



Surf Coast Century Rookie Ambassador for 2022

Daniela Ruffato

APRIL UPDATE

Hello SCC family!

This will be an unusual update as I have been in Italy since the beginning of March to visit my family. Currently flying back to AU for Easter.

Unexpectedly, ticking runs out of my running plan was not that challenging as I thought it would be.

Lucky me, my hometown is crossed by a river and tracks around it are just amazing. If you follow me on Strava you will know already that I got lost few times, I face planted and injured my shoulder during a fall (I thought it was a good idea to save my knees).

I am also not that far from the Alps and with a 30 minutes' drive I can hike/run surrounded by snow. Views are outstanding even when the weather is foggy and cold (even for someone like me that loves winter and cold weather, 3 degrees and snow can be challenging) and some runs ended in a local warm pastry shop with an Italian hot chocolate with fresh whipped cream and a slice of Austrian Sacher torte.



My parents one night showed me a box of old family photos and man! What a trip down memory lane!

I said it before, I always been a runner. Sometimes the routine of doing something all the time can take away some of the memories and feelings we should cherish and hold tight.

So here I am, sitting on mum and dad couch, looking at photos of me when I was in middle school, running, competing, winning, participating, holding medals and cups, not caring about the pace, and overall, just being happy.

Here a photo where I came 2nd to the State competition. Last lap, just few seconds after a girl double my height sprinted and got me in second place. Just smiling!



And here at the National Games at the bottom of Mount Rosa, shortly after, I finished 23rd and the tall girl in front of me won the first place. Second or twenty-third...no difference, same smile.



At the moment, my training involves only running three times a week and to be honest I can't wait to be back at the gym for some strength sessions, I really missed them, and I feel they are a big part of my training.

Unfortunately (is it really an unfortunate?!?) I will not be able to fit any runs during my last week of holidays here, as my last 5 days will involve a wine expo in Verona for work. It will be a full immersion of wine tastings and business dinners in high hills (ouch!), starting from 9am and finishing around 12pm (record of tastings was held in 2019, 43 in one day, I am not looking forward on another PB but we will see...)

My next running appointment will be the Geelong half marathon on the 24th of April. I would love to cross the finishing line in less than 2 hours and 30 minutes but beating last year time will be hard considering I feel behind my training schedule. The formula will be running 1km, walk 100mt like last year, or maybe I will try 10 mins run, walk 2 mins (doing it lately and I think it is more me). I will check how I feel on the day, considering I will most likely still jet legged.

That's all folks from me, see you all in May!

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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_](#)