

INSPIRE

MAGAZINE



Can
Too

WINTER 2019



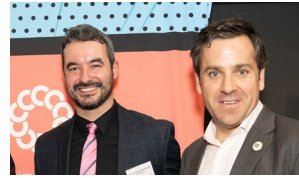
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Can Too Chief Executive Officer, Peter McLean shares why we chose mental wellbeing as this edition's theme, our latest news and more.



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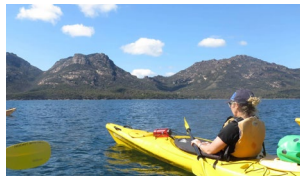
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#ICanTooBecause: I'm a cancer researcher

Dr Zaklina Kovacevic wears many Can Too caps, from a swimming participant to a cancer researcher, a fundraiser and a grant beneficiary.



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Hike to Machu Picchu

See a snapshot of 16 Can Too trekkers who, with Can Too Founder Annie Crawford AM, conquered the Salkantay Track, the lesser travelled road to Machu Picchu.



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Can Too Team Captain Anne Reidy loves seeing people achieve their fitness goals. Her next mission is to help people trek, cycle and kayak across Tasmania.



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Can Tooer Leigh Elliott thanks the Foundation for helping her to turn her mental health around.



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I swim therefore I am

Lindsay Asquith and Paul Jeffress both were late converts to swimming. They then discovered that the water is now their happy place thanks to Can Too.



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Heather Hawkins: letter to my younger self

Heather writes to herself after discovering that she has cancer and shares some of the amazing goals she's reached since – from scaling Nepalese mountains to a 10-day ultra-marathon.



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Can Too scores a winning goal with GWS GIANTS

We're pleased to announce that Greater Western Sydney GIANTS players Zac Langdon and Adam Kennedy will be donning the Foundation's orange uniform to train with us



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Cathy takes everything in her stride

Be it running a half marathon, completing an ocean swim or beating cancer twice.



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We are all mentors

Laura Parnell (Cairnduff) shares why she's beaming with pride, humbled by kindness and feeling inspired.

WE WANT TO HEAR FROM YOU

What content would you like to see? Please contact us at: info@cantoo.org.au if you have a story you'd like to share, an idea for a section, why you love your pod or a Book Club recommendation. If your recommended read is featured in the next edition, you'll win a signed copy of *The Annie Effect* – founder Annie Crawford's biography.

If you would like to display *Inspire* magazine at your workplace, please contact us at: info@cantoo.org.au



WELCOME TO INSPIRE MAGAZINE



Welcome to our winter 2019 edition of *Inspire* with the theme of mental health and wellbeing. We chose this theme as often our community members tell us that the effects from supported group exercise, having a goal to strive for, and the social outlet of Can Too benefits their mental health and wellbeing.

Paul Jeffress shares how ocean swimming keeps his mental health afloat. And Lindsay Asquith tells of how the coaching and support she received in her first Can Too ocean swim program allowed her to overcome her fear of drowning after seeing the destructive force of the ocean in the 2004 Boxing Day Tsunami in Thailand on [page 24](#).

Can Too run Coach Maria Hobbs and her husband Stephen Hobbs in the 'You Can Two' section on [page 10](#) disclose how training together with Can Too in Queensland allowed them to face their fears and belong to a family a long way from home.

See why Can Too Queensland participant Leigh Elliott thanks the Foundation for helping her to turn her mental health around on [page 22](#).

Members of Sydney's East Pod share, from [page 6](#), how the camaraderie, support and friendship from belonging to this group gave them the confidence and ability to transform themselves into runners.

Congratulations to community member Pauline Gill for winning a signed copy of *The Annie Effect* – Annie Crawford AM's biography for nominating *Daisy Jones and the Six* by Taylor Jenkins Reid as this edition's Book Club read.

One of the guests of our annual gala fundraiser The Art of Seafood, Randal March, donated \$2,000 for a copy of *The Annie Effect* which brought the total fundraised for the evening to our goal of \$100,000.

That 'hairy audacious goal' to raise \$100,000 will be directly invested in Can Too's biggest learn to ocean swim campaign ever – training 1,000 ocean swimmers nationally whilst raising \$1 million for cancer research and prevention.

Congratulations to one of our funded cancer researchers', Dr Fernando Guimaraes, for being awarded Cure Cancer Researcher of the Year. He made a discovery of another way that cancers protect themselves from the immune system and is currently researching how the immune system can control the spread of cancer. Read more on [page 5](#).

Another of our funded researchers', Dr Zaklina Kovacevic, achieved a goal she never thought possible with Can Too to complete the Balmoral 5km Swim for cancer. Read more on [page 16](#) about how she likened the determination required for the long-distance swim to what drives her in the lab.

I'm pleased to see our inaugural 10km marathon swim for the Manu Island Fiji SwimFest take off, as the spots filled up to waitlist only, and looking forward to registrations for our summer ocean swim programs in NSW & QLD opening on Monday 2 September at www.cantoo.org.au/swim.

Our adventure challenge trips are also popular with people achieving their bucket list moments including 16 Can Tooers trekking to Machu Picchu to raise more than \$75,000. See their group snapshot at the iconic location on [page 18](#).

The next opportunity is to trek, kayak and cycle across Tasmania with Can Too Team Captain Annie Reidy. Read more about why Annie loves helping people achieve their goals on [page 20](#). To find your next Can Too challenge check out the diary section on [page 4](#).

I look forward to seeing you achieve your own hairy audacious goals at the upcoming Can Too events.

See you around in orange,

Peter McLean
Chief Executive Officer | Can Too Foundation

CAN TOO TRAINING PROGRAMS



SYDNEY OCEAN SWIM
4 Nov 2019 – 26 Jan 2020



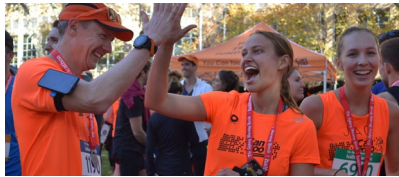
NOOSA SUMMER SWIM
13 Nov 2019 – 1 Feb 2020



LONDON MARATHON
11 Dec 2019 – 26 Apr 2020



RUNWEST FUN RUN
Jan – Mar 2020



SMH HALF MARATHON
12 Feb – 17 May 2020



COOLY CLASSIC OCEAN SWIM
19 Feb – 26 Apr 2020



BALMORAL 1KM SWIM
27 Jan – 5 Apr 2020



BALMORAL 5KM SWIM
25 Feb – 5 Apr 2020



WIN BROOKS SHOES IN EVERY RUN PROGRAM!

CAN TOO ADVENTURE CHALLENGES



TREK, KAYAK & CYCLE TASMANIA W/ ANNIE REIDY
23 - 27 March 2020



TREK KAKDU W/ EDITH HURT
7 - 14 Jun 2020



TREK THE CAMINO TRAIL W/ ANNIE CRAWFORD
17 - 25 May 2020



TREK ICELAND W/ ANGIE STEVENSON
24 - 29 Aug 2020



ADVENTURE MONGOLIA W/ ANNIE CRAWFORD
2021

VIEW THE FULL EVENTS CALENDAR HERE

CAN TOO NEWS

Congratulations to the 2019 Cure Cancer Researcher of the Year, Dr Fernando Guimaraes, who was funded by Can Too in 2015, 2018 and 2019.

Dr Guimaraes' first breakthrough in 2015, discovered another way that cancers protect themselves from the immune system.

He is currently researching how the immune system can control the spread of cancer, with the aim of identifying how to stimulate the body's immune system to achieve this.

"I'm honoured to be recognised as the 2019 Researcher of the Year by Cure Cancer, major beneficiary of the Can Too foundation which has invested in my research and professional development since 2015," said Dr Guimaraes.

"My research elucidates how cancer cells trick and hide from immune cells, and it wouldn't be possible to be performed without the investment from the Can Too Foundation for my Cure Cancer grant. In addition to funding to allow cutting edge research, it has also provided an incredible career development program involving mentorship, scientific events and other trainings that undoubtedly have accelerated the professional growth and independence of young scientists such as myself."



**DR FERNANDO
GUIMARAES WINS
RESEARCHER OF
THE YEAR AWARD**

Pictured from left, Cure Cancer CEO, Nikki Kinloch, Cure Cancer Researcher of the Year, Dr Fernando Guimaraes and Can Too Foundation CEO, Peter McLean.

A photograph of a silver Audi A1 Sportback car on display at night. The car is parked on a brick-paved area in front of a building with large glass windows. A white banner with the Can Too logo is positioned behind the car. The background shows a cityscape at night.

You can win an Audi A1
YOU HAVE A ONE IN 200 CHANCE OF WINNING!

Raffle tickets are \$200 each with a maximum 200 to be sold. All the proceeds will be invested in cancer research and prevention with the Can Too Foundation.

Valued at \$41,810 | Permit Number: GOCAU/2165

- Brand new 2018 Audi A1 Sport
- 1.4L TFSI S-Tronic 92kW engine with Style Edition Sportback
- Nano grey/brilliant black colour with black internal trim and S line style package included
- All on road costs included

Raffle will be drawn on 19 November 2019.
Courtesy of autosportsgroup.com.au

ENTER AT WWW.CANTOO.ORG.AU/CAR



EAST POD

On Saturday mornings and Wednesday evenings in Sydney's eastern suburbs over autumn more than 60 people from all walks of life came together to wear orange and work hard to achieve one goal: to beat cancer.

