



Surf Coast Century Rookie Ambassador for 2022

Daniela Ruffato

MAY UPDATE

Hello my friends!

I hope everyone is ticking workouts and runs and feeling great!!

My last update was from Italy, only a month ago, and so much happened, and it's still happening, that sometimes I feel my head spinning!

The first big news from me is that I change completely career... I left a real estate agency to join the family at Active Feet in Ocean Grove. Huge move that is rewarding me every single day. I have already met a few other Century runners who have come into the store and it's fantastic to build that connection before race day! If you need new kicks or if you just want to talk about the Century, you know where to find me!

Training wise... I didn't run the Geelong half marathon, that night I slept only 3 hours (heavily jetlagged) and came down with a bit of cold, I decided to listen to my body, and it was a good decision. I then kept running and training, but (there is always a but) with the increase of running and with a completely different work style, from desk to be on my feet all day, I



developed the good old Achilles Tendons inflammation. As soon I started to feel that uncomfortable sensation of getting out of the bed and not being able to bend my ankles, I booked in with my podiatrist (how convenient I have podiatrists where I work!) and now we are doing shockwave and dry needles therapies to help me reduce the inflammation while keep running. My running schedule now is reduced by 30% and I am confident I will be able to go back soon to the full-on plan. With only less then 4 months to the Century that is not what you want, but (and I like this kind of but) at least it happened now, and I am plenty of time to recover.

A huge congratulation to all of you that got together to run the first leg photos were amazing, and I hope you all had fun! And, to the ones that run at the Great Ocean Road Running festival a couple of



weeks ago. I heard a lot about it from friends and customers who participated in, does not matter what distance you have done, you are all legends!



Fingers crossed my next update will be more about my running and less about injuries or FOMO's alerts for not being able to run with you guys.

Oh... almost forgot... on my April update, I left you wondering if I was going to beat my PB at the Wine Expo in terms of wine tastings done in one day and ...man, I did it. It was an ultra-wine-tasting-marathon, spread in 3 days. Day one, 45 wine tastings done; day two, 60 wine and spirit tastings done; day three, only 33. A total combined of 138 tastings done in less than 72 hours. Now it's water for the rest of the year!



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_](#)

Ciao!