

Adventure World magazine

Jon Bowermaster

**USARA Sprint/Collegiate
Nationals**

**At World's End
Wenger Patagonian Expedition Race**

Trail Runners for 2009-Part 2

Making Your Training Count

Plus

- Kayaks
- Arizona Trail 300
- Navigation Challenge
- Raft Race in NZ

July 2009

BEWARE: IN THE DARK REACHES OF DISNEY'S ANIMAL KINGDOM® PARK, YOUR CHALLENGE AWAITS...

09.26.09



INTRODUCING A RACE ADVENTURE WITH SOME BITE!

Do you have what it takes to conquer the Expedition Everest™ Challenge? Race through the dark inside DISNEY'S ANIMAL KINGDOM® Theme Park on a thrilling 5K trek. Quickly complete the obstacles that lie in your path. Hunt for clues along the way to aid in your journey. Your handsome reward... an exclusive after-hours celebration where you can really get your blood pumping on a high-speed train bound for the Forbidden Mountain. But beware of the beast who watches over the domain. Only a few will escape his grasp!

REGISTER YOUR TEAM TODAY AT
DISNEYEVERESTCHALLENGE.COM

*THEME PARK TICKET ENTITLES YOU TO ONE DAY OF ADMISSION TO DISNEY'S ANIMAL KINGDOM® THEME PARK, DISNEY'S HOLLYWOOD STUDIOS™ OR EPCOT®. TICKET IS VALID FOR USE FROM 9-25-09 THROUGH 10-9-09. SOME ACTIVITIES/EVENTS MAY BE SEPARATELY PRICED. TICKET TYPES AND ENTITLEMENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE. TICKETS ARE NON-TRANSFERABLE AND NON-REFUNDABLE. PARKING IS NOT INCLUDED.

\$199 ENTRY FEE PER 2-PERSON TEAM
EACH PERSON RECEIVES:

- A 1-DAY/1-PARK THEME PARK TICKET TO SCOUT THE COURSE
- A CHAMPION™ TECH SHIRT
- ADMISSION TO AN EXCLUSIVE AFTER-HOURS PARTY AT DISNEY'S ANIMAL KINGDOM® THEME PARK
- COMMEMORATIVE MEDAL FOR ALL FINISHERS



PRESENTED BY
Champion

© DISNEY

contents

Features

9 Adventurer Corner-Jon Bowermaster

13 At World's End

By Rob Howard

22 Arizona Trail 300

24 Overnight Paddling Tips

30 Showdown in Texas

32 Raft Race in New Zealand

4 Editor's Note

5 Contributors

7 News From the Field

19 Athlete Profile

41 Kid's Zone

44 It Happened To Me

Departments

27 Training

Make Your Training Count

34 Navigation Challenge

37 Gear Closet

Trail Runners for 2009 (Part 2)

Kayaks

Cover Photo:

Wenger Patagonian Expedition Race

Photo by Mark Watson

This Page:

Wenger Patagonian Expedition Race

Photo by Walter Alvial

editor's note

Photo by Eric Grieb



Biking from Pittsburgh to DC.

Summer of Adventure!

It seems that ever since our move to western PA...I have gained a new perspective on getting out more. While living and growing up in the southern states, I always took for granted that there would be those days during winter (if you want to call it that) that you could still wear shorts. Not so in Pennsylvania. Therefore, I have taken a new approach and have been packing as much activity into the spring, summer and planning for fall.

Our upcoming issues will have more about these adventures as they happen. Also, check out our website for more timely postings about our adventures as well as others around the world.

www.adventureworldmagazineonline.com

Let us know what you think about our new changes!

Clay Abney
Editor-in-chief

Adventure World
magazine

Editor-in-Chief
Clay Abney

Managing Editor
Dave Poletto

Contributing Writers

Jacob Thompson • Scott Morris
Cynthia Engel • Courtenay Rooks
Jason W. Heflin • Rob Howard
Mark Manning • Amanda Jones

Contributing Photographers

Jason W. Heflin • Walter Alvia
Valentino Saldivar • Mark Watson
Jacob Thompson • Juan Jose Alonso
Daniel Norris • Liam Doran

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)

Adventure World Magazine is published eight times a year by No Boundaries Media, LLC, Pittsburgh, PA. AWM is only available online at www.adventureworldmagazineonline.com.

The opinions and the advice expressed herein are exclusively those of the authors and are not representative of the publishing company or its members.

Copyright © 2009 by No Boundaries Media, LLC. All rights reserved. Reproduction in whole or part without written permission is expressly prohibited.

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

After diving into debt to take summer school in Ireland during college Jason realized a life of adventure travel was his destiny. Today he has found adventure 25 countries around the world. The back country is where he feels most comfortable however. From sleeping under the stars on an African summit to hiking between villages along the Mediterranean he has been seeking out the path less traveled since he left the nest. Jason spends much of his time testing outdoor gear and writing for outdoor and travel magazines and The Outdoorzy Blog
<http://blog.outdoorzy.com/>



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



Altimeter, Barometer, Compass—
The new Suunto Core is your
genuine guide for real outdoor
adventures.

SUUNTO
suunto.com



Presented By:



**ADVANCED HYDRATION
WITH PROTEIN**

www.USARAnationals.com

Krista Griesacker Memorial Race
August 1 • Hamburg, PA • goalsara.org

The Bitter Pill • August 1
Bolton Valley, VT • gmar.org/bitterpill

Nature Cure Lionheart 24 HR • Aug 7
Ohiopyle, PA • americanadventuresports.com

Toyota of Cleveland YMCA Strong AR
August 15 • Ocoee, TN
www.strongadventurerace.com

The Thunder Rolls AR • September 5
Quawaka, IL • www.thethunderrolls.org

Bushwak This! • September 5
Alaska • alaskaadventureracing.com

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

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

Terra Firma Adventure Race
September 19 • Smithville, TX
www.terrafirmapromo.com

Overmountain Extreme • September 18
Pisgah NF, NC
overmountainextremear.com

Cozad 100th Meridian AR • September 26
Cozad, NE • www.nsc.com

Berryman Adventure Race
September 26 • Van Buren, MO
www.berrymanadventure.com

The Shag • September 26
NJ • www.NYARA.org

Howl at the Moon • October • Florida
www.adventurousconcepts.com

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

www.USARAnationals.com

news from the field

Overcoming temperatures that reached more than 100 degrees, Hal Koerner, 33, of Ashland, Ore., defended his men's title while Anita Ortiz, 45, of Eagle, Colo., made a smashing 100-mile debut to win the women's race during Saturday's 35th annual Western States 100-mile Endurance Run.

Koerner, who won the race in 2007, ran 16 hours, 24 minutes and 55 seconds for his second win at Western States. Tsuyoshi Kaburagi, 40, of Japan, was second in 16:52:06. Jez Bragg, 28, of England, was third in 16:54:26.

Koerner broke the race open with a sizzling 58-minute split from the race's 55.7-mile checkpoint at Michigan Bluff to the 62-mile Forsthill checkpoint.

It was the first time in the race's history that the top three finishers were from three separate continents.

In the women's race, Ortiz took the lead by the 30-mile Robinson Flat checkpoint and continued to build her advantage throughout the day, which saw temperatures soar past 100 degrees for the first time at the race since 2006. With little heat training during the mild spring, runners found the challenging course even more difficult than before. Except perhaps for Ortiz, one of the world's finest trail runners at shorter distances. She proved her mettle at the 100-mile distance by recording a time of 18:24:17. She was followed by Krissy Moehl, 31, of Seattle, Wash., who ran 19:26:02, and Beverley Anderson-



Abbs, 45, of Red Bluff, Calif., who was third in 19:53:14.

Out of 399 starters, there were 239 finishers who finished before the race's 30-hour cutoff. Seventy-two runners finished in less than 24 hours. This year's Western States marked the return of the world's oldest and most prestigious 100-

mile trail running events. In 2008, only days before runners were prepared to start in Squaw Valley, the 35th annual run was cancelled due to severe smoke and major fire in Northern California. The cancellation was the first in race history.

www.ws100.com

BEAVER DAMAGED

LNT.org

Take Action. Join Today.



leave no trace

CENTER FOR OUTDOOR ETHICS

We stand for wildlife, thriving pines, hiking, fishing, boating, biking, climbing and camping out. We think that educating people is the key to land protection, and believe that when people know how to take care of their lands, they will forge the path to protect them.

Because when it comes to healthy lands, we're all in this together.

Adventurer Corner

Jon Bowermaster



You may not immediately recognize his name. But, no doubt if you've ever picked up a National Geographic or watched one of their specials you have probably admired his work .. Jon Bowermaster is a writer and filmmaker for National Geographic. He has just returned from an exploration of Antarctica by sea kayak, foot, sailboat and small plane. His documentary – “Terra Antarctica, Re-Discovering the Seventh Continent” – will be released later this spring.

