

"Get rid of that... tape this... Round and round...round and round... beep, drink...clip, clip, check your bearing...5 minutes guys, 5 minutes...keep moving..." These are just some of the sounds that still echo deep in the cavities of my head after our rigorous training exercise with Ronny Angell for 24 hours straight in a live, non scripted racing environment. It was a sheer pleasure and an absolute honor to have been trained by one of the most knowledgeable individuals in the Adventure Racing arena and to have mingled with the teammates of his sponsored team, "I'm on Point/Odyssey Racing." There is something serious to be said about experienced knowledge versus textbook knowledge. From the moment we agreed upon our training program with Ronny and Next Level Coaching and Fitness he started sending us emails, asking us questions, probing for information about my partner and I regarding our goals, where we are now and where we would like to be. When we met him on race day he immediately made us feel like we were a part of the same team, working together towards the same goals. His leadership was starting to give me the confidence I needed to complete this race. I feel like I learned everything the pros use regarding race preparation, food and water prep, bike prep, gear prep, maps, etc... So many little things that I just would have never thought of had I not experienced real time, with Ronny, this pre-race process. During the race Ronny gave me the confidence and latitude to make team decisions regarding land navigation which really helped me with my confidence. He taught me and my partner that it's not a competition between partners but a 100% team effort that gets your team across the finish line, that everyone goes through bad spells and most importantly with the proper food and hydration techniques these bad spells can pass and are recoverable. I learned tips and tricks on how to get each over the 5k ft climbs and how to get each other up and over the mountains as a team. Seeing Ronny do things that normally my partner and I would think, "this is crazy, this can't be right," showed me that confidence in knowing where you are is a key factor in successfully finishing any race. So I can certainly say based on this training experience; that the knowledge and skills I learned while training with Ronny was worth every penny and then some. For almost 12 years I've dreamed about racing IN the Beast of the East, well, instead I can now say that I have raced WITH the Beast of the East. Thanks for the opportunity Ronny; you are without a doubt, the real deal!!!

Regards,

James Roberson

Training at the NCARS # 3 Adventure Race, NC Fall 2010