

“THE ANACONDA”

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We are now in the countdown for some of the best multisport races around and a great way to kick off 2011; I am going to share with you some handy hints and two great races to aim for.

My name is Jeremy Cronin; I manage my own business as an outdoor personal trainer and swim coach and I am an endurance competitor in my leisure time. I hope to motivate you to diary the following two races - “THE” races that began 2010 - put them on your calendar for 2011, if they are not already there.

When 2009 was winding up I was looking ahead for races to keep my training going for 2010, and there they were. The first one that jumped out at me was “The Moehau Multisport Race” held in the Coromandel on one of New Zealand’s most spectacular scenic trails. The sea kayak, mountain bike, trail run, right through to the last mountain bike race is a ‘must do’ for any outdoor junkie or for the person looking to get out and about more often. This race was so well organised and it catered for all: I charged it out alone and had a blast, while the teams around me celebrated together after the completion of each leg. My suggestion is that whether you go alone or as part of a team, train well - especially hill training and use your time wisely; there are some great hills to conquer and some fast down-hills to be ridden. Because I cannot imagine being a team

member having to choose one leg of the race over another and missing out on any of the breathtaking scenery, maybe you should all train up for the individual race next year! Runners be ready for a fast run; there is one climb that will have you digging deep for air but the rest is fast and good going. All along the way the locals were amazing with their helping hands, encouragement and friendly support. The race officials have this race operating like clockwork and have planned the legs perfectly, there are no random loops to make up ground and no unnecessary challenges to make it any harder. I cannot promote this race highly enough, it is so compelling for anyone who loves New Zealand, loves the New Zealand culture and wants to experience it all in the beautiful Coromandel.

Race Two was “The Anaconda”, an adventure race brought to New Zealand from Australia, held at yet another beautiful East Coast white sand spot, Waihi. This race really caught my eye as it included a swim leg as well as a kayak and it was not an on-road triathlon. The disciplines are as follows: Inlet swim, ocean paddle, coastal/trail run, mountain bike through to a last 2km run around the Waihi gold mine. This was another efficiently organised race that did not have any random loops or legs that did not fit the race mould. The Anaconda team were generous in their welcome; they were determined to ensure that everyone - racers and



support crews alike - would really enjoy every aspect of the event, and that's how it happened! From the Friday night briefing to the Saturday afternoon prize-giving there was a glow about the race and a vibe coming from the Anaconda team that made it a highlight for me. Any training tips would include: running the track as many times as you can, it is a top seller as it follows one of the most amazing scenic trails you could ever visualise; be sure to train for hills as there are some 'pinchy' climbs that get your legs cramping after sitting in your kayak for an hour; get sharp on the mountain bike and then be ready for more hills! There seems to be a fitting and competitive theme in all adventure/multisport races; to create an event that will provide the most challenging hills! Regardless of whether you intend to compete as a team member or as an individual, this race excels as a top seller. On a note of conspiracy: do train hard 'Kiwis' as the 'Ozzies' come over for this one and they know what they are up to! There are no delays or ambiguities in this race - it is run to perfection; the Anaconda team work together to host an event that is a visual feast, and as well it is fast and fun, challenging but achievable. I was mighty impressed with their efforts; and the awesome race pack included. Pen this race in - it's awesome .



These are two top-notch adventure events to begin the year and for you to be as excited about as I am. Some friendly tips to help you out; be sure to paddle a kayak that is suitable for your ability as both races will become very hard work if you are in something that is too tippy or too short and slow - find the happy medium in your kayak choice and be sure to spend the time in it; be sure to include food and hydration as a priority in your training as you will need it in these events that take four to seven hours, and you will want to be confident that what you take in is going to agree with your stomach. If you are doing multiple legs it is best to replicate that the best way you can in training sessions so that the body knows what it is doing when it comes to the big day i.e. run to bike, practise transitions and using the different muscle actions in training so race day is not a day full of cramps or muscle tears. For more tips on adventure racing and multisport contact me through jeremycronin.co.nz. I look forward to hearing from you or seeing you at these races.

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