



COSTA RICA VENTURE



Stage 1 : Paquita - Napoles

A magnificent first stage, along the Pacific Coast, in the middle of a green palm grove driving us step by step into the tropical jungle, approximately 15 km flat with crossings of bridge and rivers followed by a progressive ascent which will bring our runners in the hearth of the jungle.

The main difficulty of this stage will be the heat and the humidity which reigns over this part of Costa Rica.

As a starter, we cannot make better for the adventure which starts by an intense stage of 20 km with a positive difference in level of 1 300m.

We can see the apprehension on runner's faces; the group is less noisy than yesterday during the prologue. The course is a long ascent rising until the arrival.

12 km before the arrival Pierre Aubery (Action(Share) 18 / Altec sport) is making the gap on Roiny Villegas (Ambassade de France) and Juan Carlos Sagastume (North Face/GNC Face/GNC).

On the Adventure race, the surprise comes from the women which finish on the first 3 places.

Arrived at Napoles, the bus waits for the runners for a short transfer for the camp of Santa Maria de Dota where the runners will take advantage of a well deserved rest.

Ranking

Extreme

- 1st : Aubery Pierre (Action 18/Altec Sport), 3h58'53
- 2nd : Roiny Villegas (Ambassade De France), 4h01'12
- 3rd : Juan Carlos Sagastume (North Face/GNC),4h18'58

Adventure

- 1st: Boust Muriel, 3h10'30
- 1st : Sternat Véronique, 3h10'30
- 3rd : Gruson Véronique,3h14'12





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The stage from the inside



The first day of la Transtica run across Costa Rica was beyond expectation. The scenery and route were incredible, winding through the lowlands and up into breathtaking mountains.

On the top of that, the constant rain meant I was never too hot! The best part about running through the villages and untouched countryside has been experiencing "Pura Vida" with ever step.

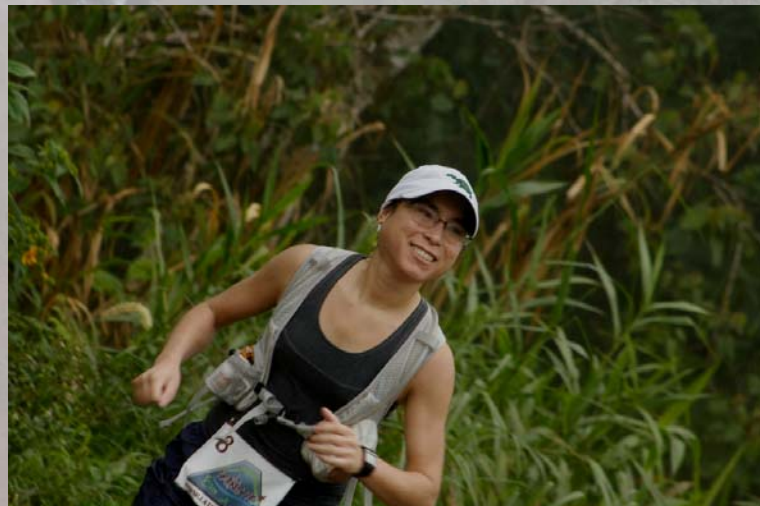
Victoria Collins, USA (Extreme)

It has been raining during all the stage We started by a single track followed by a steep slope until the end, crossing rivers, some part of the track are very muddy.

I still feel jet lag and sometimes I could not run, alternating walk and stop, but I saw Costa Rica people and their smiles push me up and gives me the energy to achieve this stage.

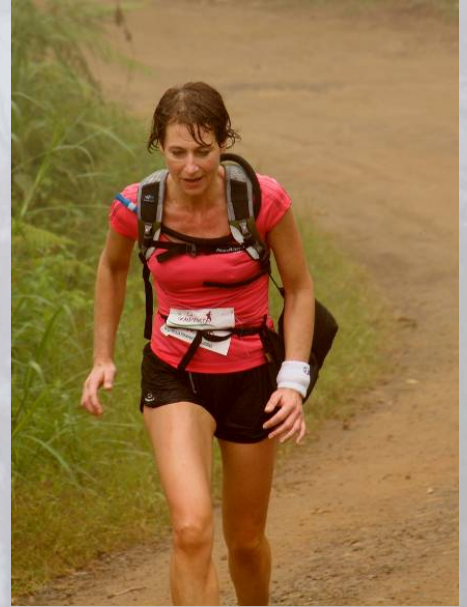
I really appreciate Costa Rica

Shinishi Tada , Japan (Adventure)





Photos
















Photos









