

Adventure World

magazine

Key to Effective Training

2008 Abu Dhabi Adventure Challenge

Heart Rate Monitor Training & Watches

7 Must See Gear Items

Plus

- North Idaho
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- Navigation Challenge

March 2009



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Abu Dhabi Adventure Challenge 2008

Photo by Monica Dalmasso

This Page:

Abu Dhabi Adventure Challenge 2008

Photo by Monica Dalmasso



Big Sky, MT

A New Year...A New Adventure

Discussions about the economy continue to dominate our media outlets across the US and around the world. With that in mind...we have made it our mission in 2009 to be ever mindful of that in each issue. We will spotlight and review gear with multiple price points for every budget.

We also strongly believe in the future of adventure sports for our next generation of outdoor enthusiasts. Therefore, in each issue, we will also be providing a kid's activity along with gear for these little adventurer seekers.

Stay tuned for exciting changes to AWM and its website in 2009.

We are constantly striving to provide the best information and feature stories to our readers. If you have ideas or suggestions...we urge you to email us and let us know how to better serve you.

info@adventureworldmagazine.com

We wish you all a Happy and Prosperous 2009.

Clay Abney
Editor-in-chief

Editor-in-Chief

Clay Abney

Managing Editor

Dave Poletto

Contributing Writers

Jacob Thompson • Rob Howard
Cynthia Engel • David Perez
Troy Farrar • Craig Stein
Mark Manning • Ty Stevens
Tim Holmstrom

Contributing Photographers

Ty Stevens • Monica Dalmasso
Mark Miller • Tim Holmstrom
Jacob Thompson • Dave Poletto
Craig Stein

Adventure World Magazine is dedicated to the preservation of our natural resources by producing a GreenZine. "Of the approximately 12 billion magazines printed annually in the U.S., over 95 percent are printed on 100 percent virgin paper. That results in more than 35 million trees being cut down each year." (statistic courtesy of Socialfunds.com)

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Adventure Sports are inherently risky and can cause injury and death. Consult your physician prior to beginning any fitness program or activity and where possible, seek out a qualified instructor. No Boundaries Media, LLC will not be held responsible for your decision to live adventurously.

contributors



Jacob Thompson is a freelance writer. He and his friends, Sean and Goat (along with some guest riders), are out to ride the spine of the Western Hemisphere from Alaska to Tierra del Fuego. They are currently in Ecuador where they just competed in their first adventure race. For more information about their journey, visit their site at: www.ridingthespine.com.



Cynthia Engel lives and works in Bend, Oregon. An avid multi-sport athlete, you'll find her out xc skiing almost every day in the winter and spring and exploring the epic mountain bike and running trails in the region throughout the summer and fall (sprinkled with some rollerski sessions, of course!). She considers herself to be a map geek and feeds her quest for exploring the natural world and passion for pushing her boundaries with long training days complemented by xc ski and multi-sport racing. When she's not out playing, she's sending university students in the western US on international internship experiences throughout Europe, Australia and New Zealand (and checking them out herself in the process!).



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Alex and Thomas Huber race up the Nose of El Capitan, California during the world speed climbing record attempt



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news from the field

Ouray Ice Park – “Drop in sometime...”



Dropping in for my first ascent I didn't realize I had control issues ...letting go became a life and death decision. Once at the bottom of the canyon, I awkwardly muscled (not the recommended technique, of course!) my way to the top of my 1st pitch 'expedition' (at least it felt like an expedition). Hanging on a pick and a prayer...I clenched my fists until my hands fell numb. Imagine my relief upon actually barreling my way through and reaching the top. We'll call it my first successful ice climb. Well, I was hooked. I dropped back in for a second attempt. Learning to loosen my mind, and lengthen my muscle I actually came to discover I could enjoy myself – even with my body fully extended, and completely exhausted. I pleasantly realized the learning curve was rapid, and rewarding. It became a matter of trusting in my tools, and the ability to listen to my body as I chiseled through rock, and the unpredictability of ice outcroppings. Soon enough, I was shimmying up the ice as if I had just come off Everest (okay, that's an exaggeration). I even found a moment to indulge in my surroundings and breathe in the beauty of this wonderful place, Ouray.

Tucked away in the San Juan Mountains ...Ouray has the rare distinction of being one of the few locations in the US where ice climbing is nearly guaranteed throughout the winter months. With more than 285 sunny days annually, and an abundance of easily accessible

routes, it's no mistake that Ouray has been branded the “Ice Climbing capital of North America”. It's canyons, offering dynamic displays of ice and rock revealing a diverse and wide array of terrain to satisfy the temptation of climbers of any experience and expertise. The uniqueness of this region eventually gave birth to the first park in the world devoted entirely to the sport of ice climbing. There's no question as to why climbers travel from all corners of the country to 'play' on its plentitude of rock, and ice spilling over amidst this sweet, and subtle mountain town.

“Ouray is the most unique and accessible place to climb ice in North America. No other place rivals Ouray for accessibility and amount of good ice climbing considering all levels of difficulty” claims World Alpinist and Ice climber, Jack Tackle.

Every January, ice climbers by the thousands make the trip to attend the annual Ouray Ice Festival. Experienced and novice climbers (me) travel across the globe to catch up with climbing cronies, host interactive clinics, offer gear demos, and present slideshows unveiling their epic ascents from the previous year. The festival proved to me to be an ideal setting for that often imagined Colorado adventure married with a genuine learning of the sport of ice climbing and introduction to such a prestigious, and well-respected of athletic endeavors. The festival is a celebra-

news from the field



tion, an invitation to any newcomer to come learn from the best in their field. To experience the true art of braving the element - that authentic climbing journey, a truly uninhibited symbiosis with nature.

The highlight of the festival is the competition. This event challenges skilled, and qualified climbers on varied skill, strategic route selection, and speed of climb. They are challenged to reach the peak on mixed rock, and ice faces across multiple pitches and angles. Literally, attempting spider-like crawls while horizontal and dangling from carabiner and clasped fists well over 100 feet above ground. I stand in awe, amazed at the stamina, strength, and style required to be successful in this sport well beyond just braving the unknown elements of weather and unpredictability of rock and ice.

In the evening, climbers trickle into town to unwind the downtown streets lit by moonlight reflecting off snow covered canyons. Athletes and friends gather in pubs, and restaurants sharing stories of travel, and reaching ascents on the highest peaks in the world. Climbing is also community, sharing in a language of their own and embracing in the unequivocal nature of their desire. Bringing the world into focus if only for that moment and having a gathering place in the town of Ouray.

Story and photos by Ty Stevens.

news from the field

The Coastal Challenge Panama Island Run Scouting Report... continued!

By Tim Holmstrom

DAY 2 - BOCAS DEL DRAGO

Up early and nursing our collective embarrassment at nodding off like feeble old men on a Saturday night in Bocas Town. We decide never to speak of it again and take some odd comfort in heading back to the now familiar surroundings of the German Bakery. Quick breakfast and we're finally off to scout.

We enter a trailhead that leads into an indigenous village called El Tigre (The Tiger). Within 20 minutes we come upon some indigenous people and pass by some simple wooden homes raised up on stilts or blocks. The women and children smile shyly and the men look a bit puzzled.

The trail is single-track, nothing but mud and jungle and amazing. It rises and falls and crosses the entire island. As we come out of the jungle on the western side I can hear the waves crashing along the

shore before I even get to a clearing and see the beach. We come across a group of young men playing baseball, the national pastime in Panama. Surprisingly, soccer (football) comes in a distant second.

After a section of jeep tracks along the coast we end up back on a single-track trail that takes us through an incredible area that we never expected: a network of old and enormous reefs that form caves and cliffs and loom 40-60 feet above us. The trail winds between the cliffs and the waters edge. It's clear that this trail is hardly ever used but it's a great trail for running and absolutely ideal for The Island Run.

As we get back out to the beach we come across a young boy who lives in a nearby house. Obviously we appear well off course or outright lost because he immediately offers to be our guide. His name is Rafael and he is a most excellent guide for about 30 minutes. The last leg of

our run puts us on an access road and leads us to the most beautiful place we've seen so far: Bocas del Drago. After a long day under the hot sun the balmy offshore breezes here are a welcome change from where we've been. Feeling a sense of accomplishment we finally relax and enjoy this piece of paradise.

We eat in a beautiful beachside restaurant, refuel and then Sergio and I explore Star Fish Beach before dusk. We head back to Bocas Town by local taxi/pick-up truck, gathering up locals along the way. Hopping in the truck's bed to make more room, we're once again refreshed by the cooler evening air moving around us.

It's dark by the time we reach town. A crowd has gathered in the main town square and there is lively music coming from a stage. Beneath the light stands we watch an incredible cultural performance by a group of dancers and musi-

Photos by Tim Holmstrom/Sidelight Images

news from the field



cians. They are from El Salvador and perform a mix of traditional African dances along with African folk music. The lead singer, a strikingly beautiful woman, sways to the steady drumbeat and glares at the crowd.

Her name is Ashanti. She is mesmerizing. Her songs, mostly in Spanish, are a haunting blend of rhythmic narrative and percussion instruments. Some are social cautionary tales while others a celebration of being black.

Later we do finally visit a few of the local saloons and sample the local beer, Balboa. It's a good first day of scouting.

DAY 3 - BASTIMENTOS

Up with the sun. We intend to cross Isle Bastimentos and find a trail back to Bastimentos Town. Our aim is also to visit Red Frog Beach and Long Beach. But most important of all is to reach "Sergio's surprise", a place he came across during his

initial scout.

We hop a water taxi and travel about 40 minutes to the Eastern side of Bastimentos. We de-board at a small pier just the width of two planks and enter a National Park on a larger boardwalk that takes us through a vast mangrove forest.

Within minutes of walking away from the coast I'm again struck by how quickly the canopy closes in around us and it feels like dark, forbidding and remote jungle. It smells suddenly of damp forest and organic decay (oh wait, I realize that's just us).

The sounds of the forest come alive as we head deeper. It's grows loud but remains altogether peaceful. No one is here. We might as well be in Borneo or Madagascar or the Congo.

We walk and jog at intervals for a few hours. It's still early but already getting noticeably hotter.

We stop frequently to take pictures of the clusters of small islands just

offshore. Beneath the strong sun they are at times lit like green jewels set against the crystalline-blue waters.

Along a remote stretch of beach we suddenly come across something that clearly doesn't belong here. It's got a set of colorful flags attached to the end of a group of large levers that can be raised or lowered. It's puzzling but then it hits... at least one episode of Survivor was filmed in Panama. Was this a remnant just left to rot or be washed out to sea in the next big storm? What were they thinking?

