

FUN RUNS ACTUALLY ARE FUN!



If you are anything like me running doesn't really excite you! I am not a natural runner so I find it hard work and to be perfectly honest not that enjoyable. I do run, but more because I really enjoy the feeling once I have finished rather than the actual running process!

A lot of people that I talk wish they could run or were better at running. The plain facts are that, with the exception of some physical limitation, everyone can run. The bottom line is, however, that it is uncomfortable, it does take effort and it really isn't that much fun.

So the whole concept of a fun run seemed to me to be a total contradiction in terms! But then I tried one...

It was fun. I was running with a group of people that all felt the same way as me. I could chat to them, empathise with them and joke with them. When the going got a bit tough there was plenty of encouragement from other runners and spectators. When I found someone that was about the same fitness level as me I could run with them and we could motivate and push each other along to the finish line.

The best bit of all was crossing the finish line. That feeling of total euphoria, of incredible pride and achievement is something that you will never forget and that will motivate you to get out and do more of the same.

Sure, fun runs cost a bit and you have to put up with the crowds – but it is so worth it.

FUN RUNS REALLY ARE FUN!

I would really encourage you to try a fun run, even if you don't think you can. Start small, walk if you have to and slowly you will build your stamina and your confidence to the point where you may well become a marathon runner!



To find the calendar of fun runs in Victoria go to <http://www.coolrunning.com.au/calendar/vic.php?TargetCal=VIC&Months=12>