

Adventure racing

The teams that come first are the ones who race (0) and adapt to the sort of (1) situations which arise in these races. The teams who do well show both flexibility and (2) Unfortunately, our (3) for the race in Australia weren't methodical in any way. In fact, as a beginner, I was so (4) that the training I actually did was (5) to run and cycle as much and as hard as I could. When we actually did the race, one of my team-mates became just too tired to continue. We had been going really fast without taking any rests, and he had been (6) to ask us to take a break. I knew that our team had not been prepared or (7) about the pace we could keep. Not finishing that race was the most (8) lesson I could have learned.

INTELLIGENT

PREDICT

PATIENT

PREPARE

EXPERIENCE

SIMPLE

WILL

REAL

VALUE