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News

OCTOBER 2007 TO APRIL 2008

30 April - Swazi Extreme - Sportstrack - The McCain Adventure Addicts team will be carrying a Sportstrack unit on this weekends Swazi Extreme. This will allow live online tracking of the Addicts throughout the race. The live mapping site will be visible to anyone who clicks on the Swazi Xtreme link on the SportsTrack.net website. There is an events tab, and this event is listed there. Click on the header to be taken to the mapping page. There is a specific number of points that are downloaded every time the map page updates (so that the page is not too heavy), so your full route from the start of each say will not be shown live, only recent information. Mouse-over of your team icon will give current information - time, speed, distance travelled, ascent and descent. Checkout the live link at: <http://www.sportstrack.net/V2?mode=E598795C-73BF-46A5-955E-692B85E44055> This link will only be active from midnight on Wednesday.



30 April - McCain teams for Swazi Extreme - This coming weekend see the seventh running of the Swazi Extreme. This is one of the best run and most adventurous Adventure Races on the SA calendar. McCain will be entering two teams. The McCain Adventure Addicts team of Graham Bird, Tatum Prins and Hanno Smit will be teaming up with Patric Mosterd who come in for Andre Gie who is off climbing mountains in the Himalaya's. The McCain Adventure Fanatics team of Jeannette Walder, Ryan Hodiene, Garren Soutar are joined by Cas van Ardene who replaces James Lea-Cox who is off to Europe!!

29 April - Petzl Adventure Nights - Salomon Night Run - Cape Town - This last weekend saw McCain Addict, (Tatum "Hobbit" Prins, compete in both the Petzl Night Run and Bike event. Friday night Tatum and her fiance, Mark Loftus were seen running through Jonkershoek, armed with a route book and a Black Diamond headlamp. They weaved their way in and out of the forest, and along endless single track, collecting check points along the way. Saturday night Tatum was at it again with super stud, Cas van Ardenne competing in the Night Bike event. Both events saw the addicts come out tops, winning both the run and the bike race. "These events are superbly well run and organised. An absolute MUST for any runner or biker!" Once again - well done to the Collins family for a truly brilliant event!

24 April - Xterra Final - Addict Ryan Hodiene was in Cape Town this past weekend for the Xterra final. Ryan's comments "The South African Xterra Champs, which also marked the South African Event of the Xterra Global Tour, took place this past weekend, 19 April 2008, in the wonderful surrounds of the Elgin Valley - Grabouw. The largest foreign contingent of athletes joined the many adventurous South African's on the start line for an 11h30 start, on a somewhat murky day. Two laps of a 750m loop were to be completed prior to a 25km out & back MTB loop, before heading into the forests for a technical trail run clambering over rocks & across streams for 10kms.

The start of the swim was the normal "washing machine" affair, but soon calmed down once the field was more evenly spread out. I had an amazing swim and exited the water within reach of the top 10 in a time of around 22min. A speedy transition had me out on the bike leg with my heart rate racing through the roof and chasing hard to stay in contention. Rough terrain, wet & muddy conditions were the major elements to contend with while out on the bike, the wind was chilly and the rocks and grass tufts unforgiving. Eventually finishing the MTB leg in 1hr20, I knew I had a tough run ahead in order to try make up some time on the first placed age grouper just ahead of me. I went out fast, but wasn't long before the cramps bit into my weary legs, (trying to stretch out while running doesn't quite seem to work to alleviate the pain, does it?? ☹), once half way, it was pretty much down hill to the finish below. The route was riddled with spectacular scenery, with the odd sign board reminding you to take it in, thanks to the thoughtful organizers.

I crossed the finish line in 14th position overall, putting me in 2nd place for the 20-24 age group, only 4min off the pace. It truly was a spectacular race and I'll be back next year to conquer it once again. I would like to thank the organizers for all their hard work and for putting together an Event of above International standard."

24 April - Spur Adventure Challenge Cape Town - This last weekend saw the McCain chicks, Tatum Prins and Jeannette Walder team up with Cas van Ardenne for the Spur Adventure Sprint race held on the Lourensford Wine Estate in Somerset West. With rain the day before it had the making for a slippery fun course! The race started with everyone, including moms, dads and kids waiting eagerly at the start line. When the gun went off the masses raced off at a crazy pace, only to find themselves immediately slowing down when they hit the 1st climb. We started on the mountain bikes and rode to the 1st transition point. Here we frantically got on our running shoes and headed up a kloof for 1km. Bundu bashing in and over trees we reached a jeep track and ran to the bikes via a couple of steep descents through the forest. Making our way back on the bike, we rode some great single track, many hills and ended up at transition 2. Here we ran around the dam to 2 welcomed water crossings before heading to the finish on our bikes. Once again Ugene Nel put a killer course together. A great one for novices and a fast fun course for the more experienced. It was awesome to see so many families and school teams taking part in the fun. Bubbles and I would like to take this opportunity to tell Cas he really shouldn't be embarrassed about being towed around the course by 2 chicks.



17 April -
Black
Diamond



Sponsorship - Black Diamond stands for the spirit of the sports we live, our values and our goals, past, present and future. Since 1957, their innovative gear designs have set the standards in numerous areas from mountaineering to adventure and snow sports. This is partly the result of dedication, desire and diligence on the part of an incredible team of people. It's also the result of a company of adventurers. People who use the equipment they produce. Ram Mountaineering is the South African importer and distributor of Black Diamond and some of the finest mountaineering, rock climbing and trekking equipment on the planet. The Addicts will be making use of the Black Diamond Icon and Cosmo headlamps.

Icon - Equipped with a three-watt LED spotlight, four proximity LEDs and seven different brightness settings, the Icon illuminates like no other. You can burn the three-watt LED all night long! When deep in the wilderness on a multi day adventure race or any other adventure activity, one can use alkaline batteries and the four proximity LEDs for more than 160 hours of burn time. The Icon's battery-power meter is dual-purpose: displaying via a green, yellow or red LED either the amount of battery power left or the charging status of the optional NRG rechargeable battery. The Icon was tested on the gruelling Ecomotion AR in Brazil to rave reviews from the Addicts despite the very wet environment! A tough reliable headlamp ideal for adventure racing.



3-WATT LED on low 104 hours
4 SUPERBRIGHT LEDs on low 164 hours
 WEIGHTS
WITHOUT BATTERIES 116 g (4.1 oz)
WITH BATTERIES 188 g (6.6 oz)
 DISTANCES
3-WATT LED 100 meters
4 SUPERBRIGHT LEDs 23 meters

Cosmo - The Cosmo has eight different brightness settings (including strobe illumination) and two modes, allowing you to tailor the light intensity and conserve batteries life - Sometimes a one-day activity turns into a few! Like all Black Diamond headlamps, the Cosmo is fully stormproof and can handle the worst weather Mother Nature can spit out.

