to The Gap, and can choose to walk on Saturday or Sunday. The 23km route will take hikers from Mount Nebo to The Gap, and the 12km hikers will walk the Enoggera Reservoir Loop.

The JLF Trek QLD ends with a celebration party at the finish line, with food, drinks and music.

Trek registrations: <https://app.jodileefoundation.org.au/events/the-jlf-trek-qld-2019>

ABOUT JODI LEE FOUNDATION

Jodi Lee Foundation was established in honour of Jodi Lee, who lost her battle with bowel cancer at age 41. The Foundation's mission is to empower people to take active steps to prevent bowel cancer and live healthy lives. Money raised

by Jodi Lee Foundation is used to raise awareness about bowel cancer nationally through a number of events and initiatives; run its Workplace Prevention Program; and develop tools to aid the early detection of bowel cancer.

WHERE ARE WE TREKKING?

To see where we are trekking, follow the below link:

<https://app.jodileefoundation.org.au/events/the-jlf-trek-qld-2019>