

PRO TIP

WHEN THE GOING GETS TOUGH, DON'T STOP

Front-finishing AR teams are not necessarily the fastest, but those who slow down or stop the least. Here are a few ways to keep moving:

- Wear a map case that hangs around your neck, keeping your thumb on your location. That way you don't waste time digging through your pack or hunting for your location on the map.
- Keep food in your pack's front pockets, or better yet, in your teammates' packs so it's easily accessible.
- Get a cushy mountain bike seat so you can comfortably wear running shorts or tights (rather than bike shorts) and don't have to waste time changing clothes in transition zones. Wearing running clothes helps prevent chafing that results from trekking or doing hike-a-bike sections in often-wet bike shorts.

—ROBYN BENINCASA *is an Eco-Challenge Champion and Captain of Team Merrell/Wigwam Adventure, ranked among the world's top three expedition-length racing teams. For more information, visit www.teammerrell-wigwam.com.*

Do you have an adventure-racing question? Send it to us at adventure@bigstonepub.com