COLORS Argent or Spice
 MAX BATTERY LIFE
2 PROXIMITY LEDs 140 hours
 WEIGHTS
WITHOUT BATTERIES 44 g (1.6 oz)
WITH BATTERIES 80 g (2.8 oz)
 MAX DISTANCE
1/2 WATT LED 38 meters



17 April - McCain Adventure Addicts Newsletter - Checkout the team newsletter [here](#).

14 April - Bushmans MTB & Trail Run - This past Sunday saw the inaugural Bushman's trail event, offering athletes the option of either a bushveld trail MTB or run in the picturesque area surrounding the Wagendrift Dam just outside Estcourt in KZN. The race offered three MTB races, 55km, 25 km and a family 10km fun ride as well as a 15km trail run. For the "not so well" there was an option to compete in the Bushman's Dual Challenge with involved running the 15km trail run followed by the 55km MTB race.

Addicts Graham Bird, Jeannette Walder and Garren Soutar lined up for the Dual. The trail run ended up being a fast 11-12km run with Garren and Graham finishing the trail run in 50mins before a quick transition onto the MTB's. Garren had a fantastic MTB leg and came home in second place with an overall time of 3h32. Graham finishing 5th in a time of 3h46. Jeannette, recovering from a cold earlier in the week had an easier race, finishing in 4h25.

A wonderful race that looks set to grow in the years to come. Check out there website at <http://www.bushmansmtb.co.za/Index.html>

14 April - Salomon Introductory Trail Run, Alberts Farm, Johannesburg - This past Saturday morning saw the first trail run of the year being held in Johannesburg, with alot more to follow. Addicts Ryan Hodieme and Jeannette Walder lined up for the 8km and 4km respectively. Both had great runs with Ryan finishing a brilliant 2nd overall in the 8km and Jeannette leading home the ladies section in the 4km.

1 April - A race report from Sakkie Meyer in New Zealand - The ARC 12/24 Hour - 6th Element Race Report; Team Barking Wood Spiders: Sakkie Meyer & Dave Hicks, Support crew: Angs.



Being in a new country does not make it very easy to find new teammates. Lucky for me I was pointed in the direction of Dave Hicks by a mutual friend. We arrived just in time at the Coromandel for race briefing then headed off to Long Bay where we pitched our tent for the night. Before hitting the sack we did some pre-plotting in the campsite kitchen and were offered some deep-fried mussels and Snapper... helps being around when slightly tipsy fisherman campers are still awake! The race started around the corner at the next bay, Tucks Bay, which was the start/finish and central transition area. At 8am the 24 and 12 hour teams headed off in opposite directions for a short, fast run before jumping in our kayaks for a rogaine-style paddle to collect 7 of 14 points around eight small islands. At one point, I held the fort while Dave (got the short straw) dove underwater to retrieve instructions for the next leg. After some quick plotting in transition we headed off into the hills on our mountain bikes. There were some very demanding hills with a bit of bike pushing, as well as some very technical downhills - yeehaa!! As on the paddle, we were able to pick up points in any order on this leg. After collecting our second point and flying down a slippery hill, I came very short, with me and my bike warning Dave, following behind, about a chain across the road. Ouch! After dusting off, we headed for our third point and mystery activity, where I did a 6m waterfall jump and Dave rope-climbed up the waterfall. He too ended up doing the



jump to go and find the point we had missed in the waters below! A long uphill grind on our bikes then on foot to Castlerock, the top of the range and one of the highest points of the race... with a view unlike any other! From here it was predominantly downhill back to transition. After further plotting, we set out to find the next mystery activity on foot. Every little boys dream - rifle shooting... five shots each! The next section was tricky and intense navigation through varied terrain, including creeking (no, not squeaky joints, kloofing!) The creeking led us to the top of the hill where we were welcomed with a breathtaking view of the Coromandel below. We then walked into the first mine



where we retrieved instructions for the next mystery activity and along with another team, exited the mine then up to a ridgeline to find the activity. In the dark and kitted in our wetsuits, we abseiled into the next mine and were up to our chests in icy water looking for instructions for the next leg. After this chilly experience we headed back to transition. Now late at night we did a second rogaine-style kayak in the Coromandel Harbour, with conditions becoming pretty choppy out there! After some navigational difficulty collecting 6 of the 9 points, and over-shooting the transition, we came in wet and cold, to plot and prepare for the next bike leg. With hot baked beans and some zaams in our bellies, we were rather slow to get going on our bikes at 5am with no sleep... hence the 15min power-nap on the steps of a local church before starting a long climb. This leg was very demanding with plenty bike pushing up and downhill. Some tricky navigating kept us on our toes, resulting in our entry into the wrong mine looking for the last point. With our bikes left up on the road, we then delved into the correct mine to get instructions for the leg to follow. The final transition was away from our support crew, where we were treated to some hearty stew and soup by the marshalls ... that went down like a homesick mole!! It was here that we were informed of the cancellation of the coastering leg due to an under-estimation of total race time. With our belly's full we jumped back in the saddle and found our way back to Tucks Bay, arriving at 12:08pm. The Barking Wood Spiders came home 2nd pair and were welcomed with hugs, kisses, beer and lunch! Team Powered by Velvet (Rhys Burns, George Christison, Sonya Clark and Chris Morrissey) took line honours in the 24hour ARC... congratulations! Thanks to Andy and Keith for an awesome race! Thanks to Angs, the best support crew that you could ever get!!



26 March - Garmin Wartrail - 22 - 23 March - Addicts - Graham Bird, Jeannette Walder, James Lea-Cox, Andre Gie, Hanno Smit, Garren Soutar competing in the annual event.

James Lea-Cox: "This past weekend saw 38 hardened competitors take part in the Garmin Wartrail Tri Challenge in the mountains of the Eastern Cape. Day one involved a mountain trail run over 65km from Lady Grey to Balloch. Mist obscured the first 4 hours of the day, which hampered navigation, but everyone eventually reached the safety of the Balloch overhang and a potjie dinner. Martin Dreyer and Bruce Arnett took line honours with Addict Hanno Smit bringing in third. Day two had competitors cranking their mountain bikes up and over Lundean's Nek for a 132 km ride to the village of Mdllokovana. A certain McCain Addict - Andre "Gie Man" - annihilated the competition with his monster "cows" and 29 inch wheels. Addict James Lea-Cox annihilated a sheep... The last day of competition was a 62 km paddle down the Orange River to Aliwal North. The river was flowing strongly and Addict Graham "Tweet" Bird pipped Martin Dreyer to the post to win the paddling leg. Overall Martin Dreyer took first with Jeannie Bomford and Hanno Smit placing a joint second. Andre Gie Man finished third."

