



## 2024 Rookie Ambassador 50km

### Matt Drysdale – July

July has been an interesting month so far, my ankle is feeling good and getting some decent km in on the Saturdays then following up with a nice gravel ride on the Sundays. I have also been doing some rucking on the treadmill with a 20kg weight vest. Need to work on my discipline for early morning runs at the moment. Hitting the local spots like greens bush and Devilbend (even did a road run or two, 🤔) Will tackle Arthur's seat on the weekend. Feeling confident! The Skratch labs pineapple mix is the bomb and I ate all of the chews before I could go and test them! And how good do the La Sportiva shoes look muddy?!

