

## Trench Get Adventurous!

For those of you that are new to the term 'adventure racing', let me first explain what's it's all about. Traditionally it's a combination of mountain biking, running and kayaking whilst orienteering through the bush to find checkpoints (all done with a team of usually 2 or 3). Different organisers run them in different ways and often they will also include a swim, abseiling and fun little team challenges (but not always).

"The Teva Adventure series is a great way to get in to Adventure Racing. It's all about getting into the outdoors, challenging yourself, and having a great day out! It's as competitive or as fun as you like to make it, and the essential items on the kit list include a sense of adventure and a sense of fun!" (taken from [www.tevaadventureseries.com.au](http://www.tevaadventureseries.com.au))

The Teva Adventure Series races are held all over Australia, with their race in Perth held on the 26<sup>th</sup> of July. This particular race was to be made up of mountain biking, trekking/running, orienteering and surprise challenges/adventures along the way. It was teams of 3 made up of Beth (myself) from Trench CBD Gym, Nadia from the Department of Housing and Works, and Mark (Business owner).

We had a nice early 6am start on the Sunday morning, greeted by darkness and cold, and fortunately no rain despite the weather leading up to big day. The chill had us heading straight for the coffee van for a much need kickstart to what was to be a long, grueling, yet amazingly fun day.

As the sun rose, registration was underway and our team of 3 got straight into plotting out our maps and talking strategy. While I had done 11 races already in the past, my teammates were novices (but definitely not clueless). The great thing about these events is that if you haven't done them before you can go along to information nights and training days before the big event to make sure you know all the basics. We were thoroughly prepared.



Well, almost...at 8am the first challenge began with one teammate having to complete the Beep Test to decide what start group your team would be in. Since I had completed the test earlier in the year with a 9.5, I was very sure of myself when I stepped forward to tackle the challenge and at least beat level 8. I have no further comments on that challenge! I am blaming cold, too much caffeine and too many people!!

So we started in the last pack but weren't deterred. We left on our mountain bikes with a lot of adrenalin pumping through our veins. Unfortunately we took a wrong turn straight away BUT it actually worked out for our benefit in the end!



The first leg involved about 10km of mountain biking on a variety of terrains (sand is the enemy) and few good hills to climb. We missed one checkpoint on this leg which turned out to have been stolen (glad we made a good executive decision to keep going).

During the first mountain bike leg we met Team Challenge number 1 which involved running through the bush finding clues to put together a puzzle back at base camp. We then split the team up with Mark doing an 1800 up hill mountain bike ride, Nadia completing an 800m run, and myself doing a sudoku puzzle (simply because I was the only one that had ever done them). We all had to do our challenge in under 4 minutes. Easily achieved by all!

After the first mountain bike we found ourselves back at base camp where we had to head back into the bush on foot to find more clues in order to put up a tent which would withstand the Teva Storm (yes that's the Teva organizers with a leaf blower and watering can re-enacting the Teva 'storm'). I think Nadia and I were very glad to have a boy on our team when it came to putting this together!!



Mark then continued on his roll and participated in the bungee challenge. The determination on his face was unforgettable!

We then set back off on our bikes UP to the next challenge. An hour later Mark takes a break by listening to some movie sounds clips, leaving Nadia and I to refuel and prepare for the big running leg ahead (Mark was participating in yet another challenge which involved naming the movie the song belonged to).

The run was next and involved collecting at least 8 checkpoints on foot which took us well over an hour. Sore knees, well-hidden checkpoints and getting confused by other teams had us all feeling the fatigue set in and most of us (not me) were glad to be back on the bikes again when we returned to the top of the hill.



It was then the home stretch! We had a premature 3<sup>rd</sup> wind, becoming a little too energetic and excited to be heading back to the finish line, missed our turn and burned a lot of energy that we would need for some of the hills coming up, but we got there in the end finishing in just under 6 hours!

Team 'Wizbang' crossed the finish line at 13 out of 29 teams in our mixed category (that's in the top 44.8%) and 41<sup>st</sup> out of 71 teams in the whole field. The whole team recommends that people give these types of events a go. They keep you motivated to train, are a great challenge and saying you've completed one is a great achievement! If you'd like any more information feel free to contact me at [beth@trenchhealth.com.au](mailto:beth@trenchhealth.com.au)

