

# THE RELUCTANT RUNNER LOOK AT ME NOW

by BRAD PAYNE

**I** STARTED university about two and a half years ago and so consequently it has been about that long since I have been fit. The lure of parties, alcohol and long sleep-ins overcame me and the motivation started to disappear at an ever increasing rate.

Returning to my home town of Gunnedah during holidays was always a depressing time for someone who used to be one of the fittest in the local athletics club but, by enduring a lot of pain, I could usually salvage a little of my pride.

However, the night it all came unstuck was a regular Thursday night Gunnedah training session, based around some one kilometer repeats.

I set the pace for the first one and oh my god it hurt! Trying to get rid of a couple of younger guys breathing down my neck who should have been 30 seconds behind me was humiliation enough. To make things worse,

on the second I was dropped easily and not just by the lead guys, but also by a guy called Braden Ludlow. He's 12 - I was 20, enough said.

As soon as my new Nikes arrived, I started running as often as I could. I made sure it hurt every time, even if this meant having my MP3 player on full volume with the Korn and Disturbed pumping to drown out the horrific sounds I was making!

Twelve weeks later and I am running six nights a week for about 10km as well as some cycling whenever it's not too cold. The motivation and fitness are slowly returning and as soon as I go home, that place at the front of the pack will well and truly be mine again.

Apart from that though, much of the rest of my life is improving too. Study is a whole lot easier, I'm eating better, I'm feeling happier and the best thing for a Uni student like me, I get drunk for less money! ☺



Before and after shots for the ever-skinny Brad Payne. So pleased to hear we have assisted in getting you back on track.

Do you love the thought of running but struggle to get out the door?

Would you like a new pair of Nike's to help you on your way?

Write to us ([reluctantrunner@runforyourlife.com.au](mailto:reluctantrunner@runforyourlife.com.au)) in 100 words or less and tell us why you should be the next R4YL Reluctant Runner.

## DO YOU WANT THE BEST RUNNING SHOE?

Forget the fancy technological sales gimics!

The only way to select the best running shoe...

is to run in them when trying them on.

At Intraining we are experienced runners and we

can help guide you to find the best shoe to suit you.

We offer the largest range of runners and the best service...



...because we love running



Running Specialist Sports Store  
Running Injury Clinic  
Race Organisation Service  
Training and Coaching Service  
Running and Triathlon Club

**INTRAINING Running Centre 33 Park Road MILTON Qld 3367 3088 [www.intraining.com.au](http://www.intraining.com.au)**