

# Julie Savage BIO – 100km trail run rookie

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Hi There,

My name is Julie Savage and I'm the Surf Coast Century Trail Rookie Ambassador for 2016 – this means I've decided to run my first 100km trail race on the beautiful Surf Coast and take you all along for the ride, while I do the hard work!

Surf Coast Century Trail Rookie Ambassador – a bit of a mouthful - possibly appropriate for me: I'm a dentist with my own private practice in inner Melbourne called Wonderful Smiles, so mouthful is my daily occupation.

For the past 7 years, I have had an additional "hobby" job as a Selector for the Australian Women's Cricket Team (Southern Stars) and this is what led me to start running. I played cricket for Victoria for a decade before I had children (2 girls, now aged 15 and 12) but wasn't at all enthusiastic - masterful understatement - about the running involved.



However, travelling with the Southern Stars around the world without my fitness equipment of the time (road bike) meant I needed another option. So in 2010, I ventured into running and as I remembered from my playing days, it hurt so much: even to run 5km. Needing a motivating goal I signed up for The Great Train Race against Puffing Billy – tough run, then several weeks later while in China visiting my sister who is a very good (fast!) runner, I 'ran' the Great Wall of China Marathon 10km. Wow, that was spectacular! Then I thought I might try a half marathon, then after a few of those I trained for the Gold Coast Marathon in 2013.

Training for the marathon was a real turning point for me, I loved the structure of the training program from the coach of my regular 2XU run group and it changed my relationship with running: running became an integral part of what I do – who would have thought? I ran my first trail race at 2Bays in 2014 and was hooked on running trails although I couldn't believe how filthy my legs and feet were at the end!



In the process of discovering trails, I learned that Facebook has running groups for almost every locale. I joined lots and use that medium to connect and run with different people in different areas – its part of the adventure and it adds to the running enjoyment. The running community has such a beautiful, inclusive and encouraging camaraderie. My local trails are around the Yarra, but I happily travel to run all over. I particularly love the alpine and coastal regions. Having spent a lot of time hiking and cross-country skiing pre-children, it's wonderful to re-visit all those spectacular places through trail running: the sense of calm and belonging and pure joy that I feel while moving through an beautiful landscape is what makes trail running for me.

