



Run for a cause

FITNESS

IF YOU need any extra incentive to get out and pound the pavement to work off those summer kilos, Can Too has all the inspiration you need.

A non-profit program that matches fitness incentives with a good cause, Can Too is coming to Melbourne after its success in Sydney, where it raised \$2.5 million for cancer research while training 1500 people to take part in running and swimming events.

Founded by running coach Annie Crawford in 2005 after the death of her father to bowel cancer, Can Too will kick off its first training program in March in preparation for a 10km and half-marathon as part of Run Melbourne 2009.

"One of the most rewarding elements is seeing people surprise themselves with their own ability, both physically and on the fundraising side," Ms Crawford said.

"It's not just experienced athletes who join Can Too – we get many participants who have never run in their lives and go on to reach their own personal running goals while raising thousands of dollars for cancer research in the process."

After Run Melbourne, Can Too will move to the three distances that come under the banner of the Melbourne Marathon.



Get fit while raising money to fight cancer with Can Too.

In each program participants are given weekly group training sessions, including a Wednesday night track session and a Saturday morning road session.

All programs are specifically tailored to prepare participants for their particular race distance, and aside from providing coaching in a supportive team environment, include guest talks from physiotherapists, nutritionists, cancer patients and researchers, as well as training guidelines and fundraising support. In

return, participants must raise a minimum amount of money for Cure Cancer Australia.

"By launching in Melbourne, Can Too is providing a whole new group of people with the opportunity and inspiration to get off the couch and reach their own personal fitness goals while taking another step towards helping to find a cure for cancer," Ms Crawford said.

» **For more information about Can Too's upcoming running programs, visit cantoo.org.au**