Hanno Smit: "This race turned out to be a trail of athletic war, Marty had by far the biggest arsenal and made the rest look like beginners. Adrian Saffy must be applauded for his inspiration, organizing and staging of this, our biggest solo adventure multi race."

Garren Soutar: "Overall I think the Garmin Wartrail is an awesome event. The route is spectacular and camping at night with a whole group of like minded people is great. It



was nice to be able to test my own abilities on an individual basis rather than having to work together as a team as is the case in AR. I enjoy the team aspect of AR, but it was a nice change to go along at my own pace."



Jeannette Walder: "Garmin Wartrail is one of those races which feels like a weekend away with just a bit of sweat and hard work added to it. Great bunch of people camping, eating, racing and sharing war stories of that day. It's a race but not to the extent where you have the pre race nerves and pressure, you race but the fun is never far. The fun

is found while chatting and meeting new people on the hike, pulling and being pulled on the cycle and sitting slip on the canoe leg. It's about working together and sharing the adventure. To Adrian Saffy and his team of volunteers, Thank you for a great Easter weekend and to all the competitors, you deserve a few extra Easter eggs. Well done for competing in 1, 2 or 3 legs. Hope to see you all next year."

Check out the finishing positions of the Addicts on the results page [here](#).

11 March - Nguni Adventure Race - 8 & 9 March - Addict, Jeannette Walder competed with Team Olympus over the past weekend. Bubbles wrote the following brief report about the race: "I was asked by Team Olympus (Vicky and Alex Wagner; Landi) to join them for the Nguni Adv race. What an opportunity to race with your friends, one that I could not pass up. It was going to be a short fast race about 135km, top teams finishing in 12hrs, easy peasy! But as always Adv racing is unpredictable and it bites you in your backside when you are too confident, humbling you! It took us a bit longer finishing in just under 24 hours, instead of the predicted 12 hours.

It started in Salt Rock, KZN on Saturday morning at 7am with a sea swim, which I luckily got out of 'cos the surf was up. Landi and Vicks did us proud and came out with the leaders. A quick putting on shoes and off we went for a coasterring leg which we opt to do along the road that ran parallel to the beach. It was going to be a hot day, at our 1st transition from the coast run to the bike, Fred had the cheek to ask me if I went for a swim in the sea or is that sweat?? The bike leg was fast along district roads and then into the sugar cane, we were in front enjoying the glory till we decided to explore the sugar cane a bit to close and a bit longer than the other teams. Needles to say we got to the zip line in 6th position, the disappointment being overshadowed by the fun we had zipping across the valley 4 times and ending by a crystal clear swimming pool where we wallowed for a few minutes. Back onto the bikes to the next transition which led us to the hike and kloofing section. The kloof was stunning with a nice rock pool at the start of it allowing for another wallow before hitting the long scratchy trek thru the kloof. It was a super section with 2 obstacles that needed some good team work, so with a bit of pushing, pulling, scrambling, climbing and slipping we made it over the waterfalls. The next bike leg was about 60km, the start of it being hike a bike along a steep path where we met a local, who was a bit sloshed and asked us to carry him down as well. We declined and wished him the best. There was some awesome downhill, followed by a fast cycle to the TA at the Tugela for our 13km paddle in the dark. This is where my expertise as a paddler were supposed to help us, but damn those silly sand banks were everywhere. I blamed the sleepmonster, but we did get to the Tugela mouth in one piece. After a quick portage with the boats to the drop off, we were onto our last leg, a beach walk. With the sun rising and the waves lapping it was stunning. Thanks to our super seconds who provided us with yummy food and ice cold juice. To race organizer, Fred Richardson, thanks for a great race, which we defiantly got our moneys worth - stunning area and real fun."



6 March - Sani2c - Tatum Prins comments - "Unbelievable, stunning, awesome...these are just a few of the words one can use to describe Sani 2 Sea. That was without a doubt one of the best races I have ever done. From the organisation, the chilled water, the nandos at the waterpoint, hot doughnuts that melted in your mouth and of course the incredible route!! The attention to detail was phenomenal! They even put little surprises on your mattress like droe wors and koekisters.

Subaru Sani 2 Sea really blew me away! Besides the amazing organisation the route could not have been better. I don't think I have ever ridden km's and km's of such great single track in and out of forests and up and over hills. If anyone was riding near to Bubbles and I you could be sure to hear our whoops of joy as the track just seemed to go on forever and ever!

What really made that event so special were the people. The farmers, their wives, their children, their friends, and all the passion and energy they threw into it. They even woke up at 1h30am to make flapjacks!!!!

A huge thank you to Glen and his team. What a superb event! And an even bigger thanks to Bubbles my team mate, for making it so much fun!!now all I have to do is figure out how to get a life time entry!"

4 March - Sani2c - 28th Feb to 1st March - Sani2c has to be the best MTB race in the country, the organisation is brilliant and the route is out of this world. The race starts in Underberg, in the Southern Drakensberg and ends after three days of unbelievable MTB'ing in Scottburgh on the South Coast. Day one sees competitors cycling 84km over a mixture of fast district roads, fast flowing singletrack and forest tracks finishing at the Mackenzie Club deep in dairy country. The limited field of just over 500 teams of two then spend the night in the race village. 600 odd two man tents house the competitors, and the local farmers work tirelessly to provide non stop food. Day two has to be the highlight. The race descends over 700m, on singletrack built by the race organisers, into the Umkomaas river valley. It has to be the best 25km of MTB'ing in SA. You then spend the next 72km climbing and descending in and out of river valleys on singletrack, jeep tracks and district roads before finishing at Jollivett farm, deep in sugar cane country, after 97km of MTB'ing. Again a wonderful night at the race village and awesome food supplied by the local farmers. The third day is predominantly downhill through sugarcane fields and some wonderful singletrack through Vernon Crookes Nature Reserve, before crossing the Scottburgh beach on the way to the finish after 73km.

The Adventure Addicts entered two teams in the race. Graham Bird and Andre Gie had a steady race completing the race in 11h30 to finish 64th overall. The Addicts chicks Jeannette Walder and Tatum Prins had a great race, finishing 4th in the women's in a time of 12h31.

4 March - Dragons Challenge - 21st to 24th Feb - This small, casual event starts at Giants Castle in the Drakensberg and finished four days later just outside Underberg in the Southern Drakensberg. The event involves individuals or teams hiking/trail running 43km from Giants Castle to Verglegen on the contour paths in the lower reaches of the Drakensberg mountains on the first day. The second day sees the competitors MTB 67km from Verglegen on district and tar roads, via Himeville and Underberg to Castleburn bridge on the Drakensberg Gardens road. The third and fourth day sees the racers compete in the annual Drakensberg Challenge canoe race, held over two days of 26km and 39km respectively on the spectacular Umzimkulu river.

