



## Surf Coast Century Rookie Ambassador 2021

Annie Knight

### SEPTEMBER UPDATE

Hi there fellow runners,

As you (hopefully know!), Surf Coast Century has been moved to 23 October. Of course, from a Rapid Ascent perspective, we were really disappointed to have to postpone the race! I won't fib to you, however, as a runner this was a big relief to me – a good result. I've had a few health things going on of late so the past 6 or so weeks of training have been pretty hard work- plenty of tears and the internal monologue had shifted to, 'OK, maybe I need to give running away'. From a selfish perspective, I am excited to have more time to get my body and mind right to run with all of you!



Even if you're all over how to go about resetting your training for the new race date (I have jumped back to week 17 of Hanny Allston's training program), I'd encourage you to check out the Care Package RA has put together to help you through the next bit. It has some helpful reminders about mindfulness and mind-set which resonated with me.

On that note, my approach to the next two months is to focus far more on training mindfully and with a greater degree of self-care, and self-love, than I have done in the past. When I set out to run 100km I was following the program studiously, giving 100% to every run, running through pain and tiredness and "it's too cold" etc. Over time I realised I was slowly but surely losing the joy for running. It was becoming a chore. I broke down on a long run and called a friend saying "what is the point of this? Why do I do this?". I still loved the movement of running, but it felt soulless. ...So how to fix this quandary?

Balance. I don't regret how I train/ed and I am not going to admonish myself for being single-minded or determined or competitive with myself- this is who I am. BUT...it is very clear I need to find a more harmonious, balanced approach. So the next two months are going to be about (amongst some running) breathing exercises, meditation, watching ASMR (am I alone here?), slow stretching, meandering walks with friends to buy ice cream, connecting with people remotely to train "together" in lockdown and generally calming my farm.

I'm sure I am going to get back to a time when I feel connected to the environment again and a run means letting my mind disengage and disappear to another world for a few hours. At the heart of it, I love to run for the freedom I feel in movement- it's a really simple 'why' – so time I start tapping back into that more often.

If you want to reach out with any questions or just to share stories with me or any of the Rapid Ascent team- we'd love to hear from you. We are missing bringing events to all of you terribly. Sharing is very welcome!

All the very best with your training and sending extra good wishes to those in lockdown here in Vic and over the border.

Stay well, look after yourself and your friends and family...and GET VACCINATED 😊

Cheers,

Annie 😊

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