



NEWSLOCAL CENTRALMAG.COM.AU WEDNESDAY, MARCH 13, 2012 **FREE**

CENTRAL SYDNEY

FLYING BUDGIES

A scantily-clad charity run through the streets of Sydney will test both the fitness and the modesty of its competitors.
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WHO WILL BE MR CBD? PAGE 5





DARLING HARBOUR

JOGGERS HAPPY TO GRIN AND BARE IT

James Gorman

MEN and women in Sydney are being asked to strip down to the bare minimum and run through the city to raise money for charity.

The GIO Youngcare Budgie Bolt is a 5km fun run through the city starting at Darling Harbour that aims to raise money to improve the lives of young people with high care needs by moving them out of aged care facilities and into more age appropriate housing.

Youngcare co-founder and executive director Nick Bonifant said the event had grown in popularity since it began several years ago.

"We started the event some time ago when it was the DT 5000 and we have been able to raise about \$15,000 each year," he said.

"This year we have decided to nationalise the event and we went out to ask all our Youn-

gcare friends what they called swimwear for men and the majority of them all named 'budgie smugglers', so seeing as it was the most common name we decided to rename the event the Budgie Bolt.

"We first started off really small with this event with an annual team of about 15. Now we have nearly 200 across two states and we are hoping to get a lot more support this year."

Mr Bonifant said as well as raising money for a good cause, the Budgie Bolt was a fun and exciting experience for everyone involved.

"It's a real visual display to see these men and women running through the city," he said. "It's a delight for most people who are on board with the event and we regularly have people taking photos of us when we are getting ready then as we take our clothes off

and prepare to run.

"We get so many people congratulating us as we run. I know some people might feel uncomfortable about stripping down to their budgie smugglers but think about how uncomfortable young people in aged care facilities must feel."

DOING THE BOLT

WHEN: Friday, March 22

WHERE: Tumbalong Park, Darling Harbour

DETAILS:
sydney.budgiebolt.com

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It's a real visual display to see these men and women



Sean Bowes and Ruben Mourad get ready to do the Budgie Bolt.

Picture: CARLY EARL