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News



28 September - Salomon Four Peaks Mountain Challenge - A 24km trail run, traversing the high parts of the Witteberg mountain range, just outside Ficksburg in the Eastern Free State. This race starts and finishes at the wonderful Moolmanshoek Nature Reserve and follows the high skyline and ridges for most of the distance. The route takes competitors passed four checkpoints on various peak tops and ridgelines before descending back down to the valley floor for the finish.

Addict Graham Bird was there: "I wonderful race. The scenery and venue is stunning and makes a nice change from the tar road and city park runs we have in Jhb. The Moolmanshoek Nature Reserve sits on a massive plain surrounded by the Witteberg Mountains. The route starts with a massive 500m climb up to the first pyramid before following the 2000m ridge around the plain in a clockwise direction. You pass over various other peaks and contour around others, heading up to Sikonyelle's Hat, the highest point at 2312m. From there it is a steep decent back to the plain, heading through some massive donga's, before the final few flat kilometres to the finish. The scenery on the ridge is spectacular and you continually see the nature reserve and start/finish line the whole way round. After a slow-ish start, I had a good second half managing to finish 5th in 3h52."

25 September - Adventure Addicts to go big in Brazil - Top adventure racing foursome, Team McCain

Adventure Addicts, have less than a month left before jetting off to Brazil to take part in the AR World Championships, presented in one of the planet's truly wild places.

The 6th edition of EcoMotion Pro, Latin America's premier expedition race, will kick off on 2nd November 2008 along Brazil's remote north-eastern coastline. The far-flung provinces of Piaui, Maranhao and Ceara will be the arena in which this 550km race will unfold, and competitors can look forward to an authentic and challenging wilderness experience.



At least 45 teams, including world-class athletes from as far afield as France, Australia, the UK, America, Sweden and

New Zealand, will line up with McCain Adventure Addicts at the race start. The extreme climate - with temperatures expected to peak at around 40 degrees Celsius - and harsh sertao scrubland will test racers, who can expect to be on the course for up to seven days.

This uncharted corner of Brazil boasts an incredibly bio-diverse landscape, combining desolate sertao (outback), with deciduous caatinga thorn forest, unique rock formations and a coastline brimming with sand dunes, plunging cliffs and freshwater estuaries. A highlight for racers will be the virtually unexplored Pamaiba Delta, the only open-ocean delta in the Americas, with 75 islands dotted within an incredibly diverse wetland area.

Other natural highlights along the EcoMotion route will be the Sete Cidades National Park in Piaui, and the 'Terra das Palmeiras', or 'The Land of the Palm Trees', set within Maranhao. Add to this the cerrado (savannah), vast off-shore coral reefs, mangrove swamps, the world's most expansive rain forest and crystal-clear dune lakes, and you can certainly prepare yourself for a race like no other.



Race headquarters for EcoMotion will be the tiny village of Jericoacoara, a fishing settlement with only 2 000 inhabitants. This undiscovered little coastal gem is at the heart of a vast Environmental Protection Area, and has so far escaped the tourism boom here in Brazil. But EcoMotion is set to change all that, with athletes and media representatives from around the world gearing up to discover this treasure of a town.

Race start on Sunday November 2nd, 2008 will see McCain Adventure Addicts facing off against the full gamut of adventure disciplines. Sandy soil and varied vegetation will add to the challenge along punishing treks, while sea cliffs and rock outcrops promise exciting rope work stages. In addition, the talented unit will have to prove their mettle during kayaking, navigation, mountain biking, sailing and rappelling tasks.

Approximately 168 hours of gruelling racing awaits McCain Adventure Addicts during their multi-disciplinary expedition. At least half the field are expected to not make race cut-off at midday on Saturday November 8th,

2008, but the experienced South African foursome will be aiming for at the very least a top five finish and potentially a small share of the total prize pot of US\$60 000.

Captained by Graham Bird, the McCain Adventure Addicts team is bolstered by solid racers such as Andre Gie, Hanno Smit and Tatum Prins. As individuals, they excel in disciplines as varied as paddling, mountain biking, trail running and navigation, and can therefore be expected to do well, especially as the climate and conditions here in north-eastern Brazil should suit their team dynamics and style of racing.

A groundbreaking sponsorship deal with McCain Foods Limited, an international leader in the frozen food industry, has enabled the team to focus on the sport rather than the logistical nightmare of constantly chasing sponsors. Competing in international expedition racing would be impossible without extensive funding, and McCain immediately grasped the synergy between their brand and this exhilarating endurance sport.