Their methods were to test their physical and mental strength and raise funds for the Can Too Foundation by running a half marathon, but the group gained much more than they anticipated.

When Irishman Liam Flannery came to Australia five years ago, he joined Can Too and ever since has experienced the camaraderie, support and friendship from belonging to this group.

*"Can Tooers support me in my running events no matter where I am in the world, when I'm feeling sh*t it just perks me up, to get the recognition and support, it's like a family," he said.*

Liam said it was a privilege to mentor the training group the 'East Pod', where he saw many people go from never running before to in 14 weeks having the confidence and ability to run a half marathon.

"There are so many people from different walks of life in this pod, from a 16-year-old to people in their 60s, who all supported each other.

"You see the changes in weight loss, energy, demeanour and the relationships that strike up between different members of the pod and the dynamics just kept lifting. It reinforces the support that Can Too provides for people in the east and all over Sydney to transform themselves."

His favourite Can Too moment was seeing the pod complete their goal events at the Great Ocean Road, Hawke's Bay and the SMH Half Marathons.

"The support that the group gave each other out on the course was inspiring to see, and when runners reflected on how far they had progressed in 14 short weeks the pride and joy were great to witness."

For Team Captain, Renuka Fernando the graduation evening, where every Can Tooer improved in their final benchmark run, was a perfect example of how a group of people who didn't know each other weeks ago can form such a bond.

"The vibe of that evening was like a festival I was on such a high that night," she said.

"The model of Can Too is coaching and love, that's very different to any other training program, that nurture comes from [Can Too Founder] Annie Crawford's values. The program and coaching teaches you about all the mechanics of running and gets you to the finish line with the camaraderie of friendship."

2018 projections showed the Sydney's Eastern Suburbs (Randwick LGA) population had the following number of cancer cases by disease*:



103
breast cancer



73
lung cancer



86
bowel cancer



74
Melanoma

(the Eastern suburbs on average have high rates of melanoma).

* The data is compiled by Cancer Institute NSW.

She says that Can Too has changed her life, from the people she met running around a track, such as Liam who has become like her family. He minds her dog when she's away and Liam jokes that he'll also screen any potential boyfriends' of Renuka's 14-year-old daughter in the future.

"I see a community that have gone on to support each other onto further endeavours of fitness and friendship. That makes me very proud to have been part of this program. I do indeed love my pod," said Renuka.

First time Can Too participants, Paul Dobing, Vy Tran and Liz Zaki didn't consider themselves runners but wanted to run for those who physically can't, including Paul's friend and Liz's grandmothers who they lost to the disease and for Vy's cousin who is currently in remission.

"My cousin who I lived with was diagnosed with early stage breast cancer and I saw her going through chemo so I'm happy to run for Can Too to raise money for cancer research," said Vy.

As a UNSW IT professional Paul was happy to see UNSW cancer researcher and the 2019 Young Woman of the Year, Dr Angelica Merlot, who was funded by Can Too in 2018, speak to the runners about her work in fighting pancreatic cancer, known as a 'silent killer' because it's so aggressive.

"I could then see the direct connection to us running bake sales and badgering our friends for money to helping prevent cancer which took the life of my really close friend," said Paul.

After completing the SMH Half Marathon Paul now feels like a proper runner.

"I only started running for the first time in November so each long run was my furthest and the day of the half marathon was the furthest I'd ever run.



Since Can Too became a Foundation in October 2014 the East Pod has:

- Raised over \$1,553,255 to fund 11 cancer researchers
- Trained 61 runners for 2019 half marathons in Sydney, the Great Ocean Road (GOR) and Hawke's Bay, NZ which raised nearly \$94,000
- Currently training for the Blackmore's Sydney Running Festival and the New York Marathon

"I feel blessed to be fit and healthy in my mid-50s, this is not always easy or even possible for others, I do consider it a privilege, so if I Can Too, I will!"

He said that the East Pod was special as everyone supported each other to achieve something together.

"Everyone encouraged each other to be our best self, from staying back to cheer the last person finishing a long run or dropping back to run with someone who was finding the track session tough."

I  My Pod



Share with www.facebook.com/CanTooRunSwim/ a photo or video of yourself with your pod and comment about why you love your pod by 17 September to go in the chance to win a FREE program registration.

Vy agreed that Can Too was a great way to make new friends which she did with Dene Mason.

"At track one night I said to her 'I hate running' and Dene said 'so do I but let's do it', so we kept going and have now signed up do the Blackmores 10km together with Can Too. For a couple of hours on a Wednesday evening and Saturday morning it's nice to put it all behind and just run."

"Can Too is a fun, organic way to foster new connections unlike the at-times contrived relationships in business and speed dating where everyone has their blinkers on. At Can Too everyone is here to have fun, run and fundraise. It's nice to run together and enjoy the random things we talk about."

Paul agreed that the group has covered all sorts of territory from what cream you're using to stop your nipples chaffing to how you're going to cope at track. Liz Zaki said that with Can Too no matter how slow or fast you are you always have a buddy to run with.

"I joined a running club before and lasted for a week as there was no sense of 'we're here to help you'," said Liz.

"With Can Too everyone's so welcoming; my Mentor Nisha Sachdev always made sure I was OK, they never leave anybody behind."

Claire Moulsher said that her Can Too journey took her from couch potato to greatness, she's completed three programs and is currently training for a half marathon.

"I always wanted to run but I'd never been able to crack it on my own. I'd go for a solo run but after 200 metres my lungs would be burning," said Claire.

"At the first session Coach Ben Stammer was trying to talk to me whilst jogging around the E.S Marks track, I thought I was going to have a seizure [she said jokingly] I couldn't talk at all I found it too hard. Now Ben says that he can't shut me up, when we're running around the track."

Her 'aha' moment happened when she ran the same route from Centennial Park to Bronte 15 mins quicker than her first attempt on a longer training run.

"That was a standout for me in understanding the power of the training, it's never easy and you always feel like you're working hard, but at that moment I got an understanding of how far I'd come."

Her favourite Can Too moment was seeing a sea of orange at last year's SMH Half Marathon.

"When you see the Can Too orange ahead and know they're behind you too, it's like everyone is pulling everybody else along, which stops you walking the hills as you don't want to look bad to those behind you and don't want to lose the people in front. It's almost a pack mentality that's supportive where you feel carried along by the whole group."

Running in the rain on her first track night, which was her 45th birthday, was Dene Mason's favourite session.



In 2019, it's estimated that 145,000 cases of cancer will be diagnosed with almost 50,000 deaths from cancer.*

In the 1980s, the cancer survival rate was less than 50 per cent. Today, almost 7 in 10 Australians will survive for at least five years after a cancer diagnosis. In some cancers the survival rate is as high as 90 per cent*. Part of the reason for the positive shift is due to cancer research, which Can Too's 2019 SMH Half Marathon program raised over \$250,000 for.

* Australian Institute of Health and Welfare 2019. Cancer in Australia: In brief 2019

"Most of the pod had finished by the time I hit my final 100m but not only did they wait for me, they all sang Happy Birthday timed perfectly to wrap up just as I crossed the finish line."

"It was also so satisfying to finish the 23km Great Ocean Road goal event with my East Pod buddies cheering me across the line."

"Mentor Amanda went above and beyond staying with me for the whole race and Renuka and Liam, clocked up a stack of extra kms looping back several times to run people home."

"Some great advice they gave was to make sure we had some non-running goals, like just enjoying that the iconic Great Ocean Road was closed so we could go for a run, where we spotted five koalas, and we got a great jump photo." (see image above middle row, right).

"Our coaches Ben Stammer, Tilly Perrin and Tim Lindop were brilliant, as were our Mentors Amanda, Liam and Nisha and Team Captain, Ren. They really took care of all of us, with plenty of belly laughs along the way too."

I ♥ My Pod



WIN!

Share with www.facebook.com/CanTooRunSwim/ a photo or video of yourself with your pod and comment about why you love your pod by 17 September to go in the chance to win a FREE program registration.

LEARN TO OCEAN SWIM & HELP BEAT CANCER.

Join Can Too's Learn to Ocean Swim with goals from 1km to 3km.

You'll be supported by qualified and experienced swimming Coaches, certified water safety crew, plus caring Mentors and Team Captains.

Dive in to help fund lifesaving cancer research.

**EARLYBIRD REGISTRATIONS
OPEN 2 SEPTEMBER**

www.cantoo.org.au/swim



YOU CAN TWO

STEPHEN & MARIA

Their approach to training is different as Maria is happy to swim slower than others and focus on completing the distance whilst Stephen is always analysing his times with the goal of improving his numbers. However, they both feel that they are part of a Can Too family on the Gold Coast, which is reassuring as their original family is a long way away in the UK.



Maria Hobbs has performed many roles with Can Too from first time participant running with a group of mum friends to becoming a Run Coach and then overcoming what terrified her by learning to ocean swim. Her husband Stephen Hobbs has also overcome his fears whilst wearing Can Too orange – to regain his fitness after having heart bypass surgery two years ago. He's now completed his first ocean swim and has just completed his first half marathon.

