

## La Transtica 2010 Naiti's race report

Well, for starting I only bear with me positive memories of the race and the organisation itself. I though everything was well organised, and everybody in the organisation where extremely helpful and very kind to me.

I, of course, really liked the solidarity theme of the race. And I was surprised by all the hard work all of you put on the solidarity theme. I'm very, very impressed. And very happy that people can get together, put an effort and make good things happened. That was very beautiful.

I had a specific target with this race and that was to know how my body will react, to learn from this course obstacles and of course to finish the race. This was my very first several days race, and it was a race far from what I'm used to, I usually run flat – 0% difference of level - and in a much, much colder climate. And I only started to run last year.



I did reach all my goals, so therefore I'm very satisfied with myself. Of course a lot of things happened along the way, for starting my running watch/GPS stopped functioning the very first day, my first running backpack was too heavy, my trail shoes were burned the second day, and I felt very bad on the race third day therefore my left leg was hurting a lot during the rest of the race and made it impossible to run some of the part.



The most difficult was that I could not sleep at night surrounded by so many people. I slept no more than 2 – 3 hours per day, so the lack of energy – beside climate - was the hardest for me to control.

But none of those things did really bother me as I was there to learn. I never ever thought of quitting the race. That is something that never crossed my mind, even when my leg was hurting very, very, very bad and I was totally out of energy (no sleep).



I learned a lot about myself and how my body reacts during the race. There are some circumstances I can have an influence on in the future, and therefore can be improved, while other I can't have an influence on, but those are best part of the race. Next race I will bring a good tent - so I can sleep alone - and two pair of trail shoes!

I was very moved that people though I was very brave and did something extraordinary. I really wasn't all of that- is all about putting realistic target and accept that a lot of things can happen during the race, and those things are part of the race.



But a crucial and essential part of reaching my targets and be a finisher was all the well organised support I received during the race. All the great job all of you made for us participants. So thank you!

Well a small résumé: Beautiful race, Beautiful people, well organised, excellent food, excellent solidarity work, no sleep and a little bit of dancing.

Pleased pass my words to the rest of the organizers. THANK YOU!

Kindest regards,

Naiti Del Sante

*Finisher Transtica 2010, Extreme Course, 196 km, D+ 6 855 m, 5 stages covered in 32h41'.*