McCain Foods Ltd has a rich history spanning more than half a century, and employs 20 000 people



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in 57 production facilities on six continents. As market leader in the frozen



vegetables and potato chip markets, the company's name is synonymous with healthy food. McCain Real Oven-bake Chips are a great source of carbohydrates, are 95% fat free with 0% cholesterol, and are thus endorsed by the Heart Foundation. Their product range targets people who strive for an active and well-balanced lifestyle.

McCain Adventure Addicts is furthermore proud to count apparel manufacturer CapeStorm as another of their official sponsors. CapeStorm, winner of the Proudly South African Award, rivals global outdoor apparel manufacturers when it comes to durability and technical quality, and the team knows they can absolutely trust their clothing to keep them warm, dry or cool, depending on the conditions out there. Additional sponsors include PVM Nutritional Science, Giant Bicycles, Island Tribe Sunscreen, Squirt Bicycle Lube and Black Diamond head torches.

EcoMotion is part of the AR World Series, a worldwide circuit of premium adventure racing events representing ten countries over a one-year period. This year's race will be the culmination of the series for 2008, and is sure to expose competitors to the rich traditions and culture of this breathtaking region of Brazil. The official web site for the current AR World Series is www.arworldseries.com, and Casio Pro-trek is the official watch sponsor.

23 September - Robberg Express Multisport Challenge - Another awesome event staged by the brilliant **Magnetic South** (if you ever get a chance to do one of their events....DO IT!). The main event is a 40km MTB through the Harkerville Forests and then onto the Robberg Car Park overlooking Plettenberg Bay, where athletes transition into running shoes for a 10km trail run around the Robberg Peninsula. It is then onto surf ski's for the final 10km paddle around the bay. Addicts Andre Gie and Hanno Smit were there!! Report from Hanno:



"Now, in its second year running, the Robberg Express Multisport Challenge presented some new additions as well as some changes to the route and the infrastructure of the event. These changes were all an improvement on the inaugural event and has surpassed many a competitor's expectations.



So, just exactly what changed and why the big hype? For starters, the start has moved into the forest at Harkerville. This created more forest riding, more excitement and no double backing of the route. The transition was on top of Robberg with views all the way to the peaks of the Tsitsikamma mountains to the shipping lanes of the southern ocean. The run took you right around the peninsula on very technical terrain and then a paddle in the bay of Plett, home ground of many seasonal whales and sharks. For variety, a short course option was available as well as a team format. Also, true to Magnetic South, organizers of the Land Rover G4 event, they had a continuous shuttle service running between the start venue and the transition/end venue!

The race kicked off at a chilly 8am and sent the riders through the fresh forest on jeep tracks, allowing for a fast passage of 35km to Robberg. The route covered some of the Harkerville cycle track and a good mix of plantation terrain, some fynbos and a healthy amount of indigenous forest terrain. The first riders to get to Robberg included Jan Schutte, Cas van Aardenne, Martin Dreyer (who opted not to run due to an injury) and Jeannie Bomford, with Andre Gie further back as a result of an untimely puncture. The 10km run proved to be very tough and treacherous traversing over slippery rocks. The aftermath of the recent high seas coupled with monster seas were clearly visible at the tide line as runners had to run through the remains of a fisherman's cottage and along an eroded shore, bearing the evidence of the severity of the recent storm. Back at transition and onto the ski's, the race leader, Jan Schutte could not master the choppy sea conditions and decided to pull out. Second placed Cas also struggled with the choppy sea and ended up resigning to the conditions, agonizingly short of the finish line. This left the door open for a super determined Jeannie to finish first, with a charging Andre Gie grabbing the runner up spot and myself claiming the last podium position.



What a super effort from the first lady being the first athlete across the line!"

20 September - Addicts waking up - It has now been over a month since the Addicts and Fanatics finished the Bull of Africa. It has been a great period of rest and recovery, and lots of eating. Not much training to speak of, just the odd bit of exercise here and there. WELL, the time has come to get everybody back out in the outdoors training and competing.

As mentioned below a number of Addicts were involved with the G4 selections over the past few weeks. Tatum Prins was seen spraying off the dust on her mountain bike last week and competed in the Nelson's Creek MTB weekend. Jeannette Walder and Graham Bird were seen two weekends ago being given a lesson in speed at the Salomon AR sprint out in Magaliesberg. Not much happening with the boys in Knysna other than Hanno coming to terms with changing nappys on his month old son, Bulletjie.....I mean Daniel!!

This weekend sees Graham Bird and Ryan Hoderne out at the Salomon trial run in Pretoria and Hanno Smit and Andre Gie competing in the Robberg Express in Plett.



