

Emmeline Fisher

2017 Trail Running Rookie Ambassador



Em's SCC Rookie Blog – August Update

TAPER TIME – 2 weeks until the big dance.

The best thing about taper time is that I've got myself to the start line uninjured, I've stayed patient, I've really listened to my body. Could I have done more? Definitely. But in all honesty, I'm happy with my training, some days were just hard. My hamstrings are really tight, my legs are tired and I'm am so looking forward to a lighter load.

Some awesome run adventures were had this month, shared with the girls, a few marathon sized training runs, lots of hills, highs and lows, stacks, vomits, laughs. And plenty of solo, solitary runs where I just have to get my own arse into gear.

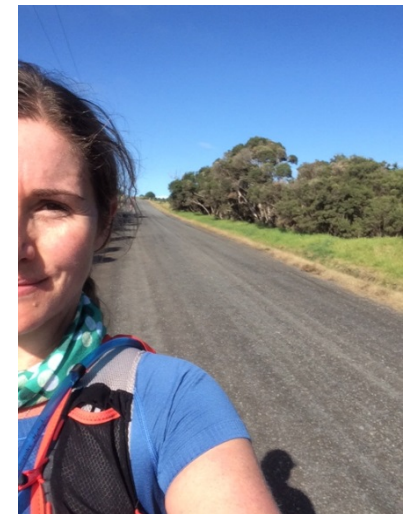
My final long run was an impromptu 30km around The Tan, I was just going to meet my run mates and fellow SCC 100K'er Shaun and give a little support to Chris during his 50km and a few instabuddies doing their thing, laps and laps of The Tan, 4km laps. Shaun and I decided we wanted a medal too, so we signed up, last minute registrations don't come cheap!

How awesome it is to watch people you admire achieving their goals, pushing through, seeing it out, not giving in. The weather was wild, rain, hail and shine. The comradery on the course was outstanding, everyone looking out for each other, the volunteers were unbelievable. Best \$80 I've spent in a while.... Great bling too.

If you ever get the chance to run at Phillip Island, check out George Bass Coastal Trail, one word MAGNIFICENT. My sis Bec and I used this trail as part of our 50km hit out, it had everything I love about a trail, scenic, sandy, hilly, the perfect final long slow run. I think the highlight of all my training runs so far, wasn't the easiest of runs. I was so happy to bag that one, and was Becs first ever 50km and we made double sure the Garmin read 50km!

Over the last couple of weeks, I've been confirming and rounding up my people, my crew, writing my list, planning ahead. My daughter turns 8 over the big weekend (so it's not ALL about me) my niece will also celebrate her birthday the following day. Birthday trumps 100km, I am clear on that. There will be cake and presents among the gels and runners. I'm listening to inspiring podcasts, the latest Rich Roll podcast with homegrown local Samantha Gash is a beauty. And a fab book about a dog and an ultra-runner, Finding Gobi, is light and great inspirational reading too. I'm banking little bits of everything just in case I need them on the day.

A huge monkey on my back was putting my WHY out there. WHY am I



running 100km? I finally put my charity page up and been totally blown away by the support of the running community but particularly the Instagram community who have donated to my cause, who have wished me well. I will pocket all of these kind gestures and well wishes and pull them out along the way when I need them... I chose to support Road Trauma Support Services Victoria or RTSSV, a non-for-profit org who provide free counselling and support to people impacted by road trauma.

Visualisation. For many weeks, I have seen myself cross that finish line, I've pictured myself coming into the checkpoints, crawling under the bridge, even drinking beer from my stein and right now I'm actually not only finished but I'm already at Bondi Beach with a glass of bubbles.

Between now and the 100km start line (11 days) I will have a massage, throw a party for an 8-year-old, celebrate Father's Day etc. My training load is done, as coach UC said, it's all gains from here. I've done what I can, I want the legs to freshen up, the mind is strong, I am backing myself, I have a strong support network. And my run buddy KT gave me great advice, she says to treat the day as a fun day, everyone is there for you, to care for you, to feed you, to get you to the finish... sounds like a great party to me, and I can't wait!

