



## MIND OVER MOUNTAIN ADVENTURE RACE Duncan, BC

*By Grant Sisler  
May 20, 2003*

The Mind Over Mountain Race in Duncan, BC started off w/ a tough 9km paddle. The water was a little bit choppy as several solo racers tipped over in their kayaks. Robin and I paddled at a steady pace (O.K. Robin paddled, I just complained that my arms were sore and she powered us along, but still, we're in the same boat) and we got out of the kayaks happy to be done and off and running after 59:30 of paddling.

Out of the boats we had a quick 2km run (15:30) along the slippery beach to get us to the bikes. Once on the bikes we had a short, but very steep ride (500m of elevation gain) up to the top of Mt. Tzouhalem. At the top, we dropped our bikes and ran out along the Kona trail where we were treated to a spectacular view of the Cowichan Valley. Here we had our first special challenge as we had to pose for a crazy photo. Our photo, while crazy, was not the winner as Dave Norona chose to do a Crying Game pose and was deemed the winner (and a very sick man).

We continued on our bikes to finish the 15km ride when Robin crashed. Robin and I both seem to have a special ability to fall off our bikes, normally traveling head first, and landing somewhere on a trail/tree/bush. Unfortunately, Robin was not as lucky this time. There is not really a delicate way to describe the crash, but I'll try. Robin was going over a log when she planted her front tire in front of another log. This caused her back tire to raise up and shoot her forward onto the stem of the bike where she came to a painful halt. For those of you who can't quite get the visual, if she had been a man, she would not be able to have children. Needless to say, bleeding and swollen, Robin somehow managed to continue. The downside to the crash was that Robin could not sit

on the bike and our goal of finishing in the top 3 was changed to finishing the race. After some very, very delicate riding (2:18:50) we got off the bike and were back on our feet.

The run was 10km w/ another 500m of climbing. This was the first running that I had done in months as I'm still trying to recover from a bad knee and I was excited to be going. Unfortunately, Robin looked like she had just gotten off of a horse and was running, how should I put this... gingerly. Somehow though, she kept on trucking along, very, very impressive. (If Robin were a guy, I'm certain that our race would have been over).

We came to the orienteering section where we just rocked. 6 checkpoints, 36:17 (the winning co-ed team finished in 39:30) and we were off w/ a top 10 finish in the

*This article was reproduced with permission from The Mountain Ear ([www.mountainear.com](http://www.mountainear.com))*



orienteeing. We had about 4km left to go, mainly downhill, and we were done w/ the race in 5:47:26.

All in all a great race. We ended up finishing in fifth place in the team of 2 co-ed division, and in the top 3rd of the race overall. The weather was perfect, the race was short but challenging and as always the people were awesome. Robin was a trooper battling through her injury and it was just great fun being out in Duncan.

<http://www.mindovermountain.com/>