We continue on and finally reach "Sergio's surprise", a tranquil aquamarine lagoon protected by a large crescent-shaped reef.

It juts 10-20 feet out of the water and lies 50 feet off shore.

We've seen no one all morning. We have lunch and swim and climb the reef. It's a breathtaking place and we decide then and there, in a half-serious pact, to keep its exact location to ourselves.

We are quite alone here. It's as close to a treasure as we are likely to have in this world and we reason it's perhaps good policy to guard its whereabouts for a while. We may not be castaways yet but when that eventually happens we now all know what shores we will drift in upon.

It is truly a highlight of our scout. It is a moment that seems to stretch out its hand and beckon us to stay a while longer until, drawn in by its siren-song, we would each be lost once again, this time to leave the world behind and live carefree to

news from the field

dream our elusive dreams.

But today is not the day. It's time to leave this place, to perhaps bury our dreams here on this tranquil shore. With any luck maybe one day we'll find our way back here to retrieve them, untouched by time or fate. Perhaps that will prove to be our real treasure.

We make our way back toward Bastimentos Town. 2 hours later we come across another painfully ugly reminder that Survivor had been here. An enormous Styrofoam ball towers over us on a beach. It's easily 12 feet tall with scores of metal spray paint cans sticking out of it from every angle. It's painted metallic bronze to give it the appearance of oversized mine. I don't know what the half-life of Styrofoam is these days but it appears simply another piece of Survivor flotsam left behind for someone else to deal with or left to rot. Either way, Survivor sucks !

We reach town and then take one more boat that day out to the opposite side of Bastimentos Island to look for a potential lodging point for the race. Not far from this shore we also see what appears to be a slightly raised sandbar glowing in the late afternoon sun.

It's actually Zapatillo Island and the beginning of Bastimentos National Marine Park. No time to visit on this trip but it's a must-see next time.

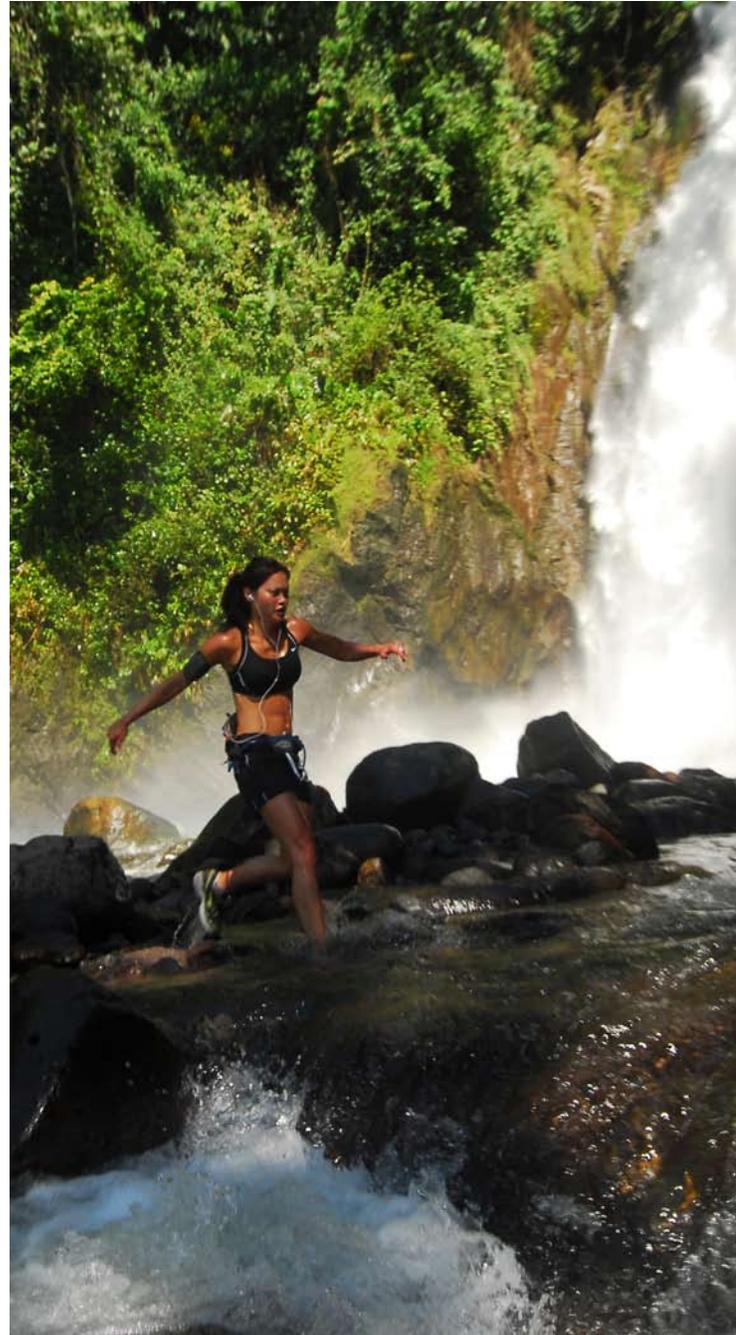
We depart Bastimentos and head back to Bocas. Ominous skies lay ahead as heavy clouds gather on the mainland and to the northeast. They

are backlit by the setting sun and stacked in layers of brilliant color that cast the sea with streaks of violets, pinks and blues. As the boat lurches forward we sit, silently taking in the changing panorama of sea, sky and islands. It is such a dramatic backdrop, captivating and timeless and life affirming.

Looking at our boat driver, I wonder how many days he's seen clouds and light and weather just like this... does it ever fill him with wonder or simply a mariner's respect for shifts in the wind and swells... or is he simply indifferent to the beauty it holds for visitors?

I glance over at my friend's faces in the soft light and wonder what they may be thinking. It strikes me once again just how remarkable this archipelago truly is and how fortunate we are to have woven into our lives the opportunity to be here at this exact moment, in this exact time and place.

Once more that day we find ourselves moving like wayward souls through Panama, lost in thoughts we keep to ourselves but that shape us nonetheless.



The First Adaptive Athletes Have Conquered Bridal Veil Falls

A Celebration of this Newly Reopened Ice Climbing Classic

February 12, 2009 - Telluride, Colorado

Story and Photos By Craig Stein - cstein@photoexpress-it.com

At over 360 feet Bridal Veil Falls is the tallest free falling waterfall in Colorado and arguably one of the most majestic and difficult ice climbs in the United States.

On a clear crisp February morning blind climber Erik Weihenmayer and climbing partner Chad Jukes, a below-the-knee amputee, geared-up in Telluride, Colorado to begin a snowshoe hike to the base of this classic landmark. Guided by veteran climber Mike Gibbs of Ouray, Colorado and accompanied by a host of cameramen, the team approached the falls which could still be heard from a distance as water cascaded over portions of the precipice.

"I could hear that big face moving in front of me. It was massively impressive," said Weihenmayer. "Then getting on the ice was very cool. It had character. There was a lot of weaving and bobbing, which I love."

Despite the loss of his vision at age thirteen, Erik Weihenmayer has become an accomplished athlete. While better recognized for his 2001 ascent of Mt. Everest, Erik has since climbed the remaining six of the tallest peaks on the world's seven continents. He has scaled the 3,300-foot El Capitan and ice climbed the 3,000-foot Himalayan waterfall, Lhosar. Besides his extensive climbing resume, Erik has raced in expedition length multi-sport adventure races such as Primal Quest and most recently has been instrumental in the creation of the first adaptive/able bodied adventure race, The Real Deal.



(left) Chad Jukes places his specialized ice climbing prosthesis securely as he traverses a gap on Bridal Veil Falls. (right) This time lapse image shows the route the team used to top-out after almost six hours of climbing.



Chad Jukes (above) and Erik Weihenmayer (below) making their way up the blue ice wall of Bridal Veil Falls.

"As a child there was no chance of playing baseball with the other kids," said Erik Weihenmayer. "Until climbing I had no outlet. After climbing, the horizon was unlimited for me." Erik continued, "Most people assume my favorite peak to be Everest but it is actually a mountain behind my house in Golden, Colorado where I first took my daughter and then my son whom we adopted from Tibet.

Iraq war veteran, Chad Jukes, was wounded when he encountered an improvised explosive device in 2007. Staff Sergeant Jukes was commanding an Army supply truck convoy. He had to make the difficult decision to either have his damaged foot and leg reconstructed or amputated. He chose below-the-knee amputation which enabled him to have more freedom to pursue his passion for rock and ice climbing.



Erik Weihenmayer sticking his axe into and ice climbing, the peanut-buttery ice of Bridal Veil Falls.

mountaineering, river rafting, and surfing.

Until recently Bridal Veil Falls was a climb that required special permission or a stealthy poaching approach to get on the classic ice wall. The first ascent by Jeff Lowe and Mike Weiss in 1974 was covered by ABC's Wide World of Sports which ushered in the modern ice climbing era. Since the late 1980's the site was closed to the public until the recent efforts of the Trust for Public Lands (www.tpl.org) among others.

In 2004 TPL purchased 2,400 acres of mining claims from the Idarado Mining Company beginning a long process of regaining public access to Bridal Veil Falls. The final license was obtained in September of 2008 and the last few arrangements, for public access to the base of the falls, were completed in December.

"I have worked with many organizations but The Trust for Public Lands is especially good at getting it done," proclaimed Erik. "They bring back magical places to the public! We are the most unique team to ever climb these falls and our ascent is a celebration of TPL's vision in attainment of this new public access agreement."

The full "in your face" nature of Bridal Veil Falls is what makes it such an icon. Traversing under roofs, through caves, and up vertical columns of ice is more like rock climbing.

Chad and Erik, climbing simultaneously, seemed to move steadily up the face. Picking their way skyward, they adapted to the ice with Chad above and Erik following making sure he was not directly below.

A wider big ice climb would have allowed for side-by-side climbing and an even faster ascent.

Erik later described the interaction, "Chad was telling me, OK we're going to traverse right now. He goes out first then around a corner and I follow, continually listening to him, finding that path of least resistance to conserve energy and increase climbing efficiency."

The ice conditions and weather were ideal for the four pitch climb which

took Erik and Chad just under six hours to complete. The team, finding the less impeding route, would have made a much quicker ascent if not for the camera crew filming the climb. Talking to camera people was the largest delay along with a few rope issues and some small difficulties with Chad's prosthesis and his stump getting cold.

"I always want to experience the aesthetic quality of a climbs' flow, which filming seems to impede," related Weihenmayer. "But at the same time It's fun to be part of a project that has a broader meaning." Erik continued, "You feel like your doing something important by letting people know about such a precedent setting climb."

