



# The Kat's drive against cancer

Cricketer Simon Katich tells **Monica Videnieks** why he is aiming to hit cancer for six

**A**s Simon Katich's cricketing career was beginning to take off, his family's life suddenly stalled.

Katich's mum, Kerry, was diagnosed with breast cancer in 2002 and the fear of what lay ahead has stayed with him ever since.

"I was playing for WA at the time and it was pretty hard to take because, with cancer you just don't know how it will go," Katich said. "We have no history of cancer in the family at all so that was

"The good thing about the fun run is that it gets people having an active lifestyle and getting outdoors exercising; whether it's walking or running, it doesn't matter, it's about getting out there and having a go," he said.

Katich told Mind&Body attitudes among Australia's elite cricketers towards exercise and lifestyle had changed considerably since Katich

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another reason why it was a real shock."

Mrs Katich underwent intensive treatment and has since been given the all-clear. But three years ago, Katich was dealt another blow by cancer when a former teammate from his Midland-Guildford Cricket Club died from bowel cancer, aged just 39.

The plights of his mum and teammate have moved Katich to throw his support behind cancer research and care services.

As an ambassador for the HBF Run for a Reason, Katich has urged participants to raise funds for the Cancer Council.

was a boy following Australian Test cricket.

In the past, cricketers celebrated post-match with beers, but today Katich, 34, said the conclusion of a Test series was now a more staid affair; marked with sports drinks and ice baths. The change, he said, was for the better.

"A big part of our development involves what we eat and drink — as well as how we play," Katich said.

"If you're not doing those things right, your performance will suffer, so it's all about getting the balance right."

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### DID YOU KNOW?

Apart from the thousands of feet  
pounding the pavement this Sunday,  
there will also be:  
65,000 water cups along the course.  
340 volunteers cheering you along.  
15,000 cable ties to identify  
participants.  
Enjoy being part of something big!