

## Quadracracracing – Wadennhoe – Race 4 – Competitor Profiles

### NICOLE ZAHN



Returning for her 3<sup>rd</sup> adventure around Wadennhoe I manage to catch a few minutes with Nicole before the start of Race 4. Nicole jokes that she feels lost without her paddle as she has done the quad on previous visits. Hopefully next time the agency will open the river up so we can run that event alongside the run bike run.

Nicole has been doing multi sport events for the past 2 years and says her favourite event is 'Wadennhoe with a paddle'!!! I ask her why she takes part in Wadennhoe, she replies – jokingly – “yes why?” – looking for a reason from her boyfriend who laughs as well !!! After thinking for several minutes she eventually comes up with the reason she feels good after. Most women feel good when spending time shopping, rather than competing for 1.5 hours, early on a Sunday morning in Wadennhoes finest mud, but not Nicole !!

Talking of the mud, she says, it's a pain, but it looks good in the photos after, has she not heard of its miraculous properties, she should have a word with Tom on that after the event. I quizzed Nicole on what she wanted out of the event, to which she happily replied, fun and to enjoy her free cup of tea – having won one of our treasured mugs in a previous event.



Nicole who appeared to have fun whilst competing, as I am pretty certain that was a smile she managed each time she sped past me, fits in paddling time of 1.5 hours twice a week, runs twice a week and cycles to work each day. During the winter she does a lot of work in the gym to keep her fitness high.