About The Trust for Public Lands: TPL is a national nonprofit land conservation organization that conserves land for people to enjoy as parks, gardens, and natural areas, ensuring livable communities for generations to come. Since its founding in 1972, TPL has helped protect more than two million acres of land in forty five states.

A complete photo slide show of this historic adaptive ascent of Bridal Veil Falls can be found at: www.drivehq.com/web/photoexpressit/BVice-ClimbSlideshow/index.html



PHOTO BY: CRAIG STEIN

At the base, Erik Weihenmayer entertaining climb team members and crew with comedic tales as he and Chad Jukes await their turn to ascend the Bridal Veil Falls blue ice wall.



PHOTO BY: CRAIG STEIN

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Regional Sponsorship Program: The 1st place coed team from each qualifying race will receive a \$400 sponsorship, provided by the regional qualifying race, to be applied to the teams entry fee for the 2009 Zanfel USARA Adventure Race National Championship™. If the first place team does not attend, the sponsorship will roll down to the 2nd place team, etc.

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Orlando, FL • pangeaadventureracing.com

Nature Cure Yough X-treme • April 25
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The Bitter Pill • August 1
Bolton Valley, VT • gmara.org/bitterpill

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Bushwak This! • September 5
Alaska • alaskaadventureracing.com

Sheltowee Extreme • September 11
Daniel Boone NF, KY • sheltoweextreme.com

Raid the Rock Urban AR • September
Little Rock, AR • www.raidtherock.com

Wild Adventure Race • September 18
Baiwabik, MN • www.wildadventurerace.com

San Juan Island Quest AR • September 18
Bellingham, WA • islandathleticsevents.com

Tahoe Big Blue AR • September 19
Lake Tahoe, NV • bigblueadventure.com

Terra Firma Adventure Race
September 19 • Smithville, TX
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Lewis and Clark Ozark Adventure Race
November 7 • Springdale, AR
urbanadventurerace.com • 2010 Qualifier

Huntsville Hammer • November 14
Huntsville, TX • texasadventureracing.com
2010 Qualifier

Texas Dare • December 12 • Texas
www.texasdare.com • 2010 Qualifier

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Goal Setting Is The Key To Effective Training

by Cynthia Engel

As we settle into the New Year, it is a perfect time to start training for the upcoming racing season. The key to creating an effective training plan and then to staying motivated and excited about what we've created for ourselves is a clear set of realistic and measurable goals not only for race outcomes, but also for personal fitness, technique and mental development as well.

To get started, take some time in the next week to think about where you want to be with your sport in a couple years. What is your ultimate goal? I mean the one you are almost hesitant to share with anyone because it seems a bit outrageous, but it is secretly in the back of your mind as you plod along on an easy over-distance run or when you are registering for your next event thinking maybe it could happen this time? Write it down! Intention is 100% of what it takes to achieve a goal. So set that intention by clearly and specifically articulating in writing where it is you want to be – no matter how far beyond reality it may seem today.

Congratulations! You have now set the stage to get there if you really want it. From this point, it is simply a matter of breaking down the path toward your ultimate goal. I choose to break my path towards excellence into four different aspects of training and racing: fitness, technique and mental development and then race performance.

When writing your goals, focus on the positive – what you want – and phrase them that way. Avoid stating things you don't want. For example, instead of saying "don't get sick" say "stay healthy". There is a lot of power simply in stating positive intentions.

For fitness, think about how many hours per week you want to be training. What is realistic given the reality of your life, keeping in mind that part of fitness includes nutrition, maintaining a work/ family/ social balance, and REST! For example:

- Follow through on my training plan every day – 85% follow through apart from illness.
- Eat a healthy snack of protein, carbs and fat within 30 minutes of the end of each workout.
- Get at least 7 ½ hours of sleep at least 6 days/ week.

Regarding technique, think about each aspect of your chosen sport and your strengths and challenges within that sport. Break them down and create some technique goals for yourself. (Note: If your sport happens to be Adventure Racing, the list could get pretty long). Remember that it is important to keep your list realistic and achievable. So start with the long list and then narrow the focus. For example:

- Learn how to do an effortless running mount and dismount on the mountain bike.
- Focus on rotating and en-

Photo courtesy of Monica Dalmasso



gaging the core muscles when paddling.

- Use only terrain features to navigate 75% of the time I'm out nav training.

Mental development is a critical factor to succeeding in any sport and if you are anything like me, that takes as much training as anything else to keep that positive self-talk flowing naturally and authentically. Some examples of these goals could include:

- Love it! Finish each workout every day with a positive thought/ image.
- Breathe deep with the diaphragm after race warm up and during each race when feeling tense.
- Repeat key performance or technique words and phrases for each workout and race (ie, "powerful and smooth" for steep climbs on my bike).

Finally set some goals for race performance. Be sure to keep these personal. Setting goals that are relative to others (placing in the top 3rd, etc), ties your success to factors you cannot control – other

people's training and motivation. You can only control yourself, so set goals that reflect that reality. Some examples include:

- Reduce the % of time differential between the winning team and my team throughout the 2009 racing season as compared to the previous year's races.
- In each race, give 100% of appropriate power and mental game throughout entire race (only you will honestly know if there was a point where you chose to hold yourself back or not).
- Finish each race with an authentic smile.

Once you've put your goals down on paper, set them aside and then come back to them one or two days later to re-read them with a fresh perspective. Now is the time to edit them if it feels appropriate. The key is to be truly honest with yourself about what you really want and make sure they are stated using positive language. Once you've made your final edits, commit yourself to them! To stay motivated, I review my list of goals at least a couple times a

month and definitely before every race. As you find yourself achieving your technique goals, cross them off and add more, remembering to celebrate those successes in the process!

Setting a primary stretch goal and then some measureable intermediate goals to get you there are the foundation to building a successful training program and an inspiring season. Train and race smart and have fun!

Cynthia Engel lives and works in Bend, Oregon. An avid multi-sport athlete, you'll find her out xc skiing almost every day in the winter and spring and exploring the epic mountain bike and running trails in the region throughout the summer and fall (sprinkled with some rollerski sessions, of course!). She considers herself to be a map geek and feeds her quest for exploring the natural world and passion for pushing her boundaries with long training days complemented by xc ski and multisport racing. When she's not out playing, she's sending university students in the western US on international internship experiences throughout Europe, Australia and New Zealand (and checking them out herself in the process!).

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2008 Abu Dhabi Adventure Challenge



Story by Rob Howard • Photos by Monica Dalmasso

The Abu Dhabi Adventure Challenge first appeared on the race calendar in 2007 and made such an impact that its second running in December 2008 had the most international entries ever for an adventure race - 36 teams and racers from 21 nations!

The appeal is easy enough to understand and starts with an impressive prize purse. There was a total of US\$236,000 with cash prizes running down to \$1000 for 30th place. What's more, the race provides all the kayaks and bikes, some top class accommodations within the entry fee, logistics and food for much of the week – so the high cost of competing in a week-long race is kept to a minimum. In these cash strapped times, with sponsors and prize money hard to find, it's a financial oasis in the desert of a recession-hit sport!

Not surprisingly all the top teams and racers were there, attracted by the cash of the oil-rich state, but also by its hospitality and slick organization, the scenery of Abu Dhabi, and by the race format. The race was a mix of expedition



and stage racing (with two longer overnight stages during the week), on a course designed to show off the best of the emirate including its scenery and attractions in an up-and-coming adventure sports destination.

The race is organized for the Abu Dhabi Tourism Authority by Commu'nity, the French race organisers (formerly Saga d'aventures) who have previously staged the MountainX Race, X-adventure Series and Raid Gau-

loises. It's their expertise and contacts plus the enthusiasm and funding of the hosts that drew such an impressive international response, despite the awkward date just before Christmas.

Arrival at the Armed Forces Officers Club (the West Wing) gave those new to the race a taste of the way in which they would be treated by their hosts. This officers club is a 5 star hotel, similar in size to a small airport and their first navigational challenge was not to get lost between their rooms and breakfast! The race briefing was in the hotel's own cinema and those who wanted a swim could use the Olympic size pool in the basement.

The thorough kit checks were carried out in the doorway of the entrance by the huge indoor water gardens, and it was here the teams were familiarized with their kayaks and bikes. The kayakers are French built with especially designed double sails and the consensus on the Cannondale bikes was that they were 'serviceable' and any loss of speed or time spent setting them





up was preferable to the cost and hassle of flying bikes in. (Though a couple of teams chose to do this.) For the more novice teams the fact everyone had the same boats and bikes was seen as 'leveller' to help them compete with the established global stars of AR.

There were several novice teams racing, including local teams trying to put the hard won experience from last year to good effect, and also 5 teams who had won an ADTA Award gaining them a paid-for trip to the race. The awards were given out to aspiring teams from the United States, United Kingdom, South Africa, Slovenia and Sweden who had not previously raced at an international event with the aim of helping new blood break into the highest level of adventure racing.

There was no doubt this was the highest level of racing and before the race there was little consensus on who would come out on top. Last year's winners were now divided into three separate teams. Richard and Elina Ussher were back as Team Desert Islands

with Australian Jarad Kohlar and American racer Jay Henry, while their former team mates Aaron Prince and Gordon Walker were on Wilsa Helly Hansen and Team NZ respectively. Any of these teams could be challenged by the likes of OrionHealth.com, Sport 2000 Vibram Outdry, Salomon Crested Butte, SOLE, Lundhags or Nike.

Just how close the racing was likely to be was illustrated on the opening days racing – the prologue in downtown Abu Dhabi. This

was a fast and furious opening stage, starting with a road cycle along the seafront on the Corniche road, which was specially closed off for the race. This was probably the fastest opening stage of any adventure race ever and all the leading teams were in the tightly packed peloton which swept up and down the Corniche road before teams raced for their kayaks and set off to paddle around Lulu island, stopping off for a run across the island before returning to the beach to finish.

Team Desert Islands lead the way, followed by Team NZ with Nike out of the top 5, and although there was only a few minutes between them this set the pattern for the rest of the week. When teams got back to the beach to finish they found the first of many sumptuous outdoor buffets waiting for them ... there was even a suited waiter offering them water bottles on a silver tray when they crossed the line!

With that swift stage under their belts, teams were now transferred to Sir Bani Yas island in the Ara-





bian Gulf for the first overnight camp. This is the centre of the Desert Islands development and was until recently the private game reserve of the founder of the UAE. The small island is home to thousands of Arabian and African animals and is now an internationally important game reserve that is only now being opened to tourism.