Bowermaster has seen the world from a sea kayak and has a deep appreciation for health of the world's oceans. And, is profoundly aware of their importance for the nearly 3 billion people around the globe who depend on them. His biggest concerns are: Climate change, overfishing, and plastic pollution. His 2007-2008 Antarctic expedition was the final in his OCEANS 8 project, which over the past decade has taken him and his teams around the world by sea kayak, including expeditions to the Aleutian Islands, Vietnam, French Polynesia, Chile/

Argentina/Bolivia, Gabon, Croatia and Tasmania.

Bowermaster says he has known since he was 15 years old that he wanted to become a writer and has worked at daily newspapers and national magazines. Along the way he has had some truly amazing assignments:

“Roaming East Africa with Peter Beard for the bulk of six months. Shacking up at the end of a mud road in Nicaragua, with a happy gang of Sandinistas. Traveling Chile north to south and back again during the 1990s, just after Pinochet had left office. Having a front row seat to changes in Antarctica during the past two decades. And more and more and more ... I've had the good fortune to publish two collections of non-fiction stories – Alone Against the Sea and Wildebeest in a Rainstorm – which I flick through often just to remind myself how lucky I've been to see the world and travel it with a wide-ranging cast of characters.”

He has visited close to 200 countries and over 80 different territories. But, says he has a particular interest in the lands and culture of French Polynesia. Bowermaster shared some time with us and answered a few of our questions.

What sparked your passion for ‘adventure’?

For me, storytelling came before adventure ... so from the beginning, whether it was first descents of rivers in Chile and China or long sea kayak expeditions, my goal has always been to go somewhere, have some experience, in order to bring back a unique story ... in words, pictures and video.

Your travels take you through some beautiful yet brutal areas .. How do you prepare for those ‘questionable’ areas?

Probably the most ‘brutal’ places I've traveled have simply been cold places. the sub-arctic northwest territories, Antarctica, the Aleutian islands. and since we almost always on the water, the biggest risk is al-

ways falling into the drink. when the water temps are 35 degrees (the Aleutians) or 29 degrees (along the Antarctic peninsula) we figure we have five minutes to get back in the kayak should we somehow come out of it. fortunately, that hasn't happened ... yet.

Politically, the most difficult trips we've done were in China and Vietnam, where they still don't have a very positive view of press freedoms (or religious or speech freedoms either). The most physically difficult? Month-long kayak trip around brand new national parks in Gabon, thanks to days that never dropped below 100 degrees

and an inability to carry much food or fresh water.

Which of your many accomplishments/projects are you most proud of?

Ten books.

Give us a recount of a "day in the life of Jon Bowermaster?"

At home, sadly, I'm mostly chained to the desk, trying to get everything done fast so that I can repack and leave again. 'In the field,' each day is different. One constant is that I try and spend an hour at the end of each day writing, in a notebook, with a pen, recording what we've seen, done, witnessed that day.

What one piece of gear has "changed your life"?

Mountain Hardwear's Trango Arch 3.1 tent. We've been several times in very big wind situations where minus a good tent, you'd be left shivering, exposed, at great risk. To watch that tent blow down on you then pop right back up is always something of a miracle.

What advice do you have for those adventurous journalists that aspire to your level of success?

Talking about writing is not writing. Outlining is not writing. Thinking about writing is not writing. Writing is writing.



What adventurer do you most admire?

It seems everywhere we go we run across the trail of three early navigators: Magellan, Capt. Cook and Thor Heyerdahl. I'm always amazed at what they each did in their various centuries.

You have been on so many epic adventures...is there one that is still on your short list that you hope to be able to do soon? Is there a definite place you want to paddle again?

I've been to the Aleutian islands a few times and in fact was just there a couple weeks ago; our big adventure out there - birthplace of the winds - was ten years ago right now. this time around, we didn't see much. too much fog! The one place I keep going back to? And always will? French Polynesia.

What's in your gearbox? What is your favorite piece (s) of gear in your gear box? What do you never leave home without?

Wind-speed/temperature meter.

Most outrageous thing you've done during an expedition?

Modeled a banana hammock (made from banana leaves). Don't ask.

What has been your favorite adventure moment?

Standing atop a variety of mountains looking back at where we've kayaked: in the Aleutian islands, in Antarctica, in southern Bolivia. Always gives me a great feeling of accomplishment to be able to look back from on high at where we've been.

What continues to inspire/motivate you?

There are almost 200 countries rec-

ognized by the U.N.; I've been to a few more than 80. So ... there's lots still to see.

Of all of your journeys...what has been the toughest (physically, mentally or both)?

See above, Gabon. With my friend Michael Fay, who while we were there was included on a list in 'men's journal' of the 'world's toughest men.' Following in his footsteps was ... work.

What do feel has been your greatest accomplishment as an adventurer/journalist?

Coming back alive.

What do you hope that people take away from your projects?

That despite how different people around the world may appear (different clothes, cultures and food, etc) they have far more in common than differences.

Any hopes for the next generation in your field?

The ability to report live to the internet from anywhere in the world is an incredible opportunity, which I'm just now cashing in on. I'm imagining that writers who travel in the future will profit from that immediate access. My only caution: try and find a good editor to read your stuff.



Don't miss out on any of the great issues of AWM.

There are 2 great ways to continue the adventure:

Subscribe online at
www.adventureworldmagazineonline.com

or

Join the USARA where your membership includes a subscription to AWM. Visit www.usara.com.

THE **ultimate corporate adventure**

The North America Challenge

October 15–18, 2009 / Warren County, PA

"I have had the opportunity to do some very exciting and unique things in my life, and the Challenge ranks right up there with the best!"

Loren, United Space Alliance.

US Astronaut 1985-1992, Shuttle Commander 1998-1999



Join some of North America's finest companies as they go head-to-head in a true test of mind, body and team spirit in the North America Challenge. Teams from American and Canadian companies will compete in a series of diverse physical and mental challenges where intelligence, strategy and teamwork count. This ultimate adventure is designed specifically to create high-performance teams for business.

Over the past four years, competing teams have raised over \$1.8 million for St. Jude Children's Research Hospital.

For more information visit: www.northamericachallenge.com or call 1-866-774-7099

PAST PARTICIPANTS INCLUDE: CISCO, VOLVO, MOTOROLA, LUFTHANSA, ACCENTURE, SUBARU, DELL, HP, PROCTER & GAMBLE, BP, TURNER BROADCASTING, BECHTEL, DIMENSION DATA, ROYAL BANK OF CANADA, KEN BLANCHARD, TYCO AND MORE.



an IMG event

At World's End



Story by Rob Howard

The Wenger Patagonian Expedition Race has a reputation for uncompromising courses in true wilderness and the 2009 race did not disappoint. If anything, that reputation was enhanced when the race finished with the racers temporarily stranded at the world's most southerly continental point, and the last team on the course lost in the forest nearby for a couple of days. (More on that later, but for those of a nervous nature it turned out O.K. in the end.)

The adventure began by the docks in Punta Arenas, a long flight south from Santiago in the southern half of Chile. Punta Arenas is the principal town in the region and the jumping off point for Chilean Patagonia, the fabulous Torres del Paine National Park and Tierra del Fuego. The usual pre-race formalities were conducted in a hanger on the dockside, including a cold kayak roll in the waters of the Magellan Strait. In February it was still summer, but the forecast for the race was for Patagonia's

famed mix of chilling wet and windy weather.

The race began with a formal, staged start in the town square and some local entertainment. Then it was time to decamp for Torres del Paine, several hours drive away. The start would take place next morning on the waters of Grey Lake, and it was a nervous group of 9 teams who tried to rest and relax on the bus. Ahead of them lay almost 600km of racing over 7 days through the most remote and wild terrain any of them had ever encountered, expect perhaps those who had raced here before. Race Director Stjepan Pavicic had warned the teams to be fully prepared with enough food and clothing and to not underestimate the course. He also told me that he only expected 2 or 3 teams to finish the race.

It was late by the time teams reached camp (thanks to a puncture on the bus), but there was a lamb carcass roasting over an open fire when they

got there to warm and feed them. All too quickly the rainy night was over and dawn revealed brooding clouds which allowed only fleeting glimpses of the famous rock towers Torres del Paine is famed for. And it was windy. Very windy. The gale whipped up the waters of the lake and drove the rain horizontally as teams prepared their kayaks. Team Prunesco Helly Hansen from the UK were very glad of their decision to bring dry suits.

The plan had been to paddle out to a nearby shingle spit, beyond which floated a couple of icebergs, broken off the nearby Southern Patagonian ice field, but against the wind it was going to be impossible to even reach the spit. Getting off the shore was hard enough and US team Calleva had an early capsize as the small fleet turned onto the Grey River and set off downstream to paddle to the confluence of the Serrano River and continued to the ocean. The 90km paddle on the fast flowing melt water was an exhilarating start, and Easy Implant



- MT-Compagnie.com (France) and Prunesco Helly Hansen disputed the lead, reaching CP1 beneath the tumbling ice of the impressive Balmaceda glacier close together. From here they were due to set off onto the ocean water of the Seno Ultima Esperanza (The Sound Last Hope) to reach the stage one finish at the Estancia Perales, but the winds were too strong and this section was called off due to safety

concerns.

