



2024 Rookie Ambassador 100km

Caroline Overbeek – June

Me and this thang called trail running...

If I don't put down the money/run with someone, my run simply doesn't happen. I lack the discipline to run solo, as I am, at heart, a social runner. And I am okay with that as social running (like the Trail Running Series for me), has led to an exponential increase in my enjoyment factor (and changed my life really). This, in turn, has led to greater courage and capacity to undertake harder and longer events but still in my characteristic, slow burner, style.

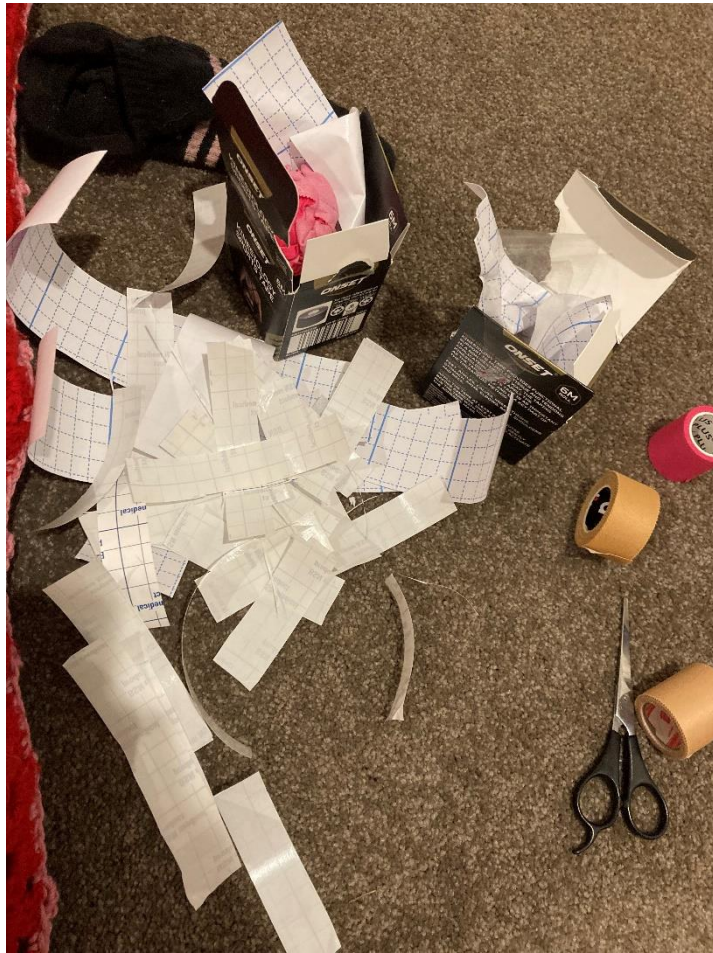
So I enter a tonne of events because I love their vibe and they typically constitute my long run training. I may or may not also love a bit of bling and I'm sure that this goes back to me being Non-Sporty Spice/a dork, at school. If you happen to see me at an event, please come and say hello - look for my crazy, curly hair and my pink kit!

It never ceases to amaze me how much I learn from each run – my latest adventures were no exception.

- I'm off the alcohol - it's been good to feel more hydrated (and abstaining really, really, really shows how serious I am about crossing that 100km finish line 😊)
- Blisters continue to be the bane of my existence - I've tried Squirrel's Nut Butter, Injinjis, Creepers, silicon toe socks, Elastoplast taping, Fixomull. They're all good...to a point. I would hate blisters to be my undoing so it's time for the podiatrist. I'm also going to give Engo patches a whirl. Do you have a tried and true solution for me??
- I've upped my anti-cramping strategies as cramps nearly undid me at UTA50 - I now carry CrampEze tablets and CrampFix shots and for long/arduous runs I will take some preventatively
- My brand-spanking new Prodigios (thank you again to La Sportiva and Rapid Ascent) are ace but I'm pretty sure I've stuffed my sizing and should have gone half a size larger. You know your feet swell - go larger, Beeky!!
- Getting onto niggles is key. My body was chatting to me in four places after UTA and whilst I gave it some time to do it's healing thing, I also engaged the service of Gators Myotherapy to loosen me up. Blows me away how effective this is.
- I am aware of how privileged I am, to do what I do, on so many levels, right down to being able to afford to explore the tools that are out there for us runners.

Attached below are a few video snippets from my latest training/events and adventures – pre and post Stadium Stomp, and a reflection on my recent Surf Coast Trail Marathon which I entered to get a feel for the trails in the surrounding area where the Surf Coast Century course meanders.

PLUS... a realistic image of what it's like keeping blisters at bay....



VIDEOS



IMG_0693 stadium
POST.mov



IMG_0678 stadium
stop PRE.mov



Caroline June.mov