

Course description

Visualisation is so important. Thus training days. Course is all public land and you have the GPS maps file so it is easy to train on.

Leg Summary and key tips:

1. Flat and fast. 21km. CP1 10km pt
 - a. Start in the daylight
 - b. People under estimate the rock hopping from Bells Beach through to Jan Juc Beach. Technical.
 - c. Will get wet feet – maybe up to waist deep
 - d. Hard sand, only 1.5km is soft sand on a steep beach
 - e. Don't go too fast – ease it back and don't get carried away
2. Twisting single track. 21-49km. CP3 32km pt
 - a. Split in 2 halves,
 - i. up to CP3 at 32k it is wide gravel dual usage track
 - ii. then twisting single track like spaghetti. Nice flow on MTB tracks but won't know where you are. Challenging and a bit energy sapping
 - b. unmanned water pt at 40km pt
 - c. refuel well in CP4. Take stock and walk out then run later
3. Hilly course. 49km – 77km (0-28km for 50k runners) CP5 70km pt
 - a. Under bridge
 - b. Hills – its OK to walk but keep moving... always moving
 - c. Unmanned water point at 62km pt
 - d. The 'forgotten hill' – after CP5 past reservoir
 - i. Visualise the course so know what is ahead
 - e. Don't sit down in CP6 – refuel but keep moving
4. Variety – my favourite – get this far you will finish 77km – 100km (28-50km). CP7 86km pt
 - a. Head for home – touch the lighthouse and know you're getting there
 - b. Some undulations but not as big – walking hills
 - c. Under bridge but it is higher and easier
 - d. Just keep running – running for home. Everyone is hurting not just you.
 - e. Beach at the end – high tide for fast and slow, low for mid field

Training and preparation

Sam's simple tips for training for the SCC and any ultra marathon

- Run – but also rest!
- Training programs on our website – use them.
- Maps of training runs on the course – get on the course so you can see it
- Ask people – The Running Man is a great resource to ask questions
- Run with others – for education but also motivation
- Strength training – so valuable to add strength and make yourself stronger and less injury prone

Mandatory gear lists

Mandatory Gear list for all runners at all times, irrespective of category:

The following gear list is for all individuals doing either the 100km or the 50k course, and for all team runners. (Team runners may pass this gear from one runner to another whilst at a transition).

- Race number plate – tri-belt
- First Aid Kit (minimum contents 2 x crepe bandages, 6 x wound closure strips, 1 x triangular bandage, 2 x non stick wound dressing pads and a pair of surgical gloves)
- Space blanket (For Sale at Race Registration, \$7ea)
- A whistle (For Sale at Race Registration, \$5ea)
- Mobile phone (Telstra Next G recommended)

- 1 x windproof jacket - Goretex or similar waterproof / breathable fabric strongly recommended.
- Water container minimum 750ml capacity (may be a water bottle or bladder in a backpack)
- A copy of the topographical map given out at registration (also available to download from the event website). Recommended to be in a waterproof bag – zip lock OK.
- A head torch when on the trail before sunrise and after sunset (as described below).
- Long sleeve thermal top – Polypropylene, wool or similar thermal fabric – not cotton, lycra or any ‘compressions’ garments. Weather permitting**
 - ** This item will be confirmed as mandatory if the weather is going to be cold, wet and/or windy. Competitors will be advised if this is mandatory at the race briefing on Friday night and on the event website (although we strongly encourage you to carry it either way).

Mandatory Gear list for all runners on the course before sunrise (6:40am) after sunset (6:05pm) irrespective of category:

- White light torch or headlamp sufficiently bright to light the track at least 50m ahead of you and sufficient battery power to get you to the finish line.

Recommended Gear List, additional to the items listed above:

- Strongly recommended: 1 long sleeve thermal top (polypropylene, wool or similar). Note: cotton, lycra or any ‘compressions’ garments do not qualify.
- Additional clothing to match the conditions expected on the day – this may vary from water proof pants to a sun hat and sunscreen. BE SENSIBLE.
- Beanie or balaclava
- Thermal gloves
- Spare running shoes and socks after Leg 1
- Water proof bag or snaplock for your mobile phone
- Food and additional water / hydration
- Hat and sunglasses
- Vaseline, Body Glide or other body lubricant
- Sports injury tape (like Elastoplast)

Blisters: [Armaskin Socks](#)

Carrying gear: [T8 sherpa shorts](#) with Commando Undies

Nutrition: practise with what is on the course – [Tailwind](#)

How to pack your gear

Practice running with your gear – all long runs from now on with race pack. [Here is a great video](#) showing how to pack your bag in a similar way to the way I demonstrated.

Sam's tips

- Write down your nutrition plan beforehand – have a copy with you easily accessed
 - 1 g carbs / kilo / hr - or up to 230kcal
 - Map out how many carbs need to each on each leg and how consume – have options
- Take elevation profile with you – track where you are
- Use the aid stations, carry only the water you need – save weight
 - Determine what water usage you have (sweat test before)
- Have hat / sunnies / music with you
- Lube easy to hand – use it as soon as rubbing / tape your nipples
- Toilet paper
- Number plate on elastic tri- band so can change layers easily
- Visualise – the course, the good and the bad. You will feel crap but will come out of it.
- Everyone else is feeling hurting too