After a transfer to the estancia some teams helped themselves to another feast of roast lamb here before heading off on their bikes for stage two. This 100km mountain biking stage took teams around the coast, through Puerto Natales and on to the second transition at Sutivan. The riding stages in Patagonia are limited to roads and estancia tracks

for the simple reason that there are no suitable mountain biking trails - its impenetrable bush or nothing! The leaders would be riding through the night and the British team rode strongly to open up an impressive lead, reaching the jumar ascent that began the next trekking stage in the early hours, while it was still dark.

Later teams saw the convex sloped face in daylight, and all the teams were about to find out how hard trekking in the dense Patagonian bush is. They didn't believe the organizers estimate that the 55km trek would take 15 hours, and though they could move more quickly. They should have listened to what they were told. It took 30 hours for the leaders to come out of the bush at CP3 and Prunesco Helly Hansen were amazed to still be in the lead. "When we were lost and had to bivy in the pouring rain last night I was about ready to give up," said Bruce Duncan, "but now I know we are winning and it's not so bad!"

In continuous heavy rain they sorted out their bikes at the side of the muddy track, surrounded by the 'press pack' who had been waiting many hours for something to happen. There was a moment of panic when Andy Wilson shouted that he was missing a pedal (quickly found in the back of a race truck), and some confusion in the melee which resulted in the loss of a tent pole - so the team did the whole of the rest of the race without it! (It was more bivvy shelter than tent from then on.)

Easy Implant came out some hours behind and already it appeared this may be a two-horse race. The French/US team, one of the most

experienced in the world, were surprised at the pace and expertise of the British team, who had never raced together before. (The Brits were not among the two or three the organization expected to be finishers either.) Some later teams found themselves on the wrong side of a river and made a perilous crossing and all were amazed at how difficult and slow the trekking was. This was the first make or break point for the back markers, and all the teams now knew the final 3 or 4-day trek would be a testing finale to the race.

The next ride took teams down a long, muddy descent and around the coast to the next checkpoint at the Sutivan, reached via a ferry crossing which only ran during daylight hours. The leading two teams made it in good time with Prunesco Helly Hansen still well ahead, but even these strong cyclists were finding it hard to make progress into the head wind. At times they were blown over. They were racing expecting to be able



to start paddling across the Seno Otway that evening, but this wasn't permitted and they had a full night's sleep in their tent while waiting for the early morning restart. The French had less sleep and were late setting off next morning in choppy conditions, losing more time on the leaders.

The wind hadn't dropped and one of the Wenger tents took off and floated out to sea as the lead paddlers

began the crossing, followed by the Forrest de Expedición FitzRoy ship, which was providing safety cover along with the Chilean Navy. (It was also a comfortable home for the press team!) It was marginal whether the teams would be allowed to paddle given the conditions but Pavicic decided they could go ahead, and third placed Spirit Canada rode in just as they were leaving. They would be the only other team to set off on the crossing that day, but those who followed a day behind had the benefit of much calmer conditions.

For the leaders it was a long, hard, and at times a frightening paddle. Jari Kirkland of Easy Implant shouted to one of the safety zodiacs, "Where were you 2 hours ago when I feared for my life!" Conditions only eased when the paddlers entered the long, enclosed Wickham fjord , which gradually tapered to a narrow channel surrounded by dense forest – through which the teams would soon be portaging! Prunesco Helly Hansen were lucky enough to paddle close to a bull sea lion which roared and splashed into the water to 'see them off' .





The 15km portage stage over a low pass would take teams to the Magellan Strait and after a few kilometres of following narrow creeks and crossing bogs and deep channels the leaders reached a belt of forest barring the way. They searched around, but there was no easy way forward—they would have to force a way through the tangle of fallen logs, thorn bushes, brush and

low branches, crossing more deep streams on the way. The British opted for all 4 of them to carry one of the heavy kayaks together, then all return for the second one, a tactic which seemed to be quicker, and they were the first to break out into the channels on the far side of the pass where they were able to float down to the coast and make a camp for the night, using their kayaks to construct a wind break.

(No paddling was allowed at night.) The French did not arrive until after they left, but still felt they could make up the deficit, especially as a mistake on the final trek could cost half a day or more.

Only the top 3 teams and the US team Calleva made it across to the Magellan Strait, and Calleva was the only team to have a whale sighting as they turned Eastwards along the coast. The end of the paddle was near to a whale research station and this was the last CP before the finish. After pulling their kayaks up among the bushes, they shouldered packs heavy with food and extra clothing as the very wet and windy weather was persisting. Even so, none of the teams took enough food, and were to finish the race ‘running on empty’.

The question was, who would come out at Cabo Froward, the southernmost continental point in the world, first. The race organization was camped in the mossy boulders and tumble-down forest at the very southern tip of the world, waiting to see if the British could hold onto their lead and as night fell on day 6 lights were seen along the coast and it was Prunesco Helly Hansen who came into camp first. With the tide in, they were scrambling over slippery boulders and fallen trees, making steady progress towards the final test, a 400 foot climb up a steep hillside to the ‘Cross at the End of the World’. This was so steep in places that ladders and ropes were installed, but at last they arrived to win the toughest race in the world in a time of 131 hours and 4 minutes.

The team of Bruce Duncan, Nicola MacLeod, Mark Humphrey and

Andy Wilson were in agreement that this was the hardest and wildest race they'd ever completed. "That was so brutal," said Wilson. McLeod added, "At one point we covered about 3km in 8 hours." She had a tiny folding knife in her pocket with a blade less than an inch long (bought to meet mandatory gear requirements) and joked that it was not much use to cut through the forest. I suggested a machete would have been better but Bruce Duncan had other ideas. "Only a chain saw would make any difference," was his comment.

Duncan had led most of the way in the difficult forest sections. "My job was to bash things down as I'm the biggest," he said, "and my shins are killing me now. You just had to force a way through and we called it the forest from hell. At one point we climbed over 1000m up to get out of it, rather than go another 3k, but found we couldn't get down the other side and had to retrace our steps and go on into the forest. The mountains were stunning though. We were up in fresh snow and there was range after range. We thought we might be walking in places no one had visited before."

It was another 31 hours before Easy Implant arrived and team Captain Bruno Rey was clearly in poor condition, moving painfully on very swollen feet. The team had not eaten for almost 2 days and were weak and at their limit. They didn't stay on the windy hillside at the cross for long, and it took a long time for Rey to descend, after which he needed prolonged medical care and a trip to hospital once he was back in Punta Arenas. (Getting there was an adventure of its own after the boat which was due

to ferry everyone out broke down and the Race Director was rushing out to the beach when a boat was sighted to get on the radio and see if he could hitch some of the staff, press and teams a lift!).

Spirit Canada finished third, not far behind Easy Implant, and they were in much better shape. They finished in 162 hours and 23 minutes, and they were the last team to finish. Behind them, only Calleva was still on the course and concern grew when they didn't emerge from the trek after 4 days. On the 5th day of the trek and the 10th of the race a rescue search was in operation, but in such terrain this is an all but impossible task, even with a helicopter.

Then, before darkness fell, there was a blip from the Calleva SPOT tracker showing them on the finish line on the hill top above camp, and the news was relayed by SAT phone to those at camp. By this time there was no one up there on the finish and those who went back up found Druce Finlay and Sarah Percy, who had climbed up the cliffs from below and said Mark Lattanzi and Val Chapa were camped by the shore below. A helicopter evacuation was on standby and they were all safely lifted out and back to Punta Arenas hospital to be checked over and once they were out of hospital they told their story.

"We took the wrong route a couple of times," said Finlay, "and I think we added some 20km to the trek by going up the wrong valleys. Then, as we ran out of food, we looked at an alternate route to the finish which was 8km shorter, but went straight across the mountains rather than down a valley to the coast."

The valley was the route given to teams to follow, and as Calleva was to find out, it was chosen for good reason. Lattanzi described their finish as the "longest short-cut of our lives".

"We kept getting clifffed out," continued Finlay. "We'd have to retrace our steps and keep finding new routes, and eventually decided to go down to the sea and coasteer along to the finish. That didn't last for long as hypothermia set in really fast. I think we were only in the water for 20 minutes – the waters of the Magellan Strait are cold. We camped up and knew we had to get out of there. I looked at the rocks and as I'm a climber I felt I could get up them and Sarah volunteered to come with me. We made it and the race got us out of there."

It was a dramatic conclusion to a quite incredible race, a race which Pavicic describes as "the only true expedition race in the world."

Dates for the next Wenger Patagonian Expedition Race have now been announced, which will take place from February 6th-20th in 2010 in Tierra del Fuego. If you think you've got what it takes to take on the last wild race visit <http://www.patagonianexpeditionrace.com>

Rob Howard is the managing editor at SleepMonsters.



\$75.00

9x9 Nav Suggested retail \$99.99 CDN



Ian Adamson: seven time adventure race world champion

"Mud, rain, snow, dust and fast technical mountain bike descents are no match for this beautifully designed and engineered board."

