

Em's SCC Rookie Blog – May Update

Autumn is just about gone and winter is upon us. The mornings are dark and the comfy warmth of my own bed is very appealing! BUT as soon as I am up and out the door something amazing happens...., sunrises, and autumn has been turning it on for us early rising Melbournians. And 10 minutes into it I'm warm and toasty, gloves come off, off comes the jumper and then I wonder why did I not just wear my shorts. We've been fortunate enough to enjoy some gorgeous balmy mornings.

This last several weeks have been interesting. Between starting a new role at work, increasing my training load and general wrangling of the family, I'm feeling positive and organised, a little flustered at times but overall, getting it done BIG TICK for May.

My training for the month of May has been so far very good. I'm feeling the rewards of my training load and the body is adapting well. My hamstring niggle is under control as I continue to train smart, and I'm recovering well. Starting to build on the weekly km's, and very much enjoying my long slow runs on the weekends. My joy of running is made even more joyful when I get to share it with other happy runners, and my friends. Which is why group running is so fun.

May run adventures include –

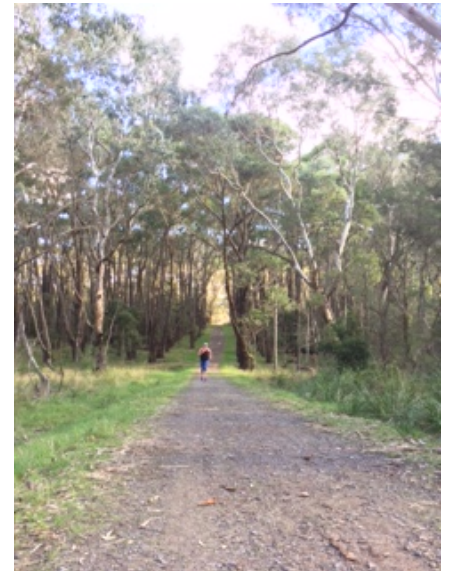
Wings for Life – an excellent night time charity run, along the Monash Freeway, at 9pm in the dark and rain. Something fun about running until the Wings for Life catcher car catches you!

Long Slow Trail running at Lysterfield Lake – running with the kangaroos still excites me. If you ever have any international guests, take them for a run around here, this is the place to see all the kangaroos up close and personal.

Leg 1 SCC – Anglesea to Torquay – we left Melbourne at 5am, and it was bucketing down. Arrived Anglesea at 7am, freezing cold, but no rain. As mentioned above, 10 mins in and we warmed up quickly. Rapid Ascent put on a great training session. Was fabulous to meet Frank (last year's winner) and many new and familiar faces, which I know come race day, it will be great seeing those faces on the course. Be sure to check out the next few training days, well worth a recce run. I am planning an excursion to each leg over the coming months.

And the midweek quality sessions – for me, are not so scenic but there is still something about the familiar pounding of the pavement, the local blocky, bastard hill, and my local oval, when I can leave from the doorstep, get honked by friends in cars and be back in a hour, very satisfying.

Winter running and June delights await, the main fare will be Surf Coast Trail Mara on June 24th and keeping in mind SCC Training Leg 2 on June 25th. Rapid Ascent trail series begins in June – I love a good fun run!



In the pursuit of this wonderful event I never forget to stop and smell the roses, and I'm incredibly grateful to have my best support in my hub and a fantastic bunch who run along beside me on the less glam runs, the crappy days and also who I listen to and learn from. I'm surrounded by some super inspiring people and love hearing their stories as to why they do what they do. It really drives me. You can expect to learn a lot about someone after running alongside them for 3+ hours

Stave the winter blues away and keep warm. Don't be afraid to throw the on raincoat because you'll never regret that rainy run once it's done. Happy Training

