

HUMAN RACE

NEWS, TRENDS AND REGULAR RUNNERS DOING AMAZING THINGS



READY TO RACE: Dearn is a 10-time finisher of the Canberra Marathon.

Master Ways

When Frank Dearn joined a running club, little did he know how much his life would change

BY SABRINA ROGERS-ANDERSON

SEVENTY-NINE YEAR OLD FRANK DEARN knows a thing or two about motivation. It can be hard, he says, to get yourself out of bed in the morning, especially when the alarm goes off at 4 a.m., but his years of running have taught him one thing. So what's his secret? "Just do it," he says. "It's really as simple as that. Don't reason with yourself. Don't bargain with yourself. Don't think it through. Just get out and do it."

Sound advice, and a directive that has worked well for Dearn, who started running in his 40s as an antidote to the overwhelming lunchtime sleepiness he felt while working as a solicitor at his legal practice. "I joined the Sydney Striders, because I knew I didn't want to run on my own, and started noticing improvements in my energy levels right away."

He ran his first marathon at 65, an age when many others are hanging up their running shoes. It was the Canberra Marathon, which he completed for the 10th time in 2012. Ten time finishers are awarded the honorary title of Griffin (in reference to Walter Burley Griffin, the architect who designed Canberra). His family was on hand to cheer him on, and his daughter, Susan, and son-in-law, Tim, ran the last five kilometres