

ESTORIL PORTUGAL XPD RACE

08

NOVEMBER 30 - DECEMBER 4, 2008

AR WORLD SERIES

Estoril Portugal XPD 08 revealed?!!!

For immediate release

Information #5 - 02.10.2008

Hello everybody,

After an exhausting September, we managed to prepare the longest ever Adventure Race in Portugal. The complete route, including all mandatory and optional checkpoints will be over 700 km but gladly we decided to explore this area of our country and present you with such a challenge! The landscape is beautiful, the terrain is tricky and in some parts physically demanding, in others it's a complete "nightmare" and your philological robustness will be tested to their limit.

However you don't need to be afraid: the highest passage of the race will be just 500 m above the sea level and many times you will have the sensation of being really close to the sky (we will pass on the ridge of sea cliffs with 400m high vertical walls!!!). The race is designed to offer you the best territory we have for Adventure Race in the Estoril\Lisbon area and to help you to discover many of our natural and cultural heritage, ranging from the Jurassic era to the Palaeolithic, Fenitian, Roman, Arabic and Medieval times. This year we will have Check Points in Dinosaurs footpaths, in Fenitian pottery mills, in Roman swimming pools, in Stone Age Sanctuaries, in Moorish Castles, in Medieval Bridges and Churches and even we will take you to the real launching place of the sea expeditions of the 15th Century World Discoveries.

Paddling with dolphins and flamingo's, hiking with falcons and eagles, biking with bulls and wild boar will be possible for many of you in the several natural parks we will cross this year. Cohabitation with humans is quite natural for this wildlife due to fact that the lands you cross are inhabited for thousands of years. Nevertheless, caution and an "eco friendly" attitude should always be present among the racers.

Again the main question all teams should address in this race is Management: How can we manage to do it all? The race is planned to give the "trophy" to the faultless options; thus good judgement, focus and teamwork will be decisive to overcome the challenges of the course. The weather condition is also a crucial factor which we took in consideration for the route layout. For instance, "rain" will speed you in some places and almost stuck you to the ground in others; this implies the need of a careful choice and decision when these situations occur. Fortunately, you will find always small country roads which will speed you up to the next Transition Zone (the cut offs are an example of that principle).

The equipment requirements are balanced between safety and comfort and we will not force you to carry heavy packs unless it will be strictly necessary. Climbing gear and wetsuits will be carried just in the sections required and the assistance team will pick and drop it all along the way. The recommended place to sleep are the Assistance Areas but you will find many comfortable places all along the way, namely in some of the transition zones. For the meals we recommend to explore the flavours of the Portuguese "cuisine" as you will cross many small villages with typical taverns and pastry shops.

Most important at this time is to prepare for the challenge and after analysing the data presented in the Estoril XPD Provisional Statistic Sheet, you can find all the results extracted from our recon trips and testing. The average speed estimated for the whole race is 7,6 km/h, which in our opinion allows any of the top World Teams to complete the full race, nevertheless the technicalities



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involved in navigation, particularly at night, will require acute precision and focus which implies the teams would need to rest several times along the way to minimize the errors. Because time management is so crucial to teams, there will be compulsory stops to allow some race protocols regarding Sport Ident data collection, Press Flash Interviews, GPS System downloads and battery check and Medical Checks.

From the data is possible to verify that around 42% of time the teams will be walking or running, 30% biking, 20% paddling and 5% skating which indicates that attention should be paid to the feet and their condition along the route. As stated in previous bulletins water (both sweet and salted), sand, mud and rocky trails will be present along the way with all the known hazards and consequences to the racers feet. Prevention and good preparation is always the key to have a successful race.

Other interesting data extracted from the race statistics is the almost identical average speeds for Mountain Biking and RollerBlade\ TRIKKE, 12,4 km\h and 12,2 km\h respectively. Coasteering and swimming have the slowest estimate for speed with 4,2 km\h and 0,7 km\h. The longest section has 109 km and it's a MTB section and the shortest is a 3,3 km trekking section with climbing and caving. Mountain biking has the largest share of the 712 km with more than 45 % (MTB and O-MTB) of the total racing distance.

The maps that will be used this year are from the same source as last year (Portuguese Military Maps) , with the novelty of the use of the scale 1:50 000 (quite common in races around the globe). We will use also Orienteering maps for more precise navigation and in a particular area we will use an extract of a river navigation map with the identification of the sand, mud banks and the passages (channels) between them. Examples of the map legend will be send to the teams along with an extract of similar areas in the three formats we will be using (1:20 000, 1:25 000 and 1:50 000).

The final piece of information released is the race scheme that gives you the full picture of the route and identifies the sequence of the sections and the location of the Transition Zones along the four stages of the race.

As referred in the last bulletin, a big effort is being made in the area of the media and in the direct broadcast of the race through a number of channels – today we announce you the born of the XPD RACE TV which is already broadcasting in an experimental period and will be the main tool to communicate with the World of Adventure Racing in December: stay tune!!!!

(<http://xpdracetv.blogspot.com/>)

All the best,

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