

WHITE CANCER

RAISING MONEY FOR YOUNG PEOPLE LIVING WITH CANCER



ENDURANCE GAZETTE

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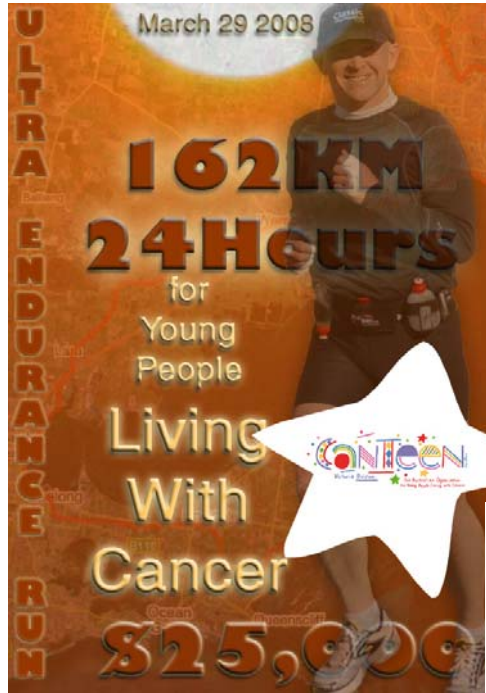
Welcome to this edition of Endurance Gazette, the news letter to keep you updated on what's been and what's coming in Brett's preparation for his 162 Km 24 Hour endurance event for CanTeen.

RUNNING GETS YOU THERE

Until you get out and give it a go you don't realise how far you can go on a walk or run. The trip down to the local shop often seemed to far to walk or run so we jump in the car. Yes it is quicker, but sometimes we need to slow down, stop and smell the roses so to speak. You cant do that in a car. I would like to encourage you next time you need milk or bread and grab the keys for the car, pause and think about a brisk walk or even a slow jog depending on your fitness level. You will be surprised at how you feel, you may even get to chat to a neighbour in your travels something else you cant do while in the car. It could be just the tonic to kick start a healthier lifestyle, good luck, I hope you can find time to get out and enjoy the fresh air.

Training Partner Goes Down

In Late April, Brett's occasional training partner Tom broke his arm. He tells us he was chased by a shark in the ocean then by a tiger up a tree where he lost his grip and fell and broke his arm. We think falling over while playing was more likely the case!



QUEENSLAND HOLIDAY

The first two weeks of May saw Brett, with wife Robyn and Children Sarah, Tom & Matt enjoy a family holding in Queensland. The first week on the Gold Coast staying at Kirra Beach Wyndham Vacation Resort then week two on the Sunshine Coast at Golden



Beach Wyndham Vacation Resort. They enjoyed the superb facilities of the Wyndham Vacation Resorts and the magnificent Gold Coast and Sunshine Coast beaches. The Staff at the Wyndham Vacation Resorts were fantastic helping making their holiday perfect. They also had a great time at Dream World, Sea World and Australia Zoo. Brett was able to continue his training sched-

ule while on holidays, managing to get several training runs in along the beautiful beaches and surrounds. The swimming, sauna and gym where also a great addition to the training regime. The trip was very relaxing also allowing some



valuable family time. The last couple of days unfortunately had Brett come down with cold or flu symptoms interrupting his training.



Beach Wyndham Vacation Resort. They enjoyed the superb fa-

BACK to BACK Marathons 20th May & 27th May 2007

G.O. MARATHON 45KM May 20th 2007—Time 4:56 min

After 2 weeks on Holidays and coming down with the flu it was time to tackle my first real serious challenge since the Oxfam 100 Km event. With preparations less than Ideal I made my way down to Lorne on the Saturday evening in terrible weather conditions, the wind and rain from the south was not making the Sunday run very appealing. I found my little tin box cabin that was to be my shelter for the night, then investigated the streets of Lorne to check where the starting line was for the 7 am registration. Then it was time to hook up with Cathy, a new friend I met recently who has the same passion for running as I



do. Cathy and Partner "AB" finally found me after a couple of text messages and calls. We found a restaurant and enjoyed our meals and each others company. Then it was time to bed down and get a good night sleep, which almost never happens the night before a big run. A quick prayer for favourable weather conditions was in order. A restless night was had as expected, on the upside the weather was looking good, prayer answered. Quick breakfast, packed up and checked out, head for the start line.

GREAT OCEAN ROAD



The start line was a buzz with all ages and sizes ready to brave the long and winding road between Lorne and Apollo Bay, the atmosphere was friendly and most looked like they were there for a good time and some of us a long time. I met up with Cathy, registered and by 8 am were ready to hit the road. The starters gun fired and we were away, a slight incline greeted us at the beginning as we wound our way out of Lorne. It didn't take long before the magnificent coast was presented in all its splendour. The endless view of the coast in an early morning sea mist with large commercial ships on the horizon and private yachts in the near distance created the most amazing viewing as we continued down the road. The chatter amongst partici-