STEPHEN

She probably thinks I'm an 'analyst nerd' when I examine my running times. But we're both competitive and we challenged each other at every Saturday morning and Wednesday evening swim session. It was a good journey to go on as a couple.

I had a heart bypass two years ago. I had chest pain one night and went to hospital where a blockage was discovered. I was fit and healthy, had never smoked or been overweight. So, completing the swim program was a big journey for me.

I was probably one of the worst swimmers to start with I went from hardly being able to swim 50 metres to finishing the 1km Cooly Classic. It was a real high, I never thought I'd be able to do it.



Maria couldn't swim more than 50m beforehand either and was afraid of going in open surf. We encouraged each other and worked together, it was an achievement for both of us.

I certainly wouldn't have done the swim without the professional coaching. After my heart surgery I slowly built up my fitness but there was always a concern in the back of my mind.

The key to my confidence was the camaraderie of the group with everybody pulling together with lots of encouragement and banter. It was interesting for 15 people to get together that didn't know each other, from very different backgrounds all working towards one common goal.

I had done a lot of 45-foot yacht racing in England. Our first holiday was sailing around the Caribbean. We could jump off a boat into the water but we couldn't do an ocean swim. Maria was always nervous diving, so this has given her and I confidence in the water and helped my surfing as well, which is great.

I've done five and 10km runs before and have just completed a Half Marathon program with my wife as the coach. Which we find amusing, as do the group and our children.

We came to Australia on our honeymoon in 1997 and decided to stay, we sold everything back home and came here with a couple of suitcases. We then moved from Sydney to Queensland and have made some enduring friends with Can Too. They're a really social bunch and a lot of the running group came across from the swim program which is great.

MARIA

I started running with Can Too in 2008 with some other mums. I had experimented with different running groups trying to find one that I resonated with. The people I've met in that Northern Beaches Pod I'm still in touch with and caught up with them in Queenstown last November for our goal race.

After having children, I left the corporate world and my interest and passion for health and fitness grew. My dad died young from heart disease so I didn't want to end up like that, I wanted to have a long, happy, healthy life, so I retrained as a PT then started coaching for Can Too. A few years later we relocated to the Gold Coast, for Stephen's work, where I did Pilates and yoga training, which I incorporate into the Can Too running program. I'm also completing a Bachelor of Exercise Science and Nutrition. My passion is about getting the average joe active, which is why I love Can Too.

Growing up in the UK we're not taught to ocean swim, it's way too cold. All my Can Too friends in Sydney did swim programs and I always felt left out as I never had the courage to do it. As my confidence grew, I knew that if Can Too did an ocean swim program on the GC I'd have to, because it's the one thing that terrifies me.

I would be way out of my comfort zone, but I knew that it would make me a better run coach to put myself in the position of how some people feel terrified when they run. I've held people's hands that have said 'there's no way I can run'. And I've said 'we're just going to run to the red car', then the lamp post, and then run here' and that's what I had to do with my swimming I'm just going to swim here and then I'm going to swim a bit further.

I was never going to be the fastest swimmer, for me it was about overcoming agoraphobia – a fear of wide-open space. When I first started running I used to get it. I'd say things to myself to keep running, and the more I've run, the older and wiser I've got I've managed to diminish it, but it's still in the back of my mind sometimes.

When I was faced with being in open water my fears really kicked in, but I was determined to keep going. My close friend, the same age as I, fought so hard but passed away from breast cancer in early June. She left four children under the age of 15. So, when the going gets tough I think no matter how tough it is for me it's not as tough as what she'd been through.

We had an amazing Swim Coach – Enrique Vanderhoeven. I told him he had his hands full with me, but he won my trust so easily. He has amazing water skills, he got me out there and got me back again, in big waves.

I loved completing the swim program, to overcome one of my biggest fears that 99 per cent of the population thinks they can't do because they Can Too. I know I can dig deep when I need to and be comfortable with being uncomfortable. That's when you have breakthroughs.

Running and swimming are good metaphors for life, some days it's like running through cement where you're thinking why am I doing this it's so hard, other days it's smooth and you fly, or it's tough to begin with then you get it done. I've never met a person that's said 'gosh I wish I hadn't done that' after a run or swim, no matter how tough you're always going to be glad that you did it.

Stephen, like me, knew that he was missing out on a huge chunk of the Australian lifestyle by not being confident in the ocean, he could surf, but he always wanted to swim so it was a no brainer for him to join the program. He was also blown away by how easily he could fundraise.

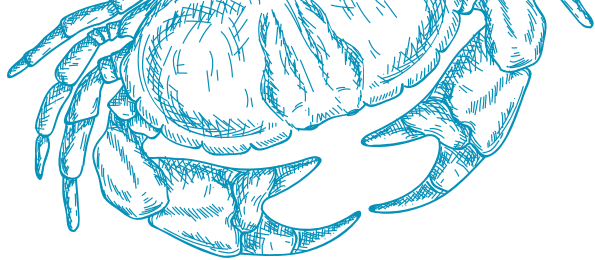
Our differences were that I'm quite dogmatic and focus on doing exactly what the coach says, I don't like anyone else giving me tips, that was a challenge trying to shut him out, as he's a better swimmer than me.

Now I've coached him to do a half marathon, he can't wait for the benchmark, and how he'll get his numbers. He looks at everyone's parkrun times, across all the ages and compares them with previous years, he's really into figures which infuriates me.

His career is quite high pressure, so for him to have a big distraction outside of that is great.

The pod really came together and we've made enduring friendships. As we didn't grow up in Australia, we have no family here except for our children, so to become part of the Can Too family on the Gold Coast, is a really good feeling.





THE ART OF *Seafood*

FRIDAY 5 JULY 2019

Thank you for making the Art of Seafood a resounding success

Our annual fundraiser gala The Art of Seafood went swimmingly on Friday 5 July. A school of around 200 people gathered at the Australian National Maritime Museum which reeled in \$100,000 for cancer research and prevention.

The evening's MC, Simon Brook McLachlan of *Jersey Boys* fame, brought some of the sparkle of Broadway to the event.

Can Too Founder, Annie Crawford AM shared that why we exist is to promote health, fitness and the prevention of cancer and other diseases and to support young Australian researchers to develop better ways to beat cancer.

"The people within the Can Too community move beyond their comfort zone to face their fears as they pound the pavements, body surf the big waves or summit a peak to make a difference to our lives and the lives of those impacted by cancer," said Annie.

Cancer Researcher, Dr James Wilmott from the Melanoma Institute Australia, who was funded by the Can Too Foundation, spoke at the event about why he decided to research melanoma as it kills one Australian every five hours. He is developing a test to ensure advanced melanoma patients get the right drug for their disease.

Can Too Foundation CEO, Peter McLean shared that the 'hairy audacious goal' of the evening to raise \$100,000 is to directly invest in Can Too's biggest learn to ocean swim campaign ever - training 1,000 ocean swimmers nationally, to raise \$1 million for cancer research.

The guests enjoyed an exquisite range of seafood and fine wines kindly donated by members of the Seafood Industry and Fisher Fine Wines. The seafood was prepared by Laissez-faire Catering including Glacier 51 Toothfish, also known as Patagonian Toothfish, poached Yamba prawns, marinated sardines from Western Australia, Gippsland whiting fillets and barramundi.

We would like to thank everyone that contributed to the evening's success.

For more including a video of the event check out: www.cantoo.org.au/aos



Thank you to
Monique Louise
Photography.



COACH SPOTLIGHT

BEN STAMMER

TRAINS CAN TOOERS AT:

East Pod

LIVES:

Cremorne, Sydney, was fortunate to live in London, New York and Singapore.

AGE:

50, my midlife crisis was running eight marathons in 12 months which raised funds for Can Too. I'm still saving for that motorbike!

DAY JOB:

working for a not for profit that builds Indigenous businesses capacity and access to capital.

WHY CAN TOO?

It gives us the ability to 'pay it forward'. The funds raised for cancer research may assist ourselves, our family and or friends, but we also make an important investment in our own health and wellbeing.

WHY RUNNING?

Regardless of my level of fitness, going for a run always makes me feel better!

I ran middle and longer distances competitively at high school and university and my first marathon when I was 16. I'm a lot slower now but still enjoy trying to challenge my post-40 PBs over many distances from 800m to the marathon.

I STARTED COACHING WITH:

Little Athletics and cross-country teams and joined Can Too as a coach at the start of 2018.

THE BEST THING ABOUT BEING A COACH:

seeing the transformative effect that sticking to a structured running program can have on many different people - from complete beginners to experienced runners.

FAVOURITE MOTIVATIONAL QUOTE:

"It's not about the legs, it's about the heart and mind," by Eliud Kipchoge (the current marathon world record holder with a time of 2:01:39 hours.)

I'M LISTENING TO:

Red Hot Chilli Peppers, Midnight Oil and during longer solo runs, prior years' Triple J Top 100s.

MY PERFECT WEEKEND:

run, watch my kids play sport, dinner with my wife, play golf, hang out with the family and run again.

TALENT I WISH I HAD:

to be able to ocean swim.

