



## 2024 Rookie Ambassador 100km

### Caroline Overbeek – July Update

Check out me in my happy place in the Dandenong Ranges (can you guess where it is?), with very happy feet. Absolutely loving my **La Sportiva Prodigios** - their responsiveness, traction and cushioning.

Speaking of absolutely loving - the good folk at Skratch Labs sent me their Sport Hydration Drink Mix - Pineapple flavour, to try. Hooray for an electrolyte replacer that is not cloyingly sweet and quite true to flavour! I may or may not have already purchased (many!) more of their Raspberry Chews nutrition product. Sharing my sample pack with three running pals saw us buy a ten pack to divvy up.

Mother Nature put on the weather for SCC Leg 2 practice run - perfect conditions. This time I was fuelled by Clif products - their White Chocolate Macadamia Nut Bar and Black Cherry Bloks. These particular Bloks were already part of my running kit - the 50mg caffeine lifts me if I'm low in energy (which for me is also a safety thing - I'm far more likely to face plant when tired). The White Choc Macadamia Nut Bar kept me going through the loops within Eumeralla Scout Camp.

My 'bugger off blisters' quest is going well. The podiatrist said I have the sweatiest feet that he has come across in forty years of practice! Finally, I have podiomed 😂😂😂

Here's my work-in-progress/magical formula thus far:

- Twice weekly foot baths in potassium permanganate
- Daily antiperspirant all over my feet (who knew?!)
- Preventative Fixomull tape on the offending tootsies. Second layer Elastoplast to keep the Fixomull in place.
- Injinji Cool Max Liners as base layer socks, a pair of mid weight socks over the top.
- Engo patches stuck to runner insoles (Shout out to the trailie who told me about these during SCC Leg 1 practice - thank you!)
- Shoes with wide toe box

My toesies were in running heaven during Leg 2, not a blister to be found! Woop woop yeeaw 🏃🏃🏃 I still have a few more (podiatrist recommended) tricks up my sleeve/in my socks (see what I did there? 😊), to trial shortly!

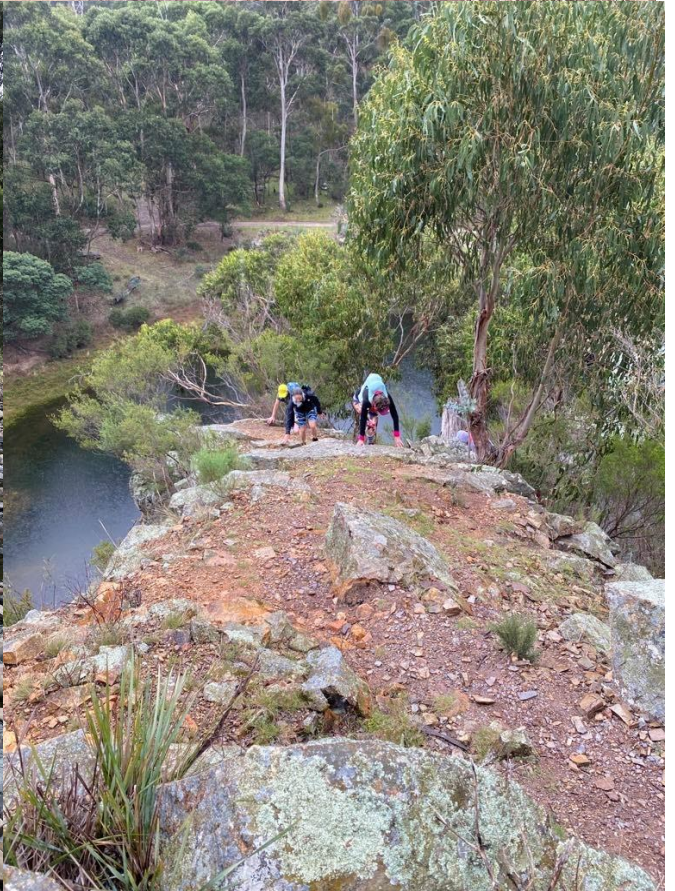
*Caroline*

PICS from Dandenong Ranges; and the Wild Wombat route in the Lerderderg Gorge – all wearing my amazing La Sportiva Prodigios!











SAT 22 JUNE  
CHURCHILL/  
LYSTY

HYDRATION =  
SKRATCH  
→ PINEAPPLE

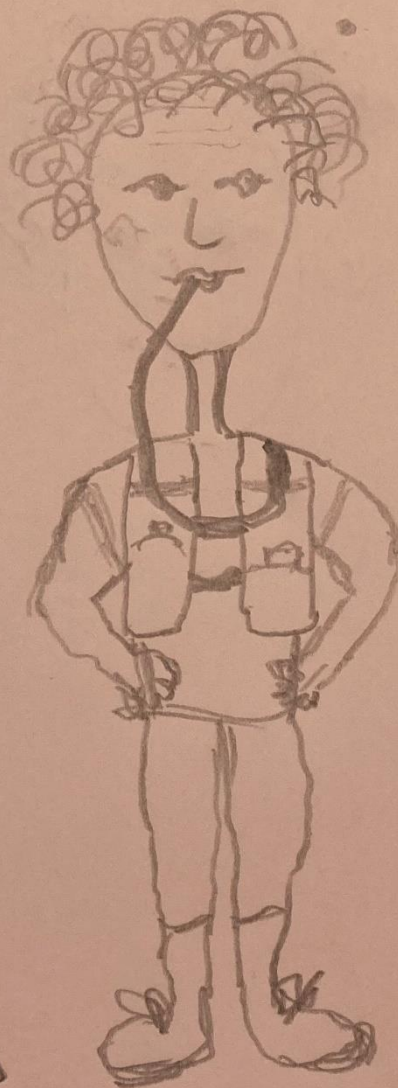
NUTRITION =  
SKRATCH  
→ RASPBERRY  
CHEWS

SUN 23 JUNE  
GCC LEG 2 -  
PRACTICE

HYDRATION =  
SKRATCH  
→ PINEAPPLE

NUTRITION =  
CLIF

→ BARS  
&  
BLOCKS



mmm...  
Yummy  
&  
energizing