pants was fairly continuous in the early stages as we all seemed to have energy in reserve and for a moment may have forgotten that we should be storing it up for later. The early pace was a bit faster than required and may prove to be a problem further down the road. After several kilometres Cathy decided to shed her jacket and slow her pace a little, a decision that would prove to be a wise one. I continued on at what seemed a steady comfortable pace. As the road wound its way around the coast with relentless undulations that in themselves were not overly taxing but their cumulative effect was starting to kick in. Even with the States Premier Steve Bracks present to cheer us on around the midway point the effects of the flu and would soon start to take effect. After taking the option to walk through the drink stations from around the 20Km I was able to use these drink stations as my goal markers knowing that on arrival I would take the small break

to walk while hydrating. It wasn't until about the 35Km mark that I had to really dig deep, calling on the inspiration of CanTeen members, my sister Kylie and Dean Karnazes along with a brief prayer are the things that keep me going through the challenging stages. Sighting the 42Km timing post was a great relief, knowing only another 3Km remained until the finish line. With the support of the locals



and some Hi 5s from the kids and cheers of my name really spurred me on to the finish line. A tough yet rewarding experience. Cathy came in a couple of minutes later a really determined and courageous effort. Well Done Cathy, thanks for your support and encouragement.

Williamstown Marathon 42.2KM May 27th 2007—Time 4:34 min

After a week of rest from the Great Ocean Road Marathon and almost fully recovered from the flu I was ready for the next challenge of putting back to back marathons



together. In the knowledge that the course was flat and the approach of having fun and not running for a time, made for a relaxing lead up to the event. Sunday morning early start, weather started calm and very cool. Met up with Cathy and Veronica at registration got ourselves prepared and headed to start line. There were several hundred runners for the various distances and about 80 marathon runners. The starter gave the go signal and we were away to the hoot and cheers of onlookers, it wasn't long and in my regular fashion of starting out too quick I found myself separated from Cathy and Veronica. A quick side step to the path and check back found them not to far back.

We reconnected and ran together for the first 20Km, with plenty of chat and banter and some conversations with other runners the first 20Km was a real joy. The time seemed to fly by and the body was not feeling the effects of last week or the early stages of this run. Sadly that was all about to come to an abrupt change, with effectively a further 4 loops to run to the north and back south and an increasing wind strength we found ourselves pushing very hard to the turn around point under the west gate bridge. With little to no



protection running north each lap took on an extra challenge. Little relief was offered when heading south as the buildings provided some protection from the wind. With an unusually increasing appetite I took a moment at the drink stations to take on some fruit and lollies, this along with downing some regular gel sachets at least kept the legs capable of moving

forward. Although moving forward heading north was more a case of one step forward half a step back. Cathy and Veronica had settled into there zone and I had moved ahead several minutes but on every turning we crossed paths and willed each other on. Slowly the number of runners on the course were diminishing and the last push up into the wind was extreme, I pushed as hard as possible and finally had the finishing track in sight, when I heard the cheers from my wife and children the pace quickened and the emotions kicked in. The final 200M I was joined by my daughter Sarah who ran under the finishing banner with me, a special moment. Cathy and Veronica came in about 10 minutes later having pushed themselves through the tough times. Well done girls, great effort and thanks for your company. Until next time, keep well and continue to challenge!!



Brett Meets ULTRA MARATHON MAN Dean Karnazes

Brett's most defining inspiration to believe he can achieve the goal of running 162 Km has been Dean Karnazes. Deans Book Ultra Marathon Man confessions of an all night runner, has inspired Brett to reach beyond boundaries he never thought possible. Brett was very fortunate to meet Dean while he was in Sydney. Brett is grateful for the opportunity to talk with Dean and feel the first hand inspiration that Dean exudes. Dean was so generous with his time and listened to Brett's story and journey so far. Brett was also fortunate to meet two pas-



sionate runners from Melbourne, Cathy and Veronica. This meeting has lead to running a couple of marathons together and sharing stories of common ambitions of ultra running. Brett is also grateful for the opportunity to make new friends who have similar interests who are able to support each other in their respective running adventures. Having people support and believe in you is a very important part of a successful preparation. Thanks Girls for your support and friendship.

In the Media

In late April Brett had the opportunity to tell his story to the local newspaper The Star Group. Interviewed by Kirsty Ross, Brett spent about an hour talking to Kirsty answering her questions, the result being an excellent article in the local paper in early May. Now with the label of the Western Suburbs own Forrest Gump Brett's campaign to promote CanTeen and raise much needed funds has really started to move forward. The coverage from the news article has seen several responses from the community offering their support. Thank you to George Begg and Kirsty Ross for making this possible and also to Glenn Campbell for his professional photography during a photo shoot of a training run in Williamstown. To read the article go to Brett's website and check out the section "in the media" www.brettsrunforcanteen.org



SPONSORSHIP



Brett continues to seek support from companies in a position to support this event, he is very pleased to acknowledge the support of the following companies who have generously offered their support.



Acknowledgements

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

- Dr Jim at Moreland Chiropractic Clinic for who continues to provide support, encouragement and adjustments on a regular basis.
- 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.
- To Veronica at Athletes Foot Greensborough Plaza for looking after my feet.
- Thank you to Glynnis who continuously updates Brett's website with the latest events news and gallery images.

