

McCain ADVENTURE ADDICTS

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News

5 December - Sportsguide Magazine - The McCain Adventure Addicts feature in the latest Sportsguide Magazine. [Download a copy of the Magazine \(7mb\) from here.](#) Checkout the Sportsguide website at <http://www.sportsguide.co.za/>

REPORT

TEAM MCCAIN

REPORT & PHOTOS BY JACQUES MARAIS (WWW.SPORTSGUIDE.CO.ZA)

TOP 10 AT ECOMOTION

Ecomotion is part of the IR World Series, a worldwide circuit of premium adventure racing events representing ten countries over a one-year period. This year's race was the culmination of the series for 2008, and exposed competitors to the rich traditions and culture of breathtaking north-western Brazil.

but after more than two days of solid racing, the lack of sleep and non-stop pace began to show. A couple of non-optimal decisions cost them dearly, and parts were of that lower side when they dropped back to 11th of the technical ropes section near Woods.

An enclosed five-hour sleep saw them regain their strength, however, and their health cooled in the turbo descent to again hold in place over time. The toughest leg of Ecomotion 2008 – a 60km portage-and-rope section a few miles from the start – still proved them. For 16 hours, we would paddle for 100m, get out of the boat, and lift our things towards overhanging the side of a small cave, said Keeso. "I don't really love my sense of humor, but on this leg it certainly does!"

Their health reached its lowest point at dusk on that rainy morning, and then had to paddle out to make the wind shifts to sail from the old town of Comocim. Their sports mountain bike leg saw the team move up two positions to 8th place, and boost their traditional sailing boat with Keeso's muscle to score before the 7:30am Stage Close. But the end of the race was not over yet for the McCain Adventure Addicts, and the winds saw them take eight hours to reach the start of the final 100km down into the ocean.

Sea sickness, dehydration, sleep deprivation and extreme exposure to temperatures of up to 49 degrees Celsius became prevalent as the team plummeted into the sand dunes on the home stage. However, "we now knew nothing could stand between us and a Top 10 finish of the world's toughest expedition sport", forum pins said as the four exhausted athletes crossed the finish line to the sound of the reaction crowd boat.

After more than four days of sea-level racing, last from seven hours separated McCain Adventure Addicts from winner Chris Heath, New Zealand, and second-placed team Nike (USA). "This is really proof to me that we need out of our skin here", Captain Oshorn said. "I can't be sure if my physical fitnesses hugged each other off the trail in the ocean."

They are a team from a 10th, and still finishing a race like Ecomotion is a major achievement!

A job race opposed by team Wildly Wildly Hatten from France. They had been last out of the ropes section due to a technical error. "I saw them move up 3 positions to place McCain Adventure Addicts in 10th, okay!" The South African, however, will maintain their Top 10 ranking in the IR world, and can feel incredibly proud of their one-division achievement here in north-western Brazil.

30 local teams from Brazil entered the event as well. "This is without a doubt the strongest field we've ever completed in", said team Captain and navigator Graham Reid.

But back from cooling, and now joined in Brazil by pack-horse Heiko Smir (Switzerland), along with Andy and 100 most and all-rounder Robert from Cape Town, The McCain Adventure Addicts team member special in a range of disciplines on varied on paddling, mountain biking, trail running, technical rope work and navigation, but would need to perform consistently along the 500km course in order to make a showing.

Ecomotion 2008, set within the remote province of Para, Maranhao and Ceara, took off on Saturday November 2nd, 2008 at 10:00 and McCain Adventure Addicts went with their eight members. After the 80km or so, only 28km of desolate trail in steady cool temperatures of 35 Degrees Celsius, saw the team making up their lead position, but their luck powered into the Top 10 during a 13-hour or so portage into a gorge, right into the chasm.

They then finished in three more places along a rope climb and up-river portage from Keeso's position. "At this stage we were leading some of the best teams in the world, and we were only an hour or so off the usual world camp", said Oshorn. "and we were confident that we could move even further up the list!"

This is exactly what McCain Adventure Addicts set during the 100km mountain bike leg and around that that followed. Against all expectations, they reached into third place.

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3 December - Salomon Skyrun - This event, takes place annually and starts from the small Eastern Cape town of Lady Grey at 1600m. From there competitors climb eight hundred metres in the first seven km's onto the ridge of the Witteberg / Drakensberg mountains. It is then a gradual climb up to a high point of 2800m at Avoca peak before descending back to 1900m at the beautiful farm at Balloch after 57km. Here competitors decide whether to push on through to the finish at Tiffendal or sleep the night and push on in the morning. The remainder of the race takes them over the Balloch Wall, with a climb of 450m before descending back down again, before the final 27km of climbing to Ben Macdhui at 3001m before the last few km's to Tiffendal. A tough 89km!! Addicts Jeannette Walder and Cobus van Zyl were there. Jeannette finished in 8th place overall and 2nd lady while Cobus finished in 5th place.

Jeannette Walder had this to say: "So I decided to do the Salomon Skyrun, a 89km trail run starting in Lady Grey and finishing at Tiffendal ski resort in northern eastern cape. The only advice I can give you, if you want to race it train for it! I was a bit too relaxed about it, I knew I could finish it but to race it you have to do your homework. So Kobus and I went on the adventure with our super second Cindy. We missed race briefing due to Jhb traffic, but Saffy was still running around late Friday night giving us the maps and asking me if I could run with the Canadian girl who they were doing a documentary on. This girl win's the Trans Alps trail run, so at the start I "the Bubbles" as Saffy introduced me to her, was left behind and thank god she hooked onto the front bunch cos there was no way I could show her anything from where I was in the field. So I tried to keep up and after a while my brain kicked in and said no way chicky, slow down! This I did, the only problem was I was in no mans land all on my lonesome with my GPS. I decided to wait for the next lot behind me who were not to far. We worked well together until a massive storm with hail, wind and mist hit us on top of the mountain. Luckily we had the GPS tracks which we used to get out of the mess, with a few circles on the way to the next CP. We got to Balloch just after four in the afternoon, with the cut off being at six. The Big decision was do we carry



on another 30km to the finish or spend the night and start next morning. Kevin and I decided to carry on as the weather looked okay. It lasted till the 2nd last check point, we were only about 30 min from it and the next storm hit us rain, wind, thunder and lightning pretty close to us. We eventually arrived at CP8 drenched, to find the poor marshals trying to hold their tent down. They were awesome; between holding the tent down we got hot tea and warm blankets before being stuffed into their car with the heater on to warm our frozen bodies, with me sounding like a sowing machine with my rattling teeth and Kevin was turning blue. The marshals decided to keep us at the check point till the morning due to the weather and our condition. A wise decision. We got up in the morning and finished the sky run just after 7 am with the last section only taking us about 1h30. It would have taken us 3h00 if we had carried on in the horrendous conditions during the night, where I'm not sure we would have made it. Thank you to all the friendly, happy Marshals who also had to fight the bad weather and to Adrian Saffy for an awesome event."