After the bus and ferry journey, teams set up camp on the beach using their own tents, but they had portable toilets and showers, and a camp kitchen from the army which served up another amazing buffet meal and breakfast. This happened at every camp and there was also a fleet of camouflaged army vehicles moving the kayaks and bikes around.

Day two began with a 45.5km circuit around the island on the bikes, partly on tarmac, partly on sandy track, and included a ride up into the red-rock hills of the interior. There was a mad rush for the first checkpoint, which separated some teams briefly, and then the field gradually spread out with the leaders setting a furious pace – Desert Islands appropriately in the front once again, but tracked by Nike, with the two teams eventually finishing together after exchanging the lead several times. There were few chances to see the animals on the island, with the one exception of the Sand Gazelles. They were the biggest hazard of the stage as they frequently ran across the road in front of the riders.

In the afternoon the long paddling stage along the length of the Desert Islands chain began, starting with a paddle southwards along the coast of Sir Bani Yas to enter a lagoon and paddle back north to camp, before heading out into the open sea to reach the deserted Kurkum island, the site of the first bivouac. This was a shortened route, due to the stronger than expected winds and choppy sea conditions, but the overnight camp on the island was still one of the highlights of the race – what could be better than an overnight stop on an uninhabited island, on a crescent beach under a full moon?

On the third morning of the race the paddling stage resumed with a further 80km to Mirfa on the mainland. This was to be a severe test for all the teams, even the most experienced. Stu Lynch of OrionHealth.com collapsed on the finish line, and Jarad Kohlar of Desert Islands was pushed to

his limit as his team gave their all to try and keep their overall lead. This they managed to do but some power paddling by stage winners Team NZ reduced their lead to just 2 minutes with ADCO AROC of Australia moving into third overall and only 19 minutes separating the top five. (Nike were back in 10th and looked to be out of contention for the top places.)

Another bus ride now took teams into the interior to camp at Moreeb Dune, the start of the 107km desert trekking stage which spanned days 4 and 5. The teams who were slower paddling caught the last bus to camp, arriving after dark at camp to set up their tents and get what sleep they could before the restart in the morning.

There was a surprise when the camp awoke just before dawn to prepare for the trek – thick fog obscured any view of the surrounding dunes – the moisture coating the tents the last thing anyone expected on the edge of The Empty Quarter of the Arabian Desert but apparently its not uncommon in the cool season. It took some time for the fog to lift, but when it did the temperature was constant around 26C-28C, which may be cool for Abu Dhabi, but it's hot enough for racing – especially across more than 100km of dunes, with no shade and with every two steps forward slipping inexorably one step backward.

This stage was one of attrition, but it was also very tactical. The lead teams stuck together fairly closely, regrouping at each checkpoint stop then playing a waiting game to see who would set off and break trail first. As the stage developed,



Chris Forne of Nike became the leader, navigating and leading the top teams, who were quite happy to follow. Team NZ even waited for Nike, deciding it was quicker to let them navigate! The end result was that the top 5 teams finished at the next camp in the early hours of the morning, all just seconds apart after a 20-hour stage.

This left the top rankings almost

unchanged, with the exception that Nike was back up to 5th and ADCO AROC dropped right down the rankings. The Australians had not been able to keep up with the pace of the leaders, which is not surprising as they were moving much quicker than the winners did on this stage last year.

For the other teams, there were different tactical choices as there



was a mandatory 6-hour sleep requirement, and those moving more slowly could miss out on some of the optional CP's, but at the cost of a 3-hour penalty. Some of the slower teams knew their only hope was to take a direct and take the penalties so they could stay in the race, but those in the middle rank had harder choices to make though most made all the CP's, including all but one of the ADTA Award teams.

The final transfer was to the city of Al Ain – the Garden city of Abu Dhabi set beneath the mountain of Jebel Hafeet, the venue for the final stage which would decide the race. Camp was at Green Mubazzarah at the foot of the mountain, beneath broken slabs of rock which gave an indication of how demanding the sharp, unweathered rocks above would be on the final days trek. First however the teams had to ride 12km up the switchback road to the mountain top and this 12km was to do more to decide the result than the previous 107km of desert trekking.

Desert Islands struck out to ensure

a race win and lead the way to the summit, just ahead of Nike, while their closest challengers, Team NZ were pushed back to 4th on the stage leaving them 5 minutes to make up on the leaders on the final stages. Third to finish were Sport 2000 Vibram Outdry. The French team were finishing the race strongly and began the day just 2 seconds ahead of Wilsa Helly Hansen, but their compatriots suffered a crucial puncture and Craig Stevens rode the last 3km on a bare rim.

From the car park at the top of the road teams continued across the rugged mountain top, racing to reach the ropes stage, a double abseil on the biggest rock face on Jebel Hafeet totalling over 200m. This was followed by a steep and loose canyon descent with more roped sections, and the whole section was timed out. This was fortunate as the queues were considerable – but not so lucky for the later teams who waited almost 2 hours and were then ordered to take a short cut at the foot of the mountain, cutting short the stage so they could not complete the

whole course.

The British squad Saab Salomon had entered a young team of mountain runners, relatively untried in long adventure races, and they came into their own on the steep ground, winning the stage ahead of Sport 2000 Vibram Outdry. Desert Islands were 3rd but crucially a few steps ahead of Team NZ, who were their only real concern as the final stage was road ride back into the city which was unlikely to change the race positions.

In the event Team NZ got a flat as they rode into town, and that finally decided their fate, to finish as second behind Desert Islands – the deserving winners who had lead throughout and claimed the top prize and an impressive trophy at the prize later that night. Sport 2000 Vibram Outdry were delighted with their 3rd place and the novice international teams who won their places all acquitted themselves well with Dart Nuun of the USA taking a thirteenth place finish.

Full results and race info are on www.abudhabi-adventure.com

Rob Howard is the managing editor of SleepMonsters.

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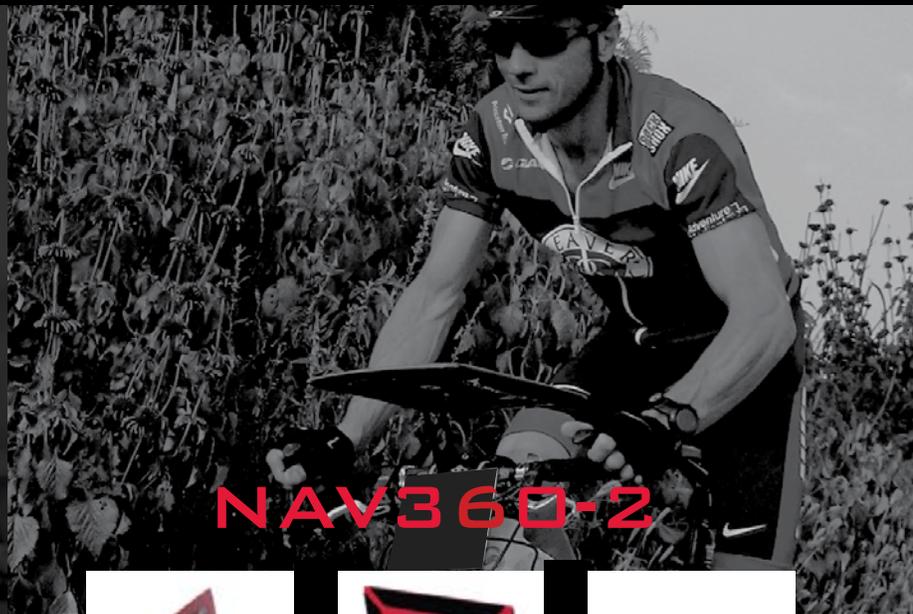
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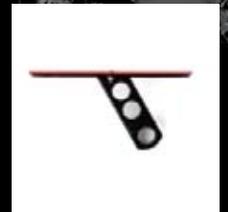
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Rickey Gates

Location: Transient...but most often in Boulder and Aspen, CO.

Sports: Mountain Runner

Age: 28

Occupation: Waiter/bartender/barista (the coffee man), inventor.

Athletic Background: At 15, I didn't like the soccer coach and a friend informed me that the cross-country team was co-ed. I've stuck with it even though I've since realized that women much prefer soccer players over runners.

Athletic Goals: Race in Europe for the next three months – doing at least well enough to survive on my winnings.

Athletic Highlights: 2007 US mountain running champion, US trail running champion and mountain runner of the year.

Favorite Workout: 2006 running of the bulls – Pamplona, Spain.

What Inspires or Motivates You? The Super Sizing of America

Favorite Fuel: Cookie dough

Favorite Indulgence: Post-race beer

Typical Workout: I put my running shoes on every day; that is the only training that I absolutely require of myself. My love for the sport takes care of the rest.



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Choose Your Own Adventure: Coeur d'Alene

North Idaho is one of the America's best-kept vacation and outdoor adventure secrets!

When people think of Idaho, often the first thing that comes to mind is "potatoes," but centered around the charming resort city of Coeur d'Alene (pronounced CORE d lane), the "Panhandle" area of the Gem State is a natural treasure, without a potato in sight. This was my second visit inside of a year, and while I liked it the first trip, I loved it this time, as I got to know even more about this little piece of heaven...

Situated just off I-90, only thirty-five minutes east of Spokane Washington, Coeur d'Alene is rapidly gaining a reputation as one of the top vacation destinations in the country for those looking for a little less "theme park," and a little more nature.

As a result of an error by Federal

surveyors more than 150 years ago (who ended up about 100 miles west of where they thought they were while supposedly mapping the Great Divide for the Idaho-Montana border), Idaho's strange looking geography resulted in a narrow (just over 75 miles wide) strip of magnificently forested mountains and clear alpine lakes extending 90 miles north to the Canadian border.

The local economy, once based primarily on mining and forestry, has diversified into a well-balanced blend of service and tourism, education, medical, high-tech and retail, while still maintaining a strong mining and agricultural presence.

Coeur d'Alene itself, with a population of just over 50,000 is the county seat, as well as being the cultural center of the area. It sits on the northern shore of Lake Coeur d'Alene, voted one of the World's 10 Most Beautiful Lakes, by Conde

Naste Traveler magazine, and offers a destination of almost unmatched beauty with world-class amenities.

Coeur d'Alene, or "CDA," has grown into a true year-round destination, with activities for the whole family, no matter what season you visit.

The thriving downtown area has undergone a massive upgrade and restoration over the past decade, resulting in a clean, quaint and eclectic mix of unique shops, excellent dining and a wide range of accommodations, all with a local touch. (Look for the moose and bear statues and numerous fountains along Sherman Avenue, the town's main drag.

