

# WITH THE CANCER

RAISING MONEY FOR YOUNG PEOPLE LIVING WITH CANCER



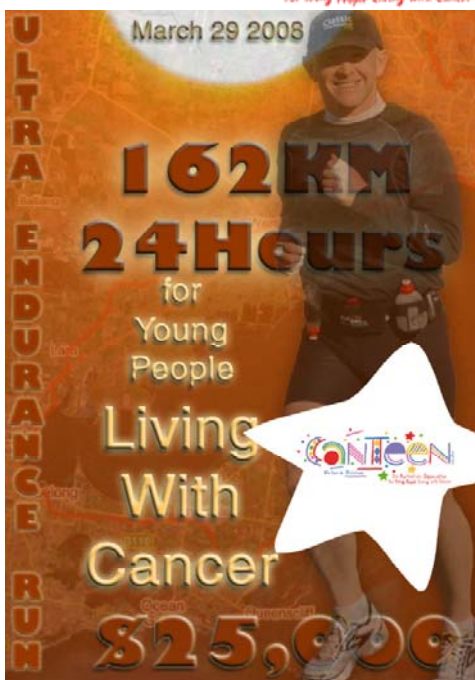
## ENDURANCE GAZETTE

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Welcome to the first edition of Endurance Gazette, the news letter to keep you updated on what's been and what's coming in Brett's preparation for his 162 Km 24 Hour endurance event for CanTeen.



### RUNNING CAN BE THERAPEUTIC

Running was the furthest thing from my mind two years ago. What flicked the switch I don't know. The fact that I was very overweight and lacked serious energy was no doubt one of the factors that lead me to running but not by choice as I have never been much of a runner even when I was reasonably fit and participating in other sports. What I do know is that running has become a passion unlike anything sporting I have participated in before. Despite what many might think running can be very therapeutic and relaxing both to the mind and body. Hitting the trails at the end of a day or early in the morning can be just the tonic for a healthy mind and body. Its



### OXFAM 100KM TRAILWALKER EVENT

An important part of preparing for an event like an ultra endurance run is a solid training routine. It is crucial to participate in challenging training routines and events such as the Oxfam trail walker covering a distance of 100KM in 48 hours as a team of 4 is an ideal lead up event. Although the 2007 OXFAM event was held almost a year before the ultra endurance run it served as a means to raise funds for an excellent organisation and also provided a great opportunity for training the body and mind for the ultra endurance run in 2008. Brett treated the Oxfam event as a real test of where he is at in his preparation for his charity run for CanTeen.

The event was carried out in gruelling conditions, with a total fire ban day declared for the start of the event on Fri-



day. Starting at 10 am in extreme heat the first 35 Kms were a real test of the teams will. With great team support from each other we made it to

the critical checkpoint 3, Not before taking a quick dip in the lake at check point 2. We were able to allow our team members to recover from the extreme heat. With the next stage closed due to total fire ban and the course reduced to 88.5 km we were bussed to check point 4, where a quick exit from the bus and signing out was the order of the day. The weather now cooling as the evening approaches. All members now recovered and raring to hit the trail through the picturesque Dandenong mountains. The following two section had a distinctive down hill flavour and at

times offered some relief. The pace continued on well to check point 5, with the sun setting we called our support crew to advise we were ahead of schedule and to meet us at check point 6, we signed in and out and continued on the trail. With thunder and lightning surrounding the mountains the pace was picked up again. The rain came and was quite a relief after the heat of the day and rain it did, on arriving at check point 6 our crew were as wet as we were. We took shelter in the massage tent, took in some much needed fuel and for Brett a welcome massage. The rain settled, the dry clothes went on and we hit the trail again. To add to the challenge Brett's torch went missing, fortunately he was able to use the team members lights to show the way. The next section was long and flat and the track was smooth helping the run to be more enjoyable. On arrival at check point 7 our crew were ready with our food and a chair. It was time to check the feet for some, it was not a pretty site. Fortunately for Brett he was able to prepare and manage his feet well, or else he just got lucky, not one blister to be seen. After refuelling and not wanting to seize up in the cool night air the stop was short and off into the night we head again, continuing on the same trail that felt like



