

Hello – my name is Emmeline and I'm the 2017 Trail Running Rookie Ambassador



Emmeline Fisher - Bio

Let's rewind back to when I was a rookie to running full stop, I was in my late 20's and had been walking to keep fit, one day I decided to run part of my 5km loop. I was hoping that no one would see me and I ran probably about 500 metres, I was so puffed out but gradually chipped away at that loop and ta daa here I am, many many km's later, 10 marathons, a good 56km under my belt and about to embark on SCC100.

Along the way I have learned much about myself. Running stopped becoming just about keeping fit, its taught me that I am strong minded, that I can soldier on, it's my meditation, my relaxation, my frustration.

After many years of half marathon, I told my Hubby, G, that I wanted to run a marathon, just one, I said. He reminds me of this over and over. I told him, I just want to try the 'hundred', just once, I say...

During my first marathon training, I was training alone, not getting out until Sunday afternoons, trying to not let my training impact upon my family, trying not to be tired. My youngest child was still a baby, I was a breastfeeding mother, two kids at school, two kids at home. I'd fit in my runs wherever I could, I had a double jogger for the bubbas, I'd make G come with me so he could push the bub, or leave him to wrangle the kids while I nicked off for a couple of hours.

As the training load grew, and I wasn't enjoying running long on Sunday afternoons, I wondered about a running club. Running in the Burbs entered my life. It was raining and dark and cold the first time I joined them, and there was a big group, huddled around cold and wet, hadn't even started running yet. And so began new friendships, lots of laughs, solving of world problem, many post run lattes, poached eggs on toast and most awesomely the support, inclusiveness, eagerness and fun that The Burbers give me.

"hey Em, come and do Gold Coast Marathon" "Em, you doing GOR this year?" "Wanna make a team for SCC?" "Have you done City to Surf in Sydney? It's awesome!" "Ballot entries for New York Mara open" There is never any shortage of excitement at The Burbers, there is a lot of inspirational people who do extraordinary stuff and I love them.

I don't need a reason to run, because I love it. When I decided that I wanted to run SCC100 (which was immediately after I ran the first leg in my team last year) I knew it needed to be meaningful, I knew I needed my family on board and I knew it should be for a good cause. I will dedicate every step of the way in memory of my youngest brother Daniel. Daniel is the mantra in my head that tells me to keep going, run faster, don't stop now. Daniel was killed in a car smash when he was 21, never do I think of him more than when I am in my zone pounding the pavement, trail or road.

Bring it SCC100, I coming for you...

Hope you enjoy my Rookie experience – it'll get ugly, I can tell, but with G and the kids, my Burbers, my coach, my friends and family and with Daniel with my everystep, it's going to be a fun ride.

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