

## 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](http://www.challengebychoice.ca)

Thursday, November 12, 2009

### Machine on the move

It has been a very frustrating experience trying to track Jen and the Machine. They seem to finally have the tracking system working, but because of the bonus check point options, it's really hard to know who is winning. This race is totally a game of strategy because if the teams try to get all of the bonus check points, they won't be able to make the cut-off times for the various stages. Allowing for the fatigue that has got to be absolutely crazy by now, this is still anyone's win, as far as I can see.

According the finally published leaderboard, nuun-Feed The Machine was in 13th place at the end of Stage 3. I really don't think we will know how the results play out until they cross the finish line. In the meantime, I know Jen appreciates your encouragement and support. This is definitely a race designed to test the metal! And the machine just keeps rollin'....

Posted by Bonnie at [9:38 PM](#)

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[Home](#)

[Older Post](#)

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### Blog Archive

- ▼ 2009 (90)
  - ▶ December (4)
  - ▼ November (7)
    - [This says "home" to me](#)
    - [Chasing the Runners High](#)
    - [Learning to Fail...again](#)
    - [Machine on the move](#)
    - [Tracking trouble....](#)
    - [Pulling it all together](#)
    - [World Championships - Portugal](#)
  - ▶ October (6)
  - ▶ September (4)
  - ▶ August (14)
  - ▶ July (10)
  - ▶ June (6)
  - ▶ May (10)
  - ▶ April (6)
  - ▶ March (13)
  - ▶ February (3)
  - ▶ January (7)
- ▶ 2008 (91)
- ▶ 2007 (38)
- ▶ 2006 (17)

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