



## GET TO KNOW YOUR CLUB

### Meet SIMON SAUER

**Simon Sauer, 46**

CEO, Mates4Mates

[www.mates4mates.org](http://www.mates4mates.org)

Previous RAAF Serviceman of 26 years:

Group Captain, Chief of Staff, Combat Support Group RAAF, Amberley

Intraining Club Member since 2006

#### **Intraining Running Groups:**

Tuesday Speed: Indooroopilly

Thursday Threshold: Indooroopilly

Coach: Relief intraining coach Tuesday speed and Sunday long runs

Simon has been instrumental in the growth of Mates4Mates locally and last year the opening of a larger center in Milton that include a gym and easier access to public transport for members. Mates4Mates is a not for profit charity that provides physical and psychological support to current and former members of the Australian Defence Force (and their families) who have been wounded, injured or ill as a result of their service. Mates4Mates was initiated by RSL QLD Branch in late 2012 and officially opened in March 2013. "We started with one Family Recovery Centre (FRC) in Albion in Brisbane in March 2013, and then opened an FRC in Townsville and Hobart in 2014."

This April, Simon is walking the Kokoda Trail with his 15 year old son, Aidan, and a team who were initially inspired by the Mates4Mates initiative.

### RUNNING FACTS ABOUT SIMON

"Prior to commencing with Intraining my running was limited to 5km bursts with the very odd 10km. Interestingly, now I am very reluctant to get out of bed for anything under 10 to 15 km."

#### **Favourite Race / Distance:**

Half and Full Marathons

Melbourne Marathon is my favourite course (PB 3 hr 49 Min 30 Sec)

Great Ocean Road was up there, running socially with a fantastic bunch of Intraining people in 2015.

#### **What inspired you to start running:**

I have always been physically active and played Rugby League and Surf Life Saving. When I joined the Military,

running was the basis for most fitness training. I got to a position in the Military that meant it became harder to train and thus I needed more goals, to help me remain motivated. Physical training has always been my "out"-stress relief, coping mechanism. In 2006, I thought I would give Linda Watson's group a go, and I am still there.

#### **What is it that you enjoy about the intraining community?**

The people - Intraining attracts quality people and a range of abilities. This means that no matter how fast or slow you are, or what your goal race is, you will always be able to find somebody to train with. The people are easy going, normal people. It is all about running for enjoyment and helping each other. We may focus on PBs from time to time, but the vast majority of us are not elite – so the PB is about goal setting as opposed to a life fixation. I can honestly say that some of my best friends are my Intraining running buddies.

#### **What other interests do you have outside work & running?**

Like most parents my primary focus away from work and running is my family, wife Nicole and children Aidan and Grace. Both kids are in High School and active with sport – so that keeps Nicole and I busy.

I try and do a couple of Hot Yoga classes each week, which helps me to keep running as I have had some lower back issues in the past.

I am also a rugby tragic, so whilst I am too old and broken to play anymore, I like to watch as much rugby as I can.



**NOT PART OF THE CLUB?**  
**CASUAL ATTENDANCE WELCOME.**  
**TRAINING 7 DAYS A WEEK – BRISBANE WIDE.**