

ULTRA-TRAIL

AUSTRALIA

UTA50 - Katie Lyons

I'm just a regular mum, nothing out of the ordinary, nothing special.
What's this I hear about an outrages 50km trail run? You have to be kidding. Not for me, thanks.
'Group 5 can enter the starting chute'
Adrenalin surges, look around, pat down my gear, I'm ready... I think
Farewell my family, suck in the sweet air-SURREAL
'5 minutes to the start'
Stand close to my running buddy, training for months, excited like thoroughbreds ready to jump
'Only 30 seconds to go'
What am I doing? Am I ready for this? What was I thinking? Can I pull out now? What normal human would be talked into this? 50km! I've only done 21!
'10'
I didn't get up at 5 every morning to leave now.
'9'
Is everyone feeling this way?
'8'
Focus.
'7'
Stay calm.
'6'
You can do this.
'5'
Just breathe.
'4'
...
'3'
Breathe.
'2'
Suck it up!
'1'
This is happening!
'GO!'
One step at a time.
The first 5 km, a road run, with hills
I trained mostly flat, this doesn't feel right
I feel out of place
The cheers from my family and friends lift my spirits before the descent
I slow at the giant stairway and lift my head,
How small I am...
The breathtaking backdrop before me washes away my fears,
I look back to my buddy as if to say, let's do this!
We descend down the stairs to the valley below
Air cools and quietens from the crowds waiting above
My feet touch the valley floor I immediately embrace this opportunity and set forth
My legs swiftly find a rhythm and feel surprisingly steady on this rocky and undulating trail
Metres and time tick on
Scenery changes, the smell, the waterfalls, the creeks, the foliage
I smile
This is incredible
This is like nothing I've felt
Friendly faces cheer from the track
Runners encourage
A sense of unity
Half way there
A trip, a yell!

ULTRA-TRAIL

AUSTRALIA

My running buddy has fallen and I can see by the wound that she cannot go on
Tears of devastation as we watch months of preparation disappear
Stitches will heal the flesh wound, but the wound of not finishing is deeper
Comfort of a friend has gone
Feeling alone
Keep pushing, keep moving, head up
My goal is to reach the Furber steps by dark
There is plenty of time to think on the trail
Cleansing for body and mind
It's gruelling and exhilarating
Real and surreal
8 km to go
Up
Up
This cannot go on
Up
Up
A sensation of calm washes over me as the sun sets and I once again enter the dense foliage
that will lead me to the end
Words can't describe the final ascent but I'm sure it makes the finish sweeter
Every muscle screams but I'm not stopping
I can see the buildings
Hear the drums, the cowbells, the crowd
Throat constricts
Tears
I can see the finish
Excitement
Frantically search the crowd for my family
A boy runs from the crowd and grabs my hand
My son
We run together
The finish
I fall into my husband arms, my biggest fan
I'm just a regular mum, nothing out of the ordinary, nothing special...but now there's a spark,
a spark that will keep me moving, keep me growing, keep me challenging myself and without
a doubt...now I believe I can do anything.
I'll see you next year.
Come join me