

Peter will give you a run for the money

By JANICE HARRIS

PETER Ryan has taken up running in a serious way, and his hoping local residents will support him to get across the line, with sponsorship.

Mr Ryan is not having a mid-life crisis.

Instead he is honouring the memory of his late daughter Debbie who tragically lost her battle with a rare form of cancer.

Ironically Debbie had decided to take up running and run in the Blackmores Sydney Running Festival when she was shocked to discover she had one of the most aggressive forms of breast cancer.

Debbie bravely ran a marathon for the second time just six months after a round of cancer treatment.

She started her running journey in the Sydney Morning Herald half marathon in May 2007.

"People who know me might be saying "what the" and I don't blame them but there is a real motivation here for me to run because of Debbie," Mr Ryan said.

"I have always been a regular morning walker and occasional runner but making sure I stayed within my limitations," he said.

"Three months ago I started to up the ante by running and walking five to six kilometres three times a week."

That has increased and Mr Ryan is now running 12 kilometres twice a week interspersed with some short walks.

"That's me you will see out and about in a bright orange shirt breathing very heavily at times, especially on the hills," Mr Ryan said.

Like his daughter before him Mr Ryan has joined up with Can Too, which is helping him with his training program.

"Not everyone can run, but if you sponsor me you are running with me," Mr Ryan said.

"Deb and I always wanted to do a half marathon together but that didn't come about so I've decided it's now or never."

Go to <http://www.cantoo.org.au> and enter your sponsorship details alongside Mr Ryan's name.



BEST FOOT FORWARD FOR DEBBIE: Peter Ryan is in training to run in the Blackmores Sydney Running Festival half marathon on September 19 in memory of his daughter Debbie who did the run in the past but lost her battle with a rare form of cancer. Photo: STEVE GOSCH 0903ryan