

RUNNING AFTER 40

Many runners find themselves running well in their 40's and later. Enjoy reading and be inspired by some of the intraining runners

THERESA SAUERMANN

Age when started running: 54

AGE AT 'HIGHLIGHT RACE'

62 Competed in the 2015 London Marathon.

RUNNING HIGHLIGHTS

Marathons. I've done 4 now and improved on my PB with each. Nothing beats that feeling you get when you cross the finish line ... except perhaps when you run past younger competitors walking !! ha ha !!

HOW DID I BEGIN RUNNING

I was 'coerced' by one of my young work colleagues to train and run the Bridge to Brisbane in 2007. I joined Intraining Club to help with the training and just loved the friendly and supportive people I met there. My husband has always been a marathon runner and he encouraged me to keep running and enter other events. I'd always thought he was totally nuts, and couldn't understand why he tortured himself like that ... now I know !! ha ha !!

He ran with me in my first half marathon in Melbourne in 2008 and then 4 years later my first full marathon in Brisbane.

HOW HAVE MY GOALS CHANGED

I've always kept fit and walked and attended a gym regularly but didn't think I was capable of completing a marathon ... let alone actually enjoying doing one !! It's true that we have no idea just how strong we are. I think running the Marathon is as much mental as physical and it definitely makes you mentally stronger!! Suddenly you realise that you really can achieve anything you want to do with the right training of course !!

RUNNING FRIENDS

During the course of my 8 years of running I have made some fantastic friends !! For the past 4 years we have gone down to Melbourne together to compete in the Melbourne Marathon. We enjoy the running event and have a fun weekend away. I was also privileged to help train (and run with) two of my close friends to compete in the 2013 Melbourne Marathon and was there to see them cross the finish line with huge smiles on their faces !!! I must not also that my husband and I have travelled overseas to compete in both the 2014 Barcelona Marathon and 2015 London Marathon. Our children tell us that we could just travel overseas without running Marathons ... but why would you do that :-)

