

Marathon Matt on the ride of his life

■ Claire Tyrrell

Matt Fuller takes the phrase “no pain, no gain” to a whole new level.

The former rugby league great will push his body to its limits again for Telethon.

In his third solo marathon for Telethon, Fuller plans to pedal for 24 hours on an indoor training bicycle.

The fitness guru has slogged it out for 24 hours on a cross-ski and an ergo trainer for past Telethons. Both times he required surgery to recover.

“When I did the cross-ski, I had to have a hernia operation,” he said. “After I did the ergo trainer, I had to have a shoulder reconstruction because I tore a tendon.”

Seven months ago he had surgery on his knees to clean out the cartilage, extensively damaged through years of wear.

And before he started training for this event, his weak knees prevented him from even getting on a bike.

“Last time I got on a bike, I snapped part of my knee off. This was when I was training for the cross-ski, so it was a real pain,” Fuller said. “Most



Pushing the limits: Matt Fuller and the indoor training bike on which he plans to do his 24-hour marathon for Telethon. Picture: Michael O'Brien

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people say you should have your stockbroker on speed dial — I've got my surgeon.”

Fuller said this year would most likely be his last Telethon marathon.

“I'm excited by the chal-

lenge and by helping people but I am looking forward to getting it done — it's like my grand final,” he said.

Fuller has spent 15 hours a week training for Telethon, spurred on by a desire to im-

prove the lives of children affected by illness.

“I have a beautiful family and two healthy kids and I feel this is my way of giving something back,” he said.

He is on track to raise \$60,000 for Telethon.

To support him in his marathon journey visit www.everydayhero.com.au/matt-fuller.

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