it went forever we made steady progress mostly walking but with the occasional run section thrown in. The occasional hint of rain and thunder remained present but we were able to make it to check point 8, the last before the finish line without getting wet. At this stage we were feeling pretty good despite some with blisters to afraid to remove their shoes to check out the damage. We got our supplies out of the car ready to fuel for the final leg and make any last minute clothing changes, when the heavens opened and boy did they open. We took shelter prepared our wet weather gear, the rain didn't let up so off we went. After some 80 Km the pace was quick all of us at least appeared to have a new lease of life as we headed off up the well maintained path and then we hit the Wall, no not a runners wall where by you just cant keep going, this wall was real and made of mountain. We were confronted with a climb straight up, to make things worse the track was only wide enough for mountain goats and was wet and slippery not to mention the absence of a torch didn't help the challenge ahead. Our team started to spread as individually we dealt with our own difficulties, after clearing the goat trail the fire track was a welcome change, well at least it seemed it would be. With torrential rain having been falling now for over an hour the trail was mostly mud and water making the going extremely tough, the temperature had dropped to zero after considering the wind chill factor. After cresting the first part of the fire trail the downward section was going to be easy, well not really, it was hard enough to stand up on the muddy trail yet alone traverse down, but down we had to go, thinking the finish would be at the bottom we all marched on. Still separated by a few hundred metres after about an hour we came together at the bottom, only to find the left hand turn would reveal yet another climb. The night was pitch black and only the torch lights of those ahead could be seen like stars in the sky, we wanted them to turn off their lights as they served only to show that there was a very long climb ahead. With hands on knees and at times branches in hand to help us take each step. We soldiered on eventually cresting the top, making a right turn this had to be the last stretch to the finish. A glow from the finish line lights could be seen reflecting from the low clouds, the end was near. We came to a clearing to find one last turn, to our amazement another steep descent. It was like standing at the top of the steepest ski run, but with the lights indicating the finish line was down below away we went, slipping more then walking we precariously made our way down. After the odd fall we finally hit flat ground to find only a few hundred metres remained. We regrouped our team after having spread about on the final downhill to cross the finish line together. An amazing experience, filled with joy, pain, friendship and a real sense of achievement. And without the full support and encouragement from each team member this result would not have been possible. Our result was above our expectations, finishing in 18 hours 15 minutes in position 70 overall and 37th as a complete team of four, given several teams had team members pull out during the course of the day. A fantastic effort Andrew, Brendan and Henning, thanks for being apart of this great challenge.

### **The Support Crew**

This event would not have been possible with out the assistance from our support crew. A huge thank you to Robyn, Michael, Sharon and James for there efforts in what was also a very challenging experience.

## Example Marathon Training Guide Covering Weeks 9 — 12 Melbourne 2006

	Scheduled 9 Weeks TO GO	Done	Scheduled 8 Weeks TO GO	Done	Scheduled 7 Weeks TO GO	Done	Scheduled 6 Weeks TO GO	Done
<b>MON</b>	Rest Day	Rest	or Light Run	Rest	or Cross Train	Rest	Swimming Cycling Walking	Rest
<b>TUE</b>	12K Total Anaerobic Threshold 4 x 4 min 4:15Pace 2 Min Slow Jog in between	10K	13K Total Tempo 3x7Min @5:00 3 Min Recovery Slow Jog Between	10K	10K Total 2x4min 2min Slow recovery	10K	12K Total 4x4 Min 2 Min Slow Recovery	10K 44:51
<b>WED</b>	11KM	Rest	13KM	Rest	13KM	12.5K	15KM	15.5K
<b>THU</b>	12K Tempo & Hills 12 min @ 5:00Pace 3 x 2 min Hills Jog down recovery	10K	13K Total 4 x 1 Min Hill 3x2 Min Hill Slow Jog Down	5K	12K Total Fartlek 2 x 60s - float 60s 2 x 30s - float 30s 2 x 60s - float 60s 2 x 30s - float 30s	Rest	12K Total Fartlek 15Min @ 5:00Pace 3Min Recovery 4x1 Hill Jog Down	13K incl 4x1 Hills
<b>FRI</b>	Rest Day	15K	Rest Day	Rest	Rest Day	Rest	Rest Day	Rest
<b>SAT</b>	25KMs	26K	25KMs	Rest	20KMs	22K	30KMs	31.5K
<b>SUN</b>	X - Train	Rest	X - Train	34K	X - Train	Rest	X - Train	Rest
<b>GUIDE</b>	60KMs	61K	65KMs	49KMs	55KMs	44.5K	70KMs	70KMs

