

Kirsten ocean swimming for a good cause

For someone new to long distance swimming and wary of deep water and what lurks within, Kirsten Lodge is a somewhat surprising adherent of ocean swimming.

As with so many MBF people who care about their community and who also take seriously the good health call to be active, Kirsten is putting any fears to one side to raise funds for a worthwhile cause.

In Kirsten's case, it is for 'Can Too', a program where teams of novices and more experienced athletes have professional coaching to run or swim in endurance events to raise money for cancer research.

"My aim is to raise \$1,250 for Cure Cancer Australia," Kirsten

said. "In the last two years, I have trained for the Sydney half-marathon with Can Too and raised more than \$3,600.

"I'd love to have raised \$5,000 by the end of this program. Ocean swimming has definitely been my biggest challenge. I'm not a strong swimmer -- 12 weeks ago I couldn't swim 50-metres without stopping. I even had to start out with flippers!

"And this year, the surf has been rougher than usual and for a novice like me overcoming the fear of big waves has been huge."

You can support Kirsten's ocean swim by visiting www.cantoo.org.au. Click on 'sponsor a participant' and type in 'Kirsten Lodge' to complete the details requested.



Kirsten Lodge an enthusiastic ocean swimmer for a cause.