



Jodi's special reason for doing the...

ING NEW YORK CITY MARATHON

NOV. 7, 2010



I have been deeply touched by women in my life who have battled Breast Cancer...

Friends and past clients (I'm a Sales & Marketing Consultant at Ray White Manurewa) who have lost their lives after long battles, who have fought the disease and got through, or are currently undergoing treatment.

Two years ago I decided I wanted to do something to raise awareness of the importance of early detection, to help curb the staggering statistics of one in nine Kiwi women being diagnosed in their lifetime. There is no cure for breast cancer (yet!) - early detection is our best chance for survival.

To show support to these women, I wanted a big challenge- something that tested me physically and mentally, something that needed dedication and commitment to achieve. Something that people would recognize is a big, big effort and (hopefully) support me by making a donation.

I signed up to run the New York City Marathon on November 7th 2010 and became an official fundraiser for the New Zealand Breast Cancer Foundation.

I have been tremendously lucky with generous support from sponsors:

- **Ray White is covering all of my travel expenses and marathon entry fees.**
- **The Athletes Foot in Botany have donated running shoes.**
- **Maxum have donated 10,000 cards giving advice to women about early detection and advertising my fundraising page.**
- **Claire and Alan from Contours Manukau for membership, training guidance & running buddies!**

I find the support, encouragement and positive energy at Contours invaluable. I meet with Sherree every 6 weeks for a catch up and my training includes Step, Pump, Combo and RPM classes, a bit of mountain biking and swimming when I get the chance, runs three times a week with Claire and Alan and an event every few weeks.

With only five months left to go, I have completed ten off road runs, five road runs, five triathlons, three duathlons, three half marathons (Auckland and Kerikeri twice) and the Wellington Marathon, to vary my training and keep myself focused. My favourite events have included runs near Cape Brett in the Bay of Islands, through the Whakarewarewa Forest, around the Blue Lakes in Rotorua and around the Kai Iwi Lakes near Dargaville. The most memorable event so far would have to be the Adventure



Quest in Queenstown- running up the Crowne Ranges in snow!
I'm joining the gym group for the Gold Coast Half Marathon in July, before increasing my distance to peak in November.
Thank you to everyone for their support and particularly Sheree, Claire & Alan. Remember- early detection is our best chance for survival!

Have a mammogram each year and self examine every month. If you have any concerns, speak with your Doctor.

If you would like to donate to my quest, head over to

www.fundraisonline.co.nz/jodidouglas/.

Jodi Douglas

The Athlete's Foot Ray White



Jodi Douglas
in Body Step

INJURY prevention



With training comes the increased likelihood of injuries...

But with a plan from a trainer who will suggest preventative measures and post injury management the likelihood or severity of injury can be reduced. No matter what type you do, there is always risk for injury.

Some of the more common injuries are listed below.

Running:

Shin splints, Pain over the knee or under the kneecap, Archilles tendonitis.

Swimming:

Shoulder pain

Weight Training:

DOMs (delayed onset muscle soreness)

Other:

Sprains, stress fractures and overtraining are also common injuries and are not necessarily sport specific.

