

## **NEVERREST 2020 4<sup>th</sup> – 5th September**

**24 HOURS 1 MILLION PUSHUPS**

*The story of a man who conquered a mountain and another who is determined he is remembered for it.*

More about this year's challenge...

This year we wanted to get the entire CF community involved, so we decided to do something that has never been done before.

This is about everyone contributing to something special.

One million people in Australia carry the Cystic Fibrosis gene. Most people have no idea. So to bring awareness to this, we as a community want to complete ONE MILLION push ups in a 24 hour period.

This is a huge task, but we are confident we can make this happen.

Get out of your comfort zone and contribute to this mammoth goal.

Gather your friends, family, work colleagues, sporting team or school community and be part of something really big.

Nathan Clarence was born on November 1st of '78 with Cystic Fibrosis. Being born with CF is like being at the base of Mt Everest, except the challenge is life, plain and simple. Be prepared to fight for each breath or you won't make it. A famous climber Alex Lowe was quoted as saying "there are two kinds of climbers, those who climb because their heart sings when they're in the mountains, and all the rest". Nathan loved the simple things most, friends, family and life. When he was with friends and family his heart really did sing and it was the sweetest of songs.

Nathan consistently threw life's rules and limitations in the bin. At age 18 he was told he wouldn't be able to have children. He proudly presented Elliott Clarence to close family and friends alongside his wife Ashleigh on April 14, 2016 followed by Flynn on August 9, 2018. He has never been more proud than to be both a husband and a father.

Nathan was tied to the very fabric of those around him. His legacy was simple. Enjoy your TIME. He didn't care about money, business, anything. He wanted time. Having a laugh. Being present. At his 40th birthday party he told everyone that his goal was simply to keep showing up. Show up for his friends and show up for his family. What a world it would be if we all adopted this perspective and appreciated the things in life that matter most.

Nathan couldn't have been happier before he passed away on 24th of January, 2019 - age 40. He had a healthy and happy family and he was 'living the dream' (a quote he said often). Nathan fought as hard as he could every day as a husband, father, brother, uncle and dear friend to many. He had everything that mattered to him and will be remembered for the lasting impact his life and his story has had on others. It is one of humble inspiration and impossible courage. Nathan's final act was donating his organs to save the lives of others. His heart beats on and his story is one deserved of being remembered.

Enter Sean Clarence - brother to Nathan. Preparing for *Neverrest 2020*. A challenge that will test his body, mind and heart in an effort to raise money and awareness for CF. He has an army of family and friends behind him to do whatever it takes for him to cross that line.

**[TO PLEDGE YOUR PUSH UPS AND DONATE - PLEASE CLICK HERE NOW](#)**