The downtown area is anchored by the world-famous Coeur d'Alene Resort (www.cdaresort.com); a sensational five star resort literally perched on the lake. "The Resort," as the locals call it, features three restaurants, 2 bars,

shopping, first class amenities and 338 rooms of amazing luxury. The newly redesigned spa was just voted “Most Romantic Spa

in the World,” by Spa Magazine, and is a must for anyone wanting a little (or a lot!) of pampering! They also hosted the regional

showing of the Banff Mountain Film Festival this year. www.banffmountainfestivals.ca



An Outdoor Adventure Mecca

For the outdoor enthusiast, this is as good a place to visit as anywhere in the west... or the east.

If there's an outdoor activity you like, north Idaho has got it. Coeur d'Alene and the surrounding area is home to a large array of activities, and is fast-becoming a Mecca for outdoor races of all types. The “Race Coeur d'Alene” project through the Chamber of Commerce is a new cooperative among the various races to promote north Idaho as a racing destination. Check out www.coeurdalene.org/calendarmonth.asp for more information.

For the 6th year in a row, the Ford Ironman (www.ironmancda.com) takes over the city the third week of June, as over 3000 volunteers welcome 2100 athletes for 140.6 miles of swimming, biking and running, as they attempt to qualify for the World Championships in Kona. Ironman CDA is widely regarded as the best organized and most hospitable of the major Ironmans as well as the most

challenging. June 21, 2009 is the big day.

New this year, but already making a huge splash is Adventure Sports Week (www.adventuresportsweek.com). This is a 10 day, 24 race festival held at Farragut State Park, just 30 minutes north of downtown, June 5 - 14. With something for almost everyone, they will be hosting one of the eight official XTERRA Cup races in the USA (www.xterraplanet.com), as well as a short course off-road triathlon, a relay and several corporate races. Some of the other offerings include seven trails runs (6k, 12k, 10 mile, ½ marathon, marathon, 50k and 50 mile), two mountain bike races (4 & 8 hours), a kayak/canoe race, a distance swim, an orienteering meet and five different Adventure Races (including one just for kids!), highlighted by the “Crux and the Crucible,” a great test over some of Idaho's most challenging terrain. There are several social events planned as well.

Several world champions and other

celebrity racers will be in attendance among the 2000 expected participants, including Ian Adamson, Rebecca Rusch, Robyn Benincasa, and even possibly Mike Kloser and Team Nike. (We're not in THAT league, but our team is planning on racing too.)

The 32nd annual Coeur d'Alene Marathon at Riverstone has grown steadily, capping at 2500 runners this year, and is a scenic test through the Riverstone development, along the Spokane River and through downtown and back, following the Centennial Trail. The Centennial Trail is a 24 mile stretch of biking and running trails beginning at the Washington-Idaho border, and continuing uninterrupted through to the east end of Coeur d'Alene. (It connects with the Spokane River Centennial trail on the Washington side, and goes another 37 miles.) www.northidahocentennialtrail.org. The 2009 date is May 24, and this year, it will be the USATF Inland Empire Regional Championship. www.cdamarathon.com



com. www.riverstonecda.com

The Coeur d' Alene Scenic View Triathlon sponsored by Toyota is the largest Olympic distance triathlon in the area, with over 1500 triathletes racing through downtown. This will be the 26th consecutive year, making it one of the oldest triathlons in the region. The 2009 date is August 8. www.cdatriathlon.com.

On August 1, the Hayden View Triathlon takes place in the sleepy hamlet of Hayden, just minutes north of CDA, in the warm(er) waters of

Hayden Lake. This sprint distance tri is in its second year, and has 350 entries for 2009. www.haydenviewtri.org. The organizers have done a terrific job with the course, and are attracting a pretty high class field.

"Race the River" is a sprint triathlon taking place entirely within Riverstone on July 26, and will have 500 racers. www.racetheriver.com.

A new event just hit my calendar today: "The Urban-X" will be a 4 – 6 hour "Urban" Adventure Race taking place entirely in downtown Coeur d'

Alene and Riverstone, May 30. This promises to be a wild, wooly and fun event; kind of a cross between a "normal" Adventure Race and a giant scavenger hunt, complete with fun challenges and clues. Biking, running and mystery water sports will be included. Look for more details on www.urbanxcda.com soon.

"Run America Run" (www.usaproductions.com) is a 5k, 10k, and ½ marathon on July 17 at the new Salvation Army Kroc Center.

All other races aside, without question the biggest event in the area is the Lilac Festival Bloomsday run, a 12k run through downtown Spokane. In its 32nd year, it features over 50,000 runners and walkers, including a stellar international field, wheelchair division and more. This is an event that captivates an entire region. Check out www.bloomsday.org on how you can become a "Bloomie!"

For those of you just wanting to get outside but not wanting a race, you're in luck! Biking, hiking and running trails abound, and kayaking, sailing and even parasailing are at your finger tips! For those wanting to go a bit faster, there are also miles of ATV and dirt bike trails.

Canfield Mountain, just north of downtown is the highest point in CDA proper. It's crisscrossed with trails of all types, and has easy access. The views from the top are breathtaking. www.trails.com/tcatalog_trail.aspx?trailid=BGW053-067

Just a little bit further north, Farragut State Park (www.parksandrecreation.idaho.gov) is an amazing natural wonder. It sits along the south shore of mighty Lake Pend Oreille (pronounced "Pond er ray"), one of the



USA's deepest lakes, which stretches 35 miles north to Sandpoint.

Farragut, venue of this year's Adventure Sports Week, has 4000 acres of trails, beaches, parks, camping, biking, DISC golf and lots more. It borders the idyllic town of Bay View, which with its houseboats, small town markets and quirky "boat-in" restaurants, gives you a glimpse into the peaceful, "off the beaten track" world of yesteryear.

Heading east from Coeur d' Alene, you can bike the 72 mile "Trail of the Coeur d' Alenes," a converted "rails-to-trails" project that winds its way slowly upward into the mountains, through the old mining towns that made the "Silver Valley" famous.

With several trail heads, you can attempt the whole trip, or just do some of the shorter portions, depending on your fitness and interest. www.friendsofcdatrails.org

One of the highlights of the Rails to Trails system is the Hiawatha Trail, located at Lookout Pass on the Montana border. It's an amazing 14 mile bike trail down a 2 -4% grade through 10 railroad tunnels (the longest is 1.7 miles, and you'll need a headlamp for the ride) and 8 spanning trestle bridges over the river far below. At the bottom, you can choose to take the bus shuttle back to the trailhead, or attempt the bike ride back up the hill (it's a bit more difficult on the way back up, BTW, but is doable...). Either way, it's an awesome fam-

ily day! (www.skilookout.com/hiawatha)

For biking, there are three great bike shops in town, all of whom have world-class service and sales in the major brands.

Vertical Earth (www.verticalearth.com),

Two Wheeler Dealer (www.two-wheelerskidealer.com) and

Mountain View Cyclery (www.mountainviewcyclery.com) can help you with all your biking needs.

Kayak Coeur d' Alene (www.kayakcoeurdalene.com) is the region's number one kayak shop, and they have great rentals, lessons and tours as well.

Floating the Coeur d' Alene River is a big family hit in the summer, and you'll often see giant flotillas of rafts and inner tubes joined together for a lazy float, complete with radios and coolers. If you're looking for a bit more adventure on the river, you can get some great whitewater rafting in less than two hours from town.

There are several fishing outfitters, and you can catch fish anytime of year, including ice fishing. They even have several species of inland salmon to go with the various species of trout and Northern Pike.

Where to Stay:

After the Resort, there are several other very nice hotel choices to suit every budget.

The Coeur d' Alene Inn is owned by the same group as the Resort, and is in the Best Western family. Clean, remodeled and with a great pool, it's a nice family property. www.cdainn.com

The Shilo inn is another mid-range choice. They have a nice pool, good breakfast, and are a great value choice.



www.shiloinns.com

Slightly west is the Red Lion Inn – Templin’s in Post Falls. This nice property is on the Spokane River, and is very attractive. <http://redlion.rdln.com/HotelLocator/HotelOverview.aspx?metaID=64>

There are two Holiday Inn Express properties, one near Riverstone, the other in Hayden, about 13 minutes north. The Hayden property has the great “Triple Play” family fun park attached, including an indoor water park, bowling, laser tag, games, go karts etc. Great for the family! www.3play.com

The newest property in town is the Fairfield Inn and suites in Riverstone. Top notch, and nicely situated.

The Guest House is located close to the interstate and had some of the best rates in town. Newly remodeled, and with a nice breakfast, their prices can’t be beat. www.guesthouseintl.com/location-ID-Coeur-d-Alene.htm

There are several good RV parks around town, as well as many good camping spots. Farragut has plenty of tent spots, RV spots and even “rustic” cabins for rent. If you want to get out of town a bit, there are “real” camping sites up the Coeur d’ Alene river... no amenities, no hookups, nuthin’ except nature.

Dining:

North Idaho has a surprising number of great eating choices, ranging from cozy breakfast places to five-star fine dining, and everything in between. Here are some of the unique local favorites:

Breakfast: The best breakfast in town, Michael D’s eatery is located a mile or so down Sherman from the Resort, and is the reigning king of breakfast. Their waffles, their omelets (try the “Aspiring”) and their corned beef hash are to die for. They also do a great lunch. They close at 2:00. www.michaeldseatery.com

Lunch: For the best deli sandwiches you’ve ever tasted, head a few minutes north to Daanen’s Deli, on Government and Prairie. This German deli has great German specials, live music and terrific beer, but the star of

the show is their sandwiches; your choice of meat, cheese, fixings and condiments piled high on the softest, freshest bread ever! Try turkey with provolone, Düsseldorf mustard, lettuce, tomato and cranberry on the fresh rye for an ultimate lunch treat. The strudel is also world class! www.daanens.com

Hudson's hamburgers: Located across the street from the Resort, this 100 year old restaurant is a CDA landmark. At Huddies' small lunch counter, you can order a single burger or a double burger. You can add cheese, a pickle slice or onion. That's it. No fries, no "funny stuff," no chicken, no web-

site... just the best beef, fresh slices of pickle, fresh buns, all cooked right there in front of you. There isn't a better burger to be found. They do have pie, if you're lucky.

Dinner: Your choices abound, with a multitude of choices to suit every taste and budget...

Quick and Easy: Even though we are trying to stay away from "chains" for this article, Noodles Express is too good to ignore (and it's only a small chain). With fresh noodle and rice based dishes with great sauces you can't go wrong. Try the Green Bean side order... awesome!

