

WEEKEND WARRIOR

WITH DAMIEN STANNARD

damien.stannard@ne

Stairway to hell, for some

KATE Beeley is tiny, yet you cannot miss her.

Plenty who exercise or picnic at the Kangaroo Point cliffs would have noticed the pocket rocket charging up and down the steep, twisting staircase.

She will do it for an hour in the morning with her Missfit PT clients, then return at lunchtime to punch out another two hours by herself in the burning sun.

Beeley cringes at the label "crazy stair lady". But when you gain notoriety for climbing flight after leg-burning flight, it is an appropriate brand.

Just days ago she bowled over 101 flights as part of preparations for Climb for Cancer, a charity event to raise money for cancer research projects at the Mater Hospital.

The 3hrs15mins ordeal was also an inspiring effort to demonstrate the value of goal setting, discipline and persistence.

"I just felt the need to do something that was really out there," Beeley said.

"I've been in the (health and fitness) game for a while now and was in a bit of a rut last year. I picked out a challenge that demanded I really push myself."

Beeley's mission began almost four months ago, starting

counts as one – and adding five each week as she inched towards her goal.

Three teams of Beeley's Missfitters will tackle the Climb for Cancer at Brisbane's Waterfront Place on May 25.

The charity event sold out last year, with hundreds of fitness enthusiasts signing up to scale the building's 37 levels.

Darren Wilson holds the event record of 3mins35secs which he set in 2012.

While this is a charity event, stairclimbing is a sport in its own right, with the Climb for Cancer part of a network of races.

The 2014 Australian Stair Climbing Series includes Sydney's Tower Stair Challenge, a mad scramble up the 100 flights of the Tower Eye.

Melbourne's Eureka Climb is perhaps the best known, sending participants up 88 floors to the top of the Eureka Tower.

Entry for Brisbane's event is via climbforcancer.org.au

The website contains all you need to know about the gruelling stairclimb, including training tips and places to test your stepping ability.

The key is the rule of specificity – don't train on the flat when you know you are heading uphill.



LOFTY GOAL