Addict, Graham Bird headed to the event for an awesome four days of training. As usual hiking in the Drakensberg is always fantastic and such a privilege. After spending the first 2 hours with the other 5 competitors, Graham headed out on his own, completing the 43km, with 2000m of ascent in 9 hours. The mountains were looking great with all the springs and streams flowing. After a night of camping, the second day saw the competitors MTB'ing the 67km together, completing the leg in just over 4 and a half hours. It was then onto the Umzimkulu for two days of canoe racing with the other 750 paddlers. Graham's canoeing experience came to the fore and saw him finishing 8th on the first day, in a time of 1h39 and moving up to 6th overall on the second day after a 2h33 day. What a great four days!!

12 February - Duesouth Xterra - McCain Addict James "Jamrat" Lea-Cox headed down to Natal this weekend for a bit of country relaxation and to enter the Xterra Lite at Shongweni. The Lite? Well, a severe case of bad swimming ability as well as a fear of being rescued from a watery grave by Max Cluer generally pushes one to an easier event

where one has to swim 600 meters and not 1600 meters. Saying that, Jamrat did not come out of the water last but was wallowing in the back of the pack before jumping onto his bike for a technical, and sandy, 14 km mountain bike section. Being on favoured ground allowed Jamrat to reel in the triathletes before heading out on a 5km trail run in 4th place. The run involved some awesome trail running up a hill and down through a valley before ducking through a river pipe for the final sprint to the finish line. Jamrat finished the course in 2nd place. Now its time to put that New Year's resolution of swimming more into the practise.

7 February - Capestorm/Montrail Summer Trail series - Addicts Tatum Prins and Andre Gie are taking part in this series. Here's some comments from the Hobbit, Tatum Prins - "This series is taking Cape Town by storm. I have just got home from yet another fantastic trail run. The series started last week Wednesday with 200 people competing for the Trail Championship, which is a series of 5 races held every Wednesday night.

The first run began in Silvermine east, making it's way along jeep track, single track and then a 2km technical downhill of note to the finish!! It was awesome! For us technical bunnies, this is where we made up some lost time on the fast flats and ran as fast as our feet would take us home.

Then if we thought that was a great route, we were in for surprise with the start of the next trail run in Rondevlei Nature Reserve. You know when they mention hippo's in the briefing you in for a hell of a run. The big surprise for me was the sand, sand, and more sand! The route consisted of 2.4km loops. Being a flat route i felt like i was left in the dust as the top runners sprinted off into the distance.

Being more of an "endurance chick" i find these fast trail runs really tough! My heart rate goes through the roof and i find myself desperately wishing i had longer legs :-)) but it makes for excellent speed work and even better socializing. I cant wait to see what's in stll for us next week..."

31 January - Salomon UGE 220km AR - You know when you drive through Harrismith on your way to or from KZN, there are all those impressive mountains, cliffs, dams and scenery? As an outdoor enthusiast, they have always fascinated me and I have always wanted to go and "play" in them. Well this past weekend we finally got our chance. UGE Events, together with Nicholas Mulder, put toUGE 220km ARgether a fantastic adventure race in the area. Read the [Addicts race report here](#) and the [Fanatics race report here](#).



28 January - Salomon UGE 220km Adventure Race - This past weekend saw two McCain teams line up for the 220km, the "McCain Adventure Addicts" and the "McCain Adventure Fanatics". The race was held in the picturesque area in and around Harrismith in the Free State. The race got off to a leisurely start on Sterkfontein dam at 07h00 on Friday morning and included 43km of paddling, 60 km of trekking and 120km of Mountain Biking spread over 9 separate legs. It was a fantastically organised raced and the organisers, UGE Events, need to complemented.

Both McCain teams got off to a good start and managed to pull a gap on the rest of the field, before the Fanatics had a navigational problem, dropping them back to 5th after just 15 hours of racing. The McCain Adventure Addicts team of Graham Bird, Tatum Prins, Andre Gie and Hanno Smit maintained a good pace up front and won the race in a time of 33 hours. The McCain Adventure Fanatics team of Jeannette Walder, James Lea-Cox, Ryan Hodini and Garren Soutar recovered brilliantly to finish in second position. Reports to follow later in the week.

16 January - Totalsports Challenge - Addicts Graham Bird, Jeannette Walder, Andre Gie and Tatum Prins competed in the Totalsports Challenge held from Gordon's Bay to Kleinmond in the Western Cape over the past weekend. The race is a non stop multisport event that sees the athletes competing as individuals or in teams of 2, 3 or 7. The race starts in Gordon's Bay with a 13km Surf Ski paddle followed by a 1.5km swim around the bay. The athletes then hop on there road bikes for a 45km Road Cycle to Kleinmond, where the cycling shoes are swapped for running shoes for the 13km road run to lagoon at the Botrivier mouth. Here the athletes do a 12km paddle before hopping on their Mountain bikes for a 25km cycle over the forest roads and tracks to the finish area in Kleinmond, where the do a final 9km beach run. Andre Gie and Jeannette Walder had a fantastic races, finishing second individuals in the mens and womens classes respectively. Recently engaged Tatum Prins followed Jeannette home in third place. Another great result. Graham Bird finished seventh in the individual men's class.

8 January - McCain Adventure Addicts TV Program - During the course of 2007, Mark Le Roux from Big Shot Productions has been filming the addicts at various events and races all over South Africa. They have put together a 1 hour program which will be shown on Supersport of the course of the week starting with the Priemer on Friday, 18th Jan 2008 on SS2 at 19h00. See below for repeat times. Check it out!!!

Fri 18 Jan 2008	SS1/CSN	19:00 - 20:00 premier
Sat 19 Jan 2008	SS6	09:30 - 10.30 @
Sun 20 Jan 2008	SS7	12:00 - 13:00 @
Mon 21 Jan 2008	SS2	17:00 - 18:00 @
Tue 22 Jan 2008	SS6	18:00 - 19:00 @
Wed 23 Jan 2008	SS2/CSN	01:30 - 02:30 @

8 January 2008 - Ola!! Merry Merry, Happy Happy. Hope 2008 is a fantastic year for all. Well it is back to the grind stone after the festive season. Lots on the go. We have finalised our schedule for the upcoming year and selected the major races that we are going to focus in on. Busy Schedule!! Lots of awesome races to do, so little time!! Check out the schedules page for a peep at the races we are focusing in for the year! We also have some interesting developments in the team front.....more to follow soon!!



During the Festive season, many of the addicts were all over the country holidaying and checking out the local trails. Jeannette and Graham were in Plettenberg Bay and hooked up with Andre Gie for some training sessions. An awesome area and could easily via for adventure centre of SA. Loads to do, from paddling, ski paddling, MTB'ing, road biking, trail running, climbing, kloofing and just general chilling. Tatum and James were on the Wild Coast (scouting for the Bull!!).