19 September - Land Rover G4 Challenge - "The Land Rover G4 Challenge is a global adventure competition with off road driving at its core. It is the journey of a lifetime, a thrill seeker's dream and a real test of body and mind... The Challenge finals are the ultimate culmination of an adventure journey as, over three demanding weeks in some of the world's most spectacular and demanding urban to wilderness locations, the lucky few will be pushed to the limit. Every day, competitors strategically plan their route to the end-of-day camp and work together to navigate through the tough terrain while taking on compulsory and voluntary competitions involving mental tests and physical activities." (from

<http://www.landroverg4challenge.com/#> website). The finals will involve a male and female from each of the participating 18 nations competing over the three weeks. The selection process is held over an 18 month period with hopeful's from each country competing in first their regional selections, then national selections and finally the international selections where the final two from each country will be chosen to compete in the challenge finals which are due to be held in Mongolia in June & July 2009.



Over the past few weeks the South African regional selections for the Land Rover G4 Challenge took place in the Great Karoo, just outside the picturesque town of Prince Albert. Candidates were tested for competence in a number of sporting disciplines including rope progression, kayaking, mountain biking, trail running and 4x4 driving to name but a few. A special emphasis was placed on physical endurance, strategic thinking, and teamwork and, of course, navigation. It was an unbelievable experience and well run show by the team from Land Rover and Magnetic South (<http://www.magneticsouth.net/>). If you ever get the opportunity to do a Magnetic South event, DO IT, they are truly world class.

The South African field has now been narrowed down to 10 males and 10 females who will go to the National Selections in Lesotho from the 9th to 14th October, where the field will be narrowed down again to 2 males and 2 females who will attend the final international selections in February 2009 where the final male and female will be chosen.

McCain Adventure Addicts - Tatum Prins, Andre Gie, Graham Bird, Jeannette Walder and Ryan Hoderne have managed to qualify for the finals. Awesome stuff, well



done!! An incredible experience awaits them in October and obviously the ultimate goal of trying to win the spot to represent SA at the Challenge finals next year.

26 August - Team McCain Adventure Addicts Bull of Africa report: "It has now been almost two weeks since the Bull of Africa. It has been a time of rest, recovery, refueling and most importantly reflection. As with all sports and all sports people, once the goal or focused event has been achieved or complete, the majority go into a period of withdrawal and post event blues! In Adventure Racing this is no different, it is possibly even more pronounced. Not because Adventure Racers are sad or disappointed, but rather because.....[more](#)"

26 August - Team McCain Adventure Fanatics Bull of Africa Report: "Where does one start to try and describe the experience of the bull of Africa 2008? There are so many aspects to the whole race. From getting a team together, training, packing, worrying, travelling down to the race etc -- to finally crossing the finish line... I was initially going to be brief but it was no short race, so here goes.....[more](#)"

22 August - Addicts on the cover of GO MULTI - The McCain Adventure Addicts are on the cover of the latest issue of Go Multi Magazine. There is also a three page feature on the team in the mag. Go get your copy now!!

18 August - BULL OF AFRICA - So we are all back from the Bull of Africa. Wow, what a race. The two McCain teams did brilliantly and performed out of their boots. The race started last Saturday, 9th August at the Katberg Golf Estate and wound its way through Amotola mountains, the Kubusi and Kei River Valleys, before heading through Transkei onto Mazeppa Bay and then heading down the coast to finish just outside Cintsa, 550 km odd later.

The McCain Adventure Addicts had a storming race, competing in the top three for the majority of the first three days, before consolidating the second position over the last day, finishing in 4 days and 8 hours. However, upon reviewing the punch card a day later, the addicts realised they had forgotten to punch CP45 when they cycled past it late in the race. After informing the Race Director of this mishap, the addicts spent an agonising day waiting to hear the penalty that would be added to their time. It was finally announced that they would be ranked behind all the official long course teams. A bitter blow after having had such an awesome race. They can still take away the second place performance with them though and be content that they raced with the top teams in the field and beat the majority of them.

The McCain Adventure Fanatics also had a wonderful race and performed brilliantly. They came through strong on the first major hike with some great navigation consolidating their top sixth position. They continued here for the remainder of the race eventually crossing the line in sixth position after 5 days and 4 hours.

Race reports to follow shortly.

5 August - Team McCain Adventure Addicts on the TV News - The McCain addicts featured on the SABC TV news on Friday the 1 August. Check the interview out [here](#).