### Citylink RUN for the KiDS

Only a week after Oxfam and a week spent off the track to ensure the body recovered fully, it was time to take on my first Citylink Run for the kids, another great event to help raise money for the Royal Children's Hospital Good Friday Appeal. This event is on a 15.2 km course that takes in the Domain Tunnel, West Gate Freeway and Bolte Bridge. After the Oxfam event I was keen to see if I had any pace in my legs as most of the

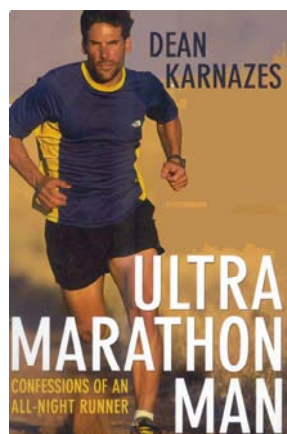
preparation for Oxfam was done at a steady slow pace. Conservatively I set a finish target of 1:20 around 5 min 30 sec km pace. Much to my surprise after a slow



crowded start I was progressing quite well at under 5 min kms. After peaking the Bolte Bridge and taking in the city skyline view it was mostly down hill from here. Picking up the pace a little I managed to find myself heading under the finish line in less than 1 hour 12 min for an average pace of around 4 min 45 sec per km. A very pleasing result given my training has been focusing on endurance.

### Brett to Meet - ULTRA MARATHON MAN

Dean Karnazes undoubtedly the worlds best endurance athlete will be in Sydney for the opening of the new "The North Face" store. Dean will be holding book signings on the 10th of May. Although Brett will be on a family holiday in Queensland at the time he has booked flights to Sydney for this once in a lifetime opportunity to meet Dean.



While in Australia Dean will be undertaking yet another amazing endurance run, from Charlottes Pass near Thredbo back to Sydney via the Great Diving Range. Deans schedule has him taking 8 days to complete the course. Dean has his own charity Karno Kids and this run will be supporting The Starlight Foundation.



# Gatorade TRIATHLON SERIES 06/07

Brett thoroughly enjoys the challenge of the Gatorade Triathlons, although never a front runner he enjoys the challenges and camaraderie of his fellow age group members. Brett's aim is to always try to better his previous result on the particular race circuit. He enjoys the friendly but fierce rivalry with his neighbour and mate Gary who have competed together over the past few years. The highlight of the race year is the Olympic Distance event in Geelong where Australia's elite athletes compete on the same day.




## ZXU Great Ocean @ Otway CLASSIC RIDE

180KM - ONE OF AUSTRALIA'S MOST SPECTACULAR RIDES

The Great Ocean & Otway Classic Ride was a great way to do a challenging cross training event as part of my preparation. Not considered a race but rather a long ride my wife Robyn and Brother in Law Russell also entered with the intention of riding the distance as a group. Both Robyn and Brett chose to



use their hybrid bikes as the course involved some pretty serious climbing. The weather started warm to hot and had some stormy wet patches to cool us down. At around the 100 Km mark Brett's left knee started to give him trouble and limited his ability to push up any size hill.



Continuing at a slower pace then preferred we finally made the distance even if they were packing up and there was no finish line to pass under to acknowledge our achievement of finishing the event. Our time was around 9 hours which included a long lunch stop in Lorne and a few pit stops along the way. A very enjoyable ride was had by all.

## Acknowledgements

Brett would like to express a sincere thank you to those who have supported him this far in his journey.

Dr Jim at Moreland Chiropractic Clinic for his support, encouragement and adjustment as required.  
 James for his ongoing support and care of his weary and sore muscles.  
 His family for their patience and love as he focuses on his preparation for this event.  
 To his friends who continue to offer encouragement and support of the event.  
 Pat and Sara for there support and generosity

A special thank you to Glynnis for creating a fantastic web site that will allow him to communicate and spread the message about CanTeen and this fund raising event.



Brett Sanon