

## CEP Magazine – July 2024



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## Running your own race

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By Nick Gallo and Giovanni Gallo

It's easy to get caught up in comparing your program to others. Just like the story of Cliff Young—the 61-year-old Australian potato farmer who shocked the world by winning the 544-mile Sydney to Melbourne Ultramarathon in 1983—compliance officers need to focus on running their own races.<sup>[1]</sup>

Young showed up to the race in overalls and work boots, sharing with journalists that he had trained in his large rubber boots and spent much of his childhood chasing after sheep, sometimes for days without rest. Despite falling behind the other runners early on and seeming destined to finish last, Young persevered.

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