



2024 Rookie Ambassadors

Rapid Ascent would like to introduce you to our 2 Surf Coast Century Rookie Ambassadors for 2024:

- **100km Rookie Ambassador - *Caroline Overbeek***
- **50km Rookie Ambassador – *Matt Drysdale***

We received a number of very inspiring applications for this years program, and as communicated to all our applicants – it's always (yes always!) a very tough decision. After careful consideration of our key criteria and the applicants own personal story of why/who/how, it is Caroline and Matt who we can't wait to learn more about and to follow their journey to the 2024 Surf Coast Century.

Caroline and Matt will be guided by Hanny Allstons's training program which is FREE to all Surf Coast Century participants. [View Here.](#)

Here's a little more about our Ambassadors – and before too long, we shall receive their May training update. So strap in and follow along with us as we get encouraged and inspired by these 2 newbie ultra runners...

Journey updates will be posted to our website [HERE](#) and on our [Ultra Running Facebook](#) page.

Let's meet Caroline Overbeek – 100km

Whilst we can't share all Caroline's secrets from her Rookie Application, what we can tell you is that she self-admits with confidence that she is the fittest, most comfortable and strongest she's ever been at the ripe age of 'almost' 50! (Caroline turns 50 just 5 days after the Surf Coast Century).

Caroline wasn't always into anything sport related, but then she found her love of trail running through Rapid Ascent's [Trail Running Series](#) and her journey of off-road running and the sense of freedom the trails give her kept growing from there.

"Take a moment to close your eyes and picture your high school nerd - yep, you're picturing me, Caroline! I had the massive glasses, was tall and gawky, and covered in pimples. Academia and the dramatic arts were my thing, Physical Education most definitely was not - I loathed it! Then 8 years ago, I became curious about what my body could do!"

– extract from Caroline's application.

We asked Caroline to introduce herself, any way she liked, to her soon-to-be-followers. This is what (and how) she has shared – raw and quirky just the way she likes to be seen:

Common name: Caroline Overbeek

Synonym: Beeky

Scientific name: Ambassadorus centurii

Class: Back-of-the-pack party crew

Family: Dandenongs Trail Runners

Habitat: Temperate rainforest, Aussie bush

Distribution: Common throughout Victoria. Forthcoming sighting - Blue Mountains

Diet: Snacks

Behaviour: Will run for snacks. Attracted to pretty, dangly adornments. Ooh look, there's an event!

Life stages:

- 0-40 - What is this thing you call exercise?
- 40-45 - Discovers road running. Discovers that road running is not her jam.
- 45+ - Trail running, you say? Boom! Adventure!!
- 50 - Strong, fit and fabulous. Time to step it up to the 100, possibly all 19 hours of it! Is the cutoff of 19 hours correct? If not, please alter.



Caroline at the Trail Running Series (Anglesea)

Let's meet Matt Drysdale – 50km

What we were drawn to in Matt's 50km rookie application was his caring, creative and inspirational side. Matt is also turning 50 later this year and his gifting the race to himself (cool-hey). But how this father of 3 came across running was due to his very overweight border collie (dog). It was time for the dog to undergo a training program with Matt and in turn, Matt found his own love of running especially on the trails. The penny dropped during his very own 'backyard ultra' that Matt completed during COVID, but hasn't ever down a '*for-real-life*' ultra. So in comes the Surf Coast Century and we look forward to following Matt's journey also.

Here's a little more about Matt from his response to receiving the Ambassadorship in his words; *and coming soon, a pretty cool intro video...*

“I’m a Mornington Peninsula dad of 3 (17, 19 and 21) and am very humbled and excited to be given this opportunity as the first 50km Rookie Ambassador. I’m turning 50 a month after the event so this is my birthday present to myself... my 50 for 50!

I’m going to have a lot of fun taking you all on my journey to the 50, raising some funds for the charity along the way and hope you’ll enjoy the ride as much as I will.”

Matt has set up some social channels to further showcase his journey to 50km for 50 years:

- Facebook: [Click Here](#)
- Insta [@dadcanrun](#)



Matt Drysdale – ready for the journey!