Cobus van Zyl's report: "I've done a couple of challenging things in my life, and as it goes with any decent McCain addict we always have to try something new, something harder, something more adventurous. So this time it was Skyrun that caught my eye - never done that before, have to bag it. This Skyrun wasn't entirely new to me since I have done a couple of Wartrails which includes the first 60km of Skyrun, so I thought since I have the experience of Wartrail, all I need to do now is continue with the last 40km of Skyrun from the point where I usually feel totally stuffed at the end of Wartrail. Luckily I had the company of my fellow addict, McCain addict that is, Bubbles and together with my wife Cindy as second we took the 700 odd kilometres down to Lady Grey in good spirits on Friday after work.

What I like the most about Skyrun is the relaxed friendly atmosphere at the race start, it's not so much a competition as it is an experience. Everybody gets together at the start at around 03:45 on Saturday morning, talking nonsense, joking and laughing, waiting for Adrian Saffy to set us off. The "setting off" was just as informal, when everybody seemed to be in the vicinity a quick roll call was done and with a non ceremonial 5, 4, 3, 2, GO we were all off on what turned out to be one of the more challenging days of my life.

Funny enough nobody seemed to push the pace at the start, and I ended up in front before we even left Lady Grey. I knew from comparing my Wartrail times with that of the leaders that I wasn't suppose to be in front but my pace was relaxed and nobody was chasing me so I just enjoyed the first stretch up to the microwave tower with 3 other guys on my heels. The race starts at an altitude of roughly 1670m and by the time we've reached the first CP at the microwave tower we we're sitting at around 2360m and that all just happened in roughly 7km. Shortly after CP1 my 3 companions slowly picked up the pace and started disappearing in the distance. By now the sun is up and you have a perfect view of the valleys below as the mountain drops away to either side of you. That is why this is called the Skyrun, for the most part of the race you are running along the ridge of the mountain looking down into the valleys below.

En route to CP2 I was overtaken by Bruce Arnett, the Bruce Fordyce of the Skyrun, and on my way to Snowdon, which is sort of the halfway mark towards Balloch, I was overtaken by a chick. Now this was seriously wrong to me, being overtaken by a women on the Skyrun is not on. Later I found out that this girl, Tracy Garneau (Hope I got the name right) has won the Transalpine race, so maybe I shouldn't feel all that bad about it. Luckily for my ego I overtook Tracy and her partner again just after Snowdon while they were stopping for some maintenance, and I kept my lead on some way until the last 500m or so before we entered Balloch.

At this stage I would also like to congratulate, thank and praise the marshalls that were stationed all over the route at CPs and even a couple of places in between. You guys really gave a runner a second boost. At every CP their was a whole bunch of cheerful people that in most cases had to hike up the mountain themselves with heavy backpacks in order to see us safely through the CPs. What amazes me the most was the amount of cold drinks and food that these marshalls had to offer the racers, considering the fact that they had to carry all of that up the mountain. I'm really impressed!

After Snowdon it is a long stretch of steady climbing and then some serious climbing all the way up to Avoca which is the highest point at 2760m of the first stage of Skyrun. The last kilometre walking on a very narrow ridge up to Avoca gave once again a very spectacular view into the valleys far below. At Avoca I got some coke from the friendly marshals as well as some war cries, for inspiration I suppose. I also ran into Owen at this stage who was sitting down for a cup of tea - very English. Any case I left Avoca together with Owen who suddenly got a second breath and disappeared in the distance. A couple of kilometres further down the ridge with strong and cold winds from the side I was suddenly ambushed by a very friendly farmer Joe and his wife (and their dog) who was taking shelter from the elements behind an old ruin. They wanted to stock me up on food and cold drinks, but since I was set with food I just librated them of one ice cold coke, and sheesh did that go down well.

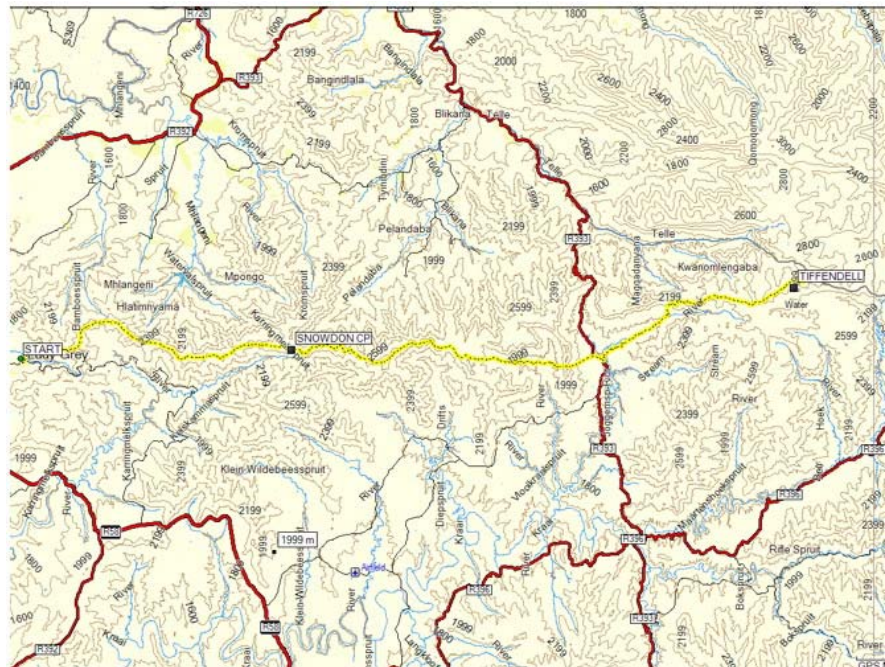
By now the mountains start to ease off slightly and the terrain becomes less steep and rocky so I picked up the pace passed the CP at Skiddaw and down into the Balloch valley. It was at this point where the overcast, fairly cold day turned into a good thunderstorm with lightning all around, must say I was glad to be off the mountain. I had to run the last 6km in pouring rain to the safety of the Balloch cave which for many marks the end of Skyrun day 1. Luckily I had my Capestorm Vantage Jacket and monsoon pants to keep me sheltered from the rain and even a bit of hail. I was quite impressed with my new PB of 9:30 from Lady Grey into Balloch a good 30 minutes faster than my best Wartrail time.

