

Issue:

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Multisport is the new frontier for Dreyer's Dream Team

The first event in the 2009 series of Msinsi Multisport sprint races took place at Albert Falls Dam, KZN, this past weekend, and drew a huge field of off-road athletes from around the province and the rest of South Africa. This action-packed format enables athletes to face of against each other along a challenging course consisting of a 5km trail run, two 10km mountain biking loops, and a 5km paddle.

According to Martin Dreyer, his 'Change a Life' development squad had no experience whatsoever in multisport racing. "This was however a great opportunity to hone their fitness and race readiness in preparation for the Powerade Triple Challenge, our key event this year", he said. With the financial backing of Computershare, the 7-times Dusi winner has spent most of the past year in KZN, training 15 young paddlers from a disadvantaged background.

Despite their lack of experience in multisport and a considerable amount of on-course confusion amongst the leading pack, the 'Change a Life' development squad performed way beyond expectation, creating a solid foundation on which to build during the up-coming Msinsi sprint events. Lucas Mthlane dominated his age group and came 5th overall in the Men's Open category, while Team Change a Life won the Two-member Team Category.

"We have learnt a lot from this", said Lucas Mthlane after the race. "Discipline is important; we need to make sure our wheels are puncture proof, and we must also learn about getting through the transitions a lot quicker". The gutsy racer continued to say he was confident that he and the other development racers are sure to improve on their form in the next event.

For more information on the Martin Dreyer 'Change a Life' Academy initiative, please call Martin Dreyer on CELL (082) 578 4556, or visit his web site at www.martindreyeracademy.com