Italian: Angelo's Ristorante, located on 4th street in "Midtown" offers 100% healthy, organic, natural Italian food, and their Italian wine list is great! The Cioppino is amazing! www.angelosristorante.net

Sushi: Also in Midtown, Syringa is the hottest sushi place in town, with original "fusion" sushi. Great Sake menu too. www.syringasushi.com

Tavern: Moon Time, located on 15th and Sherman is a great little place with terrific microbrews and tavern style food. The lamb burger is great. www.wedonthaveone.com

Insider's Notes

As I investigated my way around town, I found some potential jewels that may have a bright future, though neither was fully up and running as of this writing.

One of the newest services I heard about is called "The Adventurous Life," and while their website is still under construction (www.theadventurouslife.com coming soon, they promised), I did speak with the owner, who is an active adventure athlete himself.

They're offering an interesting variation on the normal tour idea: Basically, they are a complete provider for you, and I mean complete.

Want to bike? How far, how high? Want to camp with that? Fish? Want to do a ½ day "training camp" and then do a "sprint" adventure race for the family? How about a kayak trip? Want to rock climb or even climb a mountain? How about put it all together in a week long getaway?

Basically if it has to do with the outdoors, they'll arrange it for you. Equipment, training, expert guides, your meals (including gourmet dinners if you want), camping gear... whatever you need, they'll set you up with a custom package and take care of you. I like the concept. We'll see how it turns out.

ROW adventures has an office right down town, and they specialize in kayak and canoe tours, and I think they're expanding to hiking and maybe even biking this summer. Their office wasn't open when I went by, but is apparently opening for the season soon. www.rowadventures.com



Getting There

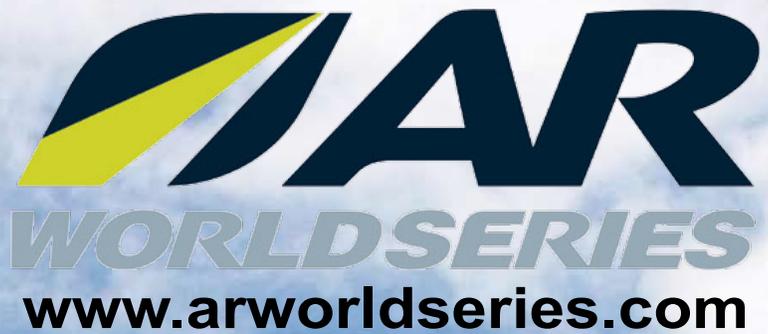
Coeur d' Alene and north Idaho are served by Spokane International Airport, which has flights from almost every major carrier. Southwest and Alaskan/Horizon have the biggest presence.

The drive from Seattle is about 4.5 hours, and you can be there from Portland in about 6. Missoula is 3, Boise is about 8 and even Salt Lake City is only 10.

Calgary Canada is about 8 hours, and the drive through Radium and Banff is one of the prettiest in the world.

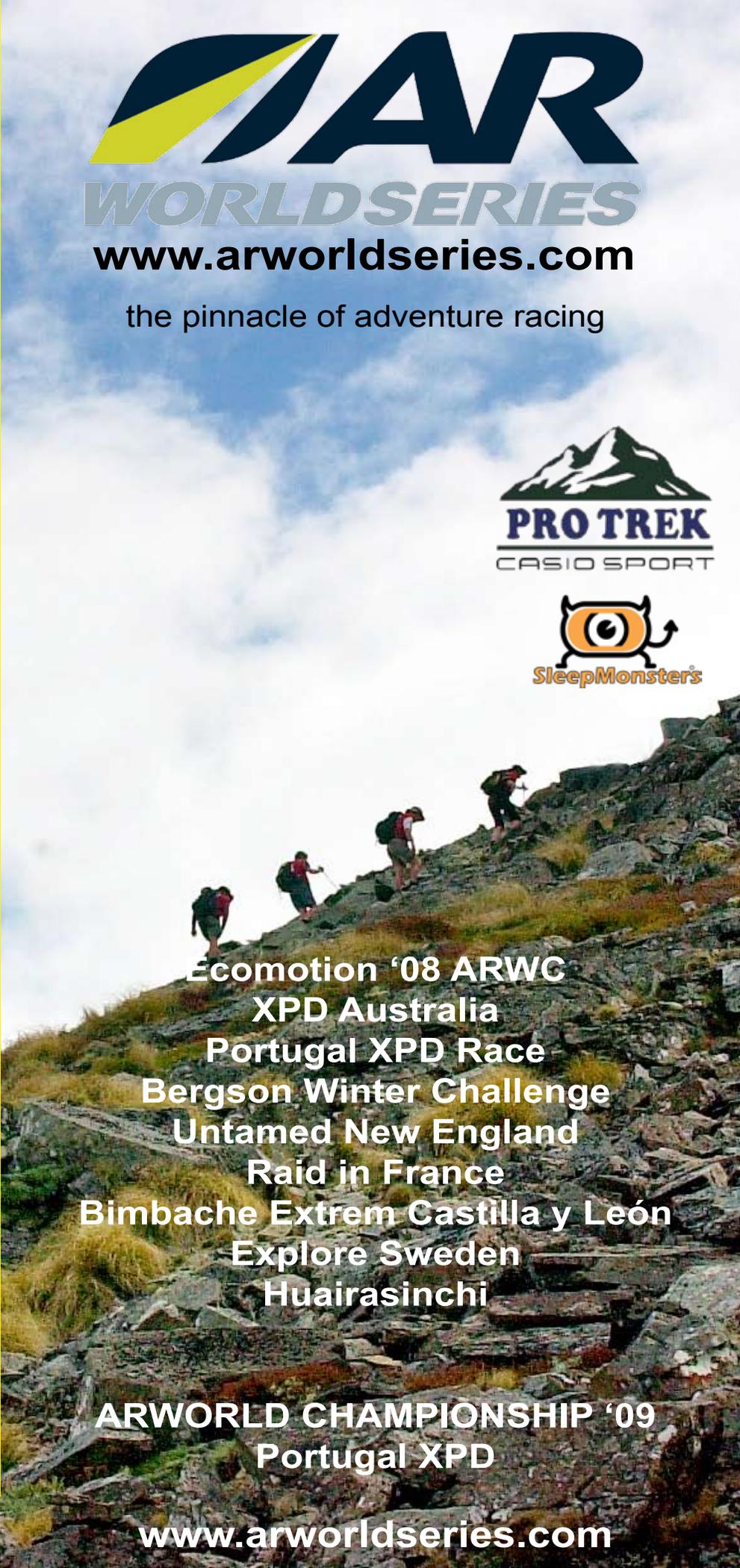
Mark R. is an adventure racer, wine collector, chef, traveler and free-lance writer who is considering a move to north Idaho soon.

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Heart Rate Monitor Training

by David Perez

With increasing interest into the outdoor world and fitness in general, there is a drive to track progress and make sure you're working out at the right intensity. A heart rate monitor can help you accomplish this if used correctly. This article will review the basics of using a heart rate monitor and how it can be implemented to track your progress during workouts and throughout the season.

There are a few terms that you need to be familiar with before delving into training zones. When exercise intensity increases to the point where your muscles are accumulating lactic acid, this is the zone in which your body is operating anaerobically and is called anaerobic threshold (AT) or lactate threshold (LT). You will feel like you are working out "hard" in this zone of training. Aerobic threshold (AeT) is the zone prior to this in which the body is still clearing lactic acid and the majority of training is being done aerobically (with oxygen).

There will be various numbers you need to calculate to determine the correct training zone for yourself including resting HR, maximum HR, aerobic threshold and anaerobic threshold. Maximum heart rate is dictated by your age as well as your genes. Lactate threshold can vary depending on your level of fitness. Therefore designing training zones based off of this number would be the best and most accurate value to use.

Determining resting heart rate (RHR). Measure your heart rate as soon as you wake up in the morning. Take your resting heart rate for a minute. Do this for 3-5 days and average the numbers. Record this number when you have rested well and not after a hard day of training.

Determining Max Heart Rate (MHR). The most accurate method to determine maximum heart rate is to perform a sports specific max HR test. Sports such as running that involve more overall body use and are gravity dependent will generate a higher max heart rate. This is the basis for performing a sport specific test. Then again this method will only give you an accurate number if you've been training and can go "hard" for an extended period of time. You must also be medically cleared to do so. Please keep this in mind before getting out there and exhausting yourself. If you are serious about finding out your exact max heart rate, perform a good warm up of 10-15 minutes then ramp the intensity up and go as hard as you can for at least 2 minutes. Record your maximum heart rate. If you are unclear about what to do please seek out a local coach or university specializing in exercise physiology to help guide you.

For the rest of us, consider using one of the many formulas available to help determine your maximum heart rate. The most well known is: $220 - \text{age}$ which theoretically gives you your MHR. Unfortunately this formula has been found not to be very accurate at all.

An alternative method I use and found to be accurate is: $\text{Max HR} = 205.8 - (0.685 \times \text{age})$. This method has also been peer reviewed within the Journal of Exercise Physiology. This gives you your max HR, which will help you develop your training zones.

Determining Aerobic threshold (AeT). Typically AeT is thought to be around 65% of your maximum HR. Multiply $65\% \times \text{your MHR}$ to determine this number. You will most often stay within this zone of

training to reap the rewards of increasing your aerobic base, laying a foundation to perform effective anaerobic work, and weight loss.

Determining anaerobic threshold (AT). This is probably the most important number to determine. There are multiple ways to determine a good approximation of anaerobic threshold. The easiest would be recording your HR data during a race. Take running for example, if you could record a 10K or half marathon, this would give you a good estimation of your anaerobic threshold. Typically most races that we compete in are done so at this threshold intensity.

Another method involves performing an individual time trial in your respective sport(s). The time/distance will need to be long enough to get true anaerobic threshold data. There are shorter options available such as a 5K run TT, 10K bike TT, etc to get yourself a pretty good estimation of AT. There are clearly too many to list for the purposes of this article, there are various sources to consult.

If you are really motivated to find out your true anaerobic threshold, you will need to perform a lactate test. Again, consult a local university or coach that specializes in sports science.

Training Zones

Once you have these numbers established you can then set training zones appropriately. There are numerous methods and charts detailing training zones. Clearly you need to set zones appropriate to your level of experience, goals and knowledge of the bodies physiology. You can be very detailed in devising your training zones but if you really don't know the purpose of them, it won't serve you well and the true benefits may be lost in the end.

