



## WHEELS UP- DAVE JACKA READY TO SOAR

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**Monday April 29, 2013**

Former Paralympian and adventurer Dave Jacka today sets out for his world record challenge, to be the first quadriplegic to fly solo around Australia.

This daring flight will involve Dave flying to 21 rural towns and cities around the coastline of Australia.

What will follow is a four and a half week tour of regional and rural communities around the 16,000 km coastline of Australia.

Dave's plane will cross the four most southern, northern, eastern and western points of the country, South East Cape (TAS), Cape York (QLD), Cape Byron (NSW) and Steep Point (WA).

"I'm excited to be heading off on this pioneering journey. I truly believe you are only limited by what you think you can do," Dave said.

Dave was involved in a motorbike accident when he was 19. He broke the fifth vertebrae in his neck, leaving him with quadriplegia with just six per cent physical function. Dave has limited arm function, no finger function and an inability to move any part of his body from the armpits down.

"For me one of the greatest challenges was learning to get out of the wheelchair and into bed and into and out of the car on my own - that gave me my independence back.

"It took me 10 years to get my life back", he said.

After his accident, Dave started the charity *On a Wing and a Chair* aiming to raise expectations of what people with disabilities can achieve and provide inspiration for people with or without disabilities to achieve their own challenging goals.

"I want to one day live in a world where people look beyond the disability, and only see people's capacity to contribute and achieve," Dave said.

Dave's mantra is that with an open mind and determination, the impossible becomes possible.

The public can follow the flight via the *On a Wing & a Chair* website with a real-time tracker. Daily updates will be posted through a blog, You Tube, Facebook ([facebook.com/OnAWingAndAChair](https://www.facebook.com/OnAWingAndAChair)) and Twitter ([@wingandachair](https://twitter.com/wingandachair)).

For more information go to: [www.onawingandachair.org.au](http://www.onawingandachair.org.au)