



Nada Khoury, Debbie Tutaan, Ana Soliven and Maya Zahran prepare to run and raise money for a good cause.

Picture: ARMEN DEUSHIAN -PP389623

Four can too more

BIANCA LIPARI

A CHANCE to raise funds for cancer research, while getting fit was enough motivation for Debbie Tutaan, Maya Zahran, Ana Soliven and Nada Khoury to challenge themselves.

As members of Can Too they have signed up to compete in the Blackmores Sydney Running Festival in September.

Along with the rest of their team, the women meet twice a week at Dwyer Oval at Warwick Farm to train.

"I saw it as an opportunity to increase my fitness levels and do something good for others," Zahran, 23, said. "I'm definitely a lot fitter. "For me it has been a massive battle with my mind."

Can Too is a non-profit organisation that provides novices and experienced athletes professional coaching as part of a team to run or swim in endurance events.

In return, participants raise funds for cancer re-

search through Cure Cancer Australia.

For team captain, Ms Tutaan, 26, the program has seen her progress to a level she'd never imagined.

"When I started I couldn't even run a kilometre and now I can run 2km," she said.

"For people to have never run to be able to complete a marathon or half-marathon is just amazing."

» For more details about how you can get involved visit cantoo.org.au



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