

Tony,

Wanted to let you know how we did at World Challenge XV. On Tues Nov 7th we ran our fastest Team time ever, a 4:52. The Team time is the fastest 3 times added together. That time secured our spot in Saturday's Finals. Here are the individual times of the Team.

Eric 1:35 7th place
Kevin 1:35 8th place
Dave 1:40 16th place
Steve 1:49 31st place
Ross 1:53 37th place 4th place Over 40

There were 111 competitors on Tuesday.

On Friday November 10th the relay finals were held. 64 of the fastest relay Teams in the World competed in a Single elimination NCAA style tournament. The field was paired down to 64 from over 120 teams who tried to make the field during the week. It takes 5 races to make it to the Final 4.

We were seeded 4th and had a tough bracket, but came out on top and made the Final 4. In our semi final race we faced 2time World Champion Travis Air Force Base. It was a close race, but we came up a bit short. That loss put us in the consolation race, which decides 3rd place. We had to run this race immediately after the semi final race, and thanks to Andy and our great training at Adrenaline, we came out on top and took 3rd place in the World.

Saturday November 11th was the Team and Individual Finals. Over 700 individuals and 50 Teams tried to qualify for the Finals. They take the Top 8 individuals in each of the 8 categories (Male, female, age brackets) and the top 24 Teams. We were the 7th seeded Team out of the 24. We had a good day, and ended up finishing in 8th place. Here are the individual times of the Team.

Kevin 1:38 28th place
Eric 1:39 38th place
Steve 1:43 55th place
Dave 1:44 60th place
Ross 1:47 74th place 10th place Over 40

There were 148 competitors on Saturday.

Overall it was a successful Season. We had a goal of finishing in the Top 10 in the World and we accomplished that, but we know as a Team we can do better and we are going to work hard over the winter to make sure we accomplish our ultimate goal, the World Team Championship.

We couldn't have done any of this without You and your staff at Adrenaline. The professionalism and care you take in designing programs to fit the needs of specific athletes is second to none. We look forward to a continued relationship and even more success in 2007.

Sincerely,

Ross Mosher
Team SupplementstoGo