3 August - Packing for Bull - So you think you ready for Bull!! Both McCain teams spent the majority of the weekend doing last minute shopping and packing for the up coming 580km Bull of Africa Expedition race. The race starts just outside East London on Saturday 9th August and will finish back at the same venue after approximately 580km of MTB, trail running / hiking, paddling and ropework. The race is unsupported and each team will have to fend for themselves between the transition areas. Each team will have three boxes which they will see at even intervals throughout the race, to pack spares and food. McCain has two teams entered: Addicts - Graham Bird, Tatum Prins, Hanno Smit and Andre Gie. Fanatics - Jeannette Walder, Garren Soutar, Cobus van Zyl and Alex Wagner. Check out the race website at <http://www.bullof africa.com/>

31 July - Hout Bay Trail Run - Tatum "Hobbit" Print had a flyer at the Hout Bay trail run over the past weekend finishing in an awesome 7th position overall just behind first lady Jeannie Bomford. Both girls were way under the previous course record. Way to go Hobbit!!

28 July - McCain Adventure Addicts Newsletter - Checkout the team's July newsletter [here](#).

28 July - E-TV interview 22 July - Addict Graham Bird appeared on e-TV's morning program on 22 July talking about Adventure Racing in general. Checkout the interview [here](#).

22 July - Racing Shoes - Racing shoes for a multisport team of eight individuals is difficult. To get all eight athletes to like and prefer the same shoe is impossible. To this end, the McCain Adventure Addicts use two leading brands of shoes. Salomon and Montrail. We believe both these brands are the best trail running and adventure racing shoes on the market.



21 July - Clarens - 18 to 20 July - Jeannette Walder: "The McCain Adventure Fanatics got together in Clarens for a fun get together and a last minute pruning session for the Bull. Ryan Hodiernie unfortunately decided that he wasn't going to do the Bull (I wonder if I scared him away when I stripped for a river crossing in Swazi, these young innocent boys??). Anyway we gained Alex Wagner who ain't scared of nothing and it's great to have him on the team bringing lot's of experience and entertainment with him. The weekend included a bit of exercise, cos that's just what we do, can't resisted a hike and a bike session in Clarens. A last minute abseil and jumaring session, saw Alex frantically jumaring for 5 minutes, but still standing on the ground trying to blame the dynamic rope???. The evenings consisted of maybe a bit too much wine by the fire, discussin team tactics and all the yummy food we'll stack in the boxes for Bull. It was a great weekend away making you realize why we do theses crazy things, cos it's all about weekends away with your buddies who are luckily also your team mates."



21 July - Salomon Quantum Adventures 100km race - Cape Town - Addict Tatum Prins teamed up with Jeannie Bomford for an all Girls McCain team, which was always going to be an interesting prospect, while Addict Andre Gie teamed up with Jan Schutte for a male McCain team. Reports:

Tatum Prins writes: "We knew we were in for an exciting race as navigation has never been our strong point, but we were excited and ready to give it a good go...we were going to show the boys just how to do it! The 1st leg was a rafting leg down the Palmiet River which suited us as we were confident with our rafting skills and we sailed down the rapids leaving the carnage for the teams behind us. After a quick transition we headed off on a mountain run in the hope of catching Team Energy who was just 2 minutes ahead. We managed to see them just up ahead on the next beach run and to our delight (not theirs!) reeled them and passed them.....This now saw us in 3rd place overall



which we managed to hold through out the paddle leg and the bike leg. However our good luck had to come to an end at some point and we decided to waste some very valuable day light hours as we searched frantically for a check point in a kloof. The only problem was that we were in the wrong kloof! We spent a good 30min bush whacking, running up and down and even phoning the course director as we were convinced we were in the right place. Finally we gave in to the fact that our navigation was not as good as we thought and we decided to



test our tracking skills instead. This was hugely successful as we found the Team McCain's male pair's (Andre Gie and Jan Schutte) bike tracks which took us straight to the check point. Thanks guys! The next and last leg of the race was a supposedly a 3 hr hike back to the start/finish. We wish it could have been that easy... At this point it all went pear shaped. Being 2 chicks we got into a major conversation which resulted in not following where we were on the map and resulted in total and utter confusion. We thought we were only 3 km's in on the trail but we soon found out we were about 6km in (that's what happens when you are so quick!..ha ha). We hiked up every koppie in the hope of finding the check point, so we would find out where we were, but instead our search was fruitless and we ended up in the dark...., and I hate to admit it but we were lost! We weren't alone for long, as a couple of other teams joined us and we made our way to the last remaining check points with them and finally, 14 hours later we finished!

Thank you so much to Quinton and his team at Quantum Adventures for putting on a fantastic course. It was brilliant! Even the weather was perfect, the full moon awesome and the whole day out was just fantastic. Thanks to "Jeans" for a brilliant girls day out, I don't know when last I have had so many laughs and such great fun! Oh, how I love ARI!!

