

For my personal experience, the “La Transtica” was successful in its mission to show me the beauty and reality of Costa Rica and its people and awaken me to its way of life, Pura Vida, through a foot race.

I use the term foot because it was not a running competition for me but a foot race....whether, running, jogging, power hiking, walking, and trying to protect, save, and heal my feet everyday.

It was an experience that still is "landing" on and in me, which to me means living and expanding within my being and essence. Whether that is a typical thing for an ultra runner to say or not, I really don't know, but for me, ultra running is a full body experience that I participate in to expand and improve my physical, mental, emotional, and spiritual well being in order to be a better human being in an often contentious world.

The course itself is tough. The terrain and weather is varied and challenging. The climbs and descents are intense and not for the faint at heart. In our group of runners, there were no faint at heart.

Our aid stations were well stocked, at ample locations, and the support crew was very enthusiastic, helpful, and encouraging during our sometimes seemingly endless racing miles.

Kelley Koehler (USA), Finisher Extreme 2012.





