

Grandfather to walk Kokoda for Autism Awareness.

16th July, 2011

Newcastle grandfather of seven, David Russell will be joining 3 colleagues, all in their 50's, to walk the Kokoda track raising awareness for autism.

David will be joining Ian Dall from Adelaide, Steven Wilson from Ulladulla and John Stroud from Mount Evelyn (Vic) for the walk of their life. Their motivation is to do something positive for autism awareness and fundraise for [Autism Spectrum Australia](#).

“Two of my wonderful grandchildren live with autism spectrum disorders. I am tackling the Kokoda track for the physical challenge and to bring greater awareness and understanding for people and families living with Autism,” David Russell said.

Autism is a lifelong developmental disorder with a prevalence of 1 in 160 children and an estimated 130,000 Australians of all ages.

The group leaves on July 23rd and will be walking with trekking company Kokoda Trekking.

The men come from all over Australia and are linked by a common bond of seeking a challenge and making a difference. Previous challenges for David, Steven and John include the Sydney [Oxfam Trailwalker](#) in which they completed the 100km in 36hours and 18minutes and raised \$7,500.

Preparation is everything, people regularly say that doing the Kokoda track is the toughest thing they have done, and is often life changing. “This is somewhat daunting, but I am inspired by the sacrifice of the young Australians who fought and died on the track in what is considered the most desperate and pivotal campaign of the Pacific war and often referred to as The Battle for Australia,” David said.

For more information please visit <http://www.StepUp4Autism.com> or contact David Russell via email at davidrussell571@gmail.com