



woman, Barb Wood, is 51 and for the first few days we were very evenly matched. I've got a lot to learn from the other women in this sport who have a few more races under their belts.

RF. And what's next on your race calendar?

SC. Unfortunately, I've had to drop out of my next race (UK Trailwalker in July) because I am having surgery on my big toe. I am going to have to take a 12-16 week hiatus from running, but I am planning to come back stronger than ever. I have my eye on a triple marathon in England (Atlantic Coast Challenge www.votwo.co.uk) in October and of course, Racing the Planet events are always on my agenda! Stay tuned on my blog: www.canadianultrarunner.blogspot.com

RF. You mention in your blog that you would have been stuck without your Polar HRM. How did this help you perform?

SC. The Polar product was indispensable. Our biggest enemy in Australia was the heat and battling dehydration. My RS800CX was able to accurately calculate my speed and distance over extremely varied terrain - scrambling over rocks, running through grass, and even barrelling through rivers - so I always knew how far I was from the next checkpoint. I could manage my water intake so much more effectively this way. Other competitors who weren't able to track their distances would run out of water too quickly or would save more water than necessary, which led to significant dehydration and nausea. Some of the competitors made the mistake of trying to use other GPS products that don't have nearly as long of a battery life as Polar - after one or two days, they had to rely on the lucky runners with Polar products to call out the distances!

RF. You must have been pleased with your finishing position?

SC. Absolutely. With the level of competition present in Australia, I felt completely honoured to have made it into the top ten. I finished behind a former Olympian and among some of the top ultrarunners in the world. How crazy is that? These guys have raced to the tops of mountains, across Arctic tundra, and over sand dunes to victory. It was amazing to run with them and follow in their footsteps. Make no mistake though - I'll be trying for a first place finish in my next event!

RF. You were the youngest finisher by five years in the top 20. Does this give you motivation and encouragement that you've got a long future in the sport?

SC. I'm planning on at least another 60 years! I've heard that ultrarunners start to peak around the age of 40, so I've got 13 more years until I really get into my stride! Age is almost irrelevant in ultrarunning. The younger ones might have a slight advantage physically, but I think the more experienced ones have a huge advantage mentally. The third placed

Quickfire questions:

- Shoe choice:** Brooks T6 Racers for single stage (up to 100 miles), Mizuno Wave Elixir for multi-stage, Vibram Five Fingers for pool running, and Inov-8 for training on trail
- Music choice:** Canadian bands like the Stars and Arcade Fire. But I must confess, when I need a boost I turn to girl power music like Beyoncé!
- HRM:** Polar is THE only option for multi-day events
Inspiration: Mary Gadams, CEO/founder of Racing the Planet
- Best race:** My first 100 miler (Vermont 100 in 2009) - 1st female and 9th overall! Plus, my best friend paced me for the last 30 miles, which was an incredible experience to share.
- Favourite training session:** solo long runs anywhere in the country
- Race nutrition:** Hammer Perpetuem, Nuun, and crisps!
- One top tip for would be ultra-runners:** Our only limits are those we set for ourselves!



For more information about the Racing The Planet series, visit www.racingtheplanet.co.uk. For details about the Polar range of heart-rate monitors, visit www.polarelectro.co.uk