

# The Mosman Daily

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NEWS

## You too can raise funds

PAUL TATNELL

NEVER in her wildest dreams did Annie Crawford believe that when she started her first charity – Can Too – it would raise more than \$2 million for cancer research.

But the Cremorne Point resident obviously had no idea how popular her motivational fundraising program would be.

Can Too programs help coach runners and swimmers to compete in marathons and swimming events.

In return, participants raise funds for Cure Cancer Australia.

“My father died at 51 from cancer and I know the impact that can have on families,” Ms Crawford said.

“I thought this would be a great thing to do and the first program, which started in the eastern sub-urbs, raised \$150,000.

“But now, after word of mouth, it has just gone crazy.”

The program will now spread to other locations across Sydney, as well as Melbourne.

Ms Crawford runs 50km a week and has completed nine Can Too run and swim events since the organisation’s inception.

She said the best part of Can Too is watching everyday people who would normally just be spectators attempt marathons.

“It’s what I love about the



CAN-DO GIRL: Annie Crawford is the founder of Can Too.

Picture: DAVE SWIFT -FP102967

program – we are getting people out there running and swimming who would never usually do it otherwise,” she said.

“And we also have good runners who just want to help raise money for cancer research.”

As the running season nears, and training for the swimming events is about to begin, Ms

Crawford said she can’t believe that the organisation, with the help of lower North Shore runners and swimmers, will have raised more than \$2.5 million.

She hopes to have raised \$10 million by 2011.

“It’s amazing, it drives me to keep going,” she said.

“It has grown so much, I get a

thrill that we are changing people’s lives by getting them fitter and healthier and we are funding cancer research.”

Ms Crawford urged the *Daily’s* readers to support all Can Too runners in future marathons.

» Anyone interested in joining the organisation’s swimming program should visit [www.cantoo.org.au](http://www.cantoo.org.au).