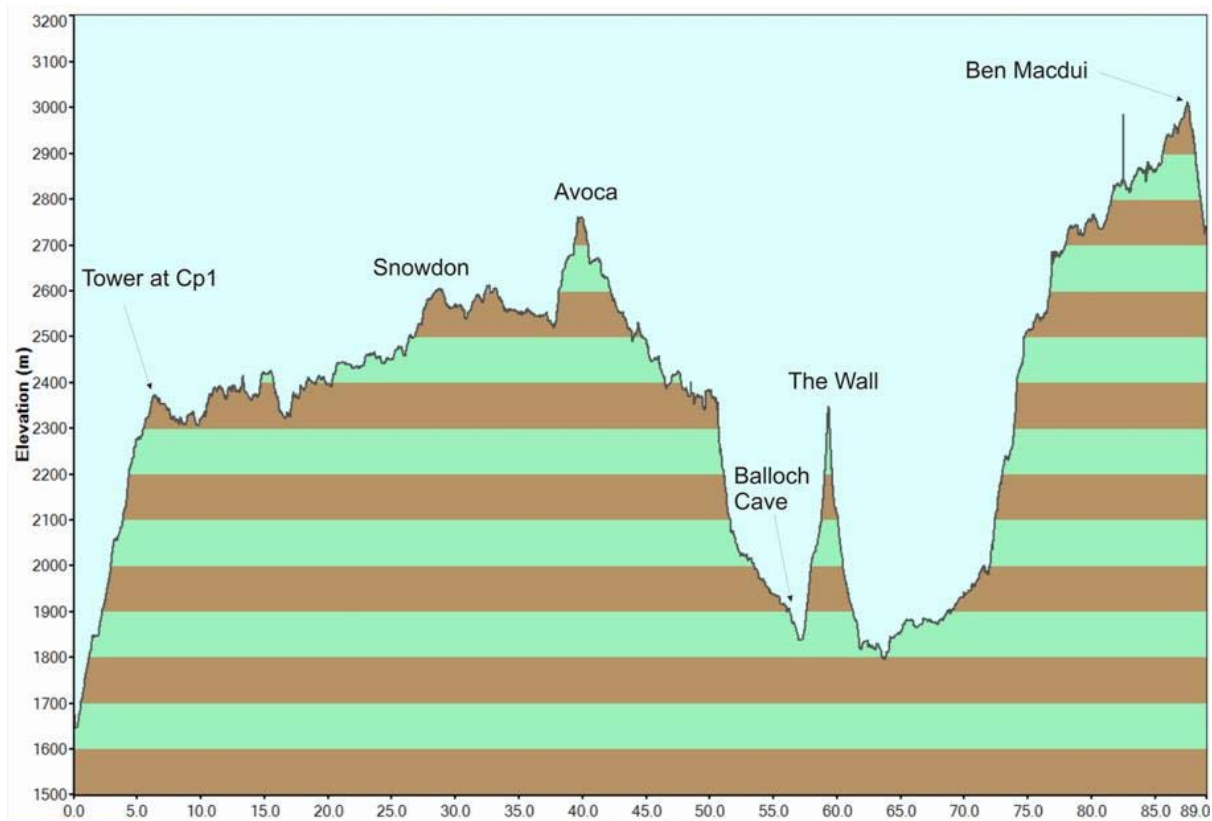
Of course for me and the other runners that came in before 18:00 at Balloch, the day didn't end there, we all pushed through to Tiffendell in one go.

At this stage in the race your body doesn't agree with you anymore and I had difficulty departing the warm and dry shelter of the cave at Balloch where my wife Cindy was feeding me and giving me dry clothes, especially when I had to depart from the comfy warmth of my Capestorm puffer. Within 5 minutes of my departure from the cave, the rain pretty much stopped apart from the occasional drizzle throughout the rest of my race.

There are two significant events in the second part of the Skyrun, the first is "The Wall" just outside Balloch. First you ascend 600m directly up the Balloch mountain and then tip over the top to descend 600m on the other side, your legs take notice of this - believe me. The second one that really brought me to a crawl is the climb out of the valley from Wildfell back onto the ridge that leads all the way to Ben Macdui at 3001m - the highest point in the Eastern Cape. But after those two significant climbs the race sort of flattens out a bit into a steady climb all the way to Ben Macdui. Unfortunately by this time my legs were stuffed, and around CP8 it was pitch dark with howling winds and mist. It is a good thing that from CP8 you can just follow the fence line all the way to Ben Macdui otherwise you would be lost without a gps. At this stage Owen and I were exchanging positions every now and then and during the final push to Ben Macdui I was leading by about 5 minutes. Unfortunately coming down Ben Macdui to Tiffendell, only 1 km to go I made some poor route choices and got cliffed out in the mist. By the time I was down the cliffs Owen was with me again and we had a nice downhill sprint finish to the end which I let him win ☐

A lot of thanx to all the people involved in this fabulous race and an extreme amount of thanx to McCain for sponsoring and enabling us to live this lifestyle."





25 November - UGE 65km AR - Jeannette Walder and Ryan Hodiern raced as a mixed pair and despite some navigational issues along the way they managed to come in in first place overall.