Jan Schutte writes: "The QUAC 100km AR race started and finished at the Fairy Glen Camp site just outside Kleinmond on the bank of the Palmiet river. This location has been use quite a few time before for races and we were sceptic that the course would just be the same old routes, but we were surprised with some innovative PC locations and what turned out to be a very demanding route. The race started with a refreshing (read freezing) swim across the Palmiet river to get to the start of the white water rafting section. The river level was very tough and a few of the competitors took a swim. At the start of the second leg (run/hike) Team McCain and Helly Hansen were locked together. The nav on this leg was fairly straight forward and we got to the 9km beach run were Helly Hansen made their move to try and get away. They got to about a 2min lead before T3 and the start of the paddle where they quickly transitioned into their K2. We opted for a stable (read slow) Swift Kayak which made the paddle hard but safe. After some sneaky portaging by Helly Hansen we ended the paddle with about a 15min deficit. From boat we transferred to bike with some challenging nav with the map being of little use as almost none of the maze of roads are shown on it. Andre did a great job of finding the PC's but the last PC proved to be tricky and cost us about 30min. Getting into the last transition we were told that we were about 10min behind Helly Hansen and that one of the Helly Hansen members were taking strain. With this knowledge we set off briskly on the last 20km hike/run leg. The PC points were tough to find and placed far from the trails so progress was slow. About 5km in I started taking strain because of not eating and drinking enough throughout the day and we were reduced to something that resembles a jog but is about as fast as a walk (not very elegant). We continued the hike hoping team Helly Hansen was also taking strain. Then through a small nav error we lost about an hour going up the wrong mountain twice looking for a PC until we realised it was on the mountain next to us. From then on it was just about getting to the end with 2 easy PC along the way to find (one was on a 500m high mountain but at least it was easy to find). We took the last few steps to where we started more than 11 hours before, relieved to have made it and satisfied with second behind the deserving winners Helly Hansen.



Thanks to Quantum Adventures for a great race and good luck to all those doing the Bull."



11 July - Knysna Oyster Festival - Graham "Tweet" Bird check's in - "It's been a big week!!! And finally today I got to eat an Oyster. Not sure what all the fuss is about, its stinky and does not taste like much. Would go down alot better with a plate of McCain Overbake Chips! I digress. Back to the sport.



The week started off on Saturday with the 85km Mountain Bike race (which ended up being only 75km!). The race started in Knysna, heads inland to the beautiful forests along the district roads before turning off onto Petrus brand with it's awesome jeep tracks and some wonderful flowing singletrack downhill before cruising the last 20km back into Knysna on some winding forest tracks and a last spectacular downhill into Knysna. A great race. I managed to finish just outside the top 50, hanging onto Jeannie Bomfords wheel for the majority of the race. Tatum Prins and Jeannette Walder coming in shortly afterwards.

Sunday saw the Petzl Salomon Nite Run. This was held just outside Knysna at the picturesque Portland Manor. The race involved teams of two racing around a 13km course following a Rally style Route Book. Even though it was done in the dark, the route was through wonderful forest tracks and involved two steep downhills into beautiful river beds and of course the two steep climbs out. Andre Gie and Jan Schutte racing as Team McCain Element were in there element and lead the field home for an impressive win. My partner, Hannolie Smit phoned in sick, so I teamed up with Capestorm's Ian little to finish fourth males pair. Tatum Prins teamed up with Debbie Gerrand to win the ladies race.



Monday saw us back out at Portland Manor for the Petzl Vaude Nite Bike. Essential the same event as the nite run, except on bikes (obviously!!). Luckily this did not involve steep descends and

ascents. It did have heaps of mud mixed with cow dung on a 3 km stretch. This made for a tough and smelly route. The title of the article in the Knysna Plett Herald summed it up (see left)! See the photo below of Andre at the finish....wonder which 50% is on his face?? Again Andre and Jan won the males pairs, with Tatum Prins teaming up with Cas van Aardene to finish third in the mixed category. With my partner again calling in sick, I raced with Louise Hermmes who had to suffer my poor navigation which saw us having to do the smelly cow mud twice!! Both the nite races were awesome fun and it is great to see all the people out there.



Tuesday was trail run time, the Salomon Featherbed Trail Run. A 14km trail run that started at the Ferry terminal on the west head, wind its way through featherbed reserve before heading downhill, across the railway bridge over the Knysna Lagoon finishing at the Cruise Cafe for some Red Wine. Another awesome event. Tatum Prins finishing third lady!!

The Petzl Nite races and the Salomon Trail Run where organised by Magnetic South and they really run a good show. If you ever get the opportunity to do one of their events, do it, it is well worth it!

Thursday was Duesouth Xterra. A 3km run, 20km MTB, finishing off with a 9km run. The event was staged at the Pezula Field of Dreams.