I'M INSPIRED BY:

my kids.



THE POWER OF THE CAN TOO COMMUNITY



For Can Too aficionado, Coach Ben Stammer the only way to celebrate the milestone of turning 50 was to join the Australian 100 Marathon Club – for those who have completed the ‘Australian Sweep’ of eight marathons, in every state and territory.

Ben started with the 2017 Outback Marathon in the Northern Territory, then completed marathons in Sydney, Melbourne, Canberra, Hobart, Adelaide, Bunbury and finished with the 2018 Gold Coast race (pictured above) to raise nearly \$25,000 for the Can Too Foundation.

“The Outback race was the most enjoyable marathon, to run on the sacred, red and dusty land close to Uluru and Kata Tjuta,” said Ben.

In total he has raised \$54,458 for Can Too, he started his orange journey as a participant in the first program with Annie Crawford in 2005, completed four programs and graduated to being a coach. He is currently training Can Toos for the 2019 New York Marathon.

“Running the New York Marathon in 2000 and 2001 were highlights of my running career. It’s an amazing run that takes you through all five boroughs of New York city with phenomenal crowd support and vibe.”

His advice on how to train for a marathon is to ‘be consistent in your training and your body will adapt’. And on race day, ‘start off conservatively, pace yourself and enjoy it’.

His favourite Can Too moments are seeing people step outside their comfort zone to train for and reach their goals, including Claire Moulsher. She went from struggling to speak whilst jogging in the warmup at her first track session to now being hooked on running and

training for her fourth program.

“Claire and I joke now that she blanked me at the initial session but mid-way through that program she was running 18km in training and you couldn’t shut her up, she’d be talking the whole way, she’s funny with a good turn of phrase.”

The power of the Can Too community helps one and all by:

- **Encouraging people to train consistently**

It gives people a reason to turn up and meet a group rather than just motivating themselves. That’s the challenge for the first month or so then when people train consistently for the first time this fitness switch flicks and they get fitter, lose weight, feel better and what they thought was impossible at the start of the program they’re now doing easily.

- **Forming bonds between participants**

People turn up because they want to catch up with and support one another. At this stage the community kind of looks after itself, it evolves and much more than they realise the participants are helping others and others are helping them.

- **Supporting people**

Everyone is supported including those doing their firsts, be it a program, long run or half marathon race which gives people the confidence to push out of their comfort zones, that’s when we improve.

- **Helping with fundraising**

Ideas are passed within the community and they support each other in bake sales and events so there’s a real leverage effect in the group.



I CAN TOO BECAUSE I'M A CANCER RESEARCHER

Dr Zaklina Kovacevic wears many Can Too hats, from a swimming participant to a cancer researcher, a fundraiser and a grant beneficiary.

"As an early career cancer researcher, my first big grant was funded by Can Too and that really opened up the world of Can Too to me," said Zaklina.

"This grant was a massive boost in my career which enabled me to perform the research that I was interested in but also to build my track record which opened up further opportunities, without which I'd really have struggled to go further with my research."

The Senior Research Fellow spoke to some of Can Too's training pods about her work which encouraged her to join the Foundation.

"I was really inspired by all the people I met and the incredible things they were doing for people like me."

She dived into a Can Too 1km swimming program, then 12 weeks later completed the 2.8km 2019 Palm Beach to Whale Beach Macquarie "Big Swim" event.

"I've never really been a swimmer I would go to the beach and just frolic in the water, so this was a first for me to learn how to ocean swim properly."

"I was on such a high after finishing the Big Swim. Running up that beach having all the Can Tooers supporting me and my family waiting at the end, I felt like I achieved something really amazing."

She then jumped in the deep end embarking on the 2019 Balmoral 5km Swim program.

"At the first training session I thought 'oh my god what have I got myself into'. But I've built up the confidence and skills with the amazing coaches and support people, who made it enjoyable. It's a little bit crazy but I should be able to get there".

Can Too Coach Mike Langley said that he normally wouldn't recommend someone jump from the 1km program to the 5km swim but Zaklina's got that mental resilience to do it.

"I don't think I've ever seen someone smile so much – even when she's taking a breath in the water she's smiling; she's super positive and I'm stoked to see her doing the 5km swim," says Mike.

Zaklina fulfilled her goal to complete the long-distance swim and found that the determination required was similar to what drives her in the lab.

"When I finished the 5km race the feeling was absolutely amazing. It was a big high and I was so glad that I pushed through. There were times in the water where I thought 'I can't do this it's too hard', but then I thought about how tough it is for people dealing with cancer and undergoing chemo."

"It's similar to research, where we get discouraged by lack of funding or things not working and there's seemingly no end in sight. You feel like you've hit a brick wall and



you don't know where to go next, but you just have to persevere and use the passion that drives you and eventually a solution will present itself."

Zaklina and her team have made several research breakthroughs including understanding how a molecule has the potential ability to stop the metastasis of breast, prostate and pancreatic cancer.

"My group and I are investigating how we can use this molecule to prevent these cancers from spreading and from developing resistance to current therapies.

"Other exciting findings are that this molecule can be used as a potential biomarker for whether a certain patient might be more likely to develop resistance or metastasis, so that's been quite exciting."

Growing up Zaklina loved science, especially medicine and how the human body worked.

"At uni I fell in love with cancer research as cancer is a huge problem in our society with so many people affected by it. It felt natural for me to contribute to research that will help people. I enjoy the challenge of trying to understand such a complex disease and hopefully will develop a new strategy on how we can tackle this major problem."

Zaklina explains that supporting Australian early to mid-career researchers is so important, as they are vulnerable to underfunding and we risk losing them to

overseas research teams which is a terrible shame and a loss for Australia.

"For early and mid-career researchers they don't have that track record that senior professors have, which makes it difficult to compete with them for funding. The fundraising by the Can Too community gives us opportunities, making us more competitive when applying for bigger government grants and it really helps kick start careers.

"I Can Too because I believe in the power of research to change lives and hopefully find a cure for cancer. I want to thank all the people that have sponsored and supported me throughout this journey and all the incredible people I've met with Can Too. I've really loved every moment that I've been involved with Can Too."