Comments from Jeannette: "Ryan and I decided that after navigating at the Capestorm Rogaine a few weeks back, we were ready to tackle an adventure race without a "navigator" and what better race than the 65km Uge adventure race in Rust De Winter this past weekend. We arrived early Saturday morning in time for the briefing at 7h30 and the start at 8h00. After dropping our boat at the De winter dam, we were ready for our adventure. We decided before hand to rather concentrate on the navigation then race hard, well that went out the window when the whistle blew for the start. We started off with 11km mtb leg, the terrain was stunning bushveld and nice rocky, tricky terrain. This is where our 1st war story started, to be fair we were never lost but our route choice left something to be desired. From 2nd place to 20th. Next was a 6km hike/run. More like a sprint for us, trying to catch up. Due to the catch up mode, our next war story happened. Instead of turning back at CP8 to get our bikes we went to CP9 on foot. All the people we passed on foot suddenly come past us on their bikes, clever people actually took note of the race instructions telling you that CP9 is on bike. This 8km bike leg turned into another sprint story trying to catch up, but luckily for us the 6km paddle leg was next where we made some good time. Off onto 8km bike again with a 5km hike in-between and



last leg was a fast 20km bike. We caught up to the front teams who had their own war stories and luckily for us we got a gap and took it. We had 24 checkpoints to collect and during these points saw warthog, Impale, Blesbok and lots of crazy adventure racers. Thank you to the Uge team for a great race which provided everybody with great war stories. "

18 November - Ecomotion Route - [Click here](#) to see the ARWC - Ecomotion route in Google earth.

18 November - Ecomotion images - Checkout some "Jacques Marais" images from Ecomotion [here](#).



12 November - Ecomotion Pro - Adventure Racing World Championships - South Africa's Team McCain Adventure Addicts raced their hearts out at the recent Adventure Racing World Championships, claiming a superb 9th place despite tough competition from more than 60 top international teams.

Team McCain Adventure Addicts faced one of their most gruelling challenges to date when they lined up at the start of EcoMotion Pro in Brazil this year. Now in its 6th year and revered as South America's longest running expedition race, the event was this year also designated as the 2008 AR World Championships. As part of the AR World Series (a global circuit of premier AR events representing 10 countries over a one-year period), this positions EcoMotion as the ultimate goal for adventure racers from around the globe.

The McCain Adventure Addicts, currently one of the top teams in SA, faced their toughest test to date against a field constituting more than 60 of the world's strongest AR teams. Hard core competitors hailed from as far afield as France, New Zealand, America, Poland, Canada, Sweden, Spain and Venezuela, while at least 30 local teams from Brazil entered the event as well. "This is without a doubt the strongest field we've ever competed in", said Team Captain and Navigator Graham Bird.



Bird hails from Gauteng, and was joined in Brazil by pack-horse Hano Smit (Sedgefield), strong-man Andre Gie (Knysna) and all-rounder Tatum Prins (Cape Town). The McCain Adventure Addicts team members excel in a range of disciplines as varied as paddling, mountain biking, trail running, technical rope work and navigation, but would need to perform consistently along the 570km course in order to make a showing.

EcoMotion 2008, set within the remote provinces of Piaui, Maranhao and Ceara, kicked off on Sunday November 2nd, 2008 at 16h00 and, McCain Adventure Addicts went full throttle right from the start. The first leg, a sandy 28km coasteering run in relatively cool temperatures of 36 Degrees Celsius, saw the team maintaining a mid-field position, but they soon powered into the Top 10 during a 13-hour ocean paddle into a savage, night-time chop.

They then hauled in three more places along a gorge trek and up-river paddle from Araioses, reaching the town of Parnaiba in a superb 7th position. "At this stage we were leading some of the best teams in the world, and were only an hour or so off the current world champs", said Graham Bird, "and we were confident that we could move even further up the field".

This is exactly what McCain Adventure Addicts did along the 100km-plus mountain bike leg and arduous trek that followed. Against all expectations, they rocketed into third place, but after more than two days of solid racing, the lack of sleep and non-stop pace began to show. A couple of navigational decisions cost them dearly, and spirits were at their lowest ebb when they dropped back to 11th at the technical ropes section near Vicoso.

An enforced 5hr sleep saw them regain their strength, however, and they kept their cool in the sertao desert to again haul in precious time. The toughest leg at EcoMotion 2008 - a 60km portage-and-paddle along a low-water gorge - still awaited them. "For 16 hours, we would paddle for 100m, get out of the boat, and lift our 50kg kayaks over boulders the size of small cars", said Hano Smit. "I don't easily lose my sense of humour, but on this leg I certainly did!"



They finally reached Transition 12 at Granja at 04h00 on Thursday morning, and then had to pedal all out to make the wind window to sail from the coastal town of Camocim. Their superb mountain bike leg saw the team move up two positions into 8th place, and board their traditional sailing boat with literally minutes to spare before the 07h30 Stage Close. But the ordeal was not over yet for the McCain Adventure Addicts, and fickle winds saw them take 8 hours to reach the start of the final 10km dune run into Jericoacoara.

Sea-sickness, dehydration, sleep deprivation and extreme exposure to temperatures of up to 49 degrees Celsius became irrelevant as the team thumped into the sand dunes on the home straight, however. "We now knew nothing could stand between us and a Top 10 Finish at the world's toughest expedition race", Tatum Prins said as the four exhausted athletes crossed the finish line to the sound of the Brazilian samba beat.

After more than 4 days of relentless racing, less than seven hours separated McCain Adventure Addicts from winners Orion Health (New Zealand) and second-placed Team Nike (USA). "This in itself is proof to me that we raced out of our skins here", Captain Graham Bird said as he and his emotional team mates hugged each other at the finish in Jericoacoara. "Every one in this team gave 110%, and just finishing a race like Ecomotion is a major achievement!"

A post-race appeal by Team Wilsa Helly Hansen from France - they had been held up at the ropes section due to a technical issue - saw them move up a position to place McCain Adventure Addicts 9th officially. The South African, however, will maintain their Top 10 ranking in the AR World, and can feel incredibly proud of their super-human achievement here in north-eastern Brazil.