Zone 1 (50-60% of MHR) This zone is typically used for beginners or as a recovery workout. Theoretically the lowest level of max HR you could workout in and still increase your fitness

Zone 2 (60-70% of MHR) Long, slow workouts are performed in this zone for the majority of the time. Those looking to really increase their mileage would spend the majority of their early season time here. This zone helps your body build and distribute capillaries throughout, thereby making you more aerobically struc-

ured. It also stimulates the body to burn more fat than carbohydrates.

Zone 3 (70-80% of MHR) Aerobic Threshold (AeT). This zone helps increase your aerobic capacity greater than zone 2. This zone has been found to be the ideal to improve your body's aerobic capacity, more so than zone 2. You need zone 2 to increase your distance and to train your body to use more fat during workouts; but you need zone 3 to improve your HR during workouts which in the end allow you to go harder and faster. This zone continues to work aerobically and relies a little more on carbohydrates than zone 2.

Zone 4 (80-90% of MHR) Anaerobic Threshold (AT). You would spend time in this zone if you are training your body to tolerate and become more effective at dealing with the build up of lactic acid. If you're training for an event or are serious about your sport, you're most likely performing intervals, which place you into this zone of training.

Zone 5 (90-100% of MHR) VO2 Max. A very hard zone and one that you will only be able to sustain for a very short period of time. Lactic acid is accumulating very quickly. This zone is primarily used for more explosive sports or for those athletes that compete in their respective sport.

Most of your training will be done in the aerobic zone with periods within a training program or workout into which we may go anaerobic. Heart rate data is great at allowing us to stay at certain intensities yet there are some limitations worth mentioning. You heart rate data can be affected by climate (usually extremes in the temperature), your recent activity level, physiological state and nutrition. Keep this in mind.

Because of these factors, rating of perceived exertion (RPE) is used to help refine heart rate data. RPE is a subjective assessment of intensity. It is scaled from 6 to 20. Each number represents 10 beats per measure (example: an RPE of 10 equals roughly a 100 bpm).

- 6 no exertion at all
- 7 extremely light
- 8
- 9 very light
- 10
- 11 light
- 12
- 13 somewhat hard

- 14
- 15 hard (heavy)
- 16
- 17 very hard
- 18
- 19 extremely hard
- 20 maximum exertion

The reason you would use this along with your HR data, is that sometimes your HR data can be wrong. An example is working out right after having a cup of coffee. When you workout, your HR monitor will probably be giving you higher than normal HR readings because of the effects of caffeine. Your RPE should still match your "real" intensity and will help you modify your HR readings. Over time, using this scale and becoming accustomed to your HR zones, you will be able to rely more heavily on RPE instead of following your watch throughout a workout or race.

Establishing your training zones and using a HR monitor consistently can allow you to train more effectively. Make sure to look at your HR data after the workout to ensure that you have stayed within the respective training zone throughout the entire time. Look at any patterns that you notice, for example seeing your HR sky rocket during a certain portion of a race or workout. If you intended to go hard then goal accomplished but if you intended to stay within a certain HR take note of your tendencies during these times and aim to change them. Simply looking at your watch during the workout casually may not be as effective. Also consider wearing your watch during races to continue to record and refine your lactate threshold. Effective training comes from targeting specific stress to the body, using a heart rate monitor is a valuable tool to help you accomplish this.

David Perez, PT, DPT, CSCS is a Doctor of Physical Therapy specializing in meeting the demands of athletes and specialty patients. He is a USA Cycling and USA Triathlon Certified Coach as well as an NSCA Certified Strength and Conditioning Specialist. He spends much of his own time recovering from injuries and helping himself return to sports.

training - Heart Rate Monitor Spotlight



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- Stopwatch with lap times, interval and countdown timers
- Real-time heart rate and calories
- Speed, distance and cycling cadence with optional PODs
- Comprehensive physiological analysis on PC
- Comfort Belt for improved fit
- Available in red or black

www.suunto.com

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MSRP: \$199.99

Features:

- PC interface
- 10-day memory
- Ventilated polymer strap
- Altimeter/barometer
- Time, date and alarm
- Digital compass
- Measures calories, pace, speed, distance, temperature, and heart rate

www.tech4o.com



training - Heart Rate Monitor Spotlight

Sportline Solo 960

MSRP: \$99.99

Features:

- Patented one-touch reading without a chest belt
- ECG accurate heart rate measurement
- Measures speed, steps taken, distance traveled, exercise time, calories burned
- Hi and Lo target zone alarm
- Time, dual time, date and 5 daily alarms
- Water resistant 50m
- Backlight system
- Chronograph

www.sportline.com



New Balance N5

MSRP: \$89.99

Features:

- Dual time and dual alarm
- Measures resting heart rate, % of Max HR, average HR, maximum HR (workout and age-based), exercise time, time in target zone
- Stopwatch
- Low battery indicator
- Backlight system
- Water resistant 30m
- Available in graphite and frost

www.nbmonitors.com



Two Great Events at One Venue

May 9, 2009 Burnet, Texas

USARA Sprint Adventure Race National Championship

The USARA is proud to present the 2009 Sprint Adventure Race National Championship. Teams from around the country will battle it out for bragging rights in Burnet, Texas. Two member teams will mountain bike, trail run and paddle their way to victory. Categories will include male, female, coed, coed masters, male masters and Clydesdale.

USARA Collegiate Adventure Race National Championship

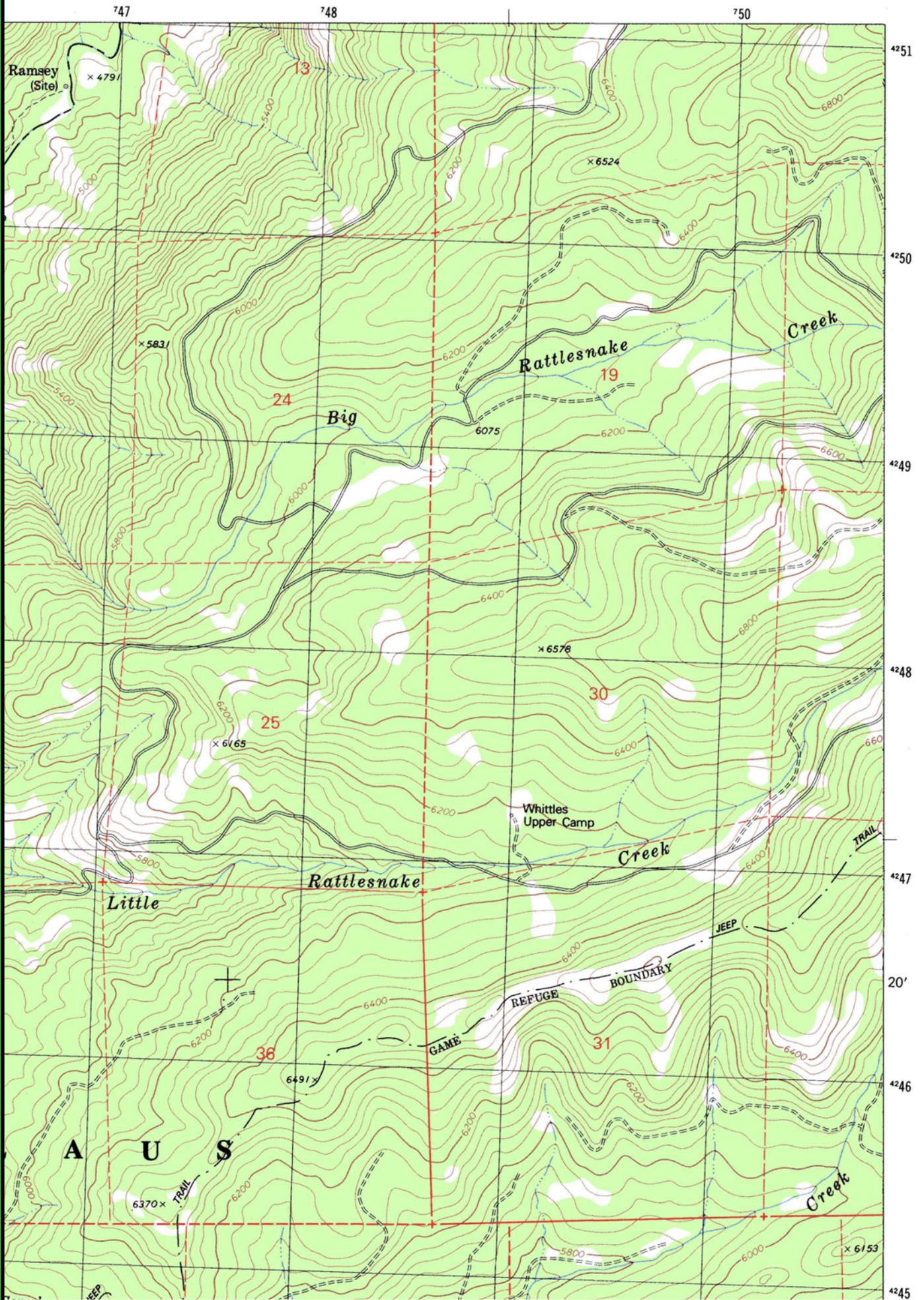
The USARA Collegiate Adventure Race National Championship will be held in conjunction with Sprint Nationals. Collegiate competitors will compete for the title of Sprint Collegiate National Champions. Teams of two will mountain bike, trail run and paddle. Categories will include coed & male.

For the second year in a row, the AIX Group will offer an amazing \$3000 sponsorship to the winning collegiate coed team. This sponsorship package will include AIX Team Racing Gear, funds for race fees and travel expenses, and armfuls of gear!! The sponsorship includes equipment from Merrell, Suunto, Sole and Zanafel. The team will also receive free entry into the 2009 USARA 24 Hour Adventure Race National Championship, a \$900 value, and will be crowned the USARA Collegiate Sprint Adventure Race National Champions!

Visit www.usaranationals.com for more details and to get registered today.

www.usaranationals.com

AWM Navigation Challenge Round 6



Adventure World Magazine Navigation Challenge: Round 6

Try your navigation skills from the comfort of our own home with this online navigation contest. Answer all the CP questions in order by following the instructions below. E-Mail your answers to info@adventureworldmagazine.com True North and Grid North are assumed to be identical on this 1:24K map.

This month your team is in Stanislaus National Forest, CA for the Sixth round of the Adventure World Magazine Navigation Challenge, brought to you by www.ARNavSupplies.com and the Basic Roamer AR.

