



Transforming lives Running for **HOPE**

On sunny Sunday, 12 October, 72 Team LifeCare participants crossed the FINISH LINE at the Melbourne Marathon 2014.

The "training journey" for runners requires commitment, discipline and perseverance. However, the benefits are priceless! Apart from being a personal victory, finishing the Race signifies HOPE for many in our community who are struggling, and a CELEBRATION of lives that have been touched and transformed.

Before LifeCare

"I felt overwhelmed, trapped, alone, sad and like a failure. I was drowning"

Now

"My life is so different. I feel focused, strong, I've reconnected with the person I was and not afraid to take risks in life"

Two years ago, Ali Cooper couldn't even use a computer. Since then she has successfully completed a year of nursing with high distinctions and then sat for GAMSAT (entry to Medicine) and is now studying medicine part-time at Deakin University, Burwood.



Ali Cooper (right) and her coach Julie Rule

THANK YOU!

Your donation to Team LifeCare will help Crossway LifeCare transform many more lives.

*Ali's story is one of many good news stories we have to share. For more stories, please visit our website:
www.crosswaylifecare.org.au*

\$73k raised!

For the second year running, Team LifeCare claimed the Top Fundraising Team and Top Fundraiser positions on the GoFundraise fundraising platform



Faith, courage and determination conquered all *Simon's Miracle Marathon*

After being struck by four separate fractures since 2013, Simon Goodfield never once gave up on the hope of running his first marathon this year. Against all odds and overcoming numerous challenges, Simon completed his first marathon in a respectable 4:10.

The Gift of Running

Running is a unique gift. The marathon they said I couldn't do? I never believed I could run 100m but with encouragement and perseverance, running now plays an important part in my life (both mentally and physically). For me, it is a natural release valve, a personal retreat and so much more.... I would challenge you to "Open up your Box"!

Simon Goodfield



Running for the less fortunate *Caryn Chan & David Phua*

We consider ourselves very fortunate and blessed to have our families, friends, jobs, enough food on the table and clothes on our backs. Running (and half walking!) 5km was the least we could do to help those in less fortunate situations. And it was a painless way of helping us be healthy and get our fitness goals back on track!



Making a difference *Dale Stephenson*

I was hoping to run the half marathon this year but injured my calf just two weeks prior to the event. It was very disappointing. Thankfully I was still able to run the 5km event. I chose to run at this event because I want to add my voice to the growing awareness of the great work done through Crossway LifeCare and to raise funds to assist people in tough places to flourish. There is an excellent sense of team at the event with our 72 runners and walkers. Our distinctive team top made it possible to spot one another out on the track. I also love it that people of different fitness levels can compete and know that they are making a difference.





Toby Hall (right) receiving the Top Fundraiser Challenge Trophy and certificate from Director of LifeCare, Toby Baxter

Anything is possible Andrew North

Cycling is officially my sport but I took up the challenge to run my first and only marathon primarily to support Crossway Lifecare and personally, to get it off the bucket list!

4 hours 46 minutes of an incredible experience! Generally if something lasts longer it is better value, so I got pretty good mileage for my Marathon stint.

It was a brilliant day, the atmosphere was great and all was tickety-boo. No Band Aids, Panadol, injuries or blisters. I ran my run just the way I planned at 9kmph, stopping only for drinks and the porta loo!

The next Sunday, I did 210km Around the Bay on a bike! And no, I did not attempt a marathon swim the Sunday after!



Going the distance

At 65 years of age, Glen and Otto Salomons are Team LifeCare's most senior and determined participants.

An avid golfer, Otto registered to run the 10km event for the first time in his life and Glen committed to a 3km walk. Not only did Otto finish well, but was the second fastest 10km (56min) runner within the Team.

Glen and Otto also went the distance and took their fundraising efforts across to the Nullarbor during their group Golfing expedition in August. Otto did a 5 kilometre run in front of their tour bus which gained a lot of interest and support! Way to go Otto!

A Personal Best

Team LifeCare's top marathoner, Terry Wong, ran his second marathon at a personal best time of 3:48.



Rising star

10 year old Nathan Yow was Team LifeCare's youngest participant. He ran the 5km event, finishing in 29 minutes and beating his father Clarence by one minute! Way to go, champ!

Nathan is hoping to encourage more youth to get active and join in to support and run with Team LifeCare in 2015.



Back in Motion's physio, Sandy, worked hard to provide relief to our sore and weary muscles at our Team LifeCare marquee on event day



TEAM LIFECARE



Medals of Perseverance



Congratulations!



The Executive Team and all at Crossway LifeCare would like to thank our participants, donors, sponsors and volunteers for their generous contribution towards the Melbourne Marathon 2014 fundraiser.



stuff that works.

**To join Team LifeCare or be a team Sponsor in 2015,
please email jane.ng@crossway.org.au**