

### *Em's SCC Rookie Blog – RACE DAY STORY*

#### **SCC Rookie Recap**

...made it to the start line! Goal number 1 achieved. Awoke early, had brekky and was dropped off by my super crew, with enough time to go to the loo, where I saw and hugged Nicole Paton and her mistook her twin for her.

I was feeling super calm and relaxed which was a great start. Made my way down to the start line with dad. Couldn't find my sister in the crowd, everyone was huddled together like penguins and the weather was cool, and mostly calm. Kissed mum and dad goodbye and off we all went.

I stayed super slow knowing Bec and Jody would catch up in the first minutes, which they did, probably about 15 minutes in. We were treated to the most amazing sunrise, where the sand, sea and sky blended into each other, it was like running into a pastel painting. I knew from here that today was going to be very special.

During leg 1, many pics were taken, and as we three found our groove we started moving away from each other, there was no need to say goodbye, we just went our own ways as we knew we would.



#### **Leg 1 –**

Glow bugs the torches in the night along the beach looks so amazing, don't forget to look back, so pretty. Sunrise. Worth very step run. Brilliant. Rocks, cliffs, soft sand, sea water and the sounds of the ocean. This was the second time I've run this leg for SCC, still my favourite.

Oh yeah. Waist deep water, I just went for it, I was already wet. People were climbing rocks, I just ran for it. I passed a big group of people here that were in single file, navigating the rocks, I felt cheeky, but it also pepped me up a bit.

I was feeling good, taking it all in, enjoying every step, thinking about the day ahead.

#### **Leg 2 –**

Came into checkpoint with so many cheers and claps, found my drop bag and changed my shoes and socks. My Running in the Burbs crew were incredible, helping me with my stuff, giving me my food and filling my drink bottles. Frank and Bec were my shining lights from here on in. I was feeling happy and lucky.

Headed out of the checkpoint, feeling fresh. The trail was familiar territory and just cruised my way, I was very conservative here. And kept reminding myself that 'At 90km in, no one ever wished to themselves that they'd gone out harder', words of wisdom from Ultra Chef.

I felt like lots of people were passing me, I tried not to worry, I also resisted speeding up. In my experience in marathon, I knew I'd see some of these people again, or would I?

#### **Leg 3 –**

Half way there. I came in feeling annoyed that my feet were wet again. thinking that id have soggy feet, then along comes one of my team mates, Annie, she gave me the socks straight from her own feet. Wow. Being treated like royalty, I left that checkpoint on cloud nine, someone stashed sandwiches in my pack, I was refuelled and ready to go. I didn't spend too much time in the checkpoints, just did what I needed to do. So off I went with my nice warm dry socks to the bridge.....

The bridge. I saw a queue, lined up, wondered out loud who would be the lucky person who would have views of my arse. Saw the poor guy behind me, we all had a laugh and my nice warm socks were wet again.

Leg 3 is beautiful. I knew I was in for a treat with the amazing flora and scenery and I was not disappointed. This part of the course is hard. It was hard on the recce run and after 50km it was really hard.

I played cat and mouse with some lovely strong woman, who were also doing their first 100km, and they were both from interstate. I welcomed them to our beautiful coast, and they agreed it was beautiful. Then something happened...

Somewhere after 60km, I noticed I was starting to pass people, it gave me some drive and my legs found some pace and I was feeling good.

I caught up to my team mate Jody, it was a great moment for me, I love her, I checked in with her, and with a huge smile, of mateship, of acknowledgment of our hard work. Here we were, living out our dream.

I met a man along the way named Mark, he was coughing and coughing and coughing. He had been crook for two weeks. Mark mentioned something about finishing in the dark. Sorry mark, that's not my plan, I thought to myself. I am not running through the bush in the dark! I also recall telling him that I couldn't wait for the 70km checkpoint because I really need to see my family. Off I went. Really wanting to see G and the kids.

70km, my dream team was there and I was greeted by my kids, and finally got a hug from G.

#### Leg 4 –

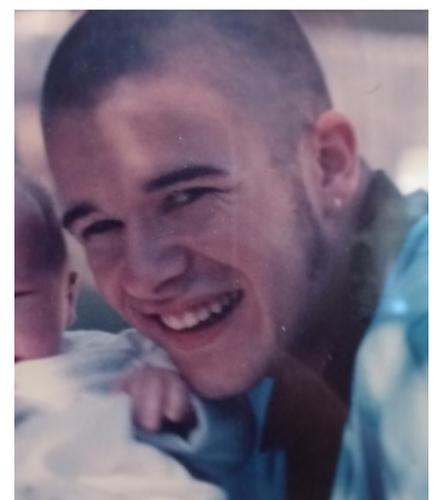
Let's get this show over with. This is my home stretch. I made a pact with Jody not to sit down, I wanted to get out of there as fast as I could. I was welcomed with hugs and cheers and Team Burber, Bec and Sophie, looked after me, made sure I was fed, stuffed my pack with food. G gave me encouragement as did others. I was feeling so high, and loved and tired. And glad to be on my way.

Running out of Moggs Checkpoint was where I visualised myself. I hadn't run past 56km ever before. New territory, new feelings. I still had long sleeves on. Never had done that before for a whole race either.

80km with all the views to match. I did stop here for some pics, it was stunning, with some nice downhill. Such relief. I sent a pic to my Instagram. 20km to go. Easy. Ultra-Chef also that there was no reason the last 20km couldn't be enjoyable. He was right, it was hard, but I was enjoying it.

Sunset. I switched my phone back on. A million bleeps, I didn't open the messages but I saw names, I was flooded with messages. I was overwhelmed, sore, tired, happy, sad. The sun was setting on the beach it was beautiful, I filled with grief, and cried for my brother.

Called my husband. Just cried. Continued on. Felt much better after that.



Home straight. Was dark, put my torch on. I was all alone, lost my way for a little bit, coming into a carpark.

G said he'd meet see me on the beach. I ran straight past him. Couldn't see anyones faces.

As I ran up the shute, my 5 year old came up beside be, racing past me with a huge smile, my 7 year old came up the other side. FINISHED.  
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