Checkpoint	Instruction	Question
Start	North end of Fire Road in UTM Square 0748 4245	What is the elevation at the end of this trail?
CP 1	From the start follow a bearing of 320 degrees from grid north for 0.3 of a mile.	What is the elevation at this location?
CP 2	Follow the ridgeline to the highest point in UTM grid 0749 4246	How many contour lines were crossed on the flattest route to this point?
CP 3	Travel via the shortest path to Whittles Upper Camp.	How many streams were crossed?
CP 4	From Whittles Upper Camp travel directly to the benchmark at 6578 in UTM grid 0749 4248	What is the distance in meters between CP3 and CP4?
CP 5	Travel to UTM 0748200 4248690	How many trails intersect at this location?
CP 6	From CP 5 travel on the road NNE 1.05 miles to the seasonal creek crossing. Follow the seasonal creek down to its junction with Big Rattlesnake Creek.	What is the elevation at this point?
CP 7	Follow Big Rattlesnake Creek downstream until it meets the road.	How far downstream have you traveled in miles?
CP 8	Take the easiest route to Benchmark 6524.	What is the UTM of this location?
CP 9	Travel by the easiest route possible to UTM 0747140 4249450	How many contour lines are crossed on the flattest route from CP 8 to CP 9?
CP 10	Find Ramsey (Site)	What is the grid north bearing from CP 9 to the Ramsey (Site)
Finish	Email your answers to: info@adventureworldmagazine.com	



WWW.ARNNavSupplies.COM

The Basic Roamer© AR

As the Official Navigation Tool of the USARA, the design of the Basic Roamer© AR has been carefully considered for US Adventure Racing and has over 20 major features. Originally developed for rallying in Europe this tool is now customized and available for the US Adventure Racer. Rally navigators must make split second navigation decisions at very high speed and any errors can be very costly to crew, car and team. With these challenges in mind it is easy to see how the Adventure racing navigator can benefit from the Basic Roamer© AR. www.BasicRoamerAR.com.



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The Adventure Racing Waterproof Pedometer

Now you don't have to guess or time your travel to the next CP, you can know exactly how far you've gone. Most pedometers fail completely when they get near water. We've developed one that actually works when wet. It even survived the full course at Primal Quest.

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gear closet

Gear You May Have Never Heard Of-Volume 2 !

We reviewed some of the unique & hot, new must have gear we spotted at the annual outdoor trade show.

Niteize Figure 9 Carabiner

MSRP: \$3.99-\$5.99 (Small & Large)

A super cool little device that eliminates the need for knots. Tie anything down in just a few seconds, untie in the same amount of time!

www.niteize.com



Brooks-Range Ultralite Guide Tarp

MSRP: \$145-\$179 (10X10 model)

8 x 10 and less than 10 oz make this is a great tarp for 2-3 people. The tarp has 16 loops sewn in at 2 foot intervals which provide for endless possibilities. The tarps can be suspended with trekking poles making it a functional, light-weight piece of gear for most trips.

www.brooks-range.com

Feedback Sports Expedition Digital Scale

MSRP: \$65.99

Awesome scale and easy to use, even for non techies like me. Weigh your pack, your bike, luggage, even the household pet. There are several models to choose from with thousands of uses.

www.feedbacksports.com



Zero Goo

MSRP: \$39.95

Say so long to those old moldy hydration bladders & your friends laughing at your black crusty bladder. Pop your mouth piece off and turn on Zero Goo, a few hours later you have a dry hydration bladder & tube. You can use it to dry shoes too!

www.zerogoo.com



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The Handirack is an inflatable roof rack that will work on just about any vehicle out there. The Handirack is bomber, sets up in just a few minutes, and stores in a very small carry bag. This is the perfect roof rack for a car or that second vehicle.

www.maloneautoracks.com

Hennessy Hammock Ultralite Backpacker

MSRP: \$189.95

Checking in at 11lb. 15 oz this lightweight functional hammock has all the bells & whistles. Includes a rain fly and bug netting, basically the Ritz in the trees!

www.hennessyhammock.com



Glacier Glove Boonie Hat with Shade

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Offers 30UPF, has a removable sun shade and is light weight and packable. They also carry gloves & a hood for maximum sun protection.

www.glacieroutdoor.com



Sound Map

What You Need:

- 1 piece of paper
- 1 pen
- 1 clipboard or something to write on

How To Get Started:

This is a really fun activity even if it is done in your backyard or a totally new area that you have never been to before. Find a spot outside where you can comfortably sit down. On your piece of paper, put a mark in the center of the paper for you. Then close your eyes and listen for a least a minute if not more. Pay attention to what you are listening to; birds, people, wind, planes..etc. When you are finished listening, open your eyes and write on the paper what types of sound you heard and where they came from. See how many things you can get on your sound map! Try a different area or with a friend to see how many different maps you can make.

Go Outside

The Go Outside mission is to promote an appreciation of the outdoors and healthy lifestyles in children through positive outdoor experiences, physical activity and education.





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www.nomad.info



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 - ‘Green’ Gear
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- Creating Your Own Expedition
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 - Cross Training Options

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*Robyn Benincasa, adventure race champion and Zanafel user.
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Knee Deep in Colombia

Photos and story by Jacob Thompson

The pavement ended sometime ago and we began passing through smaller and smaller towns. The roads got progressively more challenging, particularly as the rain failed to ease up. Police motorcycles escorted us out of Sonson, and helped us find the entrance to a trocha (dirt road) that would take us to the mountain village of Aguadas. This road does not exist on any maps.

It began with a lengthy drop to the river below where a sizeable mudslide broke away just before the bridge. The sounds of distant thunder came from the flooding river as boulders got pushed down the watercourse.

A tired sounding motorcycle crossed the bridge and its driver pleaded with us not to continue. Apparently, he had tried to take the road and finally gave up after getting stuck in a derrumbe peligroso (dangerous landslide) crossing. Cars had long ago given up on the thought of passing this road, even the Chivo Bus (colorful public transit so named for their ability to carry goods from farmers way out in the country) turned around half a day's ride back. Our path became two rutted out channels that soon flooded with water and mud.

We took refuge for the night in the abandoned shell of a Chivo Bus. Anything of any value or use had already been scavenged from it and

local farmers used it to store sacks of harvested chayotes. The rain continued all night.

Early in the day we could still find dry channels to ride in, but as the water increased and the roads deteriorated, we were left to search for a line with the shallowest water. Xtracycles put all the weight towards the rear which gave us pretty good traction, even in streams of mud. But, as the trail got steeper, it wasn't traction we were concerned about.

What were normally mere technical rock obstacles, had become raging rapids, and our trail was in every way a small flooding river. Waterfalls of mud brought huge rocks crashing down from the cliffs above, across our path and falling into what used to be part of the trocha; now abandoned to the valley below. Some stretches threatened to sweep us away with the current and forced me to step off my bike and drag it through the current.

During one such section, I stepped back on my bike, and felt the alarming sensation of the chain popping and my feet spinning wildly. I tossed down my bike and grabbed onto my chain hoping to salvage the Powerlink and make a quick repair while stopped at a section where a landslide was not just possible, but inevitable. Unfortunately, the Powerlink was swept away in the current. I started cranking on the

chain tool reconnecting the links until I discovered another free section of chain in my hand, another failed Powerlink. My rear cassette started winding back taking the rest of the chain back through the derailleur. I grabbed onto the end of it before it dropped into the flooded trail.

I looked over at Goat who had witnessed what just happened. “That was sketch, man. We don’t have that much extra chain,” he said to me.

“No kidding.” I replied and looked up towards the cliff ahead, “that cascade of mud looks ready to go. I wish there was somewhere safer we could go. Tough working on a bike in these conditions.”

“We’re at the bottom of this mountain, we have a ways to go.” He said, while looking over my shoulder at the deluge ahead.

It was an intimidating scene watching the water charge its way down



the hill. A few kilometers further up the hill we came upon a few isolated houses. We observed some of the local women building up embankments to divert the water away from flooding their homes.

“No pueden pasar por alla (You can’t travel over there).” One of the women said with an edge to her voice, tinted in fear. They explained

to us that just three hours ago, the road fell out along a drainage.

“Por favor. Por Favor. No pasear por alla. (Please. Please. Don’t travel over there)” Another beseeched.

JJ greeted me at the beginning of the mudslide, “Let me help you cross this one. Sean got swept up and pinned under his bike. It’s pretty gnarly.”

A cascade had crumpled and taken with it the narrow corner of road. Large rocks were lifted up by the muddy current and shifting the pattern of rapids while other parts were deceptively deep with mud. Dragging the bike through it was ambitious and dangerous, even for the two of us.

For the next few hours we fought the flood and landslides. Knee deep mud and waist deep puddles made it a messy enterprise covering any ground. Our bikes suffered from the exposure and soon my small





chain ring was inoperable. A few spins later, it was sucking into the frame and compelling me to step off. Only my big front ring was reliable, demanding me to power through the steep, technical sections which often enough proved too much.

We reached the granddaddy of all mudslides heading into the evening. A 150-foot chunk of the mountain just dropped away, the apparent result of a recent slash and burn that still charred the surrounding land. A 20-foot drop broke the road and opened up to a steep muddy pit of earth.

We removed our bags and carried them up and over the top ridge of the slide. This proved a huge detour along cracks in the landscape that threatened to fall below. We opted to slide into the mud pit and drag our bikes across.

Some kids stood at the edge of the road, warning us not to continue crossing. “Estan loco. Ahora es

demasiado peligroso (You guys are crazy. It is too dangerous right now).” There is no doubt that living along a road so frequented by mudslides has familiarized them with their dangers.

The dangers were obvious. But soon enough, we found ourselves on the other side and were stoked to be back on our bikes.

After a long day, we reached a fork in the road and a small little tienda (store) called “Cuatro Esquinas (Four Corners)”. For the life of us, we couldn’t see the fourth corner, but it didn’t matter because the sun made a brief appearance and we had made it to the top of the pass.

We all ordered cold beers and sat on a bench in front of the store relishing our recent adventure and watching the locals ride by on their horses. One rode his horse onto the porch, dismounted and ordered a beer. He began a game of pool with the bartender and would come out every few minutes to check on

his horse.

He fed the horse some neon green galletas (cookies) and looked down at our bikes, then looked over at us and said, “¿Son buenas trochas, no? Nice roads out here, no?”

I couldn’t agree more.

Jacob Thompson is a freelance writer. He and his friends, Sean and Goat (along with some guest riders), are out to ride the spine of the Western Hemisphere from Alaska to Tierra del Fuego. They have currently paddled from Panama to Columbia and have resumed their bike journey and are now in Ecuador. For more information about thier journey, visit their site at: www.ridingthespine.com.