

PREVIEW AND TIPS FOR RACE 4 - 16TH SEPTEMBER

This event has some really unique challenges! We don't have many races in Victoria with long beach segments, and this can be really difficult.

It's my third time at this event and second time racing in an event on the Saturday too, which shares a lot of the terrain.

Going out slower than usual is a good plan as the sand can really just eat up your energy. I find keeping my cadence higher and steps as light as possible really beneficial on sand. Think about not keeping your feet on the ground for too long.

Additionally, follow in someone else's footsteps! It's much easier to run on hard sand, so don't tread a new path. Let the faster people make it easier for you. I move up and down the shore to find the easiest section, and when that fails, just enjoy the absolutely incredible view and keep shuffling along.

There's a good chance you'll get your feet wet - either on the beach or near the end. Embrace it! There's not much point trying to stay dry or avoiding the water. Your trail shoes should drain pretty well, and you won't suffer too much over a couple of hours. At the end of the race it actually feels really refreshing!

Good luck, and if you see me out there please say hi! I'm in the Surf Coast Century the day before and will be surely having a long day on Sunday too on tired legs.

Series Update So Far / Race 4 well wishes

Racing The Trail Running Series this year has been such a good way to measure my progress as I competed in the same 5 races last year.

My goal has been to PB my times, and with trails that can be so unpredictable as the weather and terrain can change drastically.

Race 1, in the rain, I managed to take about 4 minutes off last year. Race 2, over 10 minutes in very similar conditions. The most brutal one for me, Silvan, I managed to PB by about 20 minutes.

The improvements have come for various reasons. Excitement of running through apocalyptic weather for the series start motivated my Race 1. I remember being a bit unwell last year at Smith's Gully, so just the fact that I was healthy this year surely helped Race 2. Practicing my downhill running is what made all the difference for Silvan.

Overall though, consistency by way of not getting injured is the key, and something a coach can help you with. Had I been out for 3 months like I have been in the past, my results this year wouldn't be anywhere near the same.

I'm really looking forward to Race 4. It's a great weekend away with friends, the event area is extra busy due to Surf Coast Century and we're finally in Spring!

Good luck to you all, get some PB's, make some friends on the trails and mostly enjoy the beautiful course.

Mark

The Trail Running Series presented by The North Face ambassador