11 December - Streetpole Ads - Addicts on signs around JHB - This week Streetpole ads will be putting up a series of three signs featuring the McCain Adventure Addicts. These signs will be going up on Streetpoles in and around Johannesburg. Thanks to the AD Reach group of companies who made this possible for the team. Go checkout their website (click the logo). Checkout the good work AD reach are doing at Soweto Canoe Club. Inspirational stuff! Look out for the signs!! No throwing eggs or tomato's and no stealing the signs!!

11 December - Mazda Adventure Zone - Mon 17th Dec @ 21h00 on SS1 - will be featuring an insert on the Addicts at the Ecomotion Pro held in Brazil during Oct. This is footage of the team shot during the race. Re broadcasts:

On Supersport - MAZDA ADVENTURE ZONE			
17-DEC-2007	21:00	21:30	00:30:00 EPS. 214 CSN
17-DEC-2007	21:00	21:30	00:30:00 EPS. 214 SS2
18-DEC-2007	01:30	02:00	00:30:00 EPS. 214 CSN Repeat
18-DEC-2007	01:30	02:00	00:30:00 EPS. 214 SS1 Repeat
18-DEC-2007	07:30	08:00	00:30:00 EPS. 214 MNET Repeat
18-DEC-2007	07:30	08:00	00:30:00 EPS. 214 SS1 Repeat
18-DEC-2007	15:00	15:30	00:30:00 EPS. 214 CSN Repeat
18-DEC-2007	15:00	15:30	00:30:00 EPS. 214 SS1 Repeat

On kykNET - MAZDA AVONTURE			
4 February 2008	21:30	kykNET	
5 February 2008	15:30	kykNET	Repeat
6 February 2008	02:00	kykNET	Repeat
7 February 2008	16:30	kykNET	Repeat
9 February 2008	17:30	kykNET	Repeat



4 December - Mugg & Bean 24 hour MTB - This past weekend the annual 24 hour MTB race was held at Northern Farm on the outskirts of Johannesburg. The race involves teams of anywhere from 2 to 10 riders completing as many of the 17.5km laps as they can in the 24 hours. The race also caters for the not so well people who want to ride the race solo!! Addicts Graham Bird, Jeannette Walder and Robert McGloughlin entered the solo race!

Our wheelie pulling, porridge eating addict - Robert McGloughlin lead the charge for the McCain Adventure Addicts. Rob lead the solo race, having built up a 2 hour lead before heading for some much needed sleep just after midnight. Unfortunately Rob's competitors managed to continue through the wee hours and when Rob rejoined the race at 4am, he had dropped to 4th position, one and a half hours behind the leader. Rob eventually clawed his way back to 3rd, 1 hour behind the eventually winner. Rob completed 22 laps, which amounted to 387km at an average speed of 16km/h for the 24 hours. Awesome!!

Jeannette Walder made a welcomed return to competitive competition after her illness that forced her into two months of rest. Jeannette rode consistently in the first 12 hours building up a 1 hour lead over the defending champion, before heading for some sleep. As with Rob, when she rejoined the race at 4am, she was 2h55 behind the



defending champion. Jeannette then returned to her consistent pace, with the defending champion needing to stop for regular rests after having pushed through the night. This saw Jeannette returning to the lead and eventually winning by more than an hour. Jeannette completed 20 laps, which amounted to 352km at an average speed of 14.5km/h for the 24 hours. Brilliant!!

As for Graham Bird. Well what can we say. SOFT. After battling with fatigue and heat in the first few hours, Graham opted for the more social option of more sleep and less riding. Eventually fitting into a supporting role for Rob and Jeannette. Graham completed 13 laps, which amounted to 229km at an average speed of 9.5km/h for the 24 hours. Pathetic!!



27 November - PVM Newsletter - The McCain Adventure Addicts report features in the PVM December newsletter. To check out the PVM Newsletter [click here](#).

27 November - Petzl Adventure Nights -Over the past weekend the Graham Bird and Jeannette Walder joined the Cape Town crew of Tatum Prins and Andre Gie at the Salomon Night Race. The Pro running race was held over a distance of 10km, with teams of two navigating around the course with rally style books under the full moon. The racing got under way just after sunset with the teams going at two minute intervals. The route was through the Lebanon forest in Grabouw just outside Cape Town. The race format was awesome and was enjoyed by all. Big thanks to Mark and John Collins and their team from magnetsouth.net for organising a stunning event. Looking forward to the next one!

In the Pro mens race, Addict Andre Gie teamed up with Jan Schutte to win overall from the McCain Adventure Addicts team of Graham Bird and Hanno Smit. In the mixed section the McCain Adventure duds of Tatum Prins and Evan Price finished first and thlrld overall in the Pro race. The McCain Adventure Chics of Jeannette Walder and Michelle Eray finished third in the Pro female section.. All in all a successful race.

20 November - Non Stop Sani2c MTB race - The past weekend saw Adicts Alice & Stu Rawlinson and Rob McGloughlin seconded by Dave, Sue and Jess Rawlinson (An almost 14-hour family affair!) doing the Non-stop Sani2cMTB race. Rob's brief report:



Farmer Glen and his team have put together another unique and exceptional mountain bike race. The 204km Sani2C Non-Stop route differed from the normal Sani2C 3-day event by incorporating more district roads initially, avoiding Nick's Pass and took us into the beautiful rivers and valleys around the Mzinto River before climbing out into Vernon Crooks' Nature Reserve and (thankfully avoiding the Heart Break Hills) on to the beach at Scottburgh.

The start at midnight meant riding in the dark for the first 4 ½ hours to the McKenzie Club at Donnybrook, the traditional first overnight stop for the 3-day race. The race format included a fourth member of the team (we took 3 support crew, driver, navigator & fetcher) that was allowed to follow the riders in vehicle for most of the route to second. So for some of the winding potholed roads we had much appreciated car headlights behind us to light up the route. At the check point at the McKenzie Club we stopped to do some running repairs. The rain, mist and mud meant chains were sucking and gear cables were getting clogged up!

Once the sun had come up behind the clouds we settled in for what seemed like endless climbing all the way to past Vernon Crooks' Nature Reserve! The race profile showed a general decent from the Berg to sea and knowing that we had to make our way from 1,400m above sea level at Underberg to the sea it should have been a downhill ride but the route included lots of uphill for what seemed to be most of the way! But we love hills as they make you strong....

The highlight for me was defiantly the decent into the valley and along the river before Vernon Crooks' Nature Reserve. This section through the rural villages and into remote areas around Ixopo, with views of thousands of hills, was true mountain biking at its adventurous best.

A big thanks to Dave, Sue and Jess for looking after every whim of the team you guys were the best seconds!

