

The race has been unique to me in many ways than one.

Costa Rica nicely sits between the two great oceans. It is a land that packs a punch for the adventurous junkies. Going through from one coast to the other, expose us to much pleasantries and challenges.

The relentless climb on the dirt trail that was muddied by the wet weather at high altitude has been hard. However, running through the various plantations, in particular the coffee and sugar cane has been a pleasant sight and experience.

The long run along the coastal shoreline with the pounding strong wave of the Caribbean Sea and the numerous river crossings adds much excitement. To top it all, the little part that each participant played in presenting the little gift to the school children adds a meaningful touch in my heart.

I may not have fair well in the early stages due to ill health, I am nonetheless grateful to have returned in form for the last two stages to cross the finish line. Many thanks to Dr Mathew and his Medics in bringing me back to my feet!

Lastly, the niche group in this limited participants does cultivates a lifelong friendship.

Having the firemen as part of the supporting crew has undoubtedly affirms in me a peace of mind. Well done to you and your crew. I have truly enjoyed.

Hope your event will grow and bring more cheers to the beneficiaries of Costa Rican for many many more years to come. I certainly look forward to seeing you and everyone again in the near future.

Keep fit and keep running!

Steven Wong (Singapore)





