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# ARWS Estoril Portugal XPD unveils its mysteries.

*100 days before the Event the organizers present the Clinics and Conference programs and disclose important aspects about the race.*

One of the most significant aspects of this year's race is the historic linkage between the land and the race course. All the race stages will address different historical sceneries ranging from the Jurassic to the Romantic period. So in a matter of few kilometers one can easily travel in time, from Dinosaurs footsteps, to Templar Castles into bays and beaches used in the Discovery Ages.

All in one very strategic and demanding race that has already attracted the interest of 40 international teams from 13 countries, with the latest addition of two of the best Czech teams.

The race is still open for normal registration until the limit of 60 teams is reached. According to the event organizer, Alexandre Silva, the twenty spots left should soon be filled with teams from Central and Northern Europe in search of a sunny race in winter.

This year's Estoril International AR Conference will focus on the dual nature of Adventure Racing both as a sport and as a tourist activity. ARWS manager, Geoff Hunt will be the Keynote Speaker presenting the ARWS project from the initial idea to its current development. Many other contributions are expected from around the world, reflecting the views of racers, organizers, sports



organizations, tourism promoters, the press and the public (organizers welcome any contribution to [info@portugalxpdrace.com](mailto:info@portugalxpdrace.com)).

This year's Estoril AR Clinics will approach two key subjects: Race Organization and Race Advising. Both courses, certified by the Portuguese Orienteering Federation, will have 18 hours and will be presented in English. Additional workshops on Adventure Racing First Aids and Navigation and Decision Making for Adventure Racing, can also be attended by the participants.

The race course will be divided into five different stages, each stage involving at least two sections with different disciplines in a total of 12: climbing, coasteering, mtb, kayaking, orienteering, inline skating, ropes, snorkeling, speleo, swimming, trekking and trikke. The expected race time will be around 80 hours for the 470 kms of the full course. An example of last year's race territory, maps and team strategies can be found in Estoril XPD Web Site and seen with Google Earth Free Software.

Estoril Portugal XPD Team, the XPD organizers "on the road", will be promoting Estoril in ARWS events in France and Brazil and in the Iberian AR Cup next November in Montalegre, Portugal.

Estoril Portugal XPD is a full member of the AR World Series formed in 2001, which is the first global series to unite elite adventure races around the world. The next Adventure Racing World Championship will be held in 2008, in Brazil.

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