NAV360-2



ATAK 2 PANT



The ultimate orienteering pant that was designed for high performance athletes. Designed for serious bushwhacking, with ripstop nylon on the front shins, a Hydro Quick gusset and upper bum panel, side leg zips and featuring our AirLite fabric that is super light, extremely breathable, and ultra tough, this pant is unbeatable!



Suggested retail \$89.99 CDN

athlete profile

Rebecca Rusch

Location: Ketchum, Idaho

Sports: Ultra endurance mountain biking and adventure racing have been my career sports for over 10 years. I also Nordic ski, backcountry ski, climb, run, etc...

Age: Whatever it is...it is not slowing her down!

Occupation: Full time professional endurance athlete and part time firefighter/EMT.

Athletic Background: I was a tomboy growing up and played in the dirt in the back yard. My first experience with organized sports was joining the high school cross country running team. I had never been exposed to athletics and no one in my family was athletic. I joined the team because you got a free sweat suit and my neighbor told me I would never get fat if I joined the team. That was the beginning of my athletic career and I've never looked back. I've been involved in so many different sports and have excelled in many of them, not out of talent, but out of staying power and the ability to work hard. From running, I went to rock climbing, outrigger canoeing, kayaking, adventure racing, cycling, cross-country skiing and backcountry skiing. I've competed at the elite level in almost all of these sports and hold world champion titles in 3 of them and National titles in 4. I never set out to be a professional athlete, but I did take advantage of opportunities that were thrust in front of me to join teams or get involved. The common thread that has woven through all of those sports is the team camaraderie that inspires me. Even in solo sports such as cross-country skiing, I get my enjoyment out of training with friends. Adventure racing and paddling were very much team sports and I thrive being part of a group of like minded people who are all depending on each other. I have reinvented my athletic career multiple times based on what was available to me at the time. My latest venture, ultra endurance cycling, sprouted after I lost my adventure racing team sponsor. Red Bull, my individual sponsor, stuck by me and told me to do whatever



Photo by Liam Doran

sport I wanted. The endurance cycling seemed like a fit (besides the fact that I was a lousy rider) and I have not looked back. 2-24 hour world titles later and I feel stronger and faster than ever.

Athletic Goals: To keep winning world championships and to have a long, healthy athletic career. To inspire other people to train, ride, run, or race and experience the outdoors. To inspire people to blow away their perceived limits.

Athletic Highlights: 2-Time 24 Hour Solo Mountain Bike World Champion (2007 and 2008), 24 Hour Team Mountain Bike National Champion (2008), USA National Marathon Championships, 4th (2008), Idaho Short Track State Champion (2008), Masters cross country skiing World Champion (2008), 24 Hour Solo Mountain Bike National Champion (2006), USA Cycling Ultra Endurance Series Winner (2006 and 2007), 24 Hour Solo Mountain Bike National Championships, 2nd (2007), 24 Hours of Moab solo mountain bike race, 2nd (2007), Mountain X-Games Adventure Race, 1st Women's Team (2007) and 24 Hour Orienteering National Champion (2006). *(Editor's note: And that only goes back to 2006!)

Favorite Workout: Any multi hour backcountry ride in Idaho with friends where you need to take a map, food and be self sufficient. Less of a "workout" and more of an exploration. Jumping in a river afterwards caps the experience.

What Inspires or Motivates You? The intensity of racing inspires me. I am also inspired by exploration, going to new places, and finding like-minded adventurers. I am inspired by seeing the lights go on in someone's eyes when they are exposed to the outdoors or to sports or to racing. I am inspired by not knowing what's around the next corner for me.

Favorite Fuel: For racing/training: Hammer Nutrition products. I use Perpetuem, Hammer Gel, Hammer bars in all my races. Red Bull for the race kick needed after about 20 hours of racing and you still have 4 more to go.

Favorite Indulgence: Cheese and wine

Typical Workout: This used to be a lot more varied, but over the last few years my focus has turned more to cycling and my workouts have become more specific. I have plenty of endurance from AR, so my workouts now tend to be a lot more speed oriented like hill repeats on the road bike or natural terrain intervals on the mountain bike. I also do pedaling drills, monitor cadence, heart rate and recovery a lot more closely than ever before. I've gotten into downloading my race and training details on my Suunto t6 and find I can now get a lot more quality out of my workouts just by being smarter and more educated about how I spend my training time.

www.thecoastalchallenge.com

The Coastal Challenge
Panama



Island Run

September 3-6, 2009



3 days, 3 races, 6 unique islands
One unforgettable adventure

Race in the archipelago known as

Bocas del Toro





The Arizona Trail 300

By Scott Morris

The Sonoran Desert in April. Blooming cactus and rattlesnakes. Bluebird skies and bone dry trails. Six inches of snow and freezing temperatures.

Wait, what?

Unusual snow and cold were exactly what racers in the 2009 Arizona Trail 300 found themselves up against. A powerful storm rolled through on precisely the day that the leaders of the race were to ride up and over 9,200 foot Mount Lemmon. The rest of the 300 mile route is at lower elevations where such a storm would be inconsequential, but on Mount Lemmon the race ground to a halt.

Except for one rider. Kurt Refsnider had been riding with the lead group for over 24 hours as they pushed solidly through the first day and night. Reaching the Molino

Basin campground after hours of being pounded by hail and rain, riders Stefan Griebel and Chris Plesko sought shelter under a bathroom overhang. Already soaked and freezing at 4000 feet, they couldn't consider climbing any higher, into the storm. Cars descending from Mount Lemmon had inches of snow on them, and the stories were running wild in the campground.

Just as Stefan and Chris started hunkering down for an extended bivy, Kurt pulled on his down jacket and booties, saying, "I think I'm going to head out." This move shocked not only his fellow racers, but those watching the race from home.

New this year was a SPOT based satellite tracking system, programmed by race participant Scott Morris (now available for use in other events). The majority of the racers carried a SPOT tracker, al-

lowing fans at home to get up-to-the-minute reports on racer whereabouts, and even watch replays of the race.

Kurt's SPOT dot kept moving into the night, traversing the treacherous heights of the Oracle Ridge trail. Progress was slow, but he was the only one moving. Some racers had pedaled far off route into metro Tucson, renting a room for the night. Others had abandoned the race completely, feeling ill prepared to race in such conditions.

Jefe Branham of Gunnison Colorado snuck into the Molino Basin campground as the other riders slept. After a brief bivy, he pushed up the mountain under cold but clearing skies. He struggled to keep his body temperature up and at one point hit the ground on a patch of black ice. Once on Oracle Ridge, the hard effort and hike-a-



bikes of the legendary ‘traverse of death’ warmed him just as the sun came over the horizon.

Kurt reached the outskirts of the town of Oracle before stopping for his second nap of the race. He pushed on into the remote deserts of Antelope Peak and the Gila River, opting not to resupply in Oracle. Racers are 100% self supported in the AZT 300, meaning they must carry or procure all food and water, sometimes detouring off route to reach towns.

Meanwhile Chris Plesko and Stefan Griebel awoke at 2am to clear skies and began their own ascent of Mount Lemmon. Their timing was perfect, hitting the Oracle Ridge trail at first light. This meant they were able to move fast, and soon they were gaining on Kurt. Stefan, in particular, decided he had enough food for the last 100 miles of the race. He skipped Oracle and began a steady chase of the race’s leader.

Kurt’s SPOT registered two points, twenty minutes apart, at the same location. This could only mean a flat tire. Sure enough, Kurt suffered a string of flats on the last

day of the race. The Arizona Trail in the Black Hills is not frequently traveled and is a minefield of cactus and other tire piercing nasties. Tubeless tires are the preference here, but Kurt had lost his tubeless protection early in the race.

Throughout the day Stefan gained on Kurt, until it looked like they were nearly on top of each other on the SPOT tracker. Technology came into play a bit when Kurt reached the Gila River with just 25 miles to the finish. He pulled out his cell phone to check in with his girlfriend, who had been following the race on the internet. Her first question was, “has Stefan passed you yet? He was only 20 minutes behind not very long ago.”

He responded, “Umm, no. Huh. I should probably go.”

The race was on. Kurt and Stefan dug deep as the route grows increasingly more difficult, especially in the dark. They snaked through the labyrinth of Box Canyon, walked their bikes up the near vertical wall of the Orphan Boy climb, then hung on for dear life on the sinuous Alamo Canyon singletrack. Each of them thought they could see

each other’s lights at some point. It was close, but Kurt finished 40 minutes before Stefan, taking three hours off the course record in the process.

Jefe Branham finished next, well past midnight, followed closely by Chris Plesko, setting a new singlespeed record at the same time. Other racers filed in later the next day, still finishing strong despite the difficult conditions.

You never can tell what mother nature is going to throw at you. Typically in the AZT 300 it’s scorching heat and relentless sun. But sometimes it snows, in April, in the desert.