**FIND
YOUR
TREK**

UPCOMING ADVENTURE TRIPS

Trek, Kayak & Cycle Tasmania
w/ Annie Reidy
23 - 27 March 2020

Trek the El Camino Trail
w/ Annie Crawford AM
17 - 25 May 2020

Trek Kakadu Northern Territory
w/ Edith Hurt
7 - 13 Jun 2020

Trek Iceland
w/ Angie Stevenson
24 - 29 August 2020



16

inspiring trekkers
including Can Too Founder
Annie Crawford AM

74km

of high-altitude terrain
trekked over six days

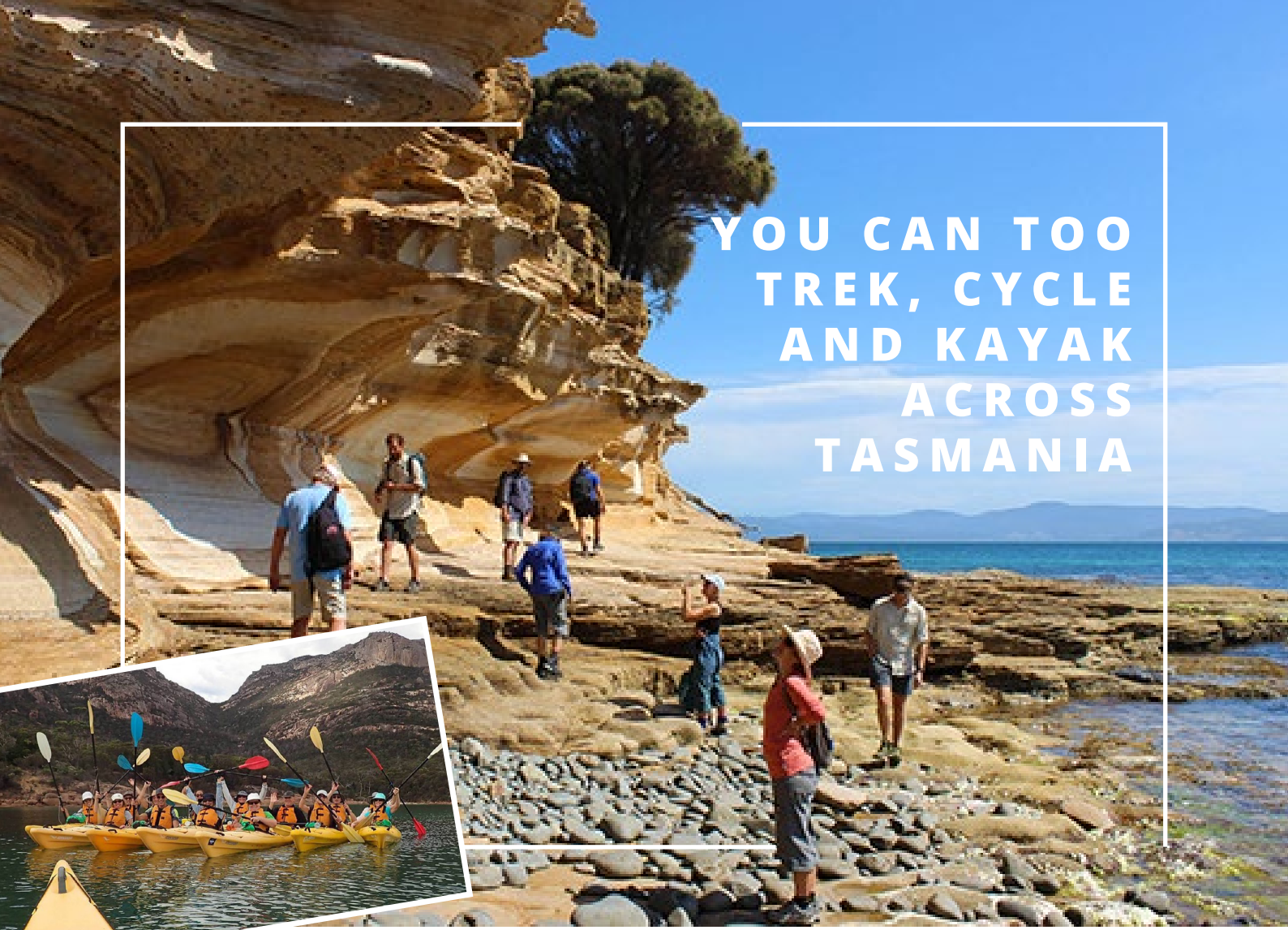
46

hours trekking the Salkantay
Track, the lesser travelled
road to Machu Picchu


\$75,317

raised for cancer
research and prevention.





YOU CAN TOO TREK, CYCLE AND KAYAK ACROSS TASMANIA



Can Too Team Captain Anne Reidy loves helping people achieve their fitness goals so much so that at the end of the 2019 SMH Half Marathon she ran back and forward with countless people to help support not just Can Tooers – but any runner – cross that finish line.

She thrives on helping motivate people to achieve things they never thought possible, such as Lily and Tammy Bye who just completed their first half marathon with Can Too.

“One of the defining moments of being team captain was seeing the mother and daughter team, embrace the whole Can Too philosophy of courage and support to finish the race even though they both weren’t well leading up to it, they were so determined. It was amazing to see them conquer their goal and an honour to be part of that moment.”

As a registered nurse at the Sydney Children’s Hospital oncology ward Lily sees kids struggling with cancer every day, which spurred her on to join Can Too to do what she could to help.

“From working in such a challenging area, I realised that anything that we can do to help fight cancer goes a long way and the families who are going through the worst time really appreciate it,” said Lily.

Lily was inspired by Annie Reidy, her Team Captain, during the program which made the running enjoyable and when she was finding it tough was reminded that she was doing something for a purpose.

“I found Annie a remarkable and generous person who is really good at encouraging everyone, people of all ages, like mum and I who were new and people who have done Can Too for many years. She had this way of inspiring people to do something good for themselves as well as for other people.”

Annie was driven to support Can Too after seeing both her parents overcome cancer.

“My father had bowel cancer, which used to be a death sentence and now it’s not nearly as intimidating due to research, early detection and intervention. To be a part of helping early career cancer researchers – that probably wouldn’t be able to do what they’re doing without our help and to see the advances in my lifetime – is amazing.”

The prolific Can Too mentor and team captain’s next mission is to lead a group to complete the Can Too Tassie Adventure Challenge. The five-day journey will start in Launceston and finish in Hobart in between will be kayaking in Coles Bay, trekking in Freycinet National Park and cycling along the stunning East Coast.

The trip is open to all abilities and the cycling is supported with vehicles so you can cycle as little or as much as you wish, each participant has a fundraising commitment of \$1,200 to benefit Australian cancer research.



"The trip looks like a lot of fun and variety with cycling, kayaking and trekking which is the best way to see Tasmania," says Annie.

The 51-year-old will be leading regular training sessions followed by coffee and brunch to prepare for the trip for participants to take part if they wish, including hiking along the Spit to Manly walk, around Narrabeen Lake and the Bondi to Coogee coastal route, cycling in Centennial Park and taking kayaking lessons on Sydney Harbour and at Pittwater.

Locations are flexible and can be tailored to a participant's preferred area. There will also be an opportunity to ask any questions about the Tassie adventure with Huma Charity Challenge at the pre-departure dinner. Annie, who has raised over \$11,000 for Can Too Foundation, is also there to provide fundraising advice.

Annie enjoyed the Can Too Larapinta Trail Adventure in the West MacDonnell Ranges, in the Northern Territory last year, so when the opportunity came up to lead a challenge in Tasmania, she jumped at the chance.

The Team Leader in community care wanted to give back to the Foundation after enjoying the camaraderie, group atmosphere, support, professional coaching and friendships since she joined Can Too in 2013 for the SMH Half Marathon. Before that she spent a year on

the couch after being injured from overtraining whilst preparing for the 2011 New York Marathon on her own.

"Whilst I was walking back to the car after my first Can Too goal event, it hit me 'now what am I going to do'? It was all over, almost like the day after Christmas, which has kept me coming back to Can Too again and again."

Since then she has completed and supported others to achieve Can Too goals including the Blackmores, Queenstown, Great Ocean Road and Canberra marathons as well as the 2019 Dopey Challenge – a 4-day series of 5km, 10km, half marathon and a marathon over consecutive days across Disney World in the USA.

"It's been a joy and really rewarding to be a mentor and Team Captain with Can Too, every time I see the whole pod finish a race is a favourite moment. To see people achieve their goals, overcome doubts and feel the proudest they've ever been makes me proud too. I'm looking forward to helping people complete the next Can Too challenge to conquer Tasmania."

**For more information:
www.cantoo.org.au/tasmania**



**I FOUND MYSELF
WITH CAN TOO**

Can Too enthusiast Leigh Elliott thanks the Can Too Foundation for helping her to turn her mental health around in a positive direction.

Before joining Can Too she went through a rough time with the breakup of a long-term relationship, leaving her to bring up her 13-year old on her own. It was a struggle, financially and emotionally. She was diagnosed with depression and was put on anti-depressants, which she was able to later wean herself off.

"Doing the Can Too programs and events boosted my confidence and I found myself again," she said.

"I said to myself 'I won't keep wallowing in grief and self-pity, I want to move my life in a better direction'."

Even though she loved sport as a kid, and had played team sports in her adult years, her fitness took a back seat as she got older and was busy looking after her family.

"I was feeling like I had to get moving, in the past I'd run and swam, which makes you feel good, be healthy and look good too."

She signed up for a 10km run at the Gold Coast Marathon running festival in 2014, with Can Too. *"I was 55 years-old and at first, I wasn't sure if I could do it."*

With the help of Coach Jaryd Grantham and fellow Can Tooers she found the encouragement she needed.

"I ran slowly but no one cares with Can Too. I tried other running groups in the past but their version of 'slow beginners' was not mine."

She ran the last half of the 10km race with Can Too Founder, Annie Crawford.

"Annie motivated me to keep going, so I ran the whole way, she said 'think about the people who have cancer'. It was a great sense of achievement and one of the best days of my life, it was a fantastic feeling to finish the race."

Since then the 60 year-old has dived into the Can Too swim programs as well, most recently finishing the 2019 Cooly Classic swim. She's completed 10 programs in total including three half marathons and a trail run and raised nearly \$9,000 for cancer research.

Her motto is that 'as long I'm moving, I'm not going down without a fight'.

"With Can Too you kill several birds with one stone, you get fit, it's good for the community, you get satisfaction by helping fund cancer research and you make great friends."

"Can Too helped with my mental health and depression, in the first program after I had gone through a difficult break up, I was knocked down and had lost sight of myself, running that first 10km race the whole way made me feel if I Can Too do that I can do anything."



"The Can Too programs and events boosted my confidence and I found myself again."

FUNDRAISING TALES

We're sharing Can Too participant and practicing Chiropractor Ashlee Batters' fundraising method as a great example of how capitalising on your skills can be a lucrative way to fundraise.

Ashlee is helping others to boost their flexibility whilst raising money for the Foundation by leading stretch classes.

The first time Can Too runner is raising funds for her Sunshine Coast Half Marathon training program, which was her longest run distance to date.

"Doing the Can Too run program has been a really great experience from a personal and a clinician's perspective," said Ashlee.

The focus of her stretch classes, which are open to all ages, is flexibility, muscle recovery and tone. She tailors the exercises to each individual, and the classes are capped to a maximum of five people, so she can focus on correct technique.

The feedback from the classes has been really good, with a couple attending from her Can Too pod in addition to her patients and members of the local community.

"I'm really fussy about doing exercises correctly and appropriately for each person, to minimise injuries and improve function."

Ashlee started her journey with Can Too after joining her local surf club then realising how scary the surf can be as an adult. She joined Can Too's learn to ocean swim program for the Cooly Classic which enabled her ocean swimming skills and confidence to soar.

"I was really scared initially to get in the waves, but I managed to complete the ocean swim race and improved my swimming speed and technique with Can Too."

Joining the Foundation was also a good way for Ashlee to meet new friends after moving up to Far Northern New South Wales from Sydney. She also liked training with a group where everyone has common goals – to complete a fitness challenge and to beat cancer.

