

BLOG #1. Why do I want to run 100km??

It's January

And it's nine months until Surf Coast Century – my first attempt at a 100km trail event.

It strikes me that running your first 100 kilometre event may be somewhat similar to your first pregnancy.

There's the long lead up where those in the know express kind concern as to how you are feeling and give you all sorts of well-meaning advice. Nutrition becomes a constant topic of discussion and you are SO, SO hungry. Parts of your body ache. You fluctuate between extremes of utter fatigue and bubbly "I can do anything" energy.

You pore over advice from those who have done it before, trying to plan for an experience that will be different for each and everyone. Your support team is assembled and briefed; hopefully they will be there with what you need when you need it. There are the doubts about what you have embarked on, the worries on how it will all pan out, and the purchase of shiny new toys, that are laid out ready for the big day. That big day, it sometimes seems so far away and sometimes feels like you haven't got enough time to get ready, if in fact you ever do.....

So why run 100k's?

Running a 100km race is a natural progression for me, it's the what's next after progressing through 10k's, half marathons, marathons, and a shorter ultra or two. I'm enjoying my running and am looking for the next challenge, so 100k's it is.

Why run that 100k's at Surf Coast Century?

Because it's so much fun! I ran Leg 3 of the relay in 2014 and it was brilliant: a beautiful diverse course, well organised, with awesome volunteers and there is even a caravan serving craft beer at the end, thus combining a couple of my favourite things – running and craft beer.

The presence and support from the Surf Coast Trail runners all decked out in team blue on home turf adds a special air of excitement to the event. Plus, I'm hoping that since the awesome coach of my 2XU run group is the current queen of the Surf Coast Century, that quite a lot of of Kellie Emmerson's running prowess might somehow miraculously rub off onto me!

January's training saw a gorgeous run up Mt Stirling, my first visit to the SCC trail in quite a while, exploring some of leg 2, some running around our nation's capital when I was up there on cricket selector duties, and quite a lot of cross-training on the slopes of Hakuba in Japan. Overall, I ran 187 kilometres with about 4,500m of elevation gain – not a huge month and one hampered a little by the need for some ongoing injury management.

So, here I am, partially through a 12-month plan to get me through 100 kilometres of Surf Coast trail goodness, hopefully still smiling at the end.

