



2024 Rookie Ambassadors

50km Matt Drysdale

100km Caroline Overbeek

Matt Drysdale – 50km Ambassador – the lead up week!

I'm doing well with just a week to go; I did a 40km run along the foreshore a couple of weeks ago, finishing with an Arthur's Seat summit and descent (see pic!). Been cruising since then, smaller runs around 10km some on and some without Strava. One thing I have been doing consistently for the past year is my strength training twice a week which has been a massive help with my training. To be honest, I printed out the recommend training plan and haven't even looked at it! I've been doing what I can and what my body will allow me to do and the body is good at the moment.

I have learnt a lot preparing for this and assume you all go through a roller coaster of emotions for your first few events and things like it's probably not a good idea to get a tattoo on your leg 8 weeks out from an ultra!

Thanks again to Rapid Ascent and all of the sponsors. Can't wait to see you all out there!



Caroline Overbeek – 100km Ambassador – the lead up week!

It's Race Week!

And I had my last training session on Sunday, which I may or may not have combined with my 'Festival of Fifty' shenanigans (please photos). These last few days are all about resting and final (non-running) preparations - drop bags, pre and post meals, hydration, all.the.things.

I can do hard things. Forward is a pace.

"You're okay, Beek, you're okay".

You'll see me dancing on the start line, hear me singing on course and watch me crossing the finish line! Heartfelt best wishes to us all!

