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# ADVENTURE RACING

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### XPD Portugal, Estoril: 6-9 December 2007

Race Reporting by Nicholas Mulder. Cascais, Portugal

Overview of the remaining sections  
Saturday, 8 December 2007 (14h55)

At the start of the river paddle, teams who have visited all CPs would have completed at least 392km out of a total of 578km.

The 56km paddle is on Portugal's largest river, the Rio Tejo, but the tide will be against most of the teams. This means that teams will only get off the water in the dark, starting a 33km trekking leg (including 1 optional CP in a canyon) that will take them through the final night of the race.

Teams will be cold, wet and sleep deprived. This will encourage them to skip checkpoints and proceed directly to the transition where they will have access to their food and kit boxes for the last time. This transition is at the 482km mark.

The fifth and last stage of the race is split into 3 sections. It begins with a 73km bike leg, followed by an easy 21km trek to the coastal town of Cascais. From there teams have a mere 2km paddle, including a diving section to locate an underwater checkpoint.

Keep updated at [www.AR.co.za](http://www.AR.co.za) for all the latest news from the Estoril Portugal XPD.

Photos can be viewed at [www.flickr.com/photos/21332583@N05/sets/](http://www.flickr.com/photos/21332583@N05/sets/)

## ESTORIL PORTUGAL XPD RACE 2007



"Run when you can, walk when you have to, crawl if you must; **just never give up**".

Dean Karnazes  
Ultra distance runner

