

## Working On Your Weaknesses by Ian Adamson

For many of us who have limited training time it can be difficult to prioritize which sports to train. Often we head out the door for an activity we are good at because it's fun and easy. This is great if your aim is simply to enjoy the moment, but it neglects the sports we don't do well. One way to approach training in a sport that needs work is to treat it as a challenge rather than a problem to be avoided. This can be an opportunity to discover new territory, expand your envelope and increase your performance.

You should also consider the results of not working on your dilapidated disciplines. As adventure athletes we often derive perverse satisfaction from suffering unnecessarily through prolonged deprivation and pain. In many ways this is the essence of adventure racing, but there can be dire consequences from lack of skill and conditioning.

Take ocean kayaking, for example. Many adventure athletes believe that kayaking is easy, you just sit in the boat and paddle, right? Well, that's sort of right, but what happens when a storm rolls in and you're 10 miles from land? Do you have the strength and skill to negotiate the big waves? How about righting an overturned kayak and doing a self rescue? Do you know where to cross a surf zone or how to time waves for a beach landing?

Entering a serious race can (and does) have serious consequences. Bad experiences resulting from a weak sport can be dangerous, even lethal, and are certainly not fun.

## WHO IS IAN ADAMSON ([www.ianadamson.com](http://www.ianadamson.com))

Ian is the most successful adventure racer of all time with six world championship wins, 15 world championship podium finishes and 14 international adventure race championship titles. He is a three time and current world record holder for endurance kayaking (262 miles in 24 hours.) Ian has competed internationally in adventure racing, canoeing, kayaking, orienteering and sailing.

## International Adventure Race Highlights

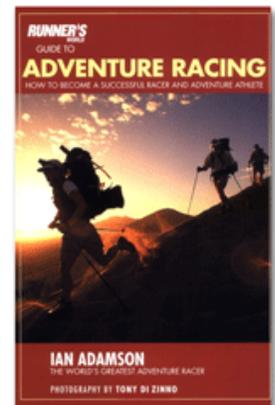
- **Eco-Challenge** - 1st 2001, 2000 and 1996, 2nd 2002 and 1997, 3rd 1995
- **Primal Quest** - 1st 2006, 2004, 2003, 3rd 2002
- **AR World Championships** - 1st 2006, 2004, 2nd 2005, 3rd 2001
- **Southern Traverse** - 1st 1996, 2nd 2005 and 1998, 3rd 2000
- **Raid the North Extreme** - 1st 2004, 2001 and 1999
- **Raid World Championships** - 1st 2004 and 1998, 2nd 2005
- **Raid World Cup** - 1st USA 2003, 2nd USA 2005, 2004 and 2000
- **Extreme Adv. Hidalgo** - 1st 2002
- **Balance Bar** - 1st OR 2003, 2nd CO 2003
- **Hi Tec** - 1st NY 1999, 3rd LA 2001
- **ESPN X-Games** - 1st 1997, 2nd 1996, 3rd 1995
- **Adventure Xtreme, CO** - 1st 2003, 2nd 2001, 3rd 2002

## World Championships

- Adventure Racing: 1996, 1998, 2000, 2001, 2004, 2005, 2006

## World Records

- 1997: 24 Hour Endurance Kayak, 203 miles (World Record), Colorado River, Colorado and Utah
- 1998: 24 Hour Endurance Kayak, 217 miles (World Record), Yukon River, Yukon Territory, Canada
- 2004: 24 Hour Endurance Kayak, 262 miles (World Record), Yukon River, Yukon Territory, Canada



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