

XTREME RUNNING RYAN SANDES

It is just about impossible to prevent blisters during a multi day race... and even more so with wet feet - luckily for me, I will be running in the new Salomon SLAB 2's!

Competitors get to experience the Amazon's wild life first hand. Fortunately though, most of these animals only come out at night, and during the day they are quite well camouflaged, as long as you don't disturb them! At night the jungle comes alive, all you can see are pairs of red eyes looking at you. It is therefore best to sleep in your hammock with an empty water bottle in case you need the toilet in the middle of the night!

As bumping into a snake is not uncommon, a number of competitors wear snake guards to prevent getting bitten. These look like heavy duty shin guards, but are quite heavy. I will be taking my chances and not wearing them. Spiders and scorpions are often found sleeping in competitors shoes from the night before. A few unlucky competitors have been stung by scorpions! Some of the front competitors have seen jaguars in the past - I suppose that is the benefit of leading the race. Wild pigs are also encountered, it is best to climb the nearest tree if you do run into one. The capybara giant rodent is a common sighting and grows to the size of a Labrador - it looks a bit like a seal with legs! It is quite common to be bitten by a swarm of hornets and most competitors will experience this jungle initiation. All competitors are advised to take anti-malaria tablets, as getting bitten by mosquitoes is a mere formality in the jungle.

WHY? It's a once in a life time opportunity.. to run in one of the most beautiful places in the world. The Jungle Marathon is known to be the hardest stage race in the world. It is the ultimate test of physical and mental fitness. The challenge of getting to the finish line is going to be huge and I am expecting it to be the seven hardest days of my life.

I am sure that I will have a few interesting stories to tell, if I make it back in one piece! I just hope that I run in the right direction if or when I see a snake!

I will be living my dream and living everyday as if it were my last!

WHAT / WHEN / WHERE

- 200km self supporting foot race, through the Amazon Jungle in Brazil.
- Seven days
- Six stages (16 to 89km per stage)

Competitors are required to carry everything to survive the seven days: including food, clothing, sleeping gear, medical supplies. Water is provided daily at designated check points.

130 competitors from all around the world will be lining up on the start line.

CATCH UP RYANS JUNGLE MARATHON EXPERIENCE: WWW.RYANSANDES.COM



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