

Challenge By Choice Coaching

The Adventures of Jen Segger. Jen is a professional endurance athlete living the dream...traveling the world adventure racing and experiencing the things that some people only dream about. Jen is a running coach and personal trainer – specializing in goal setting and endurance training systems. Visit www.challengebychoice.ca

Monday, November 02, 2009

World Championships – Portugal

Last race of 2009 and I am stoked. We are off to Portugal, the location of this years world adventure racing championships. Here are the details so that you can follow along. I will blog & post as much as possible leading up to and prior.

Race Website: www.arwc2009.com/en/

Sleepmonsters coverage: www.sleepmonsters.com

TEAM: nuun FeedtheMachine (#18)

We can assume that once the race gets underway on Sunday 8th, the website will direct you to the live coverage. More than likely, you will be able to follow along also on Sleepmonsters too as usual.

Thanks to everyone for all their support! Enjoy following, send us healthy vibes, lots of energy and good weather. Its time to ROCK!!

Posted by Jen Segger at [5:47 PM](#)

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Salomon Flight Crew



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