



**Have you ever had to Run For Your Life, literally?** Was it for your health, to escape a vicious dog, to get help in an emergency, or something completely different?

Write to us and tell us about it in 750 words or less and include some digital images. You could win yourself an awesome pair of Saucony training shoes.

**Life didn't seem so good for me a few years ago and if I am to be totally honest with myself there were times when I questioned, what's the point? I think the reason I found myself in this situation stemmed from the fact that I was unhealthy, unhappy and with no motivation to change.**

**T**he realisation that I had created my own situation by neglecting my own health and wellbeing along with focusing and prioritising my life around my work was a timely wake up call. I was aware that I wasn't being fair to my beautiful wife and three lovely children in my current physical and mental condition, always too tired with no energy to get involved in any family activities or social events. That was my initial motivation to get my health in order.

I played sports most of my life, including football, cricket, basketball, golf and participated in triathlons. My current physical condition could not see me perform any of these sports at an acceptable social level.

Approaching my 40th Birthday and weighing 105kg whilst standing only 175cm I could rightfully be called obese. It was not long before my 40th birthday that I had also been diagnosed with glandular fever, although mostly recovered by the time the test results were in.

In January 2005 I took the first step toward changing my life. I knew I had to lose weight if I was to drag myself out of my lethargic lifestyle. I dusted off my hybrid mountain bike and set myself to ride everyday in January, it was hot and hard, but I stuck to my commitment. I also changed my diet, doing away with most sugar and fatty food and replaced them with fresh fruit and vegetables.

During January and February I lost 10kg and I was feeling so much better. The weight loss allowed me to start running, not that running was something I enjoyed, actually I hated running. The one exception was the Olympic Dream 10K Fun Run I have hauled myself through since 2000. None the less I hit the trails around my local park and stuck at it.

My inspiration to start the Olympic Dream was my Uncle Tom; I was joined by my sister Kylie who also inspires me having battled through serious injuries from a car accident.

Although I found getting out and running mentally difficult to do, I was determined to work through the tough challenging and often painful sessions.

To help keep me motivated and ensure I kept at it, I set some goals, when I reached those goals I would set more. Initially my goals were fairly small, 3-5km runs then trying to improve my times over that distance. Then when I felt I could go further I would set new goals.

I eventually worked up to 10km runs until they became a little easier. The more I ran the 10km distance the faster I could go. This led to increasing my

**BRETT SAXON**

distance to 15km, which was something I had never achieved before, and really thought, would be my absolute limit – its strange how things work out.

In May of 2005 my sister Kylie gave me a book called "Ultra Marathon Man" by Dean Karnazes. I don't read much, but I couldn't put this book down. I found it so inspiring that I pushed harder with my training and increased my distances to, 20, 30 and 40km over the next 6 months. I eventually decided to enter the Samsung Melbourne Marathon.

A friend Pat gave me a training program

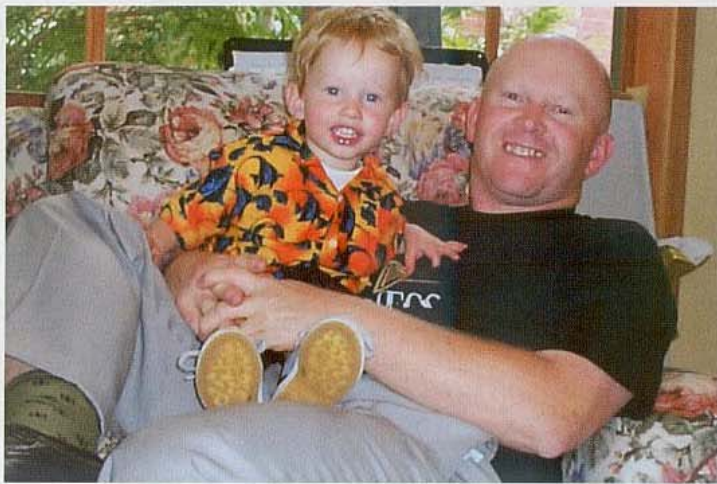
leading up to the marathon which gave me confidence that I could finish the marathon, which I did in a time of 3:58.

