

Adventure racing

The teams that come first are the ones who race **(0)** *intelligently* 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