



MEMBERS of the Run 4 Farmer Health team support each other in training around Lake Hamilton.

SUPPLIED

Windy conditions for training run

LOCAL runners and walkers braced windy conditions on September 8 to hear training tips, meet each other and practice for the upcoming Run 4 Farmer Health.

Supporting the run and sharing advice were guest speakers from Vitality Health and Fitness and Fit Feet Podiatry.

They provided tips on best practice for training and foot care in the lead up to the event.

The run is an initiative by the National Centre for Farmer Health (NCFH) and the Victorian Farmers Federation (VFF) to raise vital funds to continue the centres unique programs that address the health, wellbeing and safety of farm workers and their families.

The NCFH is aiming to raise \$20,000 from the

run and is now seeking donations.

Attendees also heard of the reasons why community members had decided to join the Run 4 Farmer Health team.

First time marathon runner, Bryan Barrera said he would like the issue of suicide and mental health in farming communities to not be hidden.

"It is an issue that needs to be spoken about," Mr Barrera said.

The group also completed a blustery training run around Lake Hamilton; however no records were broken due to the wind.

Western District Health Service chief executive, Rohan Fitzgerald will be running the half marathon distance for the team.

"We are extremely grateful for the support that we are receiving from the local

community through their participation running or equally fundraising for this event," Mr Fitzgerald said. "Running for farmer health is about recognising the importance of this organisation both locally and nationally and the vital role it plays within our community."

The Run 4 Farmer

Health will be held at the Melbourne Marathon Festival on October 12 and has more than 65 team members entered in all categories of the event from the three kilometre walk up to the 42km marathon.

The team includes farmers, nurses, all NCFH staff, politicians, chief

executives, VFF and industry and community members from across Victoria.

NCFH are seeking donations to reach their fundraising goal.

To donate visit www.melbournemarathon2014.gofundraise.com.au/page/ncfhrun4farmerhealth.