

Berlin Bike Adventure Racing Team

We are a group of individuals committed to a lifestyle based on health, achievement, and happiness. Being our best every day, always looking for opportunity to improve, and setting an example for others is our philosophy. Our goal is to help the sport of adventure racing grow while promoting a happy, healthy lifestyle and to inspire others to do the same.

MONDAY, NOVEMBER 9, 2009

Diggin in at World Championships in Portugal

A short note to fill in anyone not following the team at worlds. It looks like a



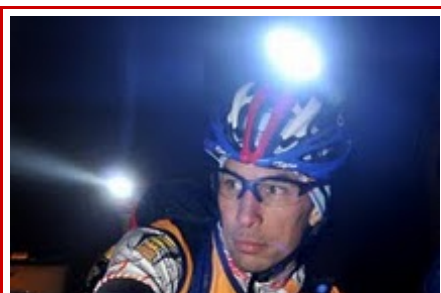
complicated, tough course. I know the ocean swim/surf was treacherous. Just look at Ernie. He's covered in seaweed!!



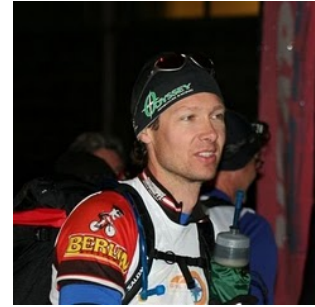
Jen and Fritz look great on day three. I think I would look dead. Jen

is still smiling (?) This team represents the soul of adventure racing. Heart, strength and courage. GO TEAM!!

Ernie's getting serious now. I wouldn't want to be the team in front of him. I think he's going for it ! It's been hard to tell where the team is via the race website, but occasionally a photo pops up from the gallery that I



Team Captain



Ben Moore



Kerri Moore



Ernie Lawas



recognize as our guys and girl. And as they say, a picture is worth a thousand words. I think this is from the long mtb into the night on day four before or after the 11:00 pm cutoff.



Fritz Pameijer

Posted by mtnmama at [1:51 PM](#)

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Team Members

[Ben Moore, Bloomfield, CT](#)

[Kerri Moore, Bloomfield, CT](#)

[Ernie Lawas, Simsbury, CT](#)

[Fritz Pameijer, Hartford, CT](#)

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