



Walking with strength and purpose

## Description



Susie Alexander, second from right, with the women she planned to walk with in Melbourne before relocating the walk to Warrnambool: Alison Ridley (left), Lisa Petherick and Pip Norton.

[dropcap style="font-size: 60px; color: #A5CECD;"] I [/dropcap]n October, we [brought you the story](#) of **Susie Alexander**, from Warrnambool, who we nominated as one of our first quiet heroes for her inspirational approach to her fight against breast cancer.

At that time, Susie hoped she would be well enough after her series of often debilitating treatments to participate in the annual **Sussan Women's Fun Run** held in Melbourne on December 8 to raise funds for the [Breast Cancer Network Australia](#).

Unfortunately Susie couldn't make it to Melbourne, because the health of her mother, who is also battling cancer, is deteriorating\*. But she was determined to still do the 5km walk to fulfil the promise that she made to herself and to her dozens of supporters who had donated funds to the cause.



Friends for life: Susie (centre) with Warrnambool High school friends Susan Bruce, Heather Dickie, Caroline Parker, Karen Svensen and Jane Parker. (They have married names now, but they didn't back then!)

[dropcap style="font-size: 60px; color: #A5CECD;"] S [/dropcap]o Susie held her own version of the

Sussan Women's Fun Run down at the Warrnambool waterfront and invited her friends, family and supporters to join her. They came on foot and on bicycles, with children, and with dogs and, by 9am, about 100 people were ready to walk for Susie, for her Mum and for everyone else who is facing the challenge of cancer.

It was one of those uplifting moments when people gather for a common cause and, in this case, to celebrate all that makes life so precious.

Thankyou, Susie, for reminding us of how even taking a simple walk by the sea is such a gift.

*\* (Susie's mother, Jan, passed away peacefully on Dec 18, 2013).*



Ready to stride out: Susie Alexander with her sister, Lynne Wormald.

[box] As of this weekend, Susie had raised \$3500 toward the [Breast Cancer Network Australia](#) and donations were still coming in. She had set herself a target of \$1000. [/box]



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