2009 AZT 300 Results (times in days:hours:minutes)

1. Kurt Refsnider - 2:13:55
2. Stefan Griebel - 2:14:35
3. Jefe Branham - 2:17:32
4. Chris Plesko - 2:18:52
5. Max Morris - 3:10:53
5. Fred Wilkinson - 3:10:53
7. Rob Brinkerhoff - 3:15:28
8. Marshal Bird - 4:10:14



10 Tips For An Overnight Paddling Trip

By Jason Heflin

Trip planning can be overwhelming, especially when an X factor is involved. You may have paddled in an adventure race, taken your boat out for a lazy day on the river, or pushed your way through a heart-pounding whitewater workout, but an overnight trip may be uncharted territory. The additional amount of planning and gear required for a trip of this magnitude can be daunting, even deterring. But with a little prep work you could be camped out on an island or pristine shoreline with your feet up enjoying the sounds of the water in no time.

Here are ten things that will make your first overnight trip a breeze.

1. Scouting & Routing

Knowing the route you'll be paddling is obvious. Choosing a stretch of water you've paddled before can be the best scenario so there are no unexpected hitches. If you haven't been on this particular waterway however, do your research. Asking fellow paddlers, researching online, checking Google Maps, as well as traveling to and scouting out acces-

sible portions of the trip will ensure you know what to expect.

2. Public Land/Permits

When it comes to a place to camp, public land is the best bet. Often there are established campsites laid out at perfect paddling distances along the route. Always acquire the proper permits of course, and do so well in advance. Make sure there are no fire bans or other restrictions in place where you plan to stay, and if there are respect them.

3. Trespassing Bad

What happens when there is no public land on your trip? In this case you'll need to find a private land owner who is willing to let you camp overnight on their property. Never assume you can stay on private land; always talk with the landowner. A face to face introduction is the best way to win the person over. Ask permission to have a fire. Let them know you plan to leave their property better than you found it. If they say no, honor their choice, thank them, and find someone else.

4. Partner Up

When it comes to paddling you may have already experienced a bad match up with a paddling partner. Someone who isn't paired to your skill or fitness level can slow the trip down and disappoint those who have been training for it. You also want to choose partners who understand the route, and what they're in for. You never want to hear, "Are we there yet?"

5. Weather

Getting caught out in the muck can almost make a race or event more exciting. That's not the case when you're out in it for days on end when it could have been avoided. Keep a close eye on the forecast for your planned time frame. If it looks like a total wash out -- reschedule. If you're looking at a few showers though, they might just cool you off on a hot day.

6. Keep it Dry

It happens to the best of us. You're paddling down river or on open water and an unexpected wave , or off-balance partner flips you.

After you've righted yourself your first thought will most likely be, "Oh snap, where's my (fill in the blank)." Losing your phone, wallet, keys, or your precious TP could be tragic for the whole crew. Keeping all your valuables in air-tight dry bags will allow you to rest easy. Small items can be kept in personal dry boxes or even sealed up in zip lock style bags like the LokSak. (www.loksak.com)

7. Don't Overdo

It's easy to get overzealous when planning any outdoor trip. The excitement of getting out on the trail or water can cloud your better sense of planning. Always keep the weakest member of the group in mind. If they can only paddle 10 miles a day, then don't exceed that limit. Take into account the number of stops you plan to take as well. Making a one hour lunch into two hours can change the trips mileage significantly.

8. Safety First

You never plan on getting injured, but often that is the best way to be ready. Keep a thorough First Aid kit on hand. Make certain that you have enough items to treat more than one injured person. Also, keep medications in your kit beyond pain relievers, such as Benadryl for allergic reactions. Knowing if your partners are allergic to specific medications is important as well. Many of our favorite routes are in remote areas. Even though there may not be consistent service on your trip, keeping a cell or sat phone in your gear is a good idea. Lastly, check the river gauge before leaving, and know what the acceptable level is for paddling this stretch of water.

9. Creature Comforts, Not



Kitchen Sink

For those accustomed to going light on the trail an overnight paddling trip can create an unfamiliar sense of freedom. Suddenly you can bring along creature comforts like folding chairs and Frisbees. But be wary of which cushy items you decide to bring. A boat can fill up quickly, and evaluating if something is necessary or not can often rule out items that could slow you down. Pre-pack your boat before the trip to ensure all your gear will fit. This will also save time and make you look like a hero at the put-in when you snap everything into its place with ease.

10. Build in Extra Time

Finally, don't underestimate mother nature and the unforeseen. Anything can happen on the water. An injury or miscalculation can cost you precious hours. The last thing you want is get caught paddling in the dark and make a wrong turn or roll the boat in the dead of night. Build an extra 2-4 hours into your trip. Make sure you can arrive at the take-out early in the event things don't go as planned. The worst case scenario is that you hang out with your buddies and start the pre-planning for your next overnight while you await your ride.

"THE PERFECTLY BALANCED COMBINATION OF TWO OPPOSING CONCEPTS - CUSHIONING AND AGILITY - IS THE MOST DIFFICULT PROBLEM TO SOLVE IN TRAIL RUNNING SHOE DESIGN. THIS IS OUR MOST BALANCED ACHIEVEMENT THUS FAR."

- CHRISTOPH MÜLLER
PRODUCT MANAGER - SALOMON TRAIL RUNNING FOOTWEAR

SALOMONRUNNING.COM



XT WINGS

SALOMON

Make Your Training Count

by Cynthia Engel

Believe it or not, just getting out and moving is not necessarily helping you move forward in your fitness and racing goals. When we send our minds elsewhere to distract ourselves when we train, our bodies wander off and do the same. While it's still better than sitting on the couch eating chips and watching TV, the miles we log with our head somewhere else during our workouts are generally "junk" miles; monotonous miles of pounding, spinning or swimming that keep us right where we are today. Nothing lost, but nothing gained, which can lead us down the road to frustration, motivation issues and disappointment. In addition to the challenges those feelings add to training, most of us have the momentous task of balancing work, family, friends, community commitments and household management chores with our training. So when we're out there training, we want to make sure that every second counts.

To ensure forward progress in fitness and racing, focus on being deliberate about and wholly committed to that workout – body and mind together. In doing so, not only are we improving with every workout, but they can seem to go faster because they are fun! Following are some tips to help keep our heads in the workout of the day:

- Leave the iPod at home.

I know how much I love to run with my iPod, primarily because then I don't notice that I'm running! Which obviously means my head is not connected to my body at all. Eliminating the distraction allows you to practice dealing with the mental struggles your mind can play with your body when you get tired. The more often you practice overcoming the mind games when you're training, the easier it is to overcome them or even possibly eliminate them when you race! Use the iPod only as a special treat.

- Vary your workout plan. Going out on an hour run everyday will keep you healthy, but it will compromise your ability to make any sort of improvement. If you notice that you are training "all the time" but nothing is changing, this is the first thing to examine in your training program. Try to incorporate at least one threshold or interval workout, a couple strength days in the gym and some yoga into your program each week (see below for more on this).

- Vary your sports. Cross training is essential to a healthy body and mind! Swimmers, paddlers, skiers and cyclists should make a concerted effort to get at least one day of a high impact sport into their training (running, for example). High impact sports strengthen our joints and our bones in ways that low-impact sports can

never do. Runners should make an equally concerted effort to add some low-impact sports to their training to give those bones and joints some recovery time, and to vary the muscle development while still giving the cardio some training. Variety keeps away injuries too!

- Add strength and yoga to your training plan. My training coach had to really talk me into it because I wasn't a fan of the gym, but it's true. A short and sweet strength training program a couple times per week complemented by a yoga class with a focus on flexibility once a week is essential to muscle development and health for the long term. This is another one of the secrets to staying injury free and maintaining happy joints.
- Do some short threshold and/ or interval workouts in any sport at least once a week! Change up the interval and recovery time combos from one workout to the next (for example: 4 minute intervals with 5 minutes recovery x 4 times). Do some on hills, some on the flats. Just be sure to do a good warm up and then keep them different, short and fun each week.
- For distance workouts, pick a couple technique issues on which you want to focus/ that you want to improve for each workout and maintain that focus for a certain pe-



riod of time with “recovery” time throughout your entire workout. Examples: pedaling one footed on the road bike to eliminate any dead spots for 5 minutes every 15 minutes; think about twisting at the torso when paddling for 5 minutes every 10 minutes; keep hips balanced and stable when mountain biking; engage the core when running; drop the head at the crunch when xc skiing, etc. There are a million

technique issues upon which we all can improve in our sports. Training is the only time this can happen and being conscious of it when we are training is the only time we will do it. If you are struggling with some technique ideas for each sport, check in with coaches for their respective sports and just ask what they often encounter as common technique issues. Specialized sporting magazines can be helpful

for finding technique tips as well.

- Find someone with whom to train that “matches” your pace (heart rates zones) and your training goals. It’s great to have a partner to challenge each other with training goals and give feedback with regards to technique. Avoid just going out on a social run where your head is in the conversation and not with your body. Some of these are great for the spirit, but again, examine your training journals to see how often this is happening and keep it in check. Threshold and/or interval workouts are great to do with a partner to push things a bit.
- Stay balanced! Go ahead and wear your iPod every once in a while if you really want it; call a friend for a social bike ride if that’s your chance that week to see that person; participate in a Hash Harriers run every once in a while just to get really crazy (those crazy harriers!). Just do it deliberately and as a balanced complement to the rest of your training program.