Stretching classes are on Tuesdays 6.30pm at Tweed Coast Chiropractic for \$15.

You can donate to Ashlee's fundraising page here: www.cantoo.org.au/fundraisers/ashleebatters/sunshine-coast-half-marathon-2019



STRETCHING FOR FUNDS

Stretch for life

A 45 minute weekly class conducted by a fully qualified health professional, focusing on restoring function, flexibility and control.

ALL PROCEEDS WILL BE DONATED TO CANCER RESEARCH (CAN TOO FOUNDATION)

Are you starting to feel a little stiff in the joints as the temperature drops? Feeling a little unmotivated to get outside? This stretch class may be for you. Conducted by our experienced Chiropractor, Ashlee, these classes will get you moving again. With a focus on restoring mobility and control, Ashlee will tailor the class to your needs. All ages welcome!

- Tuesday nights at 6.30pm; first class on 18th June
- Introductory cost of \$10 (ongoing rate of \$15 per class)
- Max of 5 people per class
- Bookings essential
- Contact Tweed Coast Chiropractic for more details on 02 6674 4032



**I SWIM
THEREFORE
I AM**

Can Too participant Lindsay Asquith is now a swimming convert. She overcame her fear of drowning from witnessing the destructive force of the ocean in the 2004 Tsunami.

“I went from being fearful of the ocean to it becoming my happy place,” said Lindsay.

“When I joined Can Too, I was terrified of the ocean as I was in Phuket, Thailand on Boxing Day 2004 when the Tsunami hit. We were luckily not on the beach, but on the second floor of the hotel; the first floor was badly damaged.

“I had to run with the kids to higher ground and tried to shelter them as best I could from seeing the destruction and human cost. Lots of people were worse off than us.

“The experience made us aware of how precious life is, and one of the reasons we came to live in Australia in 2006; it changed our perspective to live life to the full.”

But witnessing the aftermath of the Tsunami had left its scar on Lindsay.

“My girls were always trying to get me to swim at the beach, but I was reluctant to and wouldn’t go out of my depth. I was frightened of the ocean water after seeing its power.”

She decided to face her fears to learn to ocean swim. Lindsay chose Can Too for the professional coaching, group training and to raise money for cancer research.

“To help me with my fears, my first Can Too Coach Simon

Buckingham said ‘try and sink’ and I then realised how difficult it was to do. I learned that if you scull and keep moving you won’t go down, and how to use this technique to circumnavigate the waves and rips as well.

She was also supported by fellow participant Robby Gee who stayed with her in the ocean ‘as she noticed I was reticent in the ocean but not in the pool’.

“Now the ocean is where I go for mindfulness. I swim all winter, three times a week, and swimming has opened a whole new group of friends to me.”

Her swim accomplishments include beating her partner in the 2019 Balmoral 5km Swim for Cancer in a time of 01’57”.

“I did have a great swim and he wasn’t on his game that day as he was unwell.”

Completing a 10km swim before she turns 60 is her next big goal.

I’m hooked on swimming

Can Too tragic Paul Jeffress dived into the Can Too 2017/18 ocean swim program after doing eight Can Too running programs.

“I’d never been a surfer or ocean swimmer type of person but then I did the Can Too 1km swim program and absolutely loved it.

“I gained confidence as the Coaches John Bell and Mike

Langley taught me how to read the water."

He then swam the Bold and Beautiful (B&B) regularly including completing a winter challenge of 20 swims over three months.

"The clarity of the water is amazing in winter and it's calmer. As I live near the beach at North Manly I now kick myself for not doing the B&B swim for the last 20 years.

"You look at the B&B distance or for any 2km swim, when you can't do it and think that's so far but once you learn how to do it it's not that hard. I do it now so comfortably."

Paul went on to be Team Captain for the 2018/19 swim season for the Northern Beaches Pod and would swim with the 1km, then the 2km, group on Saturday mornings.

"I'd take as much swimming as I could get as it makes you feel good being at the beach and then having breakfast and coffee. The beautiful scenery is so motivating it's not hard to get out of bed."

For the 2019 'Little' Big Swim event he swam the 1km race with a nervous Can Tooer.

"My favourite Can Too moment was seeing people that didn't think they had a chance of doing a 1km swim, achieve that. To see people who were nervous at the start finish that race, it's just such a buzz to see people impress themselves."

He then completed the Macquarie Big Swim from Palm to Whale Beach despite feeling seasick due to an undiagnosed virus. That setback didn't dampen his spirits as he's completed nearly every weekend surf club swim of the season including Freshwater.

"I swim on average twice a week all year round. The physical benefits and the social side are a key part of what I do to keep my mental health afloat.

"The future is more swimming including an island-hopping swimming holiday in Croatia for a week in September and the South Head Roughwater 10km in a team of two in 2020. I love swimming, it's easier on my body. I enjoy running to achieve a goal but I love swimming just for the sake of it."



Registrations open
**MONDAY 2
SEPTEMBER**

HAVE YOU ALWAYS WANTED TO LEARN TO OCEAN SWIM WHILE SUPPORTING AN AMAZING CAUSE?

Can Too offers beginner's ocean swim training across NSW & QLD:

- Sydney Ocean Swim (NSW)
4 November 2019 - 26 Jan 2020
Training for 1km to 3km swims
- Noosa Summer Swim (QLD)
13 November - 2 Feb 2020
Training for 1km & 2km swims

Training is led by qualified and experienced coaches teaching you important ocean swim skills, with caring Team Captains and Mentors guiding fundraising.

All ocean sessions are staffed with additional water safety crew, giving you a safe, supportive environment for you to face your fears.

JUMP IN TO HELP FUND LIFESAVING CANCER RESEARCH HERE:
www.cantoo.org.au/swim



CHECK OUT
THE VIDEO
FROM LAST
YEAR

MY LETTER TO THE YOUNGER ME

HEATHER HAWKINS



Dear Heather,

Don't be frightened, I know you're feeling overwhelmed by the shocking news that you have cancer but hang in there and trust that this time in your life will become a positive turning point.

You notice changes in your body at age 41, from becoming full quickly after eating small meals, to dramatic abdominal swelling where you couldn't fit into your favourite red skirt that you'd worn two days previously.

You did the right thing to listen to your intuition which told you that something was wrong and to see your doctor. This was backed up from your skills and knowledge learnt from your earlier days practicing nursing. You now encourage others to go see their doctor if something doesn't feel right. Your instinct will continue to guide you in the right direction where you will not only heal but become stronger, find pursuits that you love and achieve things you never dreamt you were capable of.

You're now questioning whether you're going to survive or ever be the same again after having this tumour grow inside you. But it's important to stay positive which you'll do with the support of your family and friends as you won't face cancer alone.

You undergo extensive surgery and then place your trust in your Oncologist, Professor Michael Friedlander

who is at the forefront of the latest cancer research. You will be reassured by his treatment plan, which will guide you through your journey with cancer. Your doctor will advise you to start exercising to aid your recovery, so you learn to ocean swim the at the age of 44 and complete your bronze medallion alongside fellow mum friends as a volunteer surf life saver.

After being cancer free for five years you will go from never running before to taking the first step training for a 4km run to raise awareness for breast cancer. You go from worrying about how on earth you will be able to run that far to listening to that voice inside you that tells you to keep going.

You then build up running distances from 14km to 21km and beyond and discover lots of training tips from online research such as what nutrition to eat, how to taper and cross train.

You never dreamed you'd love exercising so much, nor the places it takes you to where you'll appreciate the majesty of nature from the star filled sky of the Northern Territory to the mountains of Nepal, where you'll trek for five months with your two children. You grow so much from this experience of being removed from normal life to climb over high passes, cross glacial rivers, trek to far remote western parts of Nepal where you get caught in monsoonal rains where you're drenched but it gives you a chance to reflect and realise what you're capable of.

Running will also open unexpected doors for you including becoming an author, public speaker and ambassador. As a Can Too ambassador you help others wanting to beat cancer to accomplish things they never thought they were capable of from trekking up to Mt Everest Base Camp and climbing Mt Kilimanjaro.

Supporting this Foundation will tick your boxes – to provide support for people training to achieve their goals and fundraising for Australian cancer research.

For the first time you'll join a professionally coached training program with Can Too for the New York Marathon, being able to train for, travel and accomplish that goal with a special group of people will be an experience you'll always treasure. Every year you will challenge yourself with a physical pursuit be it running a marathon in the North Pole or the Sahara Desert. You'll even complete a 522km ultra-running race from Alice Springs to Uluru in over 40-degree heat for ten days. The tough conditions prevent more than half the field finishing the race. You look internally and externally to find that strength to keep your body moving despite fatigue, blisters and bruising to cross the line as the second female overall.

You look at your photo at the finish line and think that's what 10 days of being lost in the dessert looks like. During the outback race you will run through and camp at the Curtin Springs Cattle Station where you worked as a 21-year-old governess. You advise the Severin family that you won't be driving or flying there to visit but will run to their property. Catching up with the family patriarch: the grandfather, and son again at your campsite will feel like you've gone in a complete circle in life.

'You must be writing to the wrong person', you're thinking. Well you'll discover that by being given a second chance at life, you can reach physical heights you never considered before.



