

## BLOG #8. 2 weeks to go!!!

August:

### Race day tips

In an effort to prepare in the best way I possibly can for SCC, I seek out lots of information from a wide variety of sources, looking for skills, tips, ideas I can test out on a run or turn into mantras; anything that may help me on my journey. We rookies are fortunate that the trail community is very generous with both time and knowledge.

Kellie Emmerson, my 2XU run group coach, has won Surf Coast Century the last 2 years running including in an astonishing time of 9:18:15 last year. Kellie has the knack of providing really good practical advice that can be applied by everyone, no matter what level. Read on for some SCC race day gold.

Thanks Kell!

- *Don't burn yourself out in the first 20km. It's really easy to go too fast, forget about your nutrition, and pay for it later.*
- *You will get wet in the first section. That's ok! Make sure you have some good socks and shoes that drain well. If you do this you won't need to change shoes.*
- *Be really careful on the rocks and the reef in the first section. It is pretty hairy in places- the first year I slid straight down into a waist-deep rock pool. Luckily landed on my feet, but I know others who weren't so lucky. Green is mean, look for good traction. Sometimes its safer to just go through the water!*
- *Eat up! Drink up! Don't get lazy.*
- *If you are going for time, don't hang around at aid stations for too long. Have a support crew if possible to look after you, remind you what you need, and get you going again. Everything can become a bit of a blur in a 100km race, so its good to have someone else's brain to use :)*
- *Be prepared for some hills in the second section- you're very unlikely to get a negative split in this race! Run when you can, hike when you need to. Hike with purpose.*
- *Be prepared for some sand running, and possibly soft sand depending on what time you're likely to be headed back along Urquhar's beach.*
- *If you're worried about going under the bridges, practice this, even if it's the day before, just so you know what you're in for.*
- *Use the lighthouse as your cue that you are nearly home!!*
- **HAVE FUN!!**

### My August running adventures to date

Following up from some big training weeks in July plus some busy times at work and home, I came to a grinding halt during a run at the Prom. I had a rest week scheduled, but with a sore throat indicating that things were not optimal, plus the knee playing up after I tried to add a hill session into my program I chatted to coach Shaun Brewster and we brought the rest forward a few



days. I rested properly, got lots of sleep, ate some good whole food and did very little running. I recovered well and went for a look at leg 2 of the course – some of which I hadn't run.

Leg 2 presents a mental issue for me and I needed to fix it – I wasn't at all enthused about this leg of the course, most likely because I have had some interrupted runs on this leg with a crash and a flare up of my dodgy knee. But I had a fabulous run, it's actually a really beautiful section and I now look forward to this part as well.

Then it was off to Thredbo for a conference and a big training week – back to back 40km runs on the gorgeous Thredbo Valley track: truly stunning, followed by a 20km faster run. So that's the major training done, the last couple weeks will be a little lighter. So exciting to be on the home straight.

I have been finalising my nutrition for SCC on these longer runs. The plan is to run the first leg with V-fuel endurance drink, then switch to V-fuel gels supplemented by fresh medjool dates, macadamia nuts, Hammer endurolytes and Clif Shot bloks. I prefer to keep my hydration and nutrition separate for longer runs, so will switch after a couple hours. I usually eat watermelon and the occasional coke, if it's there, at the aid stations for variety (I never touch coke; a dental nightmare, outside of ultra running – it needs plenty of tooth mousse after to !)



The next challenge is to get my crew organised – it's my family. The last time they crewed for me at Alpine challenge 60k, they did the awesome hike into Tawonga huts carrying everything I needed bar my sunscreen, so I ran the last few hours in the midday alpine sun with no screen and ended up somewhat blistered! (I now carry my own sunscreen in my running pack). It is awesome to have them back on board!

Not long to go! Can't wait!