

## BLOG #9. 3 days to go!

Well, that crept up quickly.

So far things are good, with the legs loving doing not much running and starting to freshen up nicely. I am finding that I am increasingly distracted from concentrating on things that I should be as the day draws closer.

My office floor is covered in V-Fuel sachets, hydration flasks, crew notes and running gear – it's a little difficult to get in and out without tripping over SCC preparation paraphernalia. No doubt I will forget something critical!

Running-wise, the last couple weeks have been about freshening up, with a decrease in distance after my big week at Thredbo. My final long run was another cruise around Leg 2 last week-end and this week a couple of short faster sessions.

At this point in time, I'm looking forward to Saturday, knowing I have prepared as well as I could, although due to my knee injury, not as well as I would have liked.

I have loved the journey – meeting fabulous people, getting out and about in our amazingly beautiful natural environment all over Australia: we are fortunate to have such landscapes to play in.

And so, now all that remains is to embark on the adventure into the unknown that for me is a 100km event at 5.30am on Saturday. Apart from not being over-enthused about the start time (mornings are not my strong point), the anticipation is gradually building towards a crescendo, I can feel the excitement simmering inside me like a pot of water about to reach a boil, gradually increasing in energy. BRING IT ON!

Good luck to everyone running on Saturday, it's looking like a reasonable day temperature-wise at this point although the current forecast suggests leg 1 may not be the only point at which we get a little wet. Say hi if you see me out there somewhere!

HAVE FUN!!!!!!

August Statistics: 302km with 4629m of elevation gain. Looking forward to starting September off with a big weekend!

