



Georgia Gleeson was inspired to start the Queanbeyan Deadly Runners group after completing the New York Marathon through the Indigenous Marathon Project.

## Running inspires Georgia's lifestyle change

Recognising her lifestyle required an overhaul, Georgia Gleeson decided to teach herself to run – but little did she know the positive flow-on effect it would have on her life.

“I only got involved (in running) after I had my fourth child and needed a big change in my life and lifestyle. I signed up for a 5km run and taught myself to run over an eight-week period,” she says.

Georgia successfully completed the run and was then selected to participate in the Indigenous Marathon Project as part of the 2013 squad, eventually running the New York Marathon.

The experience of being in the IMP proved valuable for Georgia, who thought she should pass on to her community what she had learned in health and fitness from IMP mentor Robert de Castella.

A qualified personal trainer and athletics coach, Georgia decided to start the Queanbeyan Deadly Runners group.

“I started it after I came back from New York. I put it out to the local Indigenous community if anyone wants to learn to run 5km. A lot of people want to learn to be fit but don't know how,” she says.

So far, Georgia has had a couple of groups go through the Queanbeyan Deadly Runners and now holds two courses – a beginners (to run 5km) and a 10km training group with the participants eventually aiming to run the City to Surf.

For Georgia, running has also proved important to her own health.

“I suffer really bad depression and anxiety and didn't want to take medication for the rest of my life. Since I've been running, I haven't been on anything at all. If I don't run I can feel the anxiety building up... it allows me to cope with situations and my life better. It is a non-negotiable part of my day.”

In addition to the running classes, Georgia is still involved with the IMP and will be chaperoning a group of Australian Indigenous youth, selected through IMP's Deadly Fun Run Series, on a sport and cultural tour of the US in April.

The Queanbeyan Deadly Runners are looking for sponsorship to help fund race entries for participants. If you are able to assist, or would like more information, please email [queanbeyandeadlyrunners@gmail.com](mailto:queanbeyandeadlyrunners@gmail.com)

- Allison Redman



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