

Crossing Costa Rica for The Prince's Trust

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Sponsor Michael

Sponsor Christobel

Sponsor The Team

Sponsor Konstantinos

Sponsor Zoe

what?

Next March 2007, we will be racing as a team across Costa Rica (from the Pacific to the Caribbean Coast) on bikes, rafts, kayaks and on foot. In the 6 months running up to the event, we will be training hard to cope with hauling ourselves up on steep, rocky mountains to 2300m, crossing the Continental Divide, throwing ourselves down Class IV rapids when advancing by bike becomes impossible, and navigating potentially dangerous rivers out to the Caribbean Sea. We will need to adapt ourselves to cope with the humidity at ground level and the lack of oxygen and the cold at altitude. We will be learning how to navigate our own way across the territory. We will be doing all this in the knowledge that we not only have to complete the challenge, but that we will be racing against other teams on individual stretches and across the whole event.

[Find out more about the expedition and the challenges ahead >>](#)

why?

We are crossing Costa Rica to raise money for **The Prince's Trust**. The Trust works to offer practical solutions to help young people get their lives working. In the last year The Trust helped more than 40,000 14-30 years old who had been in care, in trouble with the law, who were long term unemployed or who had struggled at school.

[Read more about the Prince's Trust >>](#)

The Trust helps people like Jessie Peters, who, already having been in prison by the age of 21, now, with the help of The Trust, runs his own successful basketball club for disadvantaged youth. [Read more >>](#)

The Trust helps people like Molly, who having come out of care and treatment for drug addiction, is now getting a degree at the Open University and is a member of MENSA. [Read more >>](#)



The Prince's Trust

*be exceptional

how can you help?

- **read on below:** meet the team members and see why each of us has decided to take on this challenge
- **sponsor us:** we have, as a team, a huge total of £12000 to raise. We are all contributing £500 in sponsorship but we have still a long way to go! You can either sponsor individual members of the team by clicking on the link under their name (don't worry its all on a secure server!) or you can sponsor the team as a whole by following the link at the end of this page. Please give as much or as little as you can
- **keep in touch:** All the team members are writing blogs or newsletters about their training experiences and we would love to hear from you with tips, suggestions and encouragement. Email us with your thoughts and tell other friends about the expedition via the links below. Keep coming back to this website also as we update you on our 'Training Challenges' and offer you the chance to get involved in fund raising events through the year!



[Email Us](#)

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meet the team



Michael Scott - aged 25; British; PhD student in Greek archaeology at University of Cambridge and once appeared on Blue Peter in tights.

I first read about this challenge in the Metro newspaper on the tube. It seemed to offer just what I was looking for: doing something challenging for a good cause. I had met people of my own age whom The Prince's Trust have worked with and know how much their lives have changed for the better as a result. This is a challenge to raise money for a very worthy cause. And what a challenge: this is a huge physical effort for me (I started off training not being able to run 1km) but I am determined to make it and not let my team down. Please sponsor me or the team as a whole: help make our effort a reality and change the lives of thousands of young people.

About me: www.michaelscott.com

Sponsor Me: www.justgiving.com/michaelscott

 www.crossingcostarica-michael.blogspot.com

Christobel Readman - aged 24; British; Trainee Lawyer at Slaughter and May, whose mum is the real Lady in Red.



Having failed to complete (without cheating) my Bronze Duke of Edinburgh Award at school, many would argue I am hardly a prime candidate for the gruelling ordeal that appears to be the Costa Rica Coast to Coast Challenge. However, no sooner had the idea of this outing been mooted, I found myself signed up and ready to train. I feel as do many of my friends that at 23 it is about time I took myself out of what all those therapists like to call my "comfort zone" and I have no doubts that a 10 day race from one side of a country to another will pretty much launch me into that "uncomfortable zone"!

I am a self confessed fitness fanatic and thrive on the endorphin kick gained from exercise. Some would say I am fairly neurotic but I'm afraid that comes with the territory! I played a lot of lacrosse and rowed at school and then at University and now I run for pleasure when I am let out of the office. I have not however ever come across a mountain bike (or a kayak for that matter) and so these elements of the trip will be a new challenge and if my Cambridge cycling days are anything to go by a lot of practice is going to be required.

I am hugely excited about this trip of a lifetime and am pleased that I will be able to combine the physical challenge with raising money for an extremely worthy and important cause.

Sponsor Me: www.justgiving.com/christobelreadman

Christobel will be sending out a regular newsletter to all her sponsors!



Konstantinos Kotoulas - aged 25; Greek; works in Corporate Finance for Transport for London and once danced ballet.

It was with great excitement and enthusiasm that I accepted Michael's invitation to join his team. For a valuable cause, the team and I will have to compete and cross Costa Rica on canoes, bikes and rafts, to name a few. I really believe in the work of The Prince's Trust, as there is nothing more important than identifying potential and giving it the chance to bloom. I am willing to do everything possible to try and raise the amount required and to train for and complete this physically tough challenge. So please, sponsor me or the team as a whole. By supporting me, you support an impressive and unique effort to improve the lives of disadvantaged and unfortunate people

Sponsor Me: www.justgiving.com/konstantinos

 www.crossingcostarica-konstantinos.blogspot.com



Zoe Briance - aged 24; British/American; online journalist for Condé Nast. Favourite Quotes: 'Pain is just weakness leaving the body' (Ted Molson) and 'I've found this great new diet. Basically, I eat nothing until I feel like I'm going to faint. Then, I eat a small cube of cheese.' (Emily in The Devil Wears Prada)

I joined the team rather late. This last summer, Christobel and I spent a week on holiday and, rather foolishly I now realise, I used every opportunity to mouth off, usually in public, about how amazing her Costa Rica adventure sounded boasting that, had there been space for me, I would certainly have joined them because I'm so tough and adventuresome. Sometimes. The substance of my chat was soon to be put to the test. Quite suddenly it transpired that the team was down a member and I was the replacement so I did the only sensible thing and instantly took it as an excuse to eat as though I was in hard-core training. Food = energy, right?

I've never trained for anything tougher than my college rowing team, and even that mostly invoved paddling back and forth on the river asking boys crews on dates. I did a lot of ballet (like Konstantinos!) which I suppose counts too, but I've discovered what a vastly different kind of fitness biking involves. I'm massively excited to test my limits alongside such a fun team, especially as it is all in aid of such a good cause.

Sponsor Me: www.justgiving.com/zoebriance

Zoe will be sending out a regular newsletter to all her sponsors!



We have decided to call ourselves **TEAM PYTHIANS** - the name comes from the athletes who competed in the Pythian Games held at the religious sanctuary of Delphi every 4 years in ancient Greece. The sanctuary was placed on a steep hillside as were the games so it seemed appropriate for this uphill challenge!

Sponsorship Link: www.justgiving.com/pythians

Note: sponsorship made to the team account will be divided equally amongst the team members.

sponsor the whole team now!

Team Pythians

one of the Costa Rica Coast to Coast Challenge Teams

thank you - please sponsor us and help change the lives of young people who deserve a second chance!



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