

Adam Wooldridge, #166, RSA (2017)

Dear Maria,

Firstly a big thank you to all the organisers and staff of the Austria Extreme, this truly is an amazing race. It also is extreme in every sense - must admit it caught me off guard as I was geared up for a very long IM and wasn't expecting a race which probably compares more to a double IM with so many more uncontrolled variables and climbs I'd never imagined possible. I paid for my ignorance and made several mistakes with nutrition and gearing on the bike which cost me dearly on the run leg. I was also far too relaxed with time and suddenly found myself against the rope with cut-offs and was forced to run hard up the hill sections in the later part of the run having spent the easier sections a dribbling nauseous mess in the heat. The hail storm before the last high cut-off at 10pm finished me off in the end.

We spent the next few days in Ramsau and walked some more of the run route – it is just spectacular (think I may have missed some of the scenery on the day). I mentioned to a few of the guys that I wouldn't come back.... Well to my own surprise, I'd love to come back and try again. In fact you can enter me into next year's slot now.

All the best

Adam

PS for humours sake and to balance the events out a bit you should do three swim laps rather than one.