

North West Advocate

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Far trek

Keilor father of three Brett Saxon is training five times a week to prepare for a 162-kilometre marathon to raise funds for cancer support organisation Can Teen.

The 41 year old hopes to raise \$25,000 by making the daunting trek to Indented Head on the Bellarine Peninsula. Full story, page 10.

**Picture: Scott
McNaughton**



Running for their lives

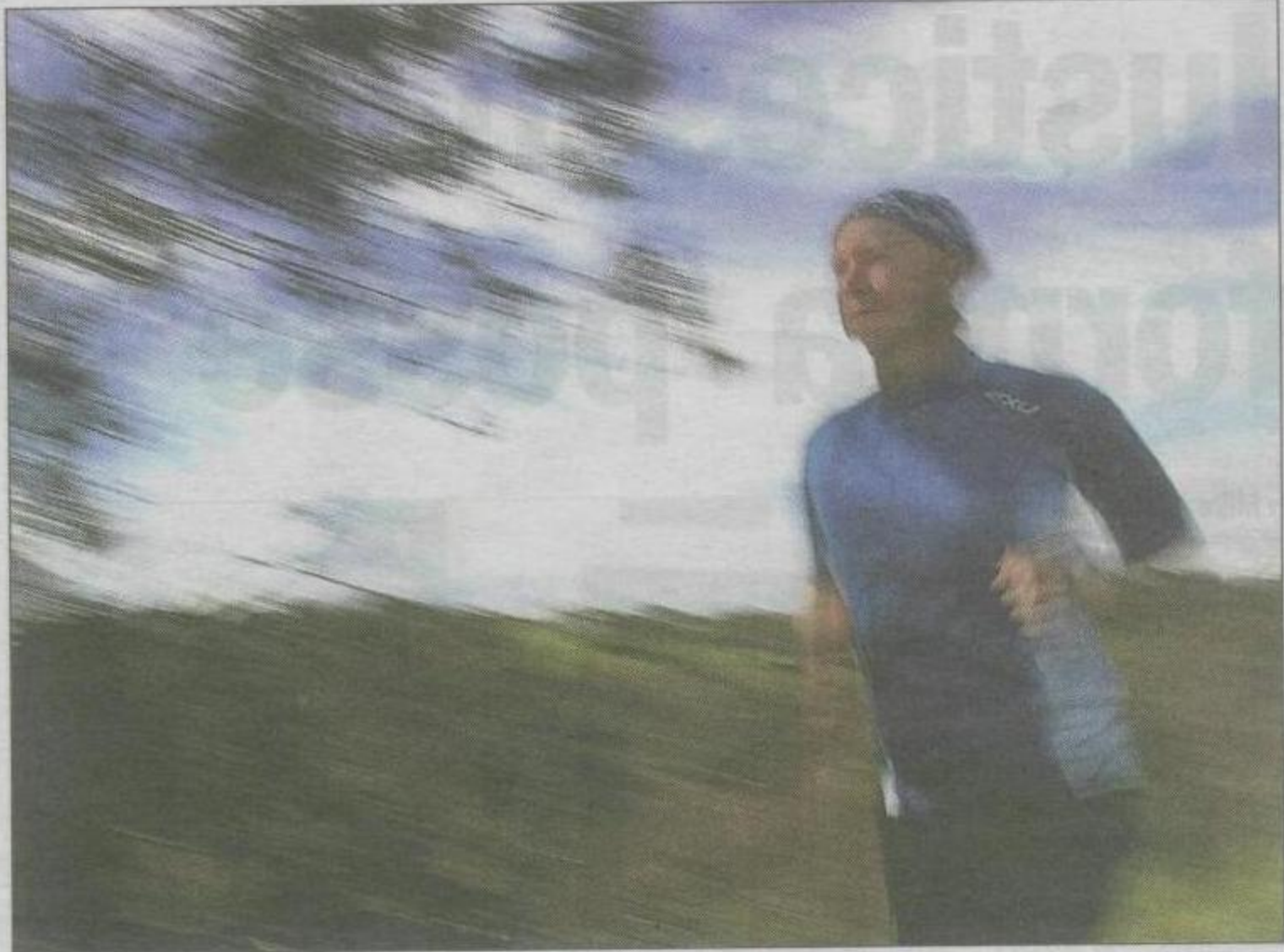
By Robert Fedele

KEILOR father of three Brett Saxon is on a mission.

The 41-year-old, who once weighed in at 105 kilograms, will attempt to run a 162-kilometre marathon in 24 hours next March to support young people living with cancer.

Mr Saxon hopes to raise \$25,000 for support organisation CanTeen during his quest, which will start in Keilor Village and pass through Williamstown, Altona and Newport to the final destination at Indented Head, on the Bellarine Peninsula.

His personal 'journey' began by being spooked



Marathon man: Keilor father Brett Saxon tunes up for next year's run.

Picture: Scott McNaughton

by his own reflection. "I was walking past some shop windows and thought, is that me?" he said.

The stark reality of his ballooning weight hit home and spurred him on to make a change.

He began to shed the kilos with months of exercise, beginning with cycling and then running in Brimbank Park.

Mr Saxon said his inspiration throughout was a book titled *Ultra Marathon Man*, given to him by his sister Kylie in 2005.

"It was a real inspiration in terms of 'I can do it'."

After slimming down to 80 kilograms, Mr Saxon decided to take his passion for running further.

He came up with the idea for the marathon and approached CanTeen.

"It [cancer] is not something that I've had to

experience for myself, family-wise. It's just something that touches my heart."

Mr Saxon is training five times a week and recently completed a 70-kilometre event.

He hopes to build up his fitness by running 120 kilometres later in the year.

"Once I've got a 120 under my belt I won't go beyond that until the actual run," he said.

"My family is very supportive. My wife and children support me on the trails and sometimes join me in training."

While Mr Saxon said while his original plan was for it to be a one-man run, he had already had many inquiries from people looking to take part in selected legs of the run.

If you are interested in learning more about the run, visit www.brettsrunforcanteen.org