



Transtica 2014

A friend asked me in late June 2014 if I had any plans for my birthday in November. I answered as I do every year that I had "nothing special" in mind. It's so good to be wrong.

Later on I thought that it may be good idea to run a "little" race. I looked around and on Nov 20th there was indeed a race. 200k in Costa Rica...

5 months later here I am on a plane to Costa Rica, looking forward to discover what this "PURA VIDA» looks like.

Butterflies swarming in my stomach, legs filled with long hours of training, I am ready.

A race like this one has its own logistics problem (for the race organizers, not for me). I am a fruitarian, which means that my diet only includes fruits and raw vegetables.... The first question I asked the race organizers was; can I join the race with my fruit-only diet?

Bernard's answer made sense... "Costa Rica and fruits seem to be a good match, should be no problem".

And when Bernard later mentioned that the only issue would be to find a large enough pineapple for 40 birthday candles, I knew they got it... And they proved me that I was right.

I barely landed when they gave me two bags filled with fruits, just for starters.

All along the race and during our rest days Isabelle, the fruit queen, just asked the same question; "what fruits would you like today?"

Bananas, coconuts, papayas, avocados, tomatoes and of course... pineapples!

I did not have 40 candles on my birthday "pineapple" but I must have eaten 40 of them at least (over there, they are not bitter).

This was my first stage race.

200k in 5 days... Plenty of time to build solid friendships and to sore muscles.

A large round of applause to the two therapists with iron hands and even stiffer spirits. The daily massage was simply a real luxury

I had 10 memorable days in Costa Rica, thanks to the organizers, who allowed me to run a wonderful race, needing only to focus on... Running, sleeping, eating and laughing.

I came back with:

The address book full of friendship

The eyes filled with breathtaking sights of mountains and beaches

The mouth tired from talking and laughing so hard

The nose slightly sunburned

The clothes wet, all muddied (we obviously had a great time)

The ears full of Latino music (thanks to Ronald our bus driver)

The legs swollen by many miles of running

The belly swollen of succulent fruits

And above all,

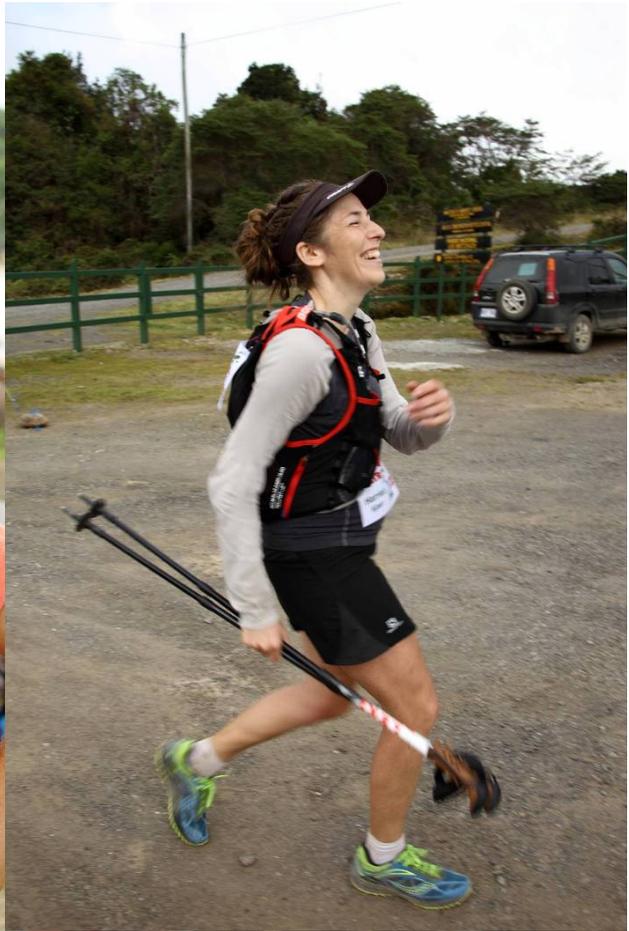
The heart swollen of gratitude

Pura Vida

Harriet Kjaer, Denmark, Finisher Extreme, 190 km, G+ 8 400 m

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