



Surf Coast Century Rookie Ambassador for 2022

Daniela Ruffato

MARCH UPDATE

Good morning Surf Coast Century Family!

If you can picture a hyperenergetic jumping happy fluffy puppy you will have a close idea of how excited I am to be the Ultra Running Rookie Ambassador at the 2022 Surf Coast Century!

Let's start with giving you a hint of who I am.

My name is Daniela, and I will be 45 years old by the time we will run under the inflatable arch at the start and finish points.

I have always been a runner and despite injuries (you name them, 90% I had them), running always finds its way back to me and each time I had to start from scratch (I am really familiar with the 'run 100mt/walk 100mt 10 times' sense of underachievement!).

I moved to Australia from Italy almost 12 years ago, I live just around the corner from the Surf Coast, 4 years ago I met my Trainer Kevin and through him I fell in love with challenging myself. It was the start of a lot of first times such as Sundays Run Club, Spartans, cycling events and trail competitions.

My training program involves running 3 times a week, gym sessions twice, and I fill the rest of the week with a mix of yoga, walks, indoor bike or swims (I also do rest, drink wine and love netflix). Sometimes my PT with Kevin involves a boxing session, occasionally I feel the need to let it all out with a few punches and kicks.

I consider taking care of my mental health also part of my training plan. There is no strong body without a strong mindset, actually quite the opposite, the willingness to go that extra mile or to run up that hill instead of walking comes from your mind, not from your muscles. It's a shame that still nowadays the professional help you can get is underrated and it's seen as something to be embarrassed about.

So, kudos to all of us for being vulnerable and wanting to talk about something that no one talks about, and kudos to all the therapists out there!

Speaking of kudos... back to the running business. I hope you are comfortable sitting as a bombshell is on the way.

My longest run was a bit less than 24 km when I was training for the 2021 SCC, then a calf injury kept me company for 5 months and ended up volunteering instead of running it (by the way, volunteering was an amazing experience! I strongly recommend everyone to go for it!).

This was more than a year ago. And I am also a slow-paced runner.

And yes, I am going to do the 100km.

And it didn't get real until I received the email confirming my role as Rookie Ambassador.

Am I sh***** my pants?! Hell yeah!! But as I wrote at the start, I am hyper-excited to embark on this journey with all of you.

I will keep three things in mind. First, I can do it (and I will); secondly, I only have to run 10 km 10 times (or 20km 5 times, or 5km 20 times... whatever rock your boat); third, my trainer quote 'who cares about the pace' (he will probably end up tattooing this quote on my skin).

I aim to cross the finishing line, but my ultimate goal is to challenge myself and to inspire others to do the same. And honestly when someone asks me 'why would you do it?' my answer is 'why not?!'

(Disclaimer: members of the public are telling me I will die if I try to run that far. Stay tuned, I bet they are wrong...)

If you want to follow me on the social platform, here's my Insta and Strava links.

<https://www.strava.com/athletes/37401064>

Instagram: [_daniela.ruffato_](#)