

# LA TRANSTICA

by Bernard Marchal, RD



Twenty-two runners of seven different nationalities experienced a varied course over five different stages, from the Pacific coast to the Caribbean coast of Costa Rica. They started on the beach of Manuel Antonio, and ran through Santa Maria de Dota, La Esperanza, the Tapanti National Park, El Humo, San Pablo, with a raft descent of the river Pacuare. They were confronted by changing weather conditions, the alternating heavy and moist heat of the plains, refresh-

ing tropical rains, and the wind and icy rain of higher altitude forest. Runners were lodged by local communities, priceless moments of exchange while discovering the way of life of the various regions of Costa Rica.

Our objective - the discovery of a country and its way of life through a sporting event with humanitarian goals - was achieved once again through the enormous and efficient efforts of each member of the organization.

It is not a coincidence if you travel through the mountains of Guatemala and find Juan Carlos Sagastume running the trails. A passionate adventure sportsman, he thoroughly enjoys extreme challenges; is always looking to challenge his own abilities, to demonstrate to himself that the word "impossible" doesn't exist. He was the first Latin American in history to row across the Atlantic Ocean, placed second in the Yukon Arctic Ultra, and established a national record by climbing the 37 official volcanoes of Guatemala in eight days.

Juan Carlos has many stories to tell about his adventure life and one of them is the La Transtica competition. "I went to Costa Rica to give all of my effort. I knew I had to exceed my own limits since the first day. I was running with some of the best ultramarathon competitors; my objective was to compete, not just to participate," Juan Carlos said.

## VICTORIA COLLINS ADDS:

The coast-to-coast race across Costa Rica was a phenomenal personal running experience. It is not for the faint of heart, but perfect for the runner who wishes to push past their perceived limits.

If the incredible route that winds through Costa Rica's beautiful mountains and lush countryside isn't enough to get you up and running, the friendly competition should be. It was a tough run and the elevation gains/losses were impressive but the constant rain meant I was never too hot. The best part about running through the villages and untouched countryside was experiencing the Costa Rican motto, "Pura Vida," with ever step. ■



Climbing single-track on Stage 1, at La Selvita, is Sandrine Rozenberg, of Belgium

COURTESY LA TRANSTICA



Crossing at La Esperanza, El Humo, Tapanti National Park

## LA TRANSTICA

122 MILES IN 5 STAGES | MANUEL ANTONIO, COSTA RICA  
NOVEMBER 25-29 | ▲ 5,4

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|-------------------------------|----------|
| 1. Pierre Aubery, FRA         | 19:29:52 |
| 2. Roiny Villegas, CRI        | 20:47:09 |
| 3. Juan Carlos Sagastume, GTM | 20:55:03 |
| 4. Olivier Cauchois, FRA      | 23:00:33 |
| 5. Hugo Clauser, FRA          | 24:33:28 |
| 6. Sandrine Rozenberg, BEL    | 24:54:32 |
| 7. Stephen Herman, BEL        | 28:34:21 |
| 8. Didier Rossi, BEL          | 28:35:09 |
| 9. Jean Marie Papierok, FRA   | 29:32:55 |
| 10. Franck Ducerf, FRA        | 29:36:42 |
| 11. Victoria Collins, 24, CA  | 32:06:11 |

COURTESY LA TRANSTICA