A generous sponsorship deal with McCain Foods Limited, an international leader in the frozen food industry, made the Ecomotion Pro dream a reality for Adventure Addicts. As a leading brand in frozen vegetables and potato chips, McCain is synonymous with a healthy lifestyle. McCain Real Oven-bake Chips are a great carbohydrate source, are 95% fat free, has 0% cholesterol, and are endorsed by the Heart Foundation. Their extensive product range targets people who strive for an active and well-balanced lifestyle.

McCain Adventure Addicts boasts apparel manufacturer CapeStorm as another of their official sponsors. CapeStorm, winner of the Proudly South African Award, rivals global technical wear when it comes to durability and quality, and the team can absolutely trust their clothing to keep them warm, dry or cool, depending on conditions they face. Other 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 was the culmination of the series for 2008, and exposed competitors to the rich traditions and culture of breathtaking north-eastern Brazil. The official web site for the current AR World Series is www.arworldseries.com, and Casio Pro-trek is the official watch sponsor.

11 November - Capestorm Rogaine - Addicts Ryan Hodiernne, Jeannette Walder, Cobus van Zyl where joined by Cindy van Zyl and Liz Mulder for this event. Reports from Ryan and Cindy follow:

Ryan Hodiernne: "Off to the highlands of the Belfast and Dullstroom area for the McCains, where we would take part in the much anticipated Capestorm foot & mountain bike regaining events. McCain was well represented in each category as Kobus van Zyl and Leon ?? formed the male pair, while Jeanette Walder and I the mixed pair and Cindy van Zyl and Liz Mulder making up the female pairing for the challenge. The rainy season had hit, so wet weather gear was packed as we prepared ourselves for a dirty weekend away, YAY!"

The duration of this year's event was halved from previous year's... this allowed for a larger more willing field who had prepared themselves for 6 hours on foot for the Saturday & 5 hours on the bike the following Sunday. Lining up at the start, it was the usual colourful affair we as adventurers have come to accept as the norm, all the multi-coloured racers were rearing to go.

The checkpoints were scored as follows:

11 - 19 = 1 point
21 - 29 = 2 points
31 - 39 = 3 points
41 - 49 = 4 points
51 - 59 = 5 points

With maximum points being:

Day 1 Foot Rogaine - 180
Day 2 MTB Rogaine - 120

What proved to be the most crucial part of this regaining event was to determine the strategy & order of checkpoint collection, keeping map contours, checkpoint scores & the time constraint in close check. Many variations of routes were used as competitors, within their pairs, took off in staggered start to collect as many points as possible. Fortunately both team members received maps, allowing both members to keep track of whereabouts & thus to decrease the room for error, well hopefully?

The McCain's featured well throughout the event, lying within the top three of each category at the close of the first day. With the humidity rising, the mountain bike portion of the event was tiresome, amazingly enough, a few teams made it in with maximum points, well within the time limit - well done to them!

Loads of fun was had by all involved, with category prizes going out to the McCain female pair for their efforts on the second day, & a 3rd position overall for Jeanette & Ryan in the mixed category.

Thanks to RAND Orienteering for a superb, well organised & fun race, also a big thanks to the event sponsors & to all the McCain sponsors without whom our adventures would never happen. Go Explore"

Cindy van Zyl: "Rogaine is the sport of long distance cross-country navigation. Championship Rogaine events are 24 hours long, however Rogaine events can be as short as 2 hours. Teamwork, endurance, competition and an appreciation for the natural environment are features of the sport. Rogaining involves both route planning and navigation between checkpoints using a variety of map types. In a Rogaine, teams of 2-5 people choose which checkpoints to visit within a time limit with the intent of maximizing their score. And this is exactly what the 2008 Capestorm Rogaine event in Belfast was all about.



Saturday saw many 2-man teams competing in the Foot Rogaine event of 6 hours, and Sunday 2-man teams competing in the Mountain Biking Rogaine event of 5 hours. Shorter distances were also available for the less experienced and or fit.

Liz Mulder and myself, Cindy van Zyl, were competing as the McCain Chicks all girls team at the Foot Rogaine. There were in total 5 girls teams who we competed against but our hopes were high for at least a top first or second finish in the all girls category. Saturday morning was a beautiful day, and all the teams started off the race in batches from Lakenvele Forest Lodge in Belfast. The McCain Chicks spend around 5min, planning the best route to take, in order to accumulate as many points as possible in the shortest distance and then we were off on a jog towards our first point. The day quickly became quite hot and the sun was baking down on us while we were hiking / running between points not under the cover of the forest. Unfortunately, after about 3 and a half hours of running gathering points, my stomach due to the sun and to hard running at the start decided that it was time for a break and I lost the bulk of the food I had for the day. This caused our speed to drop drastically and we had to cut down our planned route, to a shortened plan B. We still managed to cover close to 6 hours, with only a few minutes to spare, and we were happy with ourselves and our accomplishments for the day. And also with our second ladies team place in the end.

This race, organized by the Rand Orienteering Club, was as always, extremely professionally organized, and I would like to thank the club as well as Capestorm and McCain for the chance that we had competing in such an excellent race."

10 November - Powerade Triple Challenge - Addicts Garren Soutar and Ryan Hodiernie headed to Maritzburg to compete in the Triple Challenge. A race that starts in PMB with a 21km run, followed by a 56km MTB into the Valley of the Thousand hills and then finishing off with a 22km paddle on Inanda Dam. After a great run and MTB, both Ryan and Garren where in the top 5. Garren managed to hang on for a brilliant 4th place, while Ryan's paddling let him down eventually finishing in 19th position.

Garren wrote the following race report: "It rained for most of Saturday before the race, but as I said to race organiser Max Cluer, so long as it wasn't windy then I didn't mind what the weather was doing. Canoeing is not my strength, but I knew I wouldn't loose to much time on the paddling leg so long as the dam was fairly flat.

It was a 3am wake up on Sunday to allow time for breakfast and to get myself to the start at the top of Polly Shortts, where I met up with fellow McCain Athlete Ryan Hodiernie.

