

Scenic Rim Trail Running Series

Ambassador

Lauren Shay

Hi! I'm Lauren. I'm an ultra-runner, ultra-mum and ultra nutcase. I live in the awesome little town of Boonah in the beautiful Scenic Rim. I live with my five-year-old daughter, AKA the mini cyclone, run my own little writing and editing business, and LOVE trail running.



What got you started in trail/ultra-running?

I've been running on and off for about 12 years. But it wasn't until I sold everything I owned and moved into a bus (yep, true story) four years ago that I started trail running. A lot of the places I travelled to had no footpaths or suitable roads to run on, so I had to go off the beaten track. I no longer live in a bus, but if I'm not working or kid wrangling, I'm on a trail or dirt road somewhere.

Ultra-running was just a natural ~~slide into insanity~~ progression for me!

What motivates you to run?

I'm a glutton for punishment! I love pushing myself. Also, I'm happiest when I'm out in the scrub somewhere. But most importantly, I want my daughter to grow up confident and strong, and that starts with me.

That's what's awesome about the Scenic Rim Trail Running Series. There's always a kid's event, and I've run two of them at Kooralbyn with my mini cyclone and had a ball.

What's your favourite race?

This is a tough one as there are so many stand-outs for different reasons. But the 2016 Lamington Eco Challenge (2 x 42km back-to-back races in Lamington National Park) will always have a special place in my heart. At the time, it seemed insane to me (... little did I know what else was to come!) and it was something I truly did not know I could achieve. But I did it, and it prompted me to tackle my first ultra two weeks later – Coastal High 50. Also, the course was spectacular. Such a friendly, laid-back event that sadly is no more.

I also have to make special mention of the Scenic Rim Trail Running Series 26km event at The Overflow Estate winery this year. Not only did it start and finish at a winery (yesssss!), it was the first event I ran with my partner, Karl. :)

What's a run-down of your best results so far?

I am one of those frustrating people who doesn't pay much attention to times and results (I'm not even on Strava!). But for me, my best result – in terms of getting the job done under extreme circumstances – was Surf Coast Century 100km in 2018. I had infected corneas (at the time, I didn't know that's what was making me feel like gouging my eyes out), which became steadily worse during the race. My eyelids swelled, I could barely see and the pain was incredible. But I finished in 15-and-a-half hours and got the little mug for finishing under 16 hours. Then my dad drove me to hospital, where I spent the night in a different dimension on the most amazing pain relief.

What races have you got coming up?

Scenic Rim Ultra 105km! I am so bloody excited about this one. For one, it's in my backyard. And it's going to be spectacular! Some of it will be on trails I regularly run, but some of it will also be new to me.

Before that, though, I have the Tarawera 100 miler in New Zealand in February. Then I'll see what else takes my fancy! I'm a sign up now, think about it later kinda gal!

Where do you see yourself in the future?

Mumbling incoherently in the bush somewhere with my hydration pack and never-ending supply muesli bars.

What do you love about the sport?

I love how freeing and honest it is. After a certain point, it's bare-bones you, in the elements, putting one foot in front of the other. There's no room for pretense's or first-world worries. You have one job – keep moving – a task that is both simple and enormous.

Where do you see the sport going in the future?

There's no doubt trail and ultra running is gaining traction around the world. It's big business now! But it is my hope and belief that grass-roots events are what will keep the heart and soul of the sport alive, changing lives one stumble at a time.

