



Surf Coast Century Rookie Ambassador 2021

Annie Knight

JUNE UPDATE

Hi everyone,

Hope your raining for the Surf Coast Century is ticking along nicely. A quick update from me...

Around a month ago I managed a somewhat uncomfortable run of Leg 3 and 4 of the Surf Coast Century course which was my longest ever (50km WOW)! *That's me on the right at the 100km finish line location...*

I didn't feel particularly great on this run and as it turns out I had asthma which I have only just had diagnosed. Self-awareness is at an all-time low here! I struggled with pain through my hip for the last 10km but I was chuffed that I could hang on and finish - a step forward from my last long run attempt. Apparently strength training works!?? I really enjoy running Leg 3 as I think there's some kind, flat sections where you can just roll along in second gear and the hills don't feel really soul-destroying. It features pretty single track too and who doesn't love single track? I won't lie, the sandy stretch before O'Donohue's Rd on Leg 4 became very "WHEN WILL THIS END?", so we're going to need to grit our teeth through that one but at least we know the end is nigh...

I tried two different kinds of trail shoes just to see how my wonky legs/hips would fair in different shoes on the terrain. Both were OK but in all honesty I am still considering running in road shoes on the day if we have dry conditions - I would NOT recommend this in the wet. You may be bogged out the back of Anglesea in the wrong footwear. Also, I have suspect biomechanics so I need extra support - a trail shoe is a great option if it works for you though.

The 50km was definitely an extension beyond what my training program had asked for but I wanted to push a bit because of some exciting, unscheduled activities over these past couple of weeks. I went up to Alice Springs (*that's me in Alice Springs on the right →*) to support a friend, Liz Woodgate, as she ran the full stretch of the Larapinta Trail - all 231km (and just by the way- SHE WAS THE OVERALL WINNER!



I went away with so much new knowledge but I think one very specific thing lingers in my mind- Liz didn't expend any extra energy being negative (perhaps there was negativity in her head but she hid it quite well from me!). As Liz would attest, it was all an exercise in problem solving- she is a master of working through challenges and flipping a situation to her advantage. It was an absolutely brilliant experience learning from Liz and her support crew. We had a ball together and all walked away feeling incredibly inspired to tackle bigger/new things.

So onwards into week 11 of training for me which will be slightly hampered by VIC lockdown. I have a 10km time trail this week and the next week I focus on another long run. I am going to head on into Legs 3 and 4 again because I reckon I can do it more comfortably than last time and my confidence needs a boost.

Hope to see some of you at an upcoming [group training run on the course](#)!

In the meantime, let me know how you are going with training- the wins, the war stories...and sing out if you have any questions.

Annie 🥰

Follow Annie's training on Strava [HERE](#)

The next update on Annie's progress on how her training is going, her mental health and motivation etc will be posted in July.