20 November - Sakkie Mayer; Living and racing in NZ - Moving from SA to NZ is like a dream came true to me. There is so much to do and see over here. So much Adventure! It not much different from SA and the people are very friendly. I've made a lot of friends already, just about every second person you meet says "Hi mate" or "Cheers mate". My main goal was to find work and sort out my work permit before I started playing again. So, my sport had to take a bit of a back seat but I know in the long run it will be for the better.

I'm staying Auckland and there are so many races to choose from up here. Running, mtb, multisport, road riding, swimming, triathlons, and paddling races - just about everything you can think of. It didn't take me long to find something to do. The only problem is I work long hours and don't get time for training.

Ye, I'm a weekend warrior once again! Only train and race on weekends. I've mainly been doing trail runs because I have to buy some new toys again. I got a road bike and now only need a boat to paddle, but will get there.



I Fully understand now why all these Kiwis are the mountain goats they are. That is what there races are all about and they are use to it. One thing that struck me is that they

don't care what the weather is doing; they still train or even walk the dog. Not like us South Africans who are so weather dependant. That is why they are in a class of their own. They've got a Leppin off-road running series, of which I did 4 of the events. I did the long course, which is around 18 - 20km. It was pretty awesome and there are some pretty cool places in and around Auckland that half the people probably don't even know of. My first one I thought I was not going to make it. It felt like we were either running up or down mine shafts. What made it worst was that it rained the week beforehand so we were slipping all over the show. We were covered in mud afterwards and that made me smile and enjoy it even more, that was priceless! I had to learn the concept of these races fast and the last one in the series I felt good and finished 11th. You can view some images of these races: <http://www.supersportimages.com/products/showbib.php?xs=382&ts1=584>

I made a team with a guy I met, Graham at these trail runs and we entered a Multi Sport Race. Our team was called Amigos. It consisted of a road bike, then kayak (paddling), then mtb and ended with a 12km trail run, which I did. We were 4th overall, 4th team and the 1st mix team. Check out the write up about the race on this site: http://www.sportshub.com/site/index.php?option=com_content&task=view&id=3195&Itemid=1

I also did some trail runs in Rotorua's Redwoods, famous for all its mtb trails. Jip, they made us run up and down all these tracks. I found these runs easier than the Leppin runs but still tough though. I did the last two of them with some ok results. When I just got here I went and visited Neil Jones (Team Merrell Wigwam) for a week. He convinced me to do Monty's Revenge, a multi sport race with a 12km trail run, 34km mtb and 16km paddle. The pace was fast and fierce. Even Neil kicked my ass. I manage to finish in the 20's overall and I think 12th individual.

I love this place and the people. I'm use to the weather already and looking forward to some more races and more exploring. Happy trainings and stay safe guys. Enjoy it out there! Sakkie Meyer



19 November - Xterra Gauteng - Soft, soft, soft is what the McCain Addicts were this past weekend. The addicts of Graham Bird, Jeannette Walder, James Lea-Cox, Tatum Prins and Alex Wagner headed to Buffelspoort Dam for the past weekends Xterra. After a long hard season the team decided to enter the Xterra Lite rather than the full event. Soft!. The team had a relaxed race and stuck together for the majority of the race before James Lea-cox could not take the non competitive attitude any longer and broke from the group to dice a road triathlete on the final run (he was outsprinted!!). Entering an event with a non racing outlook was a welcomed change for the team!!

13 November - Hell and Back MTB Race - The past weekend, the Hobbit (Tatum Prins) headed to Prince Alberts for the Hell and Back MTB Race. Here's her comments: "With Ecomotion under the belt and a 2 week rest, I was really looking forward to getting back on my bike and riding Die Hell and Back Mtb. Surely two weeks was long enough to recover? The route started at the De Hoek holiday resort (700m above sea level) ± 6km west of the Cango Caves. The first ± 4km was a tarred road which made for a pacey start. Unfortunately this wasn't great for someone who had been relaxing on the couch for 2 weeks. My heart rate soon went through the roof and I was forced to slow down to almost a grinding halt. We soon turned off onto a gravel road snaking through some beautiful farms of the Cango valley where we reached the base of the Swartbergpass (860m). This is what we had all been waiting for. The big climb! From here we slowly made our way up the Swartbergpass to the top (1560), and I mean slowly. My body decided that this was a good time to tell me that I was far from recovered and I really shouldn't have started training again with a 2 day mountain bike ride which involved 1900m of climbing each day. After a fast descent and a further 3km we turned off at the Gamkaskloof turnoff and welcomed an undulating gravel road until we reached heartbreak hill which was our final climb. With only a 4km hill it was soon over and we had a long snaking downhill all the way to the finish. I wish it had been as easy as it sounds. It wasn't! My whole body ached, my legs felt like they had lost half thier power and I even considered not riding out the next day. Yip, that bad and the worst part was that we had to do all over again, just backwards the next day. With that in mind we all headed to our camps situated in Die Hell itself and spent a lovely afternoon under a shadey tree relaxing to a 2 man band, (music that would have made for great sokkie dancing) and a fire with toebroodjies and chicken. That night we got spoilt rotten with food fit for a king, then it was bed by 9pm. With that 1st hill in mind another drink was definitely out of the question. It was such a great weekend and a must for everyones calendar of events. Despite my poor performance I'll definitely be back next year. Hopefully with alot more energy and recovery time."

7 November - ECOMOTION PRO - Finally all the reports are in and all the photo's collected. Check out the Ecomotion race report [here](#) and the photo's [here](#).

2 November - ECOMOTION PRO - It has now been a week since the Addicts finished the Ecomotion Pro. It has been a week of reflection, recovery and trying to get back into "normal" life again. The race was an awesome experience for all the team and has definitely been a highlight of the team members sporting careers, the memories of which will be cherished for a long time. It is now time to pack the kit away, write the reports and get back into training for the upcoming events. Reports and photo's to follow next week!!

2 November - The Addicts team of Evert Meintjes, Hanno Smit, Patrick Mosterd and Louise Hemmes competed in the Eden Challenge over the weekend of the 26 - 28 October. The race ended up being alot longer than the organisers had planned with the result that only one team got through to the finish before the cut off. The McCain team were stopped along with the majority of the field at T7, finishing an unofficial 3rd. [Read Hanno Smit's report here](#).



31 October - TOTALSPORTS CHALLENGE - Addict Stuart Rawlinson, together with Anthea Gould competed in the Totalsports Challenge held at Sun City on the 27 Oct. They finished second mixed team. Addict Robert McGloughlin finished 5th overall in the mens individual category.