The race started at 5am with a 20.5km trail run, which took us from the top of Polly Shortts down past Ashburton and then next to the freeway to Camperdown. This was a true trail run with only about 1.5km of the run been on tar and the rest been on a fun but tiring mix of gravel roads, single track and mown velt. The flat tar section at the end of last years run replaced with a lovely section down and then back up the valley below Camperdown. I struggled to settle into the first part of the run and I found the pace was just to fast for me, so I decided to tap off a bit and settled into my own pace and came into the bike transition feeling comfortable and in 8th position.

The mountain bike leg was a mix of single track, tar and gravel roads, with a long fast 11km gravel road decent to drop into the Valley of a Thousand Hills, and then a few steep little climbs just to make sure you are really tired by the time you get to the Paddle transition at Inanda Dam. Starting off the mountain bike leg feeling strong, I had a good ride and made up a few places to get to the Paddle transition in 3rd position.

As I started the paddling leg the wind started picking up, but luckily it was behind us for the first section and it pushed us along to the first portage. The next section of the paddle had the wind blowing directly across us and the water was now quite choppy, so I decided to take a slightly longer but safer line first diagonally across the dam and then along the more sheltered northern bank before the second portage. There was no place to hide from the choppy water on the final section from the dam wall to the finish, but after a few near swims I made it to the finish having lost two positions and made up one to finish 4th overall.

As always, once you have overcome the logistics of getting your canoe to Inanda Dam, your bike to Camperdown and yourself to the start in Pietermaritzburg, the Powerade Triple Challenge was very well organised and the route itself was fun, tough and rewarding."

Ryan Hodiernie wrote the following: "The time had come for the most gruelling 1 day multisport event in the country, the coveted Powerade Triple Challenge! Having plucked up the courage within the last few weeks to partake in the individual category of the multisport event, I still had mixed feelings as to whether my attempts at paddling could be called paddling at all! I had spent no longer than 5km in a K1 canoe in the lead up to the race... fortunately I had courage & determination as well as a strong support crew on my side, phew! Garren Soutar was the other crazy McCain to line up for this gruelling event.

Heading to the registration venue on the Saturday prior to the event, the weather turned murky and miserable, waves, ever growing, lapped up against the banks of Inanda dam and strangely enough, I was excited to be there. Having checked my boat in, ensuring I had enough supplies in for the marathon paddle leg, we headed off to get some much needed rest prior to a 5 am start the next day.

Arriving at the car park start at 04h45, it was surprising to see how many eager and courageous multi-sporters there were, with a very strong and competitive line-up at the front of the pack, it would prove to be a good race... it was spectacular!

With a few alterations made to each leg this year, more off-road terrain was included in both the bike & run routes, making them slightly more technical. The run, starting just outside the town of Maritzberg, comprised of a 20.5km trail alongside the N3 with portions of the infamous Comrades Marathon en-route heading through some amazing Nature Reserves in wet & muddy conditions.

The transition to bikes was based just off the Camperdown off-ramp. From there it was out on a hilly 55km stretch which took competitors down to Inanda dam from where the paddle would take place, it headed in a more or less circular route, including 2 portages of 2km each just to stretch the legs.

The pace at the start of the run was pretty fast, with the field quickly thinning out at the front, conditions were good & fast times were run. Dan was off on the bike in 1st from where he led the race to the finish. This was impressive, as a chase bunch of 4 formed to chase him down, but to no avail. Certain sections of the bike leg were a blur, as the mist grew thicker as we climbed... it fortunately cleared as we dropped down toward the dam.

Next was the paddle leg, the tester for me. Fortunately it had been broken up into 3 parts. It started with a 7km stretch to take-out for a 2km portage, then a 9km slog back past the finish area to the dam wall for the last portage to put in at the base of the dam wall for the final wobbly 5km's to the finish. The wind was calm for the first 7km's, then it decided that it didn't like us anymore and attempted to wash us to shore as the waves grew bigger. The safety boats were hard at work, providing much relief to some stranded paddlers.

The new format MultiX event proved to be very popular amongst the non paddlers with a competitive field arriving to demolish the course. It included the same run & MTB routes as the Multisport event, but instead of the paddle, a 3km run around the camping area.

Top honours in the Multisport event went to Dan Hugo, the "king of triple", who completed the 96km's in just over 5 and a half hour's. Jeannie, "the Bom", Bomford cleaned up in the female AND male categories, placing a very well deserved 6th overall!

What an event! Many thanks to Max and his team at Max Cluer Sports Marketing, you guys played out of your boots. Most thanks, from my side, to the safety boats for keeping me upright and encouraging me to keep going, would still be out there if it wasn't for them.

Remember, Life is too short for one sport! "



27 October - McCain Adventure Addicts at the Adventure Racing World Champs - Today the team leave for Brazil to compete in the ARWC. It has been a year long build up and after a nervous week of packing the team finally board the plane to get the show on the road. Photo journalist Jacques Marais will be joining the team in Brazil and will be sending back regular up dates about the team to <http://www.ar.co.za/> and <http://www.ndorfin.co.za/index.php>. Check out these site for news. The race will have live tracking and up to date race news. Checkout www.ecomotion.com.br/ecomotionpro2008/eco_en.asp for the live tracking.

26 October - Salomon Sprint AR #4 - The Adventure Addicts team of Jeannette Walder and Cobus van Zyl was joined by Corne van Biljon for the UGE Sprint Race #4 at Hennops Pride in Pretoria. As usual the organisation was top-notch and the race got underway at 8:30 with a 4km trail run involving some technical bits, followed by a 10km MTB leg, then a 5km trail run, this time involving more technical terrain and lastly followed by another loop of the 10km MTB route. The MTB route was excellent and involved some section of very technical track. Great organisation, great venue a fast race and great fun.

25 October - Capestorm / Montrail Trail Series - Groenkloof Nature Reserve in Pretoria saw the start of the Montrail CAPESTORM Gauteng Summer Trail Series. Addicts Graham Bird, Jeannette Walder and Cobus van Zyl headed out for the race. It saw an 11km route winding its way through the nature route. It was a very beautiful and



technical route which suited the addicts!! Graham managed an 8th place overall, while Jeannette was third lady across the line. The series see's another three races over the next month. Check out there website [here](#) for more details. Get out and do one !!

