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Cyanosis ARWC 2009

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Cyanosis ARWC 2009, Information Bulletin #4

Race Discription & Technical Data for ARWC 2009

Race information provided to all participating teams at ARWC 2009
Dear racers,

After an exhausting Summer, we managed to prepare the longest ever Adventure Race in Portugal. The complete route, including all checkpoints, will be over 900 km and we are glad we decided to explore Lusitanea and present you with such a challenge! The landscape is beautiful, the terrain is tricky and in some parts physically demanding, in others it's a complete "nightmare" and your resilience will be tested to the limits.

However, we designed the race to allow all the Teams to reach the finish line and enjoy the journey over the Land of Light. For the winners we promise the challenge of the year, with a very demanding course with increasing difficulty towards the end. This difficulties varies along the way from Physical at the beginning to Technical at the end. We expect a strong fight all over the race with places varying depending on the strategy for the Bonus CP collection and for the rest stops.

Like in the previous editions of Estoril Portugal XPD the race is designed to offer you the best territory we have for Adventure Race in the Lusitanea area and to help you to discover many of our natural and cultural heritage, ranging from the Jurassic era to the Palaeolithic, Roman, Arabic, Medieval and Modern times. This edition will have Check Points in Dinosaurs Monuments, in Stone Age Sanctuaries, in Roman Gold Mines, in Moorish Fortresses, in Templar strongholds, in Medieval Bridges, Churches and Castles and in the new Wind Power Generators.

Wild life will surround you all over the territory; paddling with eagles and vultures, biking with wild boars and bulls, hiking with deer and snakes will make this expedition really natural. The race will pass many Natural Parks and protected areas which implies an "eco friendly" attitude from the racers and organizers to minimize any negative impacts to the ecosystems.

Again the main question all teams should address in this race is Management: How can we manage to do it all? The race is planned to give the "trophy" to the faultless options; thus good judgement, focus and teamwork will be decisive to overcome the challenges of the course. Sleep and rest stops will be crucial to assure good judgement in route choice and strategic decisions. The weather conditions are also a crucial factor which we took in consideration for the route layout. For instance, sunny days will speed you in some places and almost dehydrate you in others; this implies the need of a careful choice and decision in all occasions, specially in the mountains. Fortunately, you will find always simple solutions, like small country roads which will speed you up to the next Transition Zone (the cut offs with shortcuts are an example of that principle).

The equipment requirements are balanced between safety and comfort and the organisation will not force you to carry heavy packs unless it will be strictly necessary. Climbing gear and wet suits will be carried just in the sections required and they will be picked and dropped in specific places all along the way. The recommended places to sleep are the Assistance Areas but you will find many comfortable places all along the way, namely in some of the transition zones. For the meals we recommend to explore the flavours of the Portuguese "cuisine" as you will cross many small villages with typical taverns and pastry shops. Most important at this time is to prepare for the challenge and after

Race Schedule

<< December 2009 >>

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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14.03.2009 Jakkalsdraai 24 Ho...
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