

MULTISPORT

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MAGAZINE

385km **3** Trails
ONE COAST TO THE NEXT
THE LOGISTICS OF IT ALL

TIME TO REASSESS
ULTRARUNNING POST **60**

RACE AWAY THOSE
WINTER **BLUES**

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Surviving the Winter Training Blues

Do you have a hard time trying to stay motivated to train during the winter months?

Let's face it, rolling out of a warm bed, stumbling around in the dark to find your runners and headlamp, and trying to sneak by every house you know that has a barking dog in attempt to not wake up the entire neighborhood, isn't exactly something to look forward to. As the cold morning air hits your face, you question your sanity. "Do I really have to do this tempo run today?" Here is what I've discovered to be the ultimate way to beat the winter training blues. Sign yourself up for a race in the tropics - a place where the sun shines each day and tank tops and shorts are mandatory!

No matter what tropical adventure appeals to you, ensure that a quality training plan is in progress.

As you determine the races and events that you want to compete in during the year, consider some of the exotic places on your "yet to visit" list. I spend many pleasant hours researching race dates and locations as I try to work out a plan that will enable me to maintain my motivation. It gives reason and purpose to all of the muddy bike rides and runs in the rain during the winter months.

Here are a few of my top pick "trop-



A weekend getaway race: the Sea Otter Classic in hot and sunny Monterey, California. Perfect place to be in April. Racing with Team DART-nuun. 2nd Place finish.

ical" epic adventures that you may want to consider:

The Baja Travesia expedition adventure race in Baja, Mexico, that takes place at the end of March, is one of my favorites. This 3-5 day race is a true journey as it begins on the Pacific Ocean and makes its way across the Baja Peninsula to the Sea of Cortez and the finish line. Train extra hard and you might just be able to spend a few more days soaking up the warm sunshine on the white sand beaches. Trust me, knowing that you are heading to Mexico is guaranteed to make sure that workouts are not missed. Incorporate some skate skiing and snow shoe running into your training and you will be well on your way to being Baja ready. Visit www.bajatravesia.com for more race details.

For the runner looking to try something different, might I suggest the Coastal Challenge - a 6 day multi-stage adventure run in Costa Rica! This event takes place at the end of January. Pack your bag for a week of racing and you will get to explore everything from volcanic regions to jungles to the stunning beaches that make Costa Rica so famous. You might even want to think about an extra week of R&R afterwards! Visit www.thecoastalchallenge.com for more info.

If you would rather head to Africa to test yourself mentally and physically, the annual Marathon des Sables in the Sahara Desert of Morocco is worth considering. During this 7 day staged run,

racers make their way over sand dunes, mountains and salt beds, carrying everything for the entire journey except water. An amazing cultural experience, this event is the ultimate get-away. Visit www.darbardoud.com to plan your sun, sand and scorpion adventure!

There are a lot of great shorter trail runs and adventure races in places like California and Hawaii which are great for the person wanting a quick weekend race get-away. No matter what tropical adventure appeals to you, ensure that a quality training plan is in progress. As well, consider the financial impact of your destination dash as it will require some cash! You may need to book time off from work and there will be travel costs involved. But trust me, with a little planning you will be happy when the day arrives and you are packing your bags for your late winter/early spring race. Bon Voyage!!!

Jen Segger-Gigg

Jen Segger-Gigg is a professional endurance athlete living in Squamish, BC. She has spent the past few years racing with and against some of the world's best adventure racing teams. Jen is a running and multi-sport coach who trains clients throughout North America. More information can be found at www.challengebychoice.ca