By beating cancer you know that if you can get through that you can complete ultra-running events and scale mountains. Even when you're tired and in discomfort you now have additional purpose to help others going through cancer.

Your life will go in directions you never planned for or could imagine, embrace the change and take steps forward to discover something new about yourself and celebrate every single opportunity that will nurture your adventurous spirit.

Heather Hawkins



WIN!

\$150 Wild Earth gear package too
(see back page for more details)

CAN TOO ADVENTURE CHALLENGES ARE A NEW WAY TO HELP BEAT CANCER.

Connect with like-minded people on a small group adventure fundraising for cancer research:

- Trek, Kayak & Cycle Tasmania (Mar 2020)
- Trek the Camino Trail (May 2020)
- Trek Kakadu (Jun 2020)
- Trek Iceland (Aug 2020)

** be supported by Can Too Team Captain Annie Reidy*

**Download trip notes for each adventure at:
www.cantoo.org.au/adventure**





CAN TOO SCORES A WINNING GOAL WITH GWS GIANTS

Photo by Phil Hillyard courtesy of
The Daily Telegraph.

The Can Too Foundation are pleased to announce that Greater Western Sydney GIANTS players Zac Langdon and Adam Kennedy will be donning the Foundation's orange uniform to train with Can Too.

The professional AFL players will join the Can Too Foundation at Sydney Olympic Park to train for the Blackmores Sydney Running Festival's Half Marathon to raise money for cancer research and prevention. This initiative is thanks to the Foundation being a 2019 & 2020 community partner of the GWS GIANTS football club.

Zac was motivated to join Can Too as behind the scenes when he was striving for his lifelong dream of becoming a professional AFL athlete with the GIANTS, his partner was being treated for Hodgkin's lymphoma – a cancer of the lymphatic system.

The 23-year-old footballer's partner of four years, Eli Suleska encouraged him to continue pursuing his football dream.

The same night he was told he'd realised his dream of making his AFL debut he shared with his teammates that Eli had beaten cancer.

He said that living with the anguish of his partner battling cancer which included four rounds of chemotherapy, followed by 10 straight days of radiation was the hardest thing he's ever had to go through.

"After hearing the news of my partner being diagnosed with Hodgkin disease and seeing first-hand what she went through I have a massive reason to get involved with Can Too to raise awareness for and take steps towards curing cancer," said Zac.

"Every time things get hard or I feel like giving up I think about Eli and what she went through. I consider myself very lucky in many ways and the biggest one is having my partner Eli. Every game I play I think about her and my family and how lucky I am to be out playing for them."

Zac's teammate Adam Kennedy was inspired to join Can Too to support cancer prevention through research and promoting fitness and healthy lifestyles.

"I've witnessed friends and family go through difficult times with cancer I find it very hard to watch, which is why even if it's is a small difference, I'm keen to help," said Adam.

He's looking forward to training with his group of Can Too training buddies for the 14-week program.

"I've got a strong belief in being around positive people, always having a laugh and keeping a sense of humour."



**CATHY TAKES
EVERYTHING
IN HER STRIDE**



Prolific Can Too participant and mentor Cathy Duloy takes her challenges in her stride, be it training for a half marathon, an ocean swim, a trail run – or beating cancer twice.

The Can Too Life Member who has completed 26 Can Too programs including 10 SMH Half Marathons, is in remission from having breast cancer.

"I thought of the cancer treatment as like doing an endurance event, like a half marathon, you take one step at a time and eventually you'll get there and you might be suffering while you're doing it, but you'll get through it," said Cathy.

She puts her resilience down to the support and training she receives from Can Too.

In 2012 the 50-year-old was training for the SMH Half Marathon when she noticed a lump on her breast during a shower post-gym session; within a week she was in surgery and had to take seven months off work to undergo chemotherapy treatment.

"It's a huge shock, your world changes straight away. Looking back, I don't know if I would have got through that period without my Can Too friends and also the fitness that I had going into it."

Her Can Too teammates would visit her, bring her flowers, take her out for coffee, and send her messages all the time.

"All of that stuff really helped. Can Too really means so much to me because of that support."

She was determined to return to running, after suffering muscle wastage from chemo treatments. She built up from walking five minutes a day and doing gentle rehab exercises with a trainer.

Her comeback to running with Can Too, within a year of her diagnosis, was completing the 2013 Great Ocean Road 14km run.

"Crossing that finish line together with my five Can Too friends holding hands was a really special moment." (Pictured top opposite page).

"We were all women of a similar age who became so close, they all recognised they were supporting me to come back to something I really loved. It was an important part of my recovery."

She credits her effective recovery with the base fitness that she had built over the years of training in orange, which included a trail run and ocean swim programs as well.

"All my doctors said that you're so fit and healthy, so you're going to be fine and they all commented on how well I recovered from the surgery and chemo from the basics of my good health and fitness."

Then in 2015 she received the bad news that the cancer had returned.



"I won the bad lottery and got a different type of cancer in the other breast."

She had to have another mastectomy, but they caught it early enough so she only had to have surgery, so it was less time in recovery, and she was back running within a few months.

"You never know when something will happen to you, you'll get a broken leg or cancer if you have good levels of cardio fitness and a good metabolism to start with you'll cope much better."

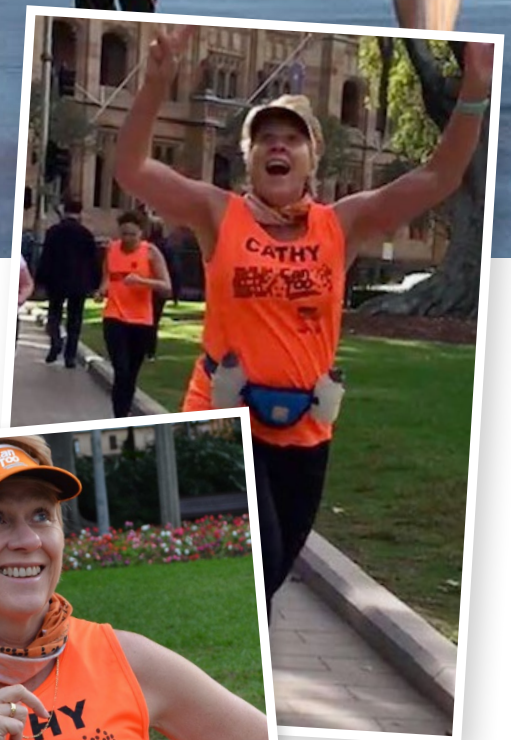
The Head of Public Policy, was so enthusiastic to become part of Can Too from the start in 2008 as it was a way to honour her father who had recently passed away from cancer, never realising that she would be one to benefit from and give back to cancer research directly.

"I feel that the health outcomes for women who have early stage cancer are really positive, an important part of that is the fantastic treatment we have in Australia and all the research that's been done."

During her treatment she also donated her cells to the Kolling Institute, who has been funded by Can Too, to give back to cancer research.

She has also raised nearly \$40,000 for Can Too and now helps her fellow Can Too members to raise funds.

"I said to my team once this is a pretty hard-core fundraising technique to get breast cancer twice and would not recommend it to people."



When asked how she keeps running when she finds in tough, she replied 'I don't like to let the Can Too Team down'.

"There's usually two or three of us at the back of the pack and if someone doesn't turn up it makes a really big difference. If I don't turn up I might stuff up someone else's run."

TOP PHOTO: Crossing the line at the Great Ocean Road 14km run in 2013 from left; Anne Nesbitt, Michelle Corbett, Virginia Lane, Stephanie Meares, Cathy Duloy and Jennie Star.



CACAO, WALNUT & CHIA

A GREAT CHOCOLATE ALTERNATIVE
& FUEL FOR BRAIN!

Ingredients:

- ¼ cup of cacao powder
- ½ cup of organic shredded coconut
- ½ cup of walnuts
- 1/3 cup of sultanas or 4 dates
- 2-3 desertspoons of coconut oil
- 1 tablespoon of chia seeds

Method:

1. Blend all ingredients together in blender or food processor, until smooth and well mixed.
2. Put into a slice tray and put in the freezer.
3. Cut into small pieces and store in the freezer in a container and take out as required.
4. Enjoy!

MEET OUR NEW TEAM MEMBER



Name: Robin Nicholls

Position: Community Engagement Specialist

I CAN TOO BECAUSE:

I love the accountability of a supportive training group, I am better for it and I am over seeing cancer do bad things to good people.

MY CHALLENGE THIS YEAR WAS:

I always give myself a challenge each year, it might be a marathon or an Ironman 70.3, something that really pushes the limits of my comfort zone. This year I took on the South Head Roughwater Swim from Bondi to Watson's Bay - an 11.5km swim which passes through the heads of Sydney Harbour. I've wanted to take part in this event for a few years and committed to giving it a go when my friend and Can Too legend, Mark Ellis, passed away. Mark overcame some huge obstacles to complete the swim last year, and I wanted to take it on as a mark of respect to a great man. Yes, I got it done. It was a great day and got me thinking about what next year's challenge will be.

MY GOALS FOR MY NEW ROLE:

One of the best things about Can Too is the community. There is something about people who are physically active and want to help others, they're just good people, which the Can Too community is full of. I want to see our community expand while retaining the supportive and encouraging culture that permeates through it. If I can manage to do that I'll sleep well at night.



