

## *At our September Richmond Probus Meeting...*

### **Main Speaker presentation : Rod Dixon.**

#### **“Life of a Runner.”**



Rod gave us an entertaining presentation sharing some of the highlights of his long and successful career as a runner.

He credits a meeting with Sir Ed Hillary which provided the inspiration to always endeavor to succeed.

It was interesting to hear the challenges of those early, very strictly amateur days, in comparison to the now, very professional highly paid era of Athletics as it is to-day.

Rod was introduced at the Probus meeting by his long time friend, club member, George McKenzie.

George, who was a Greymouth half-mile and mile champion himself, moved with his newspaper job from the West Coast to Nelson.

While in Nelson, George coached a good runner, John Dixon, who is Rod's brother.

John eventually decided to not concentrate on his own running, but instead to support his talented younger brother, Rod, in his running career.

They based Rod's preparation largely on principles developed by the famous New Zealand coach, Arthur Lydiard.

Rod has a long list of athletic achievements, over an impressive wide range of distances and race formats, winning countless races during his lengthy running career.

The peaks of his achievements are the winning of the 1500m Olympic bronze medal in 1972, and winning the New York marathon in 1983.

Incidentally, George's brother, Dave McKenzie was also a highly successful top class runner, including winning the 1967 Boston Marathon.

Rod now spends a lot of time in California, where he directs the Rod Dixon's KIDSMARATHON Foundation, where he has spread his message of health, fitness and nutrition to more than 500,000 youngsters in the USA and New Zealand.



*Rod and George.*

*Editor.*