"50% mud, 50% cow poop"

Toughest so far Vaude Night Bike

Team	Time
McCain Element	1:15:00
McCain Adventure	1:18:00
McCain Adventure	1:20:00
McCain Adventure	1:25:00
McCain Adventure	1:30:00
McCain Adventure	1:35:00
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McCain Adventure	1:45:00
McCain Adventure	1:50:00
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McCain Adventure	2:00:00
McCain Adventure	2:05:00
McCain Adventure	2:10:00
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McCain Adventure	9:50:00
McCain Adventure	9:55:00
McCain Adventure	10:00:00

Again a wonderful route through the local forests and highlands overlooking the ocean. I managed to finish 11th Male.

All in all a wonderful week of activities. Definitely a must for any adventure seeking person. Put it in your diaries for next year!!

4 July - Knysna Oyster Festival - So here we are at the Famous Knysna Oyster Festival. Addicts Graham Bird, Jeannette Walder and Tatum Prins have down tools in there home towns and head into Knysna to join local addicts Hanno Smit and Andre Gie for a jam packed competitive and party week. The week kicks off with the team competing in the MTB race on Saturday, 5 July. Sunday and Monday see the team involved in the Petzl Nite run and Vaude Nite Bike, both being staged by Magnetic South. Tuesday see's the much anticipated Salomon Trail Run on Featherbed estate on the Knysna West head. Thursday sees the Duesouth Xterra. Then Friday and Saturday the Waterfront Rush. Ending off the week with the Nando's Canoe Race on the Sunday. Wow what a week ahead. Can't wait!! Sorry for those of you not here! Check out details of the weeks program at [Knysna Festival](#).

3 July - Dullstroom Dirty Double MTB race - The past weekend saw McCain Adventure Fanatics team competing in the Dullstroom Dirty Double MTB race. The race was a 2 day staged race with the first day starting at Lakenvlei resort, just outside Belfast and ending 56km later at the Dullstroom Dam. The second day was a circular 40km route from the Dullstroom Dam. The race was saw teams of two competing. Garren Soutar and Ryan Hoderne competed in the open category finishing an impressive fourth overall. Jeannette Walder and Cobus van Zyl finished 3rd in the Mixed category. Jeannette Walder had this to say after the race "the race had everything, technical riding, open roads, hill climbing and great view. A really nice get away weekend. It was good to get our the Fanatic team together and talk through our Bull of Africa preparations".

22 June - Active weekend for Joburg Addicts - First up on Saturday was the Jozi AR Sprint at Emmarentia Dam - Jeannette had this to say - "A combo of McCain Addicts Graham Bird (Tweet) and Fanatic (Bubbles) did the sprint adv race held at Emmerantia. How nice it was just to roll out of bed and walk down to the venue Dabalumanzi Canoe Club. 30 odd teams entered to do a cycle, run, abseil sprint race, Phil divided the teams into half to try and avoid a bottle neck forming at the abseil on top of Northcliff hill but unfortunately it did not work out to well. McCain was in the teams that did cycle 1st while the others did the run 1st. The cycle was fun and fast starting from the canoe club up towards Albert park, Northcliff hill where the 10m abseil was and back along Mellive Koopies to the transition at the dam. Running shoes on and back towards Mellville where we had to go under Beyers Naude Raod thru the drainage tunnels, a bit of winding thru roads and koppies and back home. This all sounds short and easy but it took us 2hr10 and it was hard but a fun morning out, we claimed it but unfortunately our opposition got stuck with at the abseil where a 1hr waiting line formed so they decided to leave the abseil."

It was the out to Glenburn Lodge on Sunday for the Snickers 40km Winter MTB race - again Jeannette comments - "Snickers winter mtb cycling race was held on Sunday at the Glenbuen lodge. A cool morning saw Tweet and Myself meeting Ryan Hoderne with his usual cheers, while me not having had my coffee yet was struggling to put on my arm warmers. The route was hard and technical in places, well maybe just for me, but there was a lot of short sharp ups, rocky fun downs and a lot of winding tracks to fit in 40km of cycling. It was a good morning out and nice to see a few familiar faces."



12 June - CAPESTORM becomes Apparel Sponsor for McCain Addicts - It is with great pride that we introduce our the new McCain Adventure Addicts Racing kit supplied by CAPESTORM. CAPESTORM is a leader in the field of outdoor apparel, making a wide range of garments suited



the outdoor enthusiast. As well as being the best technical gear on the market, it is also highly fashionable and comfortable to wear. Check out some awesome Jacques Marais photo's of the team in action [here](#).

11 June - Team McCain Adventure Addicts add World Champs to their AR Menu - Team McCain Adventure Addicts, undoubtedly one of SA's top adventure racing units, is well into the arduous racing build-up that will culminate in the AR World Champs in Brazil later this year.

