

Tips for preparing for the 2008 XPD ????

Para difusão imediata

Information #4 - 15.09.2008

Hello everyone,

At the minute the organisation team is out on the terrain, and they can already guarantee that the Estoril Portugal XPD 2008 route is going to be a real show of emotions. The variety of the course and the frenetic pace at which everything will happen will surely surprise those of you that are accustomed to this kind of long race.

The large diversity of landscapes is another feature of this race this year, which will happen across many different and sometimes fairly difficult types of terrain.

The layout of the race will be presented later, towards the end of September, but we can already reveal that there will be three Assistance Areas (AA) and 12 Transition Zones (TZ) where it will only be possible to exchange equipment (there will be three kinds of TZs – pick up zones for equipment (Pick Zone), drop off zones for equipment (Drop Zone), and pick up and drop off zones (Pick and Drop)). As well as these zones there will be Spectator Zones, where outsiders and your assistance will be able to watch and follow the teams' progression and activities.

The main types of progression will be the expected trekking/running, mountain biking, canoeing and inline skating and/or TRIKKE's. There will also be the possibility to complete sections by combined means – running and mountain biking (2+2), running and canoeing (2+2), inline skating and mountain biking (2+2) and three short sections: one with swimming, one with caving and one with a surf or body board. These sections will use military maps at a scale of 1:50000 or 1:25000 and cross very varied types of terrain, from beaches and dunes to hills and Mediterranean forest. On foot and by mountain bike the ground you will be crossing will vary from soft (fine sand and mud) to hard (rock and asphalt) so the choice of the best route will be of extreme importance for each team to be successful. Again, the race will be based on the Score model with obligatory checkpoints (CP's) and optional CP's so each team must manage their objectives and this is crucial to their success. Issues such as rest, night navigation, the selection of equipment, proper nutrition and hydration will be crucial to withstand this difficult test.

Throughout the course there will be many possible activities - the kayak route will pass through the waves, it will be held in 2 place sit-on-top kayaks and will include circling a buoy in the surf zone, - the surf/body board section will use the kind of board that each team chooses (from those that the organization will provide) and will involve circling a buoy beyond the surf break zone, - the climbing section will be held on limestone rock faces and the proposed activity includes both the control of reaching hanging CPs as well as the vertical progression up the rock face (the ropes will be provided by the organisation, and security will be "Top Rope" provided by fellow team mates) - the abseiling section will not exceed 60m, and each athlete will ensure their own safety using a figure-8 descender – rope ascension will use the standard techniques with two blockers (Jumar and Basic) – the section that crosses a rock face will not exceed 200 m and will require two points of attachment that will progress along ropes that will be set up by the organisation,



Cascais
Câmara Municipal

Associação Portuguesa de Corridas de Aventura – APCA, Rua António Sérgio, nº12
2750-555 Cascais – Fax.: +351 21 486 2163 – Tlm.: +351 96 830 7950

www.arworldseries.com / www.corridasdeaventura.pt / www.portugalxpdrace.com

ESTORIL PORTUGAL XPD RACE

08

30 de NOVEMBRO a 4 de DEZEMBRO de 2008

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Tips for preparing for the 2008 XPD (cont.)

- the caving section will involve entering and leaving a cave and horizontal progression without fixed ropes - the archery activity will be held outdoors with competition targets at a distance of 10 to 15 m, and you will need to make minimum score to then access a trekking section and an alternative CP - skinning will be carried out by the sea and will consist of a minimum progression time by athletes across wet sand on the boards (which will be provided by the organization), if that goal is not achieved the athletes will have to trek to an alternative CP - There will be special sections following orienteering 1:15000 or 1:20000 maps, that will be carried out by all the elements of the team, individually or in pairs, so ALL team members need to have basic orienteering skills using these maps - International Cartography Standard ISSOM of the IOF.

The race will last 100 hours, 19 hours more than last year and the number of CPs will also be higher, with more than 90, over half of which will be obligatory. This will make the race even more demanding and competitive.

The assistance areas and many of the transition zones have been chosen to be close to cafes or small bars in order to facilitate teams' access to food and drink. The three assistance areas will have sheltered places for the teams and their support to sleep in camping style. These locations will have tables set up enable the preparation of small meals and the organization will provide two microwave and two kettles for common use (the use of camping stoves is optional for all teams). As in the 2007 race there will be many opportunities to enter in contact with the local populations, so it will be easy to get water and food along the way (and there is even the risk of athletes gaining weight along the way!).

The organisation is working hard to make the mandatory equipment list as short and as general as possible, however you should already plan on having lighting and signs for your mountain bikes and there will probably be a night canoeing section. Good lighting will be critical throughout the race because orientation across the terrain is very demanding and there will be no natural light (new moon) or artificial light on the sections to be held at night.

Finally we want to inform you that we are developing and testing a new integrated system of on-line tracking of teams that integrates GPS information, timing, video / photo and news. If all goes as we hope there will be 100 hours of non-stop broadcasting on the Internet on various channels that will keep you glued to the race from beginning to end.

All the best,

Alexandre Guedes da Silva,

XPD General Manager

+351 933 479 467

teams@portugalxpdrace.com

www.arworldseries.com / www.portugalxpdrace.com / www.corridasdeaventura.pt

P.S: Check out the promotional video for XPD 2008 at:

<http://www.youtube.com/watch?v=dqosKIOFAM4>



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