As they say, variety is the spice of life and that concept is equally as valid with training as it is in any other part of life. So seek ways to change things up in your workout. As you do so, you’ll start to notice improvements in your performance, probably changes in your motivation levels and satisfaction in knowing that you really are making every minute count. Have fun!

HUNTER SHOTWELL'S love is **CASTLETON TOWER**

What's yours?

Maybe you snowshoe. Explore the narrows. Or chance the rapids. However you define your love of the outdoors, we define ours by supporting grassroots conservation efforts to protect North America's wildest places. Hunter Shotwell dedicated his life to Castleton Tower. Surely, you can dedicate an hour to yours.

300 million people. One hour a week. Make it happen.

**The Conservation
Alliance**

www.conservationalliance.com

Showdown in Texas

The 2009 USARA Sprint and Collegiate National Championships

The 2009 USARA Sprint and Collegiate Adventure Race National Championship headed 60 miles northwest of Austin this year to the amazing Camp Longhorn in Burnet, TX. Camp Longhorn is a coed summer camp that lies on 500 acres of scenic Texas Hill Country along side two spring fed lakes. The camp created the perfect environment to host and crown the Sprint National Champion and the Collegiate Sprint National Champion.

For the second year in a row the AIX Group put up a \$3000 sponsorship for the winning collegiate coed team, who would also receive a free entry to the USARA 24-HR Adventure Race National Championship and gear from Merrell, Zanfel, Suunto, and Native Eyewear. The buzz around this event has been growing and collegiate teams from around the country were on hand to take their shot at winning the sponsorship.

The race would start and finish right in the middle of the camp grounds. Over 100 teams stepped up to the starting line, which started with a 3/4-mile sprint around the property and back to the TA. Once at the TA, teams jumped on their bikes and began what would end up being a truly spectacular bike ride through some amazing granite filled Texas Hill Country landscape.

The bike started fairly flat and fast through rough dirt road on Mesquite tree covered pasture land and



then popped out for a quick down-hill on a country road. From there, a sharp right hand turn took bikers into some pretty special single track over jagged, technical granite

slopes, sharp turns, and plenty of stream crossings. These technical sections really worked to slow teams down, commanding every biker's full attention. Once out of

the rocky sections teams hammered on gravel trails through the forest heading towards Inks Lake and the paddle section. One last short, granite technical rock section freed bikers from the woods and opened up to the shores of Inks Lake inside the Inks Lake State Park.

Teams paddled across the lake to the brother camp of Camp Longhorn-Inks Lake. When teams arrived they were greeted with a 3-mile run, which felt like 4-5 miles up to the top of Church Mountain where they were graced with some truly beautiful views. Runners continued back down to the camp where a couple of quick mystery events forced runners to catch their breaths and think on their feet, including over and under some hurdles and monkey bar rings while hanging over the lake.

Once the mystery events were finished, teams headed back to their boats for the paddle back across the lake. At the take-out, teams got back on their bikes for the reverse of the bike trail coming down. The reverse however, was mostly uphill and really challenged teams fitness level as they worked to get their bikes back up the mile long steep hill climb that lead to the gravel roads back to camp. On the way back, there was a surprise mystery event that took the bikers on a search and rescue mission to get a “prize” hidden down in a small a cave at the bottom of a canyon. Teams had to drop their bikes, run down to the valley, retrieve a coin, hike back up to their bikes and pedal the last slowly upward sloping roads back to the TA area.

Once at the TA area, teams dropped their bikes and headed towards the



finish line. There was one last mystery event that was much welcomed for many on this hot Saturday afternoon. Teams were instructed to head into the camps “Lazy River” for a not so lazy swim. Each person had to swim/walk about $\frac{3}{4}$ of the way around the river, exit out and sprint the last 100 yards to the finish line.

Overall, this course presented many challenges from some technical mountain biking sections, to a tough mountain run and many varying mystery challenges. This venue provided the perfect spot for teams to fight it out for the title of Sprint Adventure Race National Champion.

Clydesdale: Rocky Mtn. Biking Oysters – Collin West, Mark Evans

Relay: HFAR/Go For Broke – Alan Henson, John Martin

Collegiate Coed: Nature Cure – Jen Perez, Brian Mayer

Collegiate Male: University of Miami/UNT – Daniel Duryea, Tim Buchholz

Winners of the divisions:

Coed: iMOAT - Kristi Darby, Nathan Winkelmann

Coed Masters: Team Peanut Butter – Tina Burgos, Frank Arriola

Male: iMOAT - Shaun Bain, Jason Winkelmann

Male Masters: Austin Adventure Racers Old Guys - Larry Spurgeon, Doug Hogenmiller

Female: Handful – Celeste Hoffman-Luke, Caitlin Gabor

Raft Race New Zealand Style

By Aaron Holloway and Douglas McCormick



Some professions involve many unknowns; police officers are most often thrust into unpredictable and potentially volatile scenarios. Due to the nature of their profession, cops are relatively comfortable in danger, but extreme whitewater rafting is a different kind of danger. Even though most of these cops had never set foot in a raft, these boys showed no fear and no doubts about the race they had signed up for: they were racing down a Grade 5 river in guided rafts. The event held on Friday the 13th (March 2009) on the world renowned Kaituna River just outside Rotorua, New Zealand had been organized by old-school-raft-guides-turned-cops Aaron Holloway and Dai Edwards as a way to get the New Zealand Police onto the extreme sport scene. The New Zealand Police have always had a strong commitment to sports, but this was the first time that rafting was added to the repertoire of challenges cops have to face.

The race consisted of three parts. First, the teams would be guided down the first half of the river including three major waterfalls one

being Tutea Falls (boasting a proud 7 meters of freefall into whitewater chaos). Tutea Falls is the world's highest commercially navigated waterfall. The guides that work on the Kaituna are renowned for their safety records and quick responses to flipped rafts. They would escort the teams down the length of the river, taking them as safely as possible over the waterfall, and acting merely as drivers for the paddling cops during the race. Once they reached the pool at the bottom of Tutea Falls, the teams designated a swimmer that would start the race by jumping 3 meters into the river and sprinting 30 meters across the pool. They would then be intercepted by their respective rafts before racing to the finish line 800 meters downstream in mass, clashing and bouncing off each other, trying to squeeze into the lead.

The swimmers lined up on a rock shelf and jumped, feet first (never dive!) into the river. One of the reasons for having a "swim start" was to disperse the pack a little, to allow some time for rafts to get out ahead and have space to race without the interference of other rafts. This, however, was not the case. These cops are strong boys, they are great swimmers, and (more than most people) can work together as a team exceptionally well. Swimmers seemed to walk on water, and before you knew it, they were aboard their rafts, scrambling to paddle along with the rest of their



team. As the rafts left the pool towards the finish the race was close and fast; it was a mad dash. As a spectator, you couldn't ask for better entertainment on a river.

If you've ever seen or been down the Kaituna River, you'll know that at its widest, the river is about 5 meters from one side to the other. It is like a long hallway, with tall cliffs on either side and tight turns and narrow drops formed by the constriction of the walls- acting like a funnel; water filling up the pools then spilling out at high speed through the narrow gap. It is technical enough to take one single raft and navigate smoothly down the river. Now imagine squeezing 6 rafts in there, and you have a bottleneck effect that is unpredictable and unstable, piled high with adrenaline infused cops, wielding paddles and a competitive spirit characterized by a fierce determination to kick butt. It's a dangerous mix. One of the boys, from the



Armed Offenders Squad (SWAT) can attest to that ferocity, having a new scar on his chin comprised of five stitches. Surprisingly, his was the only injury of the afternoon. As the teams entered the home straight they were gasping for air, the muscles were burning but these guys dug deep as they could hear the crowd cheering them on. You could see the pride on the faces of Tauranga team as they dropped over the last drop to the roar of the crowd in first place, then moments later they all collapsed as they had given it their all.

Due to the high turnout of 24 teams from all across the North Island, the race was split into separate elimination heats and a final. Each round consisted of 6 rafts, two safety kayakers and a spectator raft. This is one of the best things about the Kaituna River, the run is only 1.8km, and the road access is sweet; so it's very easy to squeeze in multiple runs in a short amount of time.

The boys in blue were in safe hands as Kaituna Cascades had been commissioned to handle logistics, safety and the guides to make the event happen. Kaituna Cascades was the first company to commercially operate on the Kaituna. So, while most of us would have liked to give these cops a good thrashing on our own turf, the guides showed restraint and performed with the highest sense of decency but Mother Nature on the other hand had rafts going upside down, people falling out, and some of them had to hold their breath for a worrisome 17 seconds on a trip to the green

room.

