



### 1st day: Tuesday

Ready for the first trainings camp in 2008. After some problems in the end some Italian friends and I succeeded in coming to Portugal for a week of trainings. The program for the next week looks like this: Tomorrow and on Sunday we are going to take part in the [1st Internacional Trophy of Cantanhede](#)

. I'm especially looking forward to both competitions on Saturday. The middle distance WRE is going to be the first real competition since October. And of course it is always fun to do night competitions. Unfortunately I don't have that often the possibility to compete at night time. From Monday to Tuesday there will follow some days of intensive training on the nice maps around Mira. Will be a lot of fun. Until now the weather is fine, the temperatures are nice, and yesterday I got completely lost just two times in Porto (by car and without map). Hope it will be better the next days.

### 2nd day: Friday

After a really really slow start at 8 o'clock (and I was still the first awake in the youth hostel) and another trip to Porto airport I had my first training on Portuguese ground. The terrain was really enjoyable fast and fluid orienteering, but I had some problems with my direction and made some stupid mistakes. But it was quite ok for the first training. In the afternoon we did the model event for the two day competitions. Already there my orienteering was much better and I did some really good legs without any problems. Looking forward to the competitions with quite some strong runners on the start lists.

Will post some news quite soon I hope.