26th October - ECOMOTION FINISH. We finished at 0h37n on Friday morning after racing for just over 97h30. It was an awesome race. Tough legs that were all unique in their own way. Weather was frustrating at times, with lots of rain. Was also very hot at times. Thinking back now, we were probably very lucky to have rain and cool rather than extremely hot. It was very hot and humid in the forests. The trekking legs were spectacular through the forests with breath taking scenery. Navigation looked simple on the map but very challenging out on the trek legs. The team was great with no problems and worked well together. Our seconding crew of Jeannette, Dave, Victor and Aryton were amazing and kept us well supported. We crossed the line in 12th spot, but by our calculations after all the adjustments for the third last leg, we should just sneak into 11th. All in all a stunning race which the team feels very privileged to have completed and a huge thanks to our sponsors McCain.

25th October - ECOMOTION 362 km under the belt and McCain is climbing up the ladder. The long hike saw them pass many teams. Good navigation by both Tweet and Andre made them move up to 11th position. The team is now busy with a short rafting section, small hike then a surprise section, bike and the last leg is a 26km sea paddle...team is feeling good and looking strong::)

24th October - ECOMOTION Another long day on the legs. Team came in last night at about 1 after a stunning 23km hike. They carried on foot after a short transition thru to the next day...arriving at 5pm today...hike was hard and wet continues. Rain and mist through the jungle was slow..at the end of the hike a 15km horse ride awaited them. Lucky no war stories happened on the horse. A tired team arrived at 5pm today getting on the bike for a 51km bike...still motivated but a bit gat full with the rain...me too...a bit of a mission trying to get their smelly clothes dry ..Bubbles

23rd Oct - ECOMOTION A hard, long, wet and misty hike. McCain left at 4pm noon Monday and arrived at the transition at about 1pm Tuesday....the hike was tough, big climbs plus misty , rainy and the dark made it impossible to find the path. The team decided to sleep for 5 hrs...a very wet sleep...on their bike for a 69km cycle then an unassisted transition to a 32 km hike and still sort off smiling....weather overcast....seconding another story..lots of hand language being used....

22nd Oct - ECOMOTION A hard day for the team. The start was delayed from 9pm to 11pm. They started with a 48 km sea paddle in Epics, then an unassisted transition to a 45 km hill hard bike. We expected the team at 9 am. They came in at 3:30 pm. The 1st pct point was in the wrong place. The organisers canceled it half way thru and due to late start. The paddle up the river was bone dry. 1st team came in at 11:45 am. McCain looked strong and motivated.... they are off on a 35km mountain bike....weather overcast with a bit of drizzle but not cold....

21st Oct - ECOMOTION We had a welcome function on Saturday night. It was a spectacular event, after which we received race books and pre-plotted maps. We spent a few hours marking the maps before getting some sleep. A technical briefing was held this morning. The course looks very interesting. The trekking legs are going to be tough. They look like they are through forest. Sticking to the right paths and trails is going to be hard. There is a 60km trekking leg mid race which will be very important. We are now on our way back to Rio for the start under Sugarloaf hill. First leg is a 48km paddle starting at 9 am. Team is great and looking forward to starting.

19th Oct - ECOMOTION It is now Saturday morning, one and a half days to go until we start!!

After a good nights sleep on Thursday night and awesome breakfast (check out the team sharing the dining room with Emma Rocca (Buff), Marcel Hagner (AR World Champ 2005) and French team Wilsa Helly Hansen (second ARWC 2007)), the team headed to race headquarters for registration and kit check. What an amazing experience. The whole process took an hour. We checked in, filled in forms, got emergency radio, paid insurance, had team photo, had rope & first aid kit checked. Very relaxed organisers realising we are all experienced racers and know what to do. After taking over a day at both Primal Quest in 2006 and ARWC in 2007, it was a welcomed change. I think all this helped to maintain the relaxed and calm feeling amongst the team.

We then spent time putting our bikes back together, before taking a ride to the supermarket to look at the food possibilities. They were much better than we expected. Once our Brazilian support crew arrives this morning with the seconding vehicle we will go back and get all the food.

The rest of the day was spent on the beach, trying out our sails for the kayak's (thanks Team Mazda!). We also got ripped off by a temporary tattoo artist!! That's what happen's when you let the girls do the negotiating!! A leisurely run, followed by a stretching session on the deck overlooking the beach while drinking G & T's. As you can hear this is turning out to be a very stressful build up.....not!! We can't believe how relaxed we all are!!

Today we have a Welcome lunch and T-shirt exchange, then off to a pub that will be showing the Rugby!!!! Finally at 21h30 tonight we will have race briefing and will get our maps and route book!! Lets hope we can maintain this stress free atmosphere once we start getting to the business end of the preparation.

From what we can understand tomorrow we will be transported about two hours away to the start venue where we will start at approximately 21h00 on Sunday night. Bring it on!!!



18th Oct - ECOMOTION ARRIVAL After a painless 15 hour journey the addicts arrived at the rio Backpackers just off the Copacabana beach, with all kit accounted for. The team then spent the morning exploring the surrounding area before being collected by the race organisation for the three hour journey to Búzios, 200km north of Rio de Janeiro. After driving through predominantly grassland, the team arrived at a tropical beach paradise. The hotel accommodation and town are right out of "island getaway" travel brochures.

Friday, the team will go through the registration and gear check process before relaxing for the start on Sunday evening. A quick glance at the entry list for the race shows that 4 of the top five teams from the World Championships held earlier this year are here: Willsa Helly Hansen (France), Orionhealth.com (New Zealand), Buff Coolmax (Spain), Bjurfors (Sweden) as well as Team Sole (USA) and Merrell Wigwam (New Zealand). That's a strong field and we can also expect a few of the local teams to also be very strong.

Exciting stuff. Team is in good spirits and all raring to go. Over and out!!"

5 Oct - LIVE COVERAGE OF ECOMOTION - We have been told by the race organisers that the Ecomotion Pro website will carry live coverage of the race. We don't think the race has live GPS coverage arranged, but will carry details of Checkpoint and transition times. Click on the Ecomotion logo above to go to the Ecomotion site. We will also try to get regular updates about the team posted on this site.

15 Oct - Final preparations for Ecomotion - The team departs on Wednesday to compete in the Ecomotion Pro Adv Race in Brazil. The team wound up training and kit checks this past weekend.

Extracts from the information package the team received last week:

"This year there will be a total of 55 teams, both national and international (including 7 of the TOP 10) will be going head to head, competing for the title the most important Latin American Race. They will also be qualifying for the ARWC2008, which will also happen here in Brazil.

It's worth reminding that Brazil is an incredible country, with hospitable people and culture, and above all its amazing biodiversity, and beautiful nature. Without a doubt this year's challenge will be very exciting, we will be going through beautiful areas in Rio's state, and it will ask a lot of determination and resistance from its competitors.