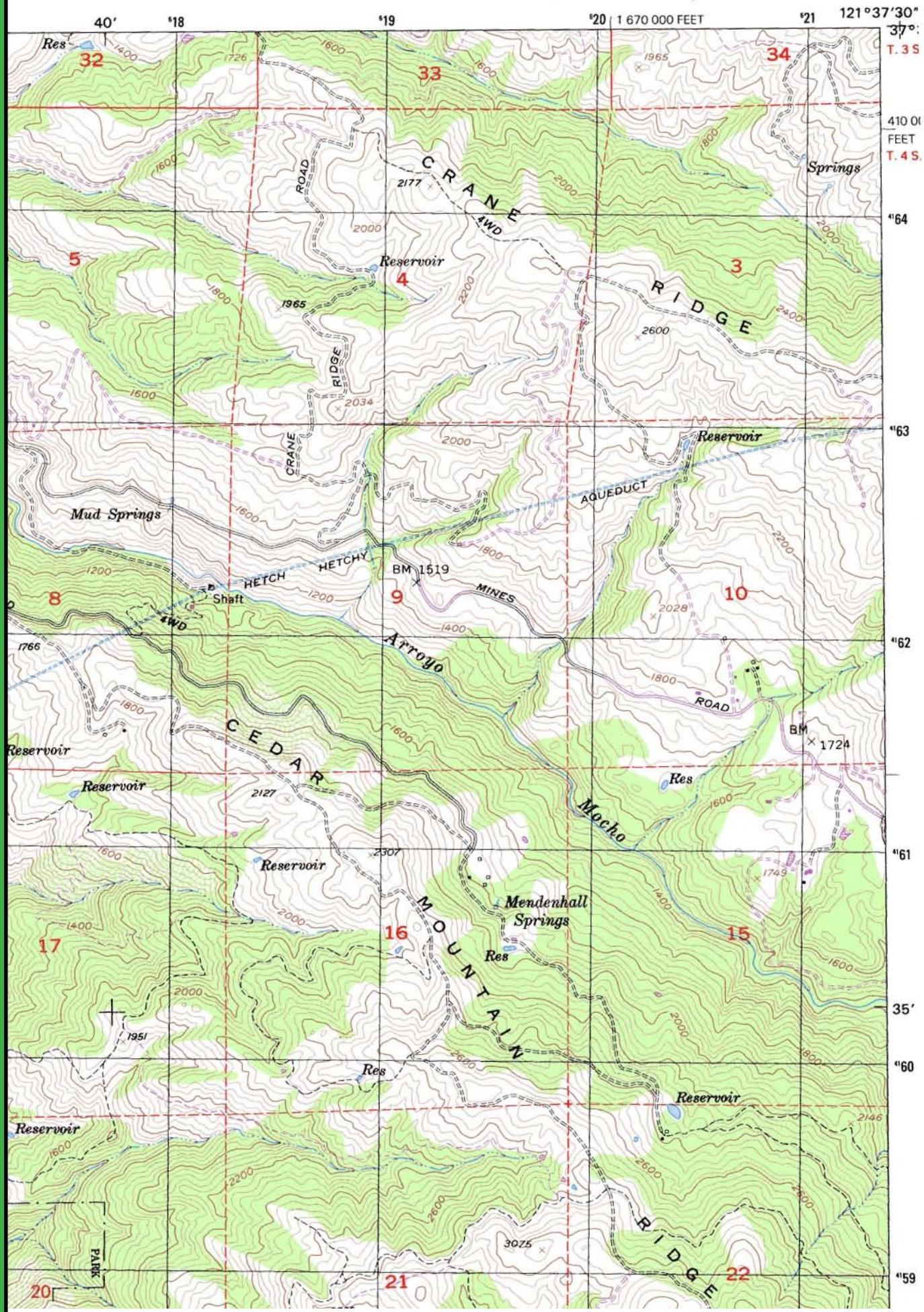
The Kaituna River is one of a few rivers in the world that is easily accessed by spectators. If next year's event is anywhere as great to watch at this one was (which promises to expand into kayaking and "river-surfing" races), it will truly be one of the best shows of the summer.

After the final, the cops headed 500m meters down the road to the Okere Falls Beer Garden to have a few Croucher beers (a great New Zealand beer), trade stories and of course the prizegiving. This year's major race sponsor was TEVA who put up some great prizes including sandals and clothing. The stories of the day continued well into the warm New Zealand summer night with many keen to return next year to see what the river would bring.



AWM Navigation Challenge

Round 8



Adventure World Magazine Navigation Challenge: Round 8

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 Mendenhall Springs, CA for the Eighth round of the Adventure World Magazine Navigation Challenge, brought to you by www.ARNavSupplies.com and the Basic Roamer AR.

Checkpoint	Instruction	Question
Start	Find the most Westerly point on Mines Road	Give the UTM of this point?
CP 1	Follow Mines Road to Mud Springs	What is the elevation of the Spring?
CP 2	Find UTM 0618180 4162230	What is at this location?
CP 3	Follow the single track trail that leads WSW to the road.	How many contour lines were crossed?
CP 4	Follow the road SE to an elevation of 1920 feet.	What is at this location?
CP 5	Plot a True North bearing from CP 4 of 346 deg. Plot a bearing from CP 3 of 78.5 Deg.	What is at the intersection of these 2 bearings?
CP 6	Follow Mines road 1.2 Miles to the stream crossing.	What is the elevation of the stream crossing?
CP 7	Find the Peak marked 2028 in square 0620 4162	What is the True North bearing from CP 6 to this location?
CP 8	Take the nearest trail and travel by the longest route possible without crossing route or using the same section of trail twice to UTM 0619770 4163770	How many trail intersections did you pass?
CP 9	From CP 8 follow a True North bearing of 302.5 deg for 660 meters	What is the elevation of this point?
CP 10	Find the northern most reservoir on the map	What is the elevation of this reservoir?
Finish	Email your answers to: info@adventureworldmagazine.com	



WWW.ARNavSupplies.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.



Adventure Racing Rotating Map Holder

A lightweight, rotating design with a quick release mounting bracket the rotating map holder is designed to fit almost any bike, it is built strong enough to withstand the rigors of any adventure race or bicycle orienteering event. The solid construction will not flex or flap on rough roads and will hold most flexible map covers or just the map itself <http://www.arnavsupplies.com/products.html> Positioned for easy reading it will make bike navigation much easier. Proven in many races and successfully used in 2006 USARA National Championships.

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.

Check out the full line of navigation products from AR Navigation Supplies including: Waterproof Map Cases, Racing Compasses, Waterproof Pens, MYTopo Maps, Nav Practice Guides & More!



gear closet

Trail Runners For 2009-Part 2!



Ahnu Firetrail

MSRP: \$119.95

This shoe performed well regardless of trail make-up (even pavement). They provided excellent traction and stability. The upper is comprised of both synthetic and nubuck and the shoe also features a single-finger lock release for ease of use.

www.ahnufootwear.com

Hi-Tec Trail Eruption

MSRP: \$110

The shoe's midsole uses eight densities of compression molded EVA to provide both comfort and rigidity. The Vibram outsole makes it great for off-road conditions but restrict its road capabilities.

www.hi-tec.com/us



Avia Avi-Stoltz

MSRP: \$110

Co-designed and tested by 3-time XTERRA world Champion Conrad Stoltz. This shoe was designed with race conditions in mind. Whether you are looking for superior stability, flexibility or protection from off-road conditions...this shoe fits the bill.

www.avia.com

gear closet



Lowa Ellipse

MSRP: \$130

We found this to be a great shoe for warmer weather running conditions (I wish I had these shoes when I lived on the Gulf Coast for those 95-degree days). The shoe's mesh panels keep the feet cool and comfortable while on the trail. In addition, the shoe's dual-density EVA midsole is harder on the inside heel providing better support and balance while on the trail.

www.lowaboots.com

The North Face Rucky Chucky

MSRP: \$110

This was an excellent shoe for both short and long runs off-road. It felt just a good after an extended day on the trail as it did for those quick runs after work. There was great traction regardless of the substrate and the only downside we found was it was not very forgiving on harder surfaces and pavement (but then again...we were testing road shoes).

www.thenorthface.com



Oboz Ignition

MSRP: \$95

Even though it is a relative newcomer to the shoe industry, we were very impressed with the performance. The shoe performed well in our off-road testing and found the shoe to adapt to the many situations that we subjected it too. From the ankle collar to the cushioning in the sole...we look forward to getting our next pair of these shoes.

www.obozfootwear.com



www.tripsforkids.org
(415)458-2986
national@tripsforkids.org

You can change
the lives of children.
Start or fund a
Trips For Kids program.

Many kids never leave their own neighborhood to enjoy the beauty of nature. That's why we started Trips for Kids, a national non-profit organization that provides mountain bike rides and environmental education for disadvantaged youth. You can start a Trips for Kids chapter in your area. We'll assist you, at no charge, by supplying bikes and helmets, and support based on 20 years of experience.

Or make a difference by donating money, bikes or equipment (new or used).

All donations are tax-deductible.

