



**INDIGENOUS  
MARATHON  
FOUNDATION**  
#RUNSWEATINSPIRE

## Marathon mentoring for an epic good health outcome

The [Epic Good Foundation](#) is pleased to announce a new partnership with the [Indigenous Marathon Foundation](#), following a meeting of minds and runners in the 2017 New York City Marathon. Epic Good co-founder Stuart Giles and Manager, Anita Heiss ran the 42.2km race last November, alongside the 10 members of the Indigenous Marathon Project (IMP) squad. Impressed by the enthusiasm and commitment of the young runners and the epic good achievement by all, seeds were planted as to how the two entities might work together in the future.

As another example of our belief that from little things big things grow, the new partnership kicks off with Stuart mentoring Zibeon Fielding, a young IMP graduate from the remote community of Mimili in the A.P.Y Lands of northern South Australia. The mentorship sees them running the Boston Marathon together on April 16.

“The goals and objectives of the IMP to create and promote Indigenous community leaders who can play a role in changing the trajectory for themselves and future generations, is completely aligned with the philosophies that Cathie and I have for the Epic Good Foundation. We feel strongly about playing a role in Closing the Gap on health outcomes, literacy standards and more for Australia’s First Nations,” Stuart said. “To be preparing for and then completing one of the world’s most prestigious marathons alongside Zibeon, while raising awareness of the great work he is doing under the IMP banner is also an enormous thrill.”

Zibeon (aka Zib) ran his first marathon in 2016, when he was part of the 12 member Indigenous Marathon Project. His time was beyond impressive at 3:28, and with his continued training, Zib looks to be on track for a PB in Boston. Stuart is also training hard and hoping to push for a PB in Boston but certainly anticipates Zibeon will have at least half an hour to freshen up and wait for him at the finish line before the photographer’s get to work on the medal shot.

A month after the Boston Marathon, Zib will take on one of the biggest challenges of his life, an Ultra Marathon, running 62km from his community in Mimili to neighbouring Indulkana. But he’s not just running for a personal challenge. He’s running for a cause close to his heart. Zib aims to raise \$50,000 for the [Purple House - Western Desert Dialysis](#) to assist in getting the first remote dialysis unit on the A.P.Y Lands at Pukatja. Currently the local Anangu people are forced to relocate to either Alice Springs or Adelaide for treatment. Zib’s run can help change that reality.

While you’re thinking about donating, consider the work that Zib is currently doing to prepare for the Boston Marathon. “Training has been going well. I’ve been sticking to my program and running the miles. Recovery from each training session is torture as I try to stretch all the muscles from my feet to the very finger tips of my hand. However, I am really

taking care of myself and ensuring I'm eating the right foods to replenish the body and I'm keeping well and truly hydrated as summer up here in Mimili hits up to 40-45 degree heat," he says.

"I've also been doing a few strengths and conditioning sessions to tone up the glutes and abdominal region to feel strong in these areas as it's very critical for runners."

In early March, Zib will visit Brisbane to do some training runs with Stuart around the river – a slightly different landscape to what he's used to, and the humidity might also knock him around a bit, but he's grateful for the opportunity, saying, "I am so appreciative and just overwhelmed with the amount of support the Epic Good Foundation has offered me in reaching my goal."

While in Brisbane, Zib will be joined by Robert de Castella, former Olympian and Director of the Indigenous Marathon Foundation and IMP, who is thrilled to be working with Epic Good. Together we are committed to addressing some of the major health issues that Indigenous Australians are facing, and there are many.

"It's a great opportunity both for Zibeon and the IMF to work with Epic Good, and for Zib to be mentored by Stuart Giles. There are challenges we face that can't be solved by individuals - we need strong partnerships such as these that support Indigenous leaders to drive change and make a difference."

Other members of the Epic Good running team will be joining in Zib's Brisbane training, as they help raise the profile of his fundraising goal. You too can support his run for dialysis on country by donating [here!](#)

You can also follow Zib's epic good road to Boston and beyond via [Twitter](#), [Facebook](#) and [Instagram](#).

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