

Surf Coast Century Rookie Ambassador for 2022

Daniela Ruffato

AUGUST UPDATE

Hello my friends!!

I can't believe September is approaching and with it the Century!! Time flies when you are having fun, they say!

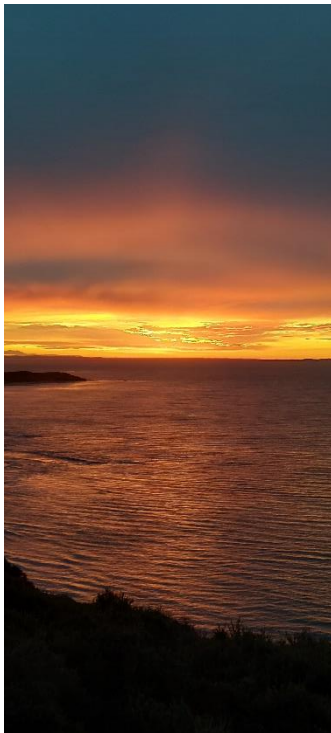
My August has been more than eventful for me! A bit too much for my liking. Another rollercoaster ride, and I feel I didn't have my seatbelt on this time.

I'll try to keep this brief, but if you really don't have the time to read all the details- here's the short and sweet (not) version:

I got Covid-19

I have now long Covid-19

I have withdrawn from the Century. #nextyear



First week of the month started with a positive RAT. Seven days out of the game, with almost every symptom, except for shortness of breath and chest pain.

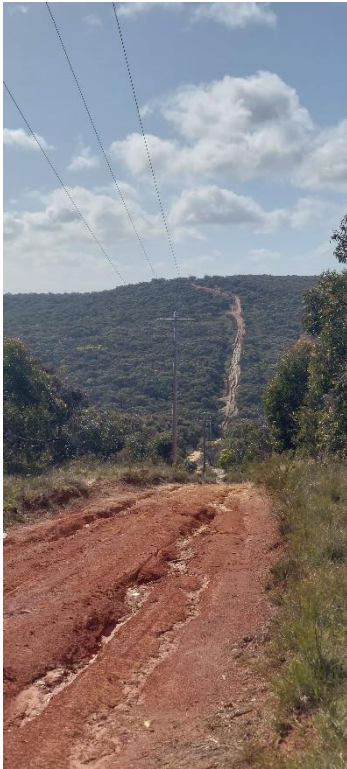
Mind was racing, the anxiety of losing another week of training dominated the first few hours until I realized the only thing I could do was to sit back, 'relax' & rest.

I thought, at least now I have time to listen to a few podcasts, read a book, check what I need for the race and get all the shopping done and my Achilles tendons can get a good rest.

Got out of ISO, back to normal, working and training. First week back running was a bit hard mainly because I was coughing a lot. I thought to myself *"it's normal, I got Covid and need to get used to it, it will get better. Just push yourself and don't get lazy"*. I honestly lost count of how many times I repeated to myself those words: *it will get better, just push yourself more*.

Day after day, run after run, the energy bar was getting lower and lower. *It will get better, just push yourself more*.

During my last long run, when I was getting to know Leg 3 (Gilbert Street is a beauty), breathing was really painful, I was wheezing, and my HR kept staying above 140 only by walking. *It will get better, just push yourself more.*



In tears, 2hrs in and 4 to go, I even called my husband and I asked him to come and pick me up. I couldn't breathe, I was really tired, I felt miserable. Well, Marco had covid so he couldn't, he was telling me to just walk- 'if you can't run, just walk, no one is chasing you, just keep moving forward'. Again, in my head I started to hear '*it will get better, just push yourself more*'.

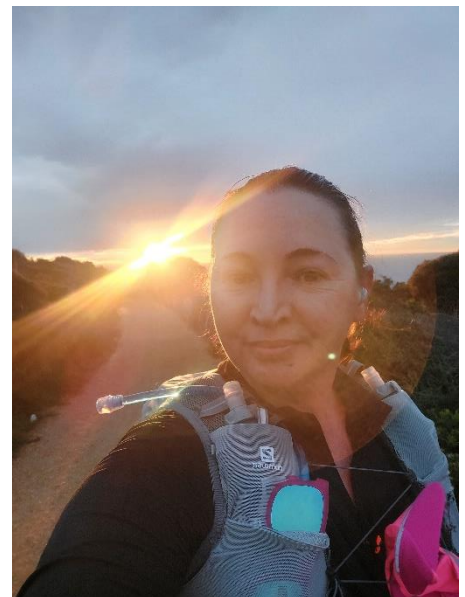
That run terminated way over 6hrs and with a feeling that something was wrong as I couldn't breathe properly. I even stopped for 49 minutes to wait for an Uber ride that never arrived... So somehow (I am still not sure how) I managed to run/jog/walk/crawl the last 13km back to the start point, Anglesea. Four days later, and only after another short run (because you know... *it will get better, just push yourself more*), I found myself checking in with my GP, having ECG and blood tests, and with the diagnosis of long Covid-19.

I am sure it happened to all of us, we feel the pain, we push through. Because that's what we do when we hear that voice '*it will get better, just push yourself more*'. And majority of the time, it works. Mind is stronger than the body and pushes you to do more. But there is also that moment where the penny drops and we KNOW it will NOT get better, we KNOW we should STOP pushing for more.

Don't ignore that moment. Your health is more important than anything else.

Sending the email to the SCC team letting them know about my withdrawal, it hurts. Writing this update, it hurts. But I also don't consider all my training a waste, I just hit the pause button for a bit and when I will be ready, play again. So... next year for me. But on the 17th, I will be at the start line, cheering all the 100 and 50km runners.

The support you all showed me during the last few months has been so motivating and outstanding. Thank you. You are all so inspiring and I wish you all to enjoy every single step of the Century. I loved to write all the updates and you all made me accountable every day! And don't forget Tuesday toenails trim day and to pack that extra energy bar!!!



To Annie and the Rapid Ascent team. Thank you. Thank you. Thank you. You always had kind words when sharing my updates, your understanding about my withdrawal, your reassuring words and knowing I didn't let the team down, make my choice a little bit less bitter.

Over and out. x

