

September blog update – *All of a sudden, the big dance is nearly here!*

I hope everyone else's training and logistics are coming together nicely. The bulk of it is done now - we're not getting much fitter or better from here on in; it's just a matter of getting to the start line uninjured!

I feel, as usual, somewhat undercooked - my longest run to date was 5.5 hours, and that was only once, as fitting in the same again plus more just seemed unnecessarily stressful with everything else going on in my life at the moment. Both my husband and I have resigned from our jobs and are about to start new ones in the coming weeks so I have been gentle on myself and just done the best I could at this crazy time! I still generally try to cover roughly 50km a week running and hiking which is probably a lot less than some, but it works for me.

Even though a lot of my recent runs have been a fairly modest 3 hours or so, I have still somehow managed to overdo it just a little. I had a sudden fear last week that I had aggravated my ITB or done some sort of acute injury, as my left knee had begun to lock up badly all of a sudden, to the point where I couldn't walk down stairs without hopping. It took me a week to get in to see my physio but I could have kissed her yesterday when I saw her, she said it wasn't my ITB and I hadn't done anything major it was just an extremely tight quad, hooray! She gave me the most painful massage ever but I have never been more relieved to see the purple bruises coming out on my leg signifying that it's just a minor, manageable injury!

Nevertheless, I'm erring on the side of caution from here on in, including planning on a bit of pool running to minimize any further problems. My most pressing task now is to finish off my crew plan and really wrap my head around everything I have to organise. I've done the most fun thing first though, which is to decide that our crew will be the Penguins of Madagascar - I'm 'Private', the little dumb one, and the others are the brains of the operation!! And I've bought us some fabulous fluffy penguin hats so I can spot them easily when I come into each checkpoint. :)

I'm sharing a few pages of my (unfinished) plan below as I've found it super helpful to read how others have done this - I'm a pretty organised person so even if this is information overload and doesn't get used, it makes me feel more under control to have it all written down and straight in my head!

I have the extra complications of not being local, so of course there's a bunch of travel plans that come into it as well. The hardest bit is trying to judge timings over the day; having not seen the course I'm relying on photos, videos and past race reports to try and guess where I would fit in the pack, so my timing windows are pretty broad. I've tried to paint three scenarios depending on if I'm having a perfect run, a regular ok run, or if the wheels are starting to fall off!



I'm finding that my mind is wandering to what I'll do with myself after the race is done and dusted.... it's been such a huge lead up so far and takes up a lot of my thoughts, so I'm hoping the post race blues don't hit too hard. I am however looking forward to taking it easy for a while and doing some roller skating with my 8 year old daughter when it starts to get hot and uncomfortable leading into summer! My theory is that skating has gotta be good for off season runners because elites like Killian and others do a lot of ski mountaineering in snowy months, and skating is kind of a similar motion to skiing... right? (This from someone who has never been to the snow mind you). OK - maybe that's a tenuous link but either way, roller skating is fun!



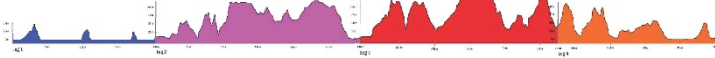
Surf Coast Superstars Crew Plan

Race hub - Anglesea Lions Park (Google maps link) // Detailed driving directions to all the checkpoints can be found here // RaceMap tracking app

100km / 1811m elevation

Elevation profile

100km, 1811m elevation gain / loss



Goals
'A' goal - RUN HAPPY AND JUST FINISH and make someone else's day :)
'B' goal - Finish under 18 hours to qualify for Mt Solitary

Designated support areas: I'd love to see you at the ones in bold below (we can skip CP1 and CP3)

CP1 - 10km Point Addis car park
CP2 - 21km at Point Danger at Torquay Estimated time of day 10 - 10:45am
CP3 - 32km Ironbark Basin picnic area
CP4 - 49km at Anglesea Lions Park Estimated time of day 1:30 - 2:45pm
CP5 - 70km Distillery Creek Picnic Ground Estimated time of day 4:30 - 7:30pm
CP6 - 77km Moggs Creek Picnic Ground Estimated time of day 5:30 - 9pm
CP7 - 86km Alveys Inlet Skate Park Estimated time of day 7:30 - 11:15pm
FINISH @ Anglesea Lions Park Estimated time of day 9:30 - 1:30am

I'm also trying to resist thinking about big races for next year even though it won't be long before entries open for some of the key 2019 events. I just want to stay in the moment and enjoy this fantastic adventure!

I guess I'll only have one more blog to write which will be my race report! I've really enjoyed sharing my thoughts with you and hope that it's been useful in some way. In fact, I might have to wear my penguin hat to rego on the Friday so if anyone wants to come say hi please do!

See you on the trails - we got this!!

At CP2 - 21km Point Danger		
TIME OF DAY	PURPLE BAG OF GEAR	NOTES
ETA if having a perfect day out: 10am ETA if trotting along ok: 10:20 ETA if things are going to shit: 10:45 Cut off: 11:30am	What's in the CP2 bag... - Body glide - Big bottle of water - Socks - Shoes - Shorts - Pre measured tailwind (6 scoops = 1.5L bladder)	This is the end of leg 1. Total elevation covered 105 metres. Next water point @ 32km mark (but you can skip this one). - Tell me it's 11km to the next minor checkpoint but you'll see me at the one after. Next bit starts with the gravel Surf Coast walk then mostly undulating, twisty singletrack and a small bit of beach. - Fill up bladder - Grab vegemite sandwich - I would have been through knee deep (possibly waist deep) water so will need change of shoes, socks and possibly shorts. - Wash off salt water & re-apply bodyglide - Dump arm sleeves or long sleeve top with you

At CP4 - 49km Anglesea Lions Park (Start/Finish area)		
TIME OF DAY	RED BAG OF GEAR	NOTES
ETA if having a perfect day out: 1:30pm ETA if trotting along ok: 2:20pm ETA if things are going to shit: 2:45pm Cut off 4:30pm	What's in the CP4 / 5 bag... - Head torch - Sunscreen - Coke - Plain Smiths chips (hands off Jimmy!) - New socks - Pre measured tailwind (6 scoops = 1.5L bladder) x 2 servings - Pre-cut Fixamul tape and vaseline	This is the end of leg 2. Total elevation covered so far 625 metres. Next checkpoint @ 70km mark. From here I'm in unknown territory! Who knows what happens after 50km?! :) - There's a full race kitchen here - next one isn't till 77km so might want to stock up on some solid food - Tell me I'm halfway through and the real race starts now with a mixture of 2WD, 4WD and single tracks through more remote sections of the coastal bushland (with wildflowers all around). This is the hilliest leg of the race and the crux of the course. First I've gotta get under that bridge! - I'm going to be very hot by now... If you can hook me up with an icy pole or a frosty fruit that would be EPIC. Otherwise a cold coke would be great if possible. - Reapply sunscreen - Get headtorch if I'm leaving this CP after around 2:30pm