

**ONE
WATER
RACE**

POWERED BY
Stockholm Archipelago

TEAM NO 1 USA

HUMANITY'S TOUGHEST CHALLENGE

A NEW ERA IN ENDURANCE RACING AND CLIMATE AKTIVATION.

TEAM NO 1, USA

TEAM MEMBERS

- Jarrod Shoemaker, 39, Clermont, Florida, USA
- Sara McLarty, 38, Clermont, Florida, USA
- Misty Becerra, 40, Clermont, Florida, USA
- Ron Eaglin, 59, Deland, Florida, USA

WHY DO YOU PARTICIPATE IN OWR?

- Because we have already raced and conquered every other challenging endurance event!

WHAT WILL BE THE BIGGEST CHALLENGE?

- Training in Florida through the summer heat will make it hard to be ready for the cold Swedish temperatures.

HOW DO YOU TRAIN FOR A CHALLENGE LIKE THIS?

- Get into peak physical condition, practice a good team dynamic, and prepare for the mental highs and lows that will come during the race.

WHAT IS YOUR STRENGTH AS A TEAM?

- We all have extensive history in endurance sports that make this race just another fun adventure to experience. We also all live in the same town so training together is easy!

WHAT ARE YOUR GOALS?

- Our first goal is to win the race. Our second goal is to have a wonderful experience across the WHOLE archipelago.

WHAT ARE YOU MOST LOOKING FORWARD TO?

- A warm shower after the finish line.



Left to right: Sara McLarty, Jarrod Shoemaker & Misty Becerra.

MERITS

JARROD SHOEMAKER

- 2008 US Olympic Triathlete
- 2005 U23 Triathlon World Champion
- 2009 Duathlon World Champion
- 2009 Hamburg World Series Triathlon Champion
- 3x USA Triathlon National Champion
- 2005-2016 Triathlon National Team Member
- 2021 Sea to Sea 72 Hour Adventure Race Champion
- Multiple Adventure Races (12-24 hours, multiple podium finishes)
- Ironman Boulder 2017 (8:20 finish time)
- 2021 SwimRun NC Overall Champion

MISTY BECERRA

- 2014 Xterra Age Group National Champion
- 2015, 2016 Otillo World Championship (top American team)
- 2016 Swimrun - Maine 2016 (2nd place female team)
- 2017 Adventure Racing World Championship finishers (144 hours)
- 2017, 2018 USA AR National Championships Finishers (30 hours)
- 2018 Belize World Series Adventure Race Finishers (96 hours)
- 2017-2021 4 x Sea2Sea 72 HR adventure race (72 hours)
- 2017, 2019 Swimrun NC Hanging Rock (1st place female team)

SARA MCLARTY

- 2004 FINA Swimming World Championships (pool swimming)
- 2005 FINA Swimming World Championships (open water swimming)
- 2005-2011 Triathlon World Championships
- 2007 Aquathlon World Championships
- 2005 Lifeguard World Championships
- 2015, 2016 Swimrun World Championships
- 2017 Adventure Racing World Championships

RON EAGLIN

- Competitive navigation events since 1990 (orienteering and Rogaine)
- Adventure Racing since 1997
- Competed (and navigated) in 100+ adventure races up to 10 days
- Primal Quest, Expedition Alaska, AR World Championships, and multiple international races

JARROD SHOEMAKER

WHY DO YOU WANT TO PARTICIPATE IN OWR?

What an epic challenge. I saw the video and said I want to do this. Luckily Sara and Misty and I all train together and being triathletes and adventure racers this fits our skill set perfectly.

HAVE YOU TAKEN ON A SIMILAR CHALLENGE BEFORE?

I have raced a few Ironmans, raced a few 48+ hour adventure races, but I think this challenge is going to be on another level. The constant strain on your body in cold water will be something beyond what I have experienced before.

WHAT ARE YOUR STRENGTHS?

This race fits all my strengths: running, swimming and navigating.

WHAT ARE YOUR WEAKNESSES?

