



# Adventure Race World Championship Costa Rica 2013

CRC Adventure Race S.A.



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## NEWSLETTER #5

Sept 22<sup>nd</sup>, 2013

Dear Competitor:

With only 70 days to go before we set out on this epic adventure, we want to make sure that you arrive physically and mentally prepared for the challenge of your life.

Costa Rica is known for its beautiful beaches and rainforests, most people smile when I try to explain that it's been colder here in Costa Rica than in England. The humidity factor makes all temperatures feel different than what they would feel like at home. Racers ask me, "*why do I need a fleece, tent and all the cold weather gear?*", I tell them "*that up in the mountains, the wind, rain, low temp, humidity and fog, will not allow you to advance ... sometimes one can't see more than 1 feet away, visibility 0*". *If your team mate is 12 feet away and he falls off a cliff, you will not know where he fell or where to find him. You will be trekking on trails that natives and wild animals have used for many centuries, areas that have no marked trails and with no visibility. You will have to stop and you will appreciate that you have a stove, a sleeping bag and all the gear we are asking for*".

Dealing with the humidity and the heat will be probably your main concern. High temps and humidity combine to create a "natural sauna", that keeps your body sweating at all times. Keeping your body hydrated will be one of your challenges. You will also have to deal with other issues that normally do not affect you while you race in cold weather:

- Your feet can easily be destroyed if you do not take proper and constant care of them
- Keeping your body and feet clean will allow you to finish the race. Foot rot develops very easy (one day) and we have seen many strong experienced racers quit the race because of foot problems. There are ointments like Vaseline, baby cream, foot glide, WD-40 and similar products that will help you keep them in good shape
- Take care of blisters ASAP. Infections develop rapidly
- Another area of your body that will likely suffer will be your back and shoulders, areas where your backpack contacts your body. The sweat, soil, sunscreen and anything that rubs between your backpack and you, will dig into the pores creating skin rashes that can get nasty. I strongly recommend rinsing your packs, race bibs, shirts, socks and washing your backs with antibacterial soap periodically.
- If you can take a small bar of antibacterial soap this will help keep your body clean and avoid the itching.
- Keep some foot powder in your gear box, this will also help your back/feet. Don't wait for it to appear, be one step ahead !.





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**Kayak:** There will be a 10 km portage during a leg of the race. Each kayak weights 26 kgr, so bring wheels, a pole or have a plan to carry them. We will supply a kayak repair kit, if you damage the kayak and you can't repair it with your patch kit, you will not be able to finish the race, we have no extra boats.

All teams must bring your own pump and make sure it fits the valve. Pumps are NOT provided by the race organization. If you wish you can order them at:

- [riverslakesoceans@gmail.com](mailto:riverslakesoceans@gmail.com) Attn: Michael Garcia and he will bring them for you to Registration HQ.

**Ropes:** The organization will supply the climbing/ rappel/ devices as well as climbing helmets. You will still need to bring the climbing harness, two lanyards and two locking carabiners (see mandatory gear list).

**Gear boxes.** Many of you have already purchased race gear boxes in the past. We will allow ONLY plastic boxes in a range from 24 gallons to 27 gallons. However you will be limited to 35 kgs per box. Boxes must be sturdy enough to be stacked and to be locked. Marked with your teams name as follow:

- # 1 – KAYAK
- # 2 – TREKK
- # 3 – MTB
- # 4 – STOP

\*\* 1/3 of the box shall be left clear for race org sticker, you may use stickers or paint to mark them.

**Bike boxes.** Max size length 140 cm (55 in), width 30 cm (12 in), height 80 cm (32 in). Should be plastic (waterproof) it will be used as gear container as well. No cardboard boxes allowed.

We wish to remind you that this will be an expedition race. Antonio and I have designed the course going to back to the old school of expedition adventure racing days, of Raid Gauloises, Elf Adventure, Eco-Challenge, races where one was tortured by mother nature elements and its organizers (ha,ha) for days and that required strategy, planning, some luck and more than 100 hrs to win. Most teams will take 9 days to finish, so plan your strategy and food well, as there won't be many places to reload food on the way ... this is the toughest sport in the world and it's the **Adventure Race World Championship Costa Rica 2013**.

We look forward to see you in November, hoping that all of you have taken the time to train and plan your race,

It's going to be epic!

Good Luck !

Pongo Baker  
Race Director

