



“[RUNNING IS] WHERE I FOUND  
TRUE PEACE AND THAT IS WHERE  
I FELT SO COMPLETELY FREE  
AND SO COMPLETELY HAPPY.  
IT IS A BEAUTIFUL FEELING.  
IT IS ALMOST LIKE FALLING INTO  
A SLIP STREAM THAT LEADS  
YOU STRAIGHT TO HEAVEN.  
FOR ME IT WAS ALWAYS  
A SPIRITUAL EXPERIENCE.”

– Cathy Freeman