

# Series AMBASSADOR – Hannah Madge

## June – July update : Trail run exploring



This month has been very interesting for everyone, especially those of us living in Metro Melbourne. Its a time where any plans we had started to make again changed, and I have found not knowing what will happen to be more unsettling this time around. Running has been a great constant that has given my days and weekends routine - I know we all feel very fortunate to be able to still get out onto our local trails.

Early July I was lucky enough to have booked in a quick getaway to the Grampians (when Metro Melbourne finally gets out of this lockdown I couldn't recommend returning to Rural Victoria as fast as you can) where we ran up to the Pinnacle, and the following day, up Mount Difficult in the North - which was exactly as the name describes. I feel like this breath of fresh air has given me a slight boost into lockdown 2.0, and so far my motivation to run has remained.

Between race 1 and 2, I had aimed to incorporate regular workouts into my routine, which I can say I have been able to do by aiming for body weight workouts (each of 25 minutes) twice per week. I am finding that the additional stress we are all facing is resulting in a few extra niggles or more runs on tired heavy legs, but now more than ever I am trying to listen to my body and take extra rest days.

Race 2 of the Trail Running Series was fantastic, the community atmosphere and hearing from such a variety of people was great. I aimed to keep as local as I could but still running on trails with lots of climbing. I took a short drive to the base of the Dandenong's and using Strava to help out mapped out a nice loop with plenty of slippery steep climbs and single track covered in thick mud. It was great to see everyone really reaching high this race, there was plenty of runners who climbed over 300m across all distances- great to see and congratulations everyone on getting out there.

I have also been writing a couple of blog posts including one from race 1 which has been a lovely way to reflect and feel like I am contributing in some small way to the running community. Stop by for a read at [hannahmadge.wordpress.com](http://hannahmadge.wordpress.com)

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