

Adventure World

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Tips For Running Stage Races

**Adventure Racing:
Our Prehistoric Roots**

Late Summer/Fall 2010

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Untamed Adventure Racing



www.UntamedAdventure.com

Switzerland :: New England :: ?

Editor-in-Chief

Clay Abney

Managing Editor

Dave Poletto

Online Content Manager

Jacob Thompson

Contributing Writers

Grant Killian • Jason Hefflin
Kristen Diffenbach • Harper Forbes
Adam Chase