23 October - SA Team to Take on The World - South Africa's Team McCain Adventure Addicts will take off for Brazil on Monday, October 27th to take part in the Adventure Racing World Championships. The foursome will be the only SA team competing at this prestigious event.



More than 300 of the world's top adventure racers will line up for EcoMotion Pro, South America's longest running expedition race. This time around the event, now in its 6th year, will take place in Piaui, Maranhao and Ceara, three tiny provinces situated on the remote north-eastern coastline of Brazil. The people of this pristine little part of paradise can look forward to an intense build-up as competitors from around the globe arrive in anticipation of a truly amazing race.

D-Day is set for Sunday November 2nd, 2008, leaving Team McCain Adventure Addicts less than two weeks to prepare for the arduous challenge lying ahead. In order to assist in acclimatising to local conditions, team members will fly via Sao Paulo and Fortaleza to the tiny hamlet of Jericoacoara. This minute fishing settlement, boasting approximately 2 000 permanent inhabitants, will be transformed into a colourful race village for a week, and the international media will be there in full force.

Team McCain Adventure Addicts can expect a challenging wilderness experience, with a gruelling race route in excess of 580km. The distance will be pieced together from a range of adventure disciplines, all selected to test the skills sets of the various team members to the absolute max. "We don't want to pile on the pre-race pressure at this stage, so right now our strategy will be to aim for a Top 10 finish", says Team Captain Graham Bird.



Bird hails from Gauteng, and will be ably supported by Hanno Smit, Andre Gie and Tatum Prins, all from the Western Cape. The McCain Adventure Addicts team members excel in a range of 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 in north-eastern Brazil should suit their style of racing.

Ecomotion Pro race organisers have pre-released some race details, and competitors can certainly look forward to a well-balanced route. Five trekking sections, making up 130km, will traverse diverse terrain varying from dunescapes and rugged mountains to the fiercely hot Caatinga Desert. This latter section has been dubbed 'Ecomotion Boiler' by organisers due to red-hot temperatures which may peak as high as 40 degrees Celsius in the shade!

Nearly half of the total race distance will consist of mountain biking, with five legs making up 277km. Virgin tracks, sandy plains, remote beaches, thorny scrub and a smattering of singletrack is sure to make this a seriously wild ride. Two paddling legs of approximately 140km should cool things down, but unpredictable tides, lack of drinking water and intense exposure to the sun will definitely take its toll.

An interesting dynamic in this year's race will see racers teaming up with local fishermen on a sailing section of 32km. Using traditional fishing boats, competitors must assist their captain by navigating him to various checkpoints in order to complete the leg. Rope skills make up the final discipline, with more than 150m of technical ascent along a challenging obstacle course, followed by a rappel down a plunging waterfall. Along the way, competitors will face extreme heat, a lack of water and energy-sapping sand. Dehydration, sun stroke and heat exhaustion are just a few of the very real dangers teams will need to cope with. Add to this a massive dose of sleep deprivation and one of the toughest endurance tests on the planet, and it soon becomes clear why Ecomotion Pro is rated as one of the most difficult tests an AR athlete can take on.

Despite the testing terrain and varied natural obstacles, the top teams are expected to finish the race in anything from 70-80 hours. Backmarkers may however expect to be on the course for up to double this time. At least half the field are expected to not make

race cut-off at midday on Saturday November 8th, 2008, but the South African foursome are quietly confident about their chances.

A generous sponsorship deal with McCain Foods Limited, an international leader in the frozen food industry, has turned the Ecomotion Pro dream into a reality for the Adventure Addicts. As a trendsetter in frozen vegetables and potato chips, McCain is synonymous with a healthy lifestyle. McCain Real Oven-bake Chips are a great carbohydrate source, are 95% fat free, has 0% cholesterol, and are endorsed by the Heart Foundation. Their extensive product range targets people who strive for an active and well-balanced lifestyle.

McCain Adventure Addicts boasts apparel manufacturer CapeStorm as another of their official sponsors. CapeStorm, winner of the Proudly South African Award, rivals global technical wear when it comes to durability and quality, and the team can absolutely trust their clothing to keep them warm, dry or cool, depending on conditions they face. Other 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 will expose competitors to the rich traditions and culture of this breathtaking region in Brazil. The official web site for the current AR World Series is <http://www.arworldseries.com/>, and Casio Pro-trek is the official watch sponsor.



20 October - G4 National Selections - The G4 National Selections were held from the 9th to 16th October in Lesotho. After 120 participants competed in the regional selections ([checkout 19 Sept News item](#)) in September, 10 men and 10 women were chose to compete in the National finals for the chance to be one of the two men and two women selected to go through to International Selections in Scotland early next year. At these selections the final man and woman will be chosen to go on and represent SA at the G4 finals in Mongolia in mid 2009.

Addicts Graham Bird, Andre Gie, Ryan Hodiernie, Jeannette Walder and Tatum Prins were part of the luck 20 who got

through for an unforgettable week in Lesotho. As usual the team from Magnetic South (<http://www.magneticsouth.net/>) out did themselves and organised a truly amazing event. Magnetic South are World Class organisers.....GET OUT THERE AND DO THEIR EVENTS!!

Comments from Jeannette Walder and Ryan Hodiernie:

Jeannette Walder: "Wow what awesome few days!!! It's hard to describe what we went thru. A great bunch of 20 competitors with about 30 or more awesome organizers. The vibe was indescribable, competitive but down to earth and fun. The activities where beyond my dreams.... absailing with your plastic kayak off a bridge, driving the Discovery 3 on a huge rock with shear drops next to you while trusting your partners directions, running thru the most beautiful eroded tunnels to find check points, white-water sections where even the paddlers where having second thoughts, driving the Discovery blindfolded and only hearing your partners voice over radio directing you. So many more indescribable things. So the only advice I can give is don't miss the next one."



Ryan Hoderie: "Picture this: a week long traverse of the aptly named "Mountain Kingdom" - Lesotho, in bright Orange Land Rover Discovery 3's with top adventure brand sponsors logo's riddled down the side, 6 action packed days that comprised of on average 6 - 8 tasks a day, ranging from mountain biking, trail or rather mountain running, flat & white water paddling, abseiling, rock climbing, rope ascending (jumar), compass & GPS navigation, with some proper off-road driving, rounded off with good deeds to the local communities that were passed through.

