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Karen has more incentive than most to run

■ **Natalie Brown**

When Karen Rodin joins thousands of others in the HBF Run for a Reason in Perth tomorrow, her steps will carry special meaning.

It was the sport that introduced Ms Rodin to her fiancé and also the one that he died doing.

The Churchlands mother lost her fiancé Chris Hewitt to a heart attack while running in 2006.

With her 14km run tomorrow, she hopes to encourage others to spot the early signs of heart problems he was unaware of.

"He was running with a couple of other people and collapsed but unfortunately there was nothing they could do," Ms Rodin said.

"He had no idea that he had heart problems."

The couple, who were keen triathletes, bonded through their love of running and before Mr Hewitt's death, had a daughter, Emily, who is now 5.

Ms Rodin continues to run regularly and has trained three times a week in preparation for tomorrow's race.

She said the race would give her an opportunity to employ

her late fiancé's "enjoy the moment" outlook and encourage others to be aware of heart problems.

Organisers expect up to 15,000 runners and walkers to take on the 4.5km or 14km circuits. Registration will be open for final entries at Forrest Place today until 4pm.



On their marks: Karen Rodin and daughter Emily are all set for tomorrow's HBF Run for a Reason. Picture: Mogens Johansen