

MARATHON DES SABLES 2001

Footrace in 6 stages for a total of about 250 km through the Sahara desert. Self-sufficiency is one of the characters that distinguish M.D.S. from other stage races in Africa. Each runner must bring in a small backpack, all the equipment which he will need during the race (sleeping bag, clothing, water bottles, water, food ...). The French organization provides some Berber tents for 6 people, where everyone can find shelter for the night and about 10 liters of water per day. The 6 stages are well distributed: ranging from a minimum of 25 k up to a maximum of about 80 k. Alex was at his first true contact with the adventure. It was not an easy race, he suffered some foot problems caused by sand which forced him, after the third stage, to a slow march. Alex recalls with irony that at one stage was so slow that for several hours behind him were only 3 camels that served to the organization as broom. Despite all the troubles he reached the destination that gave him beautiful and unforgettable emotions.