Adventure racing may not qualify as a mainstream sport in South Africa yet, but the current buzz in outdoor circles delivers ample proof that multi-sport events are booming around the country. Team McCain Adventure Addicts, comprising of Graham Bird (Captain), Andre Gie, Hanno Smit, Tatum Prins and Jeannette Walder (Reserve), currently finds themselves at the cutting edge of local adventure racing, with some gruelling events looming on the horizon.

Their sponsorship deal with McCain Foods Limited, an international leader in the frozen food industry, has enabled the team to focus their energy on two major races for the remainder of 2008. First up, they plan to tackle the formidable BULL OF AFRICA, the toughest expedition race here on the Mother Continent. The Bull is due to take place along the Transkei Wild Coast from 9 - 16th August, 2008, and will transcribe a challenging 570km course through remote and inhospitable terrain.

McCain Adventure Addicts will face off against more than 50 teams, including a range of world-class competitors from Brazil, France, Australia, America, the UK, Guatemala, Uruguay, Sweden and Norway, to name but a few of the nationalities. As an experienced racing unit they will be aiming for a podium spot, and their strengths in disciplines as varied as paddling, mountain biking and navigation certainly places them at the head of the pack.

With BOA under their collective belts, their focus will change to Eco-Motion, the Brazilian race designated as this year's World Championship event. As part of the AR World Series - a global circuit of premier AR events representing 10 countries over a 1 year period - Eco-Motion Pro will this year take place along the north-eastern coastline of Brazil. The race dates are October 30th to November 9th, allowing a scant two months of recuperation after being battered by The Bull of Africa.



The scene for this amazing race is set within the remote provinces of Piaui, Maranhao and Ceara, with a route in excess of 700km traversing the uncharted, thorny sertao (or outback) and an absolutely idyllic coastline. Athletes will face a variety of disciplines, including ocean paddling, river rafting, coastering, trail running, mountain biking, swimming, navigation and extreme sections of rope work, and will in the process be exposed to the rich traditions and mythic culture of this undiscovered corner of Brazil.

Without a major sponsor, this level of international expedition racing is completely beyond the reach of most teams, and this is where the McCain Adventure Addicts' naming sponsor has delivered the goods. The association between McCain and AR may not be immediately clear to people who do not yet know the brand, but a little bit of research will immediately make the synergy between the brand and adrenalin sport obvious.

McCain Foods Ltd has a rich history in excess of half century, and employs 20 000 people in 57 production facilities on six continents. As market leader in the frozen vegetables and potato chip markets, the company is irrefutably associated with healthy food. McCain Real Oven-bake Chips are a great source of carbohydrates, are 95% fat free with 0% cholesterol, and are thus endorsed by the Heart Foundation. Their product range targets people who strive for an active and well-balanced lifestyle. "McCain is proud to be associated with the Adventure Addicts; they lead healthy lifestyles, and our products supply them with the 'power' to achieve their goals".

What you eat is critical when preparing for an expedition race, but the gear you use will play just as important a role in your ability to succeed at international level. McCain Adventure Addicts are therefore proud to count CapeStorm as their official outdoor apparel supplier, and will be able to trust the quality of their clothing to keep them, warm, dry or cool, depending on the conditions they find themselves in.

10 June - Montrail-CAPESTORM Trail Series - The Gauteng winter series wrapped up this past weekend. McCain Addict Ryan Hodieme finished an impressive 6th in the series after competing in 4 of the six races. Jeannette Walder had this to say after the sixth final race at Pelinda Nature Reserve on Sunday - ".....hosted the last Winter Montrail trail run and winter it was. A crisp morning welcomed runners to the start who reluctantly let go of their warm tops and longs but as soon as Owen started us. The rock rabbits set off at a blistering pace. I of course was still on the start line while half the filled was up the small hill, I would like to blame my polar watch, that I couldn't start it, but no sadly I'm not know for my speed. I liked to compare myself to a Diesel engine rather than a rabbit, slow to warm up but doesn't give up. The course consisted firstly of rocky jeep track descending and then ascending until we hit the single track which wended itself up and down the hills and along the Crocodile River. The rocks were a bit slippery and sadly to say my rock jumping skills have gone out the window, I was doing ballet steps along some of the single tracks but I did make up for it on the hills, well I would like to think. Just being able to run outside in nature, dodging rocks and trees made me forget about my heavy breath (and heavy it was) and the cold was non-existent. I was rather a bit on the sweaty side. The trail run series was awesome it made me realise that we do have some great off road tracks which are hard, technical, not so technical, sweaty but most importantly FUN. Thank you to Owen and his team for great trail run series and can't wait for the next one."



