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## This marathon may kill me, childbirth shouldn't.

Distance is often the biggest barrier to a pregnant woman receiving the health care she needs. In developing countries, distance can mean the difference between death and survival.

Send Hope Not Flowers aims to raise awareness of this at the Canberra Marathon this Sunday. The charity's Tara Taubenschlag will don the running gear to take on the 21 kilometre loop around Canberra's Parliamentary Triangle.

Unfortunately for hundreds of thousands of mothers in developing countries, a marathon is the distance they have to travel to give birth in a safe environment.

Every 90 seconds, somewhere in the world, a woman dies from complications in childbirth. In nine out of ten cases these deaths could have been prevented if she had had access to even the most basic health care or facilities.

"I am a mother of two beautiful healthy girls, and feel so blessed to have had the care and support I needed during my pregnancy and birth," says Tara.

"Our sisters on our doorstep, in PNG, the Solomon Islands and Indonesia, are not so fortunate."

Founded in 2010, Send Hope Not Flowers is a Canberra-based charity that aims to reduce the maternal death rate in developing countries.

Tara became involved with the charity nine months ago, and is passionate about its philosophy.

"When a baby is born in Australia, there is a better way to celebrate than by sending flowers. For the cost of a bunch of flowers, you can help save the life of another mother in the developing world," she says.

Despite starting running only nine months ago, she's welcoming the challenge. "A half marathon may kill me – giving birth shouldn't."

For more information on how you can support Tara in the half-marathon, or to donate to Send Hope Not Flowers, please visit their website, [www.sendhope.org](http://www.sendhope.org)

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