

2010 CMR
The Good The Bad & The Ugly
Aub H

THE GOOD

Noon Friday met at bus pickup was looking forward to catching up with other competitors some friends others about to become friends hopefully one good thing about runs like this is that everyone is there to experience the run/walk/race for their own reasons whether to run well or just for the experience or both hopefully.

Still on the good. Up early Saturday about 4.45am had some brekky checked gear several times [just kept thinking I was forgetting something silly] Met everyone outside hut about 5.40 am a lot of happy cheery faces maybe just nerves I moved to start area ready for run.6.00am of we go was feeling really good and comfortable even up and over Marion [doesn't matter how many times you do it still a decent climb and fantastic view] over through waterfall valley and onto Windemere hut. trying to take in as much of the scenery as I could it is just superb. Said good morning to a few campers crawling out of their tents they got a bit of a shock to see someone running through I think, anyway of to Pelion it a bit of a haul i remember one time I did the run from when you can first see Pelion . Till you actually get there is still it takes forever anyway, felt really good going through frog flats a bit of a climb out but not to bad[ran nearly all the way]. Ran into Pelion feeling pretty reasonable time 3.22. had a quick chat and headed of, filled water bottle with nice cool water and headed up Pelion gap it was about here that I started to feel a little funny in the head and legs but just put it down to the climb up.

THE BAD

This is where the bad started I think my friend Allan caught me at top of Pelion gap and we ran onto Kiora together was feeling ok but not 100% oh well not to worry i thought we left Kiora and pushed on Allan moved away over the next few km and I could feel in myself something wasn't right I hadn't had a loo break for a while, I assumed it all good as I was still drinking as much as usual but had stopped sweating? through DuCane and onto WindyRidge i was starting to struggle, Allan was out to about 5 mins at this stage I was informed so had a quick drink and set off again it wasn't long after this my legs went all funny so had a walk for a bit but every time I tried to run again it felt like my legs were about to collapse so i just walked by this time i had tried to wee several times to no avail it was to painful as I trudged towards Narcissus another friend Dave passed me he stopped to see if I was ok and I sad yeah all good. Its not far i will just walk to next stop and call it a day.. any way made it to Narcissus and them wonderful people there gave me a drink one of them very tasty anzacs and some watermelon, after five min or so the kindly said be on your way if you stop now you will only regret it [at that time I didn't think i would]. Trudged out thinking only 17-18 km to go don't be soft you can do it [what drives people to push themselves past breaking point I will never know], and headed out along board walk.

THE UGLY

I was definitely in the zone after about 3-4km just ticking the legs over watching roots [really over them by now] got to about or near echo point and seen a overhanging branch sized it up and thought yeah I'm under that [I'm only 5ft 5] now i can't remember if I jumped a root or stump but the next thing I was lying on the ground on my back and had a bloody sore head I sat wiping the blood from my eyes thinking to myself what an idiot how did that happen [oh god hope no one seen it would on been extremely funny]. I think any way got up tidied myself up a bit and headed gingerly off again couldn't lay there for rest of day feeling sorry for myself. I had come this far and was not about to give up now.as i asked earlier i wonder what makes people do what they do.....

after a few more km was back in the zone and just wanted it to be over my head ached my legs were a bit tired and i could sense the end was coming as the forest started to change as well as the pathways I could hear the river and see the bridge and knew it wasn't long now so dug a little deeper and pushed on to the finish.

that was definitely one of the hardest runs I have done for me anyway..

Did I enjoy it ??? you bet I did loved it.

Will I be back again??? Certainly will as long as I can get in

it is one of the most beautiful places to hold a run and the people you meet are just fantastic

thank you to the organisers

Aub