©thePortraitPhotographer.com



gear closet

Great Boat Options For Summer



Dagger Alchemy

MSRP: \$1295

- Length-14'
- Touring boat for all level paddlers

www.dagger.com



gear closet



Hobie Mirage Outback

MSRP: \$1749

- Length-12'1", Capacity-400 lbs.
- MirageDrive Pedal Kayak

www.hobiekayak.com



Perception Tribute

MSRP: \$650 (10'), \$825 (12'), \$995 (14'-pictured above)

- 3 lengths and great for smaller-framed paddlers

www.perceptionkayaks.com



Balloon Tag

What You Need:

- 1 Pack of balloons
- 1 spool of string
- 1 pair of scissors

How To Play

Fill the balloons with water (but not too full).

Each player cut a 2 foot long piece of string.

Every player ties one end of the string to the balloon and the other end the string to their ankle.

When the game starts, the players run around and try to pop all of the balloons by stomping on them.

The last player with a full water balloon tied on their ankle wins!



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.



Mountain Boy Sledworks Butterfly Wagon

MSRP: \$199

A combination between a work of art and a kid's toy, this ride draws comments every time we take it out. The Butterfly Wagon takes you back to the days where craftsmanship was a skill and it is obvious that wagons & sleds are a passion for these builders. Besides looking great these wagons are heavy duty and functional and just a blast for kids. And if you like the wagons check out their sleds – same great look and quality.

www.mountainboysleds.com



Like a Bike

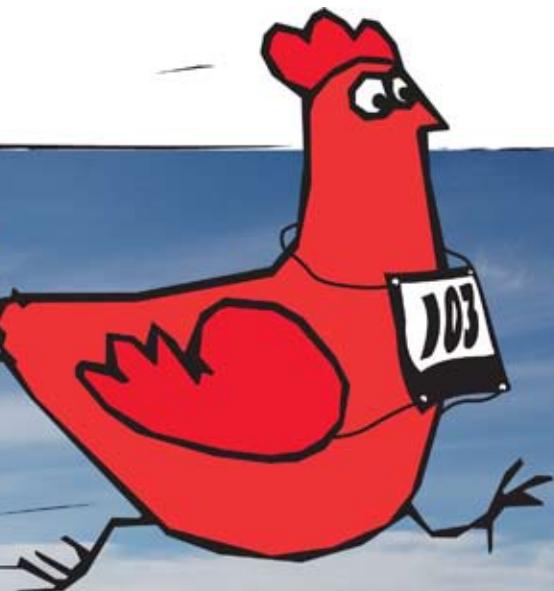
MSRP: \$269 (Aluminum)

Just like the name states it's like a bike, without the pedals. This new revolution of 2 wheeled vehicles teaches kids the skills they need to ride a bike. They learn balance, steering and to throw a foot down when they start to fall over. A great way to get that little one started down the road of bike riding as early as the age of two. Basically if you have a tot and you want them to ride get them a Like A Bike.

www.likeabikeusa.com

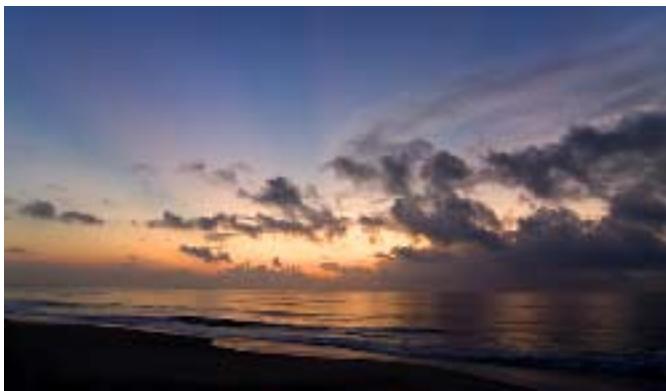
FLAMING CHICKEN

adventure race
Bend, Oregon August 22, 2009



www.flamingchickenar.com





ON THE HORIZON

Coming up in future issues:

Feature Articles:

- Producing Your First Event
 - ‘Green’ Gear
- Training and Pregnancy
- Adventure Destination: Ireland
 - Expedition Biking
- Cross Training Options

Gear Reviews:

- Water Shoes/Sandals
 - Sunglasses
- Socks • And More!

If you have anything that you would like to read about or just have suggestions or comments...email us at info@adventureworldmagazine.com



National Ranking System
Presented by
SALOMON 

July 5, 2009

TEAM NAME	POINTS
1. Nature Cure.....	193.00
2. Berlin Bike.....	180.00
3. Checkpoint Zero/Inov-8.....	131.00
4. Alpine Shop.....	127.00
5. Vignette.....	122.00
6. Shake-A-Leg Miami	101.00
7. Eastern Mountain Sports.....	88.00
8. Citgo/Gray Goat Multisport Team.....	87.00
9. Team Peanut Butter.....	79.00
10. Werewolves of Austin.....	76.00

it happened to me!

Rock, Paper, Stitches!

Story by Troy Farrar

We headed up to Cass Arkansas for the Ozark Challenge Adventure Race. This was my team's favorite race for a few reasons. The course is always epic, featuring Class 3 rapids, awesome mountain running and a few big climbs on the mountain bike trails. The race directors, Pam & Zen Boulden and about 50 of their Arkansas buddies produce one the friendliest & best run grass roots event in the US. After a couple of years you feel like a member of their family. And then there is the fact that we had won the event 3 years in a row.

This event would be a 2 day stage race with paddling and trekking the first day followed by mountain biking and paddling the second day. We started off with a couple mile sprint to the boats and then embarked on a long paddle.

As we were paddling my teammate asked me if I wanted to say a prayer with him and I replied, "sure." So we prayed together as we were paddling down the Mulberry River. About 2 hours into the paddle we were sitting in 3rd place and had to stop for a 2000 foot trek up to a rappel site.

The team in second was only 100 yards above us when they kicked loose a bunch of big rocks. The rocks picked up speed fast and were headed directly for our team. We were scrambling for cover as I watched 2 big rocks come within inches of hitting me. All of a sud-

den SLAM one of the rocks found its target, which unfortunately was my shin. AAHHH, it felt like someone, scratch that, it felt like Andre the Giant had hit me with a sledge hammer. The blow knocked me off my feet and my shin was split wide open. My teammates rushed over and asked if I was okay and I replied, "I think my leg is broken."

The race staff at the boat drop radioed for a paramedic, which was stationed at the rappel. By the time the medic arrived the pain had subsided to a steady throb and I felt like my leg was not broken. We asked him if he could close it up and he replied he would do his best. So while a couple of my teammates held the gash together he threw on some butterfly stitches and we topped it off with a good duct tape wrapping. We hobbled up to the rappel and then back down to the boats. My teammates asked if I could continue and I replied that I could definitely sit in a canoe and paddle, after that we would just have to see how the leg felt when we started the trekking section. So the good news is...the leg was not broken, but the bad news is we went from a close 3rd to around 30th place during the great rock slide fiasco.

As we started paddling again my teammate said, "Well I guess our prayer did not do much good." I replied, "That's not true, if you had not said a prayer that rock

might have hit me right between the eyes and you guys would still be digging a shallow grave for me on the side of the mountain." We both laughed, and he agreed as we continued paddling down the river. During the next 3 hours of canoeing we were able to take a lot of those lost places back and finished the paddle in 12th place.

Now came the time for the big test, would I be able to trek at a decent pace, or at all for that matter. We took off and the leg was tender but manageable. A lot of the early trekking and navigation was in the river valley and we had around 10 river crossings during this section.

As we approached the first river crossing, I thought sweet! That cold river will help numb my leg and relieve some of the pain. I eased into the water and BOOM; the cold water sent a shock wave up the leg. It had just the opposite effect that I had hoped for and ratcheted the throbbing level up to what felt like 1 notch above maximum.

The next 7 hours were spent navigating up and down the mountains and some of the best team support I have ever witnessed. My team helped push, pull and encourage me through the entire section. Although it was not the best racing conditions, it was definitely my favorite section of any race. To see my team's support and feel the positive energy they poured out was a

thing of beauty. We finally hit the finish line for day one at a few minutes past 12 hours and less than a minute behind the first place team.

We loaded up and headed to the hospital for a good cleaning and a handful of stitches. Day 2 started with 5 hours of mountain biking. The leg was pretty tender but biking did not bother it much. The mountain biking was followed by a couple hours of paddling which was manageable. My team was able to take the lead on the bike section and hold the lead to continue our winning streak at the Ozark Challenge.

Looking back I would have to say this is my favorite race memory and my team really demonstrated what adventure racing is all about. No matter what challenges the race throws at you; if you adapt, stay positive and work together you will overcome those challenges and be successful. Well my team did exactly that and I left the race a little battered, a lot humbled and very proud of my teammates and their selfless actions.

AAR WORLD SERIES

www.arworldseries.com

the pinnacle of adventure racing



Ecomotion '08 ARWC
XPD Australia
Portugal XPD Race
Bergson Winter Challenge
Untamed New England
Raid in France
Bimbache Extrem Castilla y León
Explore Sweden
Huairasinchí

ARWORLD CHAMPIONSHIP '09
Portugal XPD

www.arworldseries.com