See our **NUTRITION GUIDE** for more delicious and healthy recipes plus easy to follow principles including the keys to optimal performance.

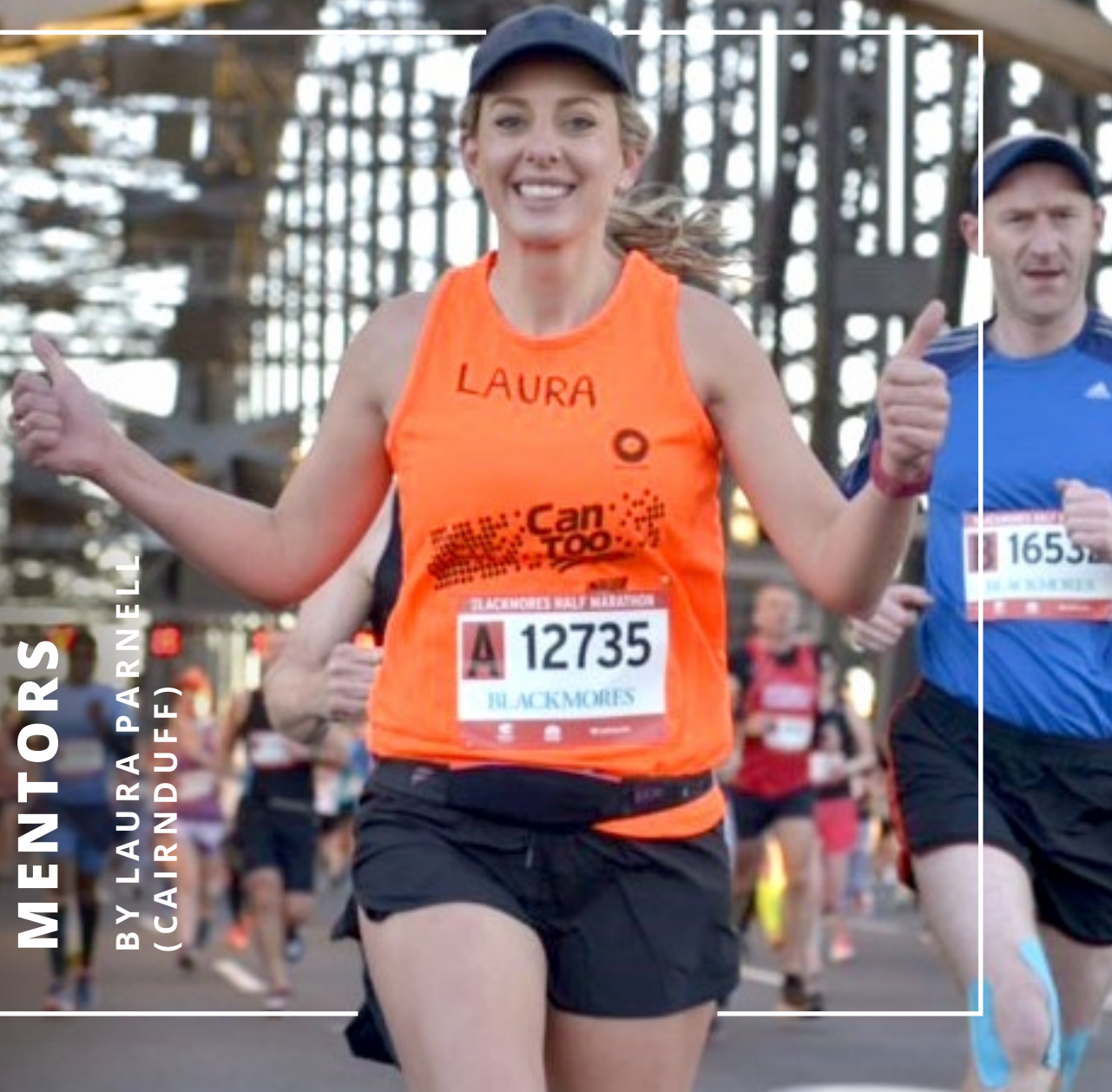
Recipes by Naturopath, Nutritionist & Researcher Rebecca Warren

CHECK IT OUT HERE:

www.cantoo.org.au/resources/nutrition

WE ARE ALL MENTORS

BY LAURA PARNELL
(CAIRNDUFF)



“Beaming with pride, humbled by kindness and inspired (once again) by the power of community.”

That’s how I felt during my first ever Mentor role with Can Too during this autumn’s Half Marathon program for the 2019 SMH, Great Ocean Road and Hawke’s Bay goal events, with the wonderful Kirribilli pod. And I quickly learned that while Team Captains and Mentors are there in an official capacity to support fitness and fundraising, everyone in the Can Too community is a Mentor, whether you know it or not!

I joined my first Can Too program in 2015 at a time when I was craving a sense of ‘family’ in Sydney, having moved from the UK a few years before. That run program, and the programs that I completed over the following years, had such a positive impact on me – the fitness, the friends, the purpose – that this year I knew I wanted to give back. So mentoring a Can Too pod seemed a great way to go about it.

I was also hugely motivated by watching my close friend Matt Penny – the same person who encouraged me to take up running in the first place – fight a brave and valiant fight against Stage IV bowel cancer for the year prior, and seeing the tragic effect that cancer was having on this previous IRONMAN and his young family.

Our Kirribilli pod was such an amazing group. From first-time half marathoners to seasoned runners, everyone had their own fitness goals and personal motivation to raise funds for cancer research. As the sun came up over Sydney Harbour at our early morning sessions (seriously, is there a better place in the world to train?!) and on our long runs on Saturdays, I was inspired by ‘Team Kirribilli’ week after week. Talking to each pod member I learned about their lives, their motivations and their ‘why’, listened to their challenges, and shared my experiences with them.

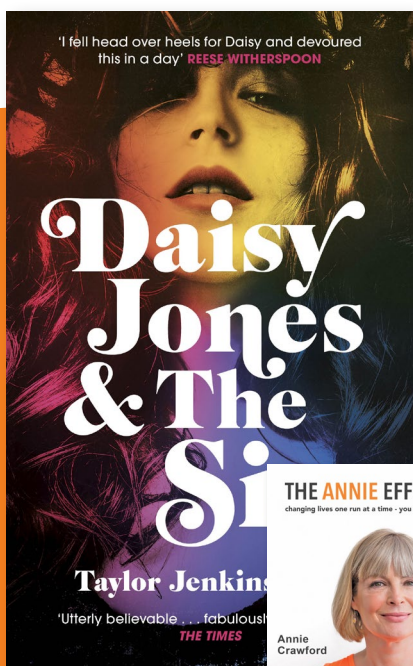
Despite a heroic battle, Matt passed away a couple of weeks into the program, and it was, and still is, a devastating time for everyone who was lucky enough

to have known him. Later in the program I also watched another close friend lose her dad to the same illness. Cancer really doesn't discriminate, and it was even more reason for me to throw myself into my Mentor role, run in their honour and do whatever I could to help defeat this insidious disease.

Can Too provides such a supportive, safe place where you can laugh, cry, talk (or not, if you prefer) to like-minded people who are willing to push themselves hard to achieve their fitness goals because they know sadly there are so many people who can't.

During my time as a Mentor I experienced the Can Too community at its best. Along with Coach John Doughty, (pictured centre right) Team Captain Gemma Whitley and fellow Mentor Niall Faber, I was so proud to be able to support our amazing Kirribilli runners reach the finish line, and make the prospect of fundraising a little less daunting for them. But they also hugely supported me as I tried to make some sense of the devastation that cancer can cause. My pod members were as much Mentors for me as I was for them.

We all know that fitness is good for the mind as well as the body, but for me there's a special type of orange endorphin that comes from lending an ear on a long run, or debriefing about your week over coffee with fellow Can Tooers on a Saturday morning. Whatever your role in the Can Too community, in some shape or form we are all Mentors for each other.



CAN TOO BOOK CLUB

Congratulations to Pauline Pyers Gill for nominating *Daisy Jones and the Six* by Taylor Jenkins Reid as this edition's Book Club read on mental health and wellbeing. Pauline received a signed copy of *The Annie Effect* by founder Annie Crawford.

Daisy Jones and the Six is set partially in the heady rock'n'roll glory days of the '70s and inspired by the turbulent history of bands like Fleetwood Mac. As reported in Rolling Stone magazine the book offers a positive tale for women in music and how important it is for women to have their own voice.

Share on our Facebook page by 30 September your recommended read and why you chose that book to go into the draw to win *The Annie Effect*.



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SPECIAL MASSAGE ON QUAY

For every non-discounted treatment MOQ will donate \$10 to a Can Tooers' fundraising page or to Can Too directly for non-participants.

massageonquay.com.au
MENTION CAN TOO!



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CODE: CANTOO20



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Receive a FREE Wild Earth \$150 gear voucher if you're within the next 20 people to book and pay for a Can Too Adventure Challenge to 'Trek, Kayak & Cycle in Tasmania' or 'Trek Kakadu'.

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Sign up by 15 September to save!

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Save \$50 NOOSA SUMMER SWIM

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