5 June - Cape Times - Addict Tatum Prins got some serious airtime over the weekend, which was captured on camera. The picture appeared in the June 5th edition of the Cape Times. Check out an enlarged version of the picture and the caption [here](#). Can you spot Jeannette Walder in the photo? Great picture thanks to Jacques Marais.

29 May - Montrail-CAPESTORM Trail Series - Report by Ryan Hodieme - "The Montrail - CapeStorm trail series is an exciting off-road running series for the cold winter weekends in Gauteng, this obviously struck some interest in the ever adventurous McCain Adventure Addicts. Graham "Tweet" Bird, Jeannette "Bubbles" Walder & I just couldn't wait to hit the trails and challenge ourselves to some of the more technical terrain Gauteng has to offer... exciting stuff!!

This past weekend saw a strong field of off-road enthusiasts line up for the 1st couple of races of the series, race #1 hosted within the beautiful Rietvlei Zoo Farm in the south of Johannesburg on Saturday 24 May & race #2 at the hilly but scenic Groenkloof Nature Reserve in Pretoria. Due to the entries being limited to pre-entries, a whole lot of motivation and commitment was required to decide on which events to do & which to leave out! With this, the organizers can provide a list of all confirmed entries for the event so you can see who you're up against prior to race start the next day. There's an interesting combination of road runner's, cross country athletes, adventure racers & a good lot of ever faithful weekend warriors who have committed themselves to this well arranged & exciting trail series. It is pretty daunting lining up at the start line of these races,

rubbing shoulders with the likes of the multi-sport king & queen Martin Dreyer & Jeannie Bomford, Jabulani Nkosi who has a personal best of a sub 29min 10km!!, and Bruce Arnett the mountain goat, to name just a few.

RACE #1

Race #1 was well attended, taking the chilly weather into account, & everyone was rearing to get the series off on a competitive note. The route was a relatively technical 10km, with a total climb of 142m. The single-track had us heading up some short steep climbs & down tricky hills, ducking & diving to avoid the branches overhead. It didn't take long for the bunch to spread out, leaving Jabulani & Mark Visser way up front with Martin Dreyer in hot pursuit, already from around halfway through the race. Jabulani managed to pip Mark in the final home straight to come in with a super quick time of 37:38min, Martin closed up the podium spots in 3rd. Jeannie "the Bom", lived up to her name finishing well within the top 10 overall & leading the ladies from the start, she finished in a time of 45:02, with Susan Sloan & Michelle du Toit taking the other podium spots. I managed a 6th position, with Tweet in 14th and Bubbles in 25th (4th Lady).



RACE #2

With stiff, scratched & battered legs, all the top contenders lined up for Race #2 the following day, 25 May, to take on the wild & rocky trails of the Groenkloof Nature Reserve in Pretoria. It was an early start at 7:45, and straight away we hit the trails & began the first climb of the hilly route, 185m climbing in total. Soon the top contenders were up front & leading the way with an even bigger field in pursuit this round. The route proved far more technical to the previous days, & the 12km stretch felt like a marathon with constant undulations & never-ending contour paths. The surface was terribly rocky throughout & required a certain amount of concentration & balance to stay upright. Once again Jabulani & Mark were to fight it out for the top spot, Jabulani out sprinted his competitor in the last 100m or so, & finished in a very respectable 48:00min. Martin & Jeannie continued with their consistency & finished 3rd & 1st once again, Roelande Visser took 2nd in the woman, with Susan in the 3rd spot. I managed a 9th spot, Tweet 21st and Bubbles finishing in 35th spot.

I would like to compliment the Race organizers on a very well organized & exciting series so far, & trust that the series will only get better in the events to come, and look forward to what else Gauteng has to offer in rough n tough terrain. Catch you on the trails this weekend then....



9 May - Swazi Extreme - Check out the McCain Adventure Fanatics report [here](#). Download both Adventure Addicts and Fanatics reports [here](#).

8 May - Swazi Extreme - The McCain Adventure Addicts and Fanatics returned battered, bruised and tired but very happy from this past weekends Swazi Extreme. As usual the race was brilliant, with Darron Raw and his team out doing themselves. The terrain was spectacular, the route was tough but manageable and the organisation was top notch. It still ranks as the best AR in Southern Africa.

The McCain Adventure Addicts team of Graham Bird, Hanno Smit, Tatum Prins and Partic Mosterd had a great race dicing for the top spot for the majority of the race. In the end, however they finished in third place. Check out their race report [here](#).

The McCain Adventure Fanatics of Jeannette Walder, Garren Soutar, Ryan Hoderne and Cas van Aardene also had a wonderful race, eventually finishing fourth. Their report to follow.

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