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ADVENTURE RACING

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XPD Portugal, Estoril: 6-9 December 2007

Race Reporting by Nicholas Mulder. Cascais, Portugal

Russian Girls Kick Butt
Thursday, 6 December 2007 (11h00)

Team Motorola SOS Mata Atlantica (Brazil and USA) and the all-girl Russian Team Arena were the first teams to arrive at transition zone 1, at the end of a 9km roller blading leg. Motorola, starting from 11th position at 07h20 this morning, a full 20-minutes behind the first team, Millennium BCP-Porto from Portugal, left the start gate at full speed and quickly proceeded to catch various teams along the scenic coastal road. As a low mist slowly broke with the first rays of the morning sun, it was Team Arena however, that showed superb roller blading technique, with Anya Burlinova and Maria Plyashecko taking it in turns to lead a pace line. The towing effect saw them rapidly catch team after team, finally closing the 10-minute deficit to Team Motorola with just 100-metres to go. A quick change over saw Team Motorola head out first, followed less than a minute behind by Arena.



Team Cyanosis, starting at 07h38 this morning, showed solid roller blading and trikke skills, making time on most of the field to arrive at the end of the leg at 08h15, just 15-minutes after the leading teams. With Donovan Sims and Arrie de Swardt on trikkies, and Ryno Griesel and Susan Sloan on blades, the team must have found the perfect combination to close the lead gap so effectively. The team were in good spirits on leaving the transition onto the coasteering leg, which should feature some fantastic scenery as the mist rises, revealing a large swell and rolling breakers.

Keep updated at 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/

RUNNING



ONE TEAM SEVEN CHALLENGES

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

Dean Karnazes
Ultra distance runner