The journey will be distributed in about 444 km, in the events of Mountain Bike (220 km), Trekking (105 km); Vertical Techniques; Double Kayak (76 km); duck (10 km); Ride n' Run (17 km); Orientation and a "Surprise" Event (16km).

This year we will be based at the famous Armação dos Búzios, where the Opening and Closing Ceremony will be held. The party will be hosted at late Clube Búzios on Sunday the 21st, and a "tail gate" convoy will take the road for about 200 km, where the opening of the event will happen. Following last year's opening we will have a "Night Opening" beginning the event."

The resort of Armação dos Búzios, situated on a peninsula with an area of 96sq.km/37sq.mi 191km/119mi east of Rio de Janeiro, has been an independent commune since September 1991. It has grown out of a fishing village which was "discovered" in the 1960s by Brigitte Bardot and other representatives of the international jet set and is now one of the most fashionable and most expensive bathing resorts in the country (the "St-Tropez of Brazil"), with elegant shops and a well developed tourist infrastructure. Its 23 beaches and 18 islands attract visitors from all over the world.



14 Oct - SABC Morning live interview - Graham Bird and James Lea-cox appeared on SABC Morning Live on Thursday the 11 October. [To view the interview click here.](#)

8 October - UGE Events Salomon Sprint Race #4 - Having rained non stop for two days the Adventure Addicts were expecting a lot of mud when they arrived at the Hennops River race venue, but nothing could prepare them for the amount of mud and standing water they encountered. The McCain Adventure Addicts were represented by three paired teams of James Lea-Cox, Stu Rawlinson and Alice Rawlinson, Kerryn Alcock and Ryan Knott, Mike McLaren. This would be Kerryn, Ryan and Mike's first taste of AR and

they did not pick any easy event due to the conditions and the course that was laid before them by the organizers.

Despite the weather a large number of teams had arrived for the race which got under way at 08:30 with the first leg being a short run to spread the field. Despite being short it involved a lot of climbing and scrambling before returning to the start/finish transition to pick up the bikes and head out for a cycle that would be broken up by a run, tube, run leg. On to the bikes and straight back to the climbing at this stage James and Stu were just out of contention with the girls looking strong and Ryan and Mike going along at a steady pace a third of the way up the field. James and Stu hit the run with two other teams and it was a cat and mouse game till the tubing where they put in a big push to shake off the other two teams and secure the 5th place. On the return to the unmanned transition they saw the other two McCain Addicts teams heading out for the tubing leg and learnt that Mike had taken a big spill on his bike and was nursing a very tender left hand. This was due to the treacherously wet and slippery conditions that all the racers had to deal with, (later it was confirmed to be a clean break of the 2nd and 3rd Metatarsals). The girls were still looking strong in 2nd and were pushing hard to try and catch the first placed ladies. With the rain starting to come down hard again it made the racing very tough and it very difficult to make up time on teams.

The last cycling leg was a short and fast leg that involved a technical section through the 4x4 track that had the racers on the edge with the wet conditions which provided very little grip. Caution was the name of the game at this stage with James preparing to go to EcoMotion in Brazil in two weeks. The girls on the other hand threw caution to the wind and charged through the last leg and made up some time on the rest of the field. Ryan and Mike limped home with Mike nursing his hand.

Despite the weather and the injury to Mike it was an awesome race and the McCain Adventure Addicts had a great time. All the first timers have put their names down for the next race on the 10th of November, hopefully it will not be as wet. James and Stu came in fifth and the ladies pairing of Alice and Kerryn romping home to a great 2nd place, a great result for Kerryn who was competing in her first AR.

5 October - Due to a viral infection that hospitalized Jeannette Walder over the past weekend, Jeannette has unfortunately withdrawn from the Adventure Addicts team that is due to compete at the 500km Ecomotion Pro Adventure Race in Brazil later this month.

McCain Adventure Addicts Conquer the Singletrack and Countdown to Rio

The McCain Adventure Addicts squad moved into final stages of preparation for Rio de Janeiro's 2007 Ecomotion Pro with a win in the Singletrack Mania 2007 Adventure Race.

The event was hosted by Singletrack Africa with Cremorne Estates in Port St Johns marking the start of a 220 km race along the Wild Coast. Loads of Singletrack through unspoilt wilderness, great rivers, scenic hiking and spectacular rope work made for an action-filled adventure race to the finish at the Port Edward caravan park.

Some entertaining rapids, dramatic mountain bike sections, monster climbs, a breathtaking 145m abseil; much slipping, sliding, a few bruised body parts and many kilometres of hiking, swimming across rivers and bundu bashing through coastal forest - among other challenges - saw the McCain Addicts oust 8 official teams and 4 unofficial pairs to cross the finish line in first place in a race time of 37 hours and 24 minutes. Thanks go to Angela Segal, Nicole Walder and Katharine Hill for their superb seconding skills; to Singletrack Africa for staging a race that "put the adventure back in adventure racing"; and to the sponsors that support the Addicts' adventurous lifestyles, including McCain, PVM, Giant Bicycles, Salomon and Island Tribe.

Happy with their performance in the Singletrack and with plans fine-tuned for final training, rest and gear preparation before competing against 50 international teams in the Ecomotion Pro in Rio de Janeiro from 21 October; with less than three weeks to go the McCain Adventure Addicts have been blind-sided by the withdrawal of integral squad-member Jeanette Walder, who has been forced to pull out due to health reasons.

Experienced adventure racer Andre Gie will step up to the plate to make up the four-member squad for the Ecomotion Pro. Gie brings with him multiple podium finishes in adventure racing in all distances - from sprint to expedition; as well as in trail marathons and multi-sport races. The 26-year old medical doctor who is currently completing his community service in Knysna is most at home in the mountains. "The more technical the terrain the better", says Gie, who is sure to prove himself a formidable contender as he competes alongside Graham Bird, Tatum Prins and James Lea-Cox in the gruelling 500km challenge.

For more information on the Ecomotion Pro 2007 go to http://www.ecomotion.com.br/ecomotionpro2007/eco_en.asp and find out about McCain Real Ovenbake Chips and other healthy lifestyle enhancing products at <http://www.mccain.com/>.

2 October - The McCain Adventure Addicts headed down to Swellendam in the Cape for a social training camp this past weekend.

The Addicts were based at the



hospitable Felix Unite River Adventures Round the Bend Camp on the banks of the Breede River. Rafting was the order of the day for most of Saturday and the Addicts had much fun shooting the various rapids in two man crocs. Wide eyed descents were interspaced with flat water sections, which would not have been too bad had it not been for the steady headwind! The rest of the weekend was occupied with trail runs through the stunning landscape, the odd game of volley ball, some wall climbing and the usual mucking about in the river. In the end everyone had their fair dunking in the icy Breede but left with massive smiles on their faces.

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