


Series AMBASSADOR – Hilary McAllister

Trail run exploring



PRESENTED BY 

Hello! With coronavirus restrictions easing, I have been itching to get away and visit some National Parks, so I can get back on track to visit all 45 Victorian National Parks during 2020.

To make the most of the warm winter days, I've headed north to the Mallee and have spent the past 4 days exploring the remote trails of Wyperfeld and Murray Sunset National Parks.

It's been a big week of running, with a few +30k days. It hasn't been the ideal lead up to the first Trail Running Series Virtual event, but with so much space to explore out here, I'm finding it hard to stay put!



On Sunday morning I was camping beside Lake Crosbie, one of the Pink Lakes in Murray-Sunset National Park. After a hearty breakfast I headed up the nearest hill so I could tune into the pre-race Zoom call. It was great to see everyone else from across Australia and the world tuning in. It was especially great to see my sister who would go on to run her 10k PB – well done Anna!

At 9am I set off north, following the Sunset Remote Walking Track, which meandered up and down vegetated sand dunes, surrounded by nothing but Mallee scrub and the occasional startled emu. The track was mostly loose sand and my legs were feeling heavy after a big week, but aiming for a 15k PB pushed me along!



The 'finish line' was in the middle of nowhere and I arrived a few minutes shy of my PB, vowing to beat it next race! After a few finish-line selfies I set off again, as I still had 8k to go to reach the end of the trail! It was also eager for some phone service so I could see how everyone else fared.

Despite being in one of the remotest parts of Victoria I felt motivated knowing that there were 450 others running alongside me. I can't wait to be racing on the trails together soon, but this Virtual experience was certainly one that will stay with me as one of the more memorable trail-running events.



Huge shout out to the Rapid Ascent team for bringing us all together and I'm already looking forward to the next one! Who knows where I'll be!
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Hilary McAllister
@hilarymcallister_