Dean's book was probably the single most defining point of my running to date. Until I read his book I thought 10 to 15km runs were about my limit, but now I have completed several half marathons, several 20-55km training runs and my first full marathon – the Samsung Melbourne Marathon 2006. Since then I have now completed more than five marathons or greater distance events up to 70km. These were distances I never thought I could ever get close to achieving. In March 2007 I competed in the Oxfam

**YOU KNOW ITS STRANGE HOW SMALL THINGS CAN ACHIEVE BIG RESULTS.**



■ Brett training on the Brimbank Trail.



- 100km Trailwalker in extreme heat during the day and wet freezing conditions overnight. Without the inspiration and assistance of a few people this would not have been possible, you know its strange how small things can achieve big results:
- My sister Kylie for giving me Deans book that instilled belief in me that you can achieve things if you set your mind to it.
  - Our local fruit and veggie supplier Pat who provides our fresh fruit and vegetables and gave me a training program and guidance for my first marathon.
  - Dr Jim at Moreland Chiropractic Clinic for the care given to my body.
  - My physio David at Physiohealth for diagnosing and fixing injuries.
  - Veronica at Greensborough Athletes Foot for taking care of my feet and joining me on training runs.
  - The teams at 2XU and Gu sports for their amazing product and support.
  - Even the local neighbours that support and encourage me when I'm out training is a great source of motivation.
  - Last and by no means least my family who allow me the time to train and attend events and their encouragement and support during events that keep me going.

On March 29th & 30th 2008, I will embark on an Ultra Endurance Marathon of 162km in 24 hours, that's "One Day - 100 Miles - Four Marathons." Apart from the enormous personal challenge I have had an overwhelming sense to do this to benefit others and not just for the satisfaction of personal achievement. I have chosen to support CanTeen "the organisation for young people living with cancer".

When I see stories about children who have cancer my heart is really touched by their positive attitudes to fight on and be positive about life. Their positive approach to life can be an enormous inspiration to others; they are truly amazing and inspiring to me.

An added personal bonus to my running is my improved fitness and health generally. In addition the changes in my life appear to be providing motivation to others to also get out and challenge themselves, beyond what they thought was possible and the resulting lifestyle improvements they have gained are also amazing. Running has also opened avenues for new friendships as I have met some really great people with a similar passion.

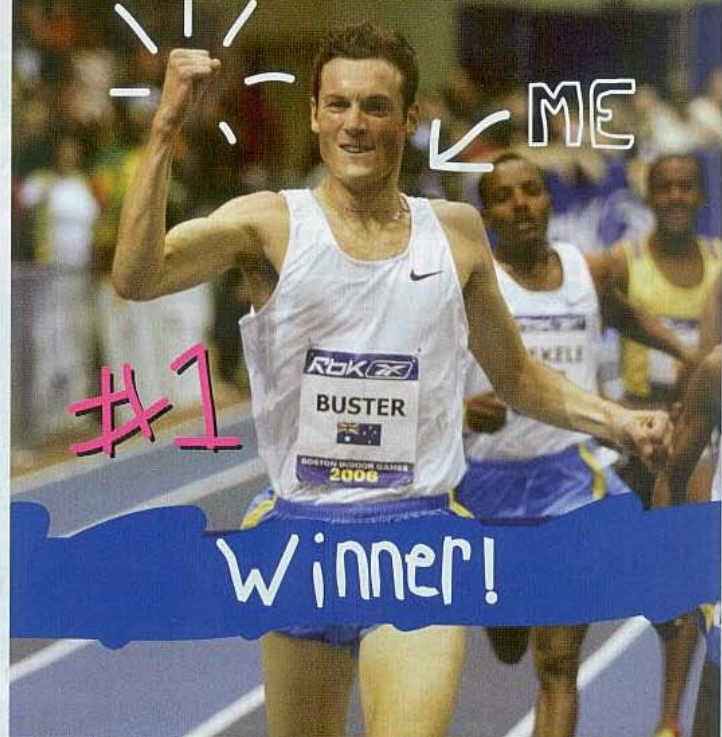
If you would like to join Brett on his journey or would like to support his fund raising efforts for CanTeen visit [www.brettsrunforcanteen.org](http://www.brettsrunforcanteen.org)



■ Brett with his supportive family at the Trawelgo Marathon.

WHEN I GROW UP I WANT TO WIN RACES

Craig Mottram - Aged 5



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