Certainly sounds out of this world... it was. It was a setting that any adventurer would dream about & for 20 of us fortunate enough to have been chosen for the National selections, this was a reality!

Looking at the names in amongst the 20 finalists were very well known names in paddling, adventure racing & multi-sport circles, & individuals that I personally have looked up to for the past few years. Only thing was, I was now rubbing shoulders with them & competing against them for a chance to make it through to the G4 International Selections to be held in Scotland with a Scottish Castle as the back drop. The McCain Addicts were well represented, with Andre Gie, Graham Bird, Jeanette Walder, Tatum Prins & Ryan Hoderie all making it through to this round.

The lead up to National selections was nail biting, very little was said about what we could expect & what they had in store for us? Eventually, on 9 October the time had arrived, we were all to meet at the domestic arrivals terminal at O.R Tambo International Airport. As competitors arrived, it became a bit of a reunion as old friends & new ones met at the Regional selections gathered with excitement & suspense, not knowing what to expect." [See the full report here.](#)

6 October - SAFM interview - Team Captain Graham Bird was interview on SAFM this past Saturday afternoon. [Click here](#) to listen to the interview.

4 October - Salomon Trail Run by Uge Events - Addicts Ryan Hoderie and Graham Bird competed in the trail run held at the Hennops 4x4 tracks just outside Johannesburg. The 10km route wound it's way around the tracks. Ryan finishing in third place and Graham in fifth place. Good showing by the addicts!!

4 October - Ecomotion details - The Adventure Addicts jet off to Brazil for the Adventure Racing World Championships being held in conjunction with the Ecomotion Pro in Brazil later this month. Below is some details we have received about the race from the organisers:

Disciplines: distances and tips

Trekking - 130 km divided in 5 sections - The athletes will come across diversified landscapes, from dunes, restingas, to places with mountains and mata atlântica areas; like the middle of the Caatinga, a place baptized by the organization as Caldeirão Ecomotion - Ecomotion Boiler, for its extreme hot area and with little water. By the way, this year the lack of water may cause the withdrawal of many teams, due to dehydration and heatstroke. So it is adamant the use of sunscreen and to stay well feed and hydrated. The trekking will represent approximately 31% of the race.

Mountain biking - 277 km divided in 5 sections - as over 50% of the race in distance, the bike course is very diverse and passes through vicinal tracks and roads, sandy terrains, beaches and some single tracks. The biggest trek should be, also the most tiresome as it crosses the Ecomotion Boiler, where 40°C on the shadow is vey common. The athletes must have, at that moment, a bike repair kit, due to the local vegetation thorns which can pierce the tires.

Kayaking - 140 km divided in 2 sections. The first part will be the most difficult, mostly due to its location on a region that will require all the team knowledge in navigation and orientation, in addition to the big influence of the tides. The lack of potable water will also be a difficulty to be conquered, as will be the time under intense sun exposition, combined with the sitting position on the double kayak. The expectation is for the fastest team to make it in about 13 hours. On the other hand, the second trek is a different challenge: canoeing on an everlasting river; which can be under its normal level due to the drought season, guaranteeing some points of trekking carrying the kayaks. This year the kayaking will be longer: approximately 36% of the race time. The use of sail is allowed, but the athletes should be aware of the northeast region winds that not always head to the direction the teams intend to go.

Rope skills - The discipline promises to be very challenging, on the level for an Adventure Race World Championship. It's estimated a trek with over 150 meters of ascension fractionated and with horizontal progression; passing through bridges, suspended platforms, 3 ropes bridges, among other artifices that will help the teams to conquer the obstacles. The athletes will need to master rope skills, mostly, the correct use of jumares and of the auto-safety, to guarantee the safety during the systems crossing moments. On the other hand, the rappel will be more relaxed, guided, in a waterfall of the region.

Sail - The section of 32 km, will be crossed onboard typical northeastern boats, having as captain the fisherman owner of the boat. The athletes will have to use their knowledge in navigation with maps and compass to guide themselves and reach the next CP/TA. During the course the team will be evaluated in order to establish a winner to the sailing discipline. The winning fishermen receive prizes and will also be stimulated to work with tourism on the region.

Orientation - Orientation among dunes and mangroves, as navigation under the tidal influence will demand a lot of technical ability from the teams.

Disciplines distances

Disciplines	Total length (km)	Percentage (%)
Trekking	130,8	22,6
Bike	277	47,8
Kayaking	140	24,1
Sailing	32	5,5
Crossing	0,20	0,0
Rope Skills	0,22	
Total	580	

Time Percentage

Disciplines	Total Time (h)	Without transitions	With transitions
Trekking	23	36%	33%
Bike	13	20%	19%
Kayaking	22	34%	31%
Sailing	4	6%	6%
Crossing	0	0%	0%
Rope Skills	3	4%	4%
Without transitions	65	100%	93%
Transitions	5		7%
With transitions	70		100%

Ranking of Disciplines x Time

Disciplines	Total without transitions	Total with transitions
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Trekking	36%	33%
Bike	20%	19%
Kayaking	34%	31%
Sailing	6%	6%
Transitions		7%
TOTAL	96%	96%

Quantity of sections

Disciplines	Quantity of sections	Distances
Trekking	5	31, 10, 32, 23, 35 (km)
Bike	5	28, 47, 68, 37, 97 (km)
Kayaking	2	60, 80 (Km)
Sailing	1	32 (Km)
Rope Skills	2	150 e 70 (m)
Total	15	580 (Km)

Weather, relief and vegetation

The region where the Adventure Race World Championship will take place has a unique and exclusively Brazilian characteristic. The rich geography in caatinga areas, endemic biome, and places formed by lengthy mangroves (with lots of mosquitoes), dunes, beaches and also areas of mountains - will hamper the athletes, which will also suffer with the shortage of water, high temperatures (near 40°C), sandy terrains full of vegetation with thorns.

The use of sunscreen, the correct provision, transport and consume of water and isotonic rehydrators, as the need to have all the necessary supplies and bike repair kit are imperative for the stay until the end of the race.

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