The biggest weakness for me will be the cold temperatures. I don't mind cold water, but I also like to be out of the cold to recover, not getting back into again!

WHAT WILL BE YOUR BIGGEST CHALLENGE?

Personally, it will be the length of time we will be wet and cold.

HAVE YOU BEEN TO THE STOCKHOLM ARCHIPELAGO?

I raced in Stockholm at the ITU World Triathlon Series triathlon race in 2012 and placed 17th place. I did not do any other exploring, but I loved the city!

WHAT DO YOU KNOW OR THINK ABOUT THE TERRAIN?

I am from outside of Boston, Massachusetts, so I have spent a lot of time in the rocky areas on the coast and in the mountains. I expect rocks and cold water, but beautiful views.

WHAT ARE YOU MOST LOOKING FORWARD TO?

The challenge and adventure. I know this can be done, but I really think it is on the edge of what is possible while pushing hard and we plan to push hard.

MISTY BECERRA

WHY DO YOU WANT TO PARTICIPATE IN OWR?

It has all the elements that our team has been training for and our top favorite sports (running, swimming, navigating & team dynamics). Growing up swimming, white-water canoeing, close to the beach and being an ocean rescue lifeguard, water has always been and always will be close to my heart. Being able to be apart of a race that's #1 drive is water conservation...how could I not try everything to support and be apart of such an event & organization!

HAVE YOU TAKEN ON A SIMILAR CHALLENGE BEFORE?

Yes, but swim & running this distance is new. Being mostly wet for the length of time I know it will try to break us.

WHAT ARE YOUR STRENGTHS?

Our team must be our strength, we are 4 very different people and this is how we work well together. We all have qualities that complement our weaknesses. I personally help to keep the team moving forward at all costs.

WHAT ARE YOUR WEAKNESSES?

The cold, so we will be finding the best gear to prevent hypothermia, but also testing how to remedy it once it sets in.

WHAT WILL BE YOUR BIGGEST CHALLENGE?

The cold climate is always a challenge after spending the summer in Florida.

HAVE YOU BEEN TO THE STOCKHOLM ARCHIPELAGO?

Yes, I raced Ötillö Swimrun World Championship 2015 and 2016.

WHAT DO YOU KNOW OR THINK ABOUT THE TERRAIN?

So many different color moss, some are safe to step on & you learn fast which to stay off. The rock is another tricky element.

WHAT ARE YOU MOST LOOKING FORWARD TO?

Being able to race with my teammates & navigating while swimming will be a challenge, but that is what I love...a good challenge!

SARA MCLARTY

WHY DO YOU WANT TO PARTICIPATE IN OWR?

I've never imagined a race more designed to my strengths than the OWC! This race combines everything that I am good at and everything that I enjoy doing: cold water, open water swimming, orienteering, multi-day racing, mental challenges, etc.

HAVE YOU TAKEN ON A SIMILAR CHALLENGE BEFORE?

Yes, I have done many multi-day adventure races in cold temperatures with no sleep.

WHAT ARE YOUR STRENGTHS?

Never giving up (I completed Otillo in 2015 after fracturing my patella bone in half on the third island), open water swimming, and being mentally tough in challenging situations.

WHAT ARE YOUR WEAKNESSES?

My biggest weakness will be the total running miles. Fortunately, it's broken into smaller segments so I will get a break while swimming.

WHAT WILL BE YOUR BIGGEST CHALLENGE?

Training through the Florida summer with temperatures over 35C.

HAVE YOU BEEN TO THE STOCKHOLM ARCHIPELAGO?

Yes, raced Otillo Swimrun World Championship twice and homestayed with a local triathlete for a couple days.

WHAT DO YOU KNOW OR THINK ABOUT THE TERRAIN?

Just like Sandham to Uto...slippery rocks in the water, crazy terrain on the uninhabited islands, and lots of wild chives so we smell onions the whole time.

WHAT ARE YOU MOST LOOKING FORWARD TO?

Meeting the 9 other teams that are chosen for this event because it's fun meeting other crazy athletes!