



2024 Rookie Ambassador 50km

Matt Drysdale – June

EARLY JUNE:

I started this year with the plan of just building up my strength after a sprained ankle a month out from the Melbourne marathon which I was planning on using as a qualifier for the Two Bays 56km. My Home trail ultra. That wasn't to be and I passed my bib on to a well deserving Mornington Misfit.

When I found out that I had become the rookie ambassador I was stoked. Every one of my runs had more purpose and haven't been able to take the smile off my face.

On Sunday I went from super high to super low with another ankle roll. Only a mild sprain and I should be back running within 2-3 weeks according to my physio. I've been doing the ankle exercises and planning to start on the bike and a decent walk on the weekend.

Going from a 70km week to a 20km week with my long run cut way short to 0km is hard on your mind and body. I have actually been more tired this week than when I am running and all the added bonuses like anxiety that your mind throws in along the way. I will not let it get the better of me.

I am confident that I'll be able to bounce back, stronger than ever and am feeling like I have lifted a big weight off my chest just writing this.

Probably should go and service my bike which I ironically purchased after a bad ankle sprain 4 years ago!

Thanks for listening

LATE JUNE:

I have been doing plenty of strength training the past few weeks while waiting for my ankle to recover. I got the all clear from the physio to go for a run on the weekend!

Saturday saw me going for a 40km gravel ride, followed up with a cruisy 14km coastal pier to pier sunrise run in Rosebud on Sunday. It was so good to get back out there and have my mojo back.

Less than 100 days to go now and I'm so excited. **Oh and a massive shout out to La Sportiva for my new shoes!**

