



2024 Rookie Ambassador 100km

Caroline Overbeek – late-July Update

Caroline's adventures this month included multi-day running, event volunteering, night running practice, water crossing practice (ba ha ha ha ha - the video footage reveals all)

Event volunteering! Five hours on the main aid station at the You Yangs - the time flew! Whoever would have thought that I would enjoy helping out, cheering on and general silliness? In my element, much?

Needling! Have you ever tried dry needling to ease a niggle? I was blown away by its effectiveness. Pain gone/area fixed immediately upon removal of the needles. Like woah 🤯 Thanks to Gators Health

This month's highlight? Bakery Run with Surf Coast Trail Runners - four bakery stops over 20km - bakeries as aid stations! Who knew?!

Unusually high cumulative kms this month (including Surf Coast Century Leg 3 training run - mud glorious mud!), as...

Run Larapinta long course coming right up...

Yeeeaw!

PHOTOS:

- Photo 1: You Yangs - Caroline small in landscape view
- Photo 2: Caroline eating a Portuguese tart
- Photo 3: Leg 3 Training Run MUD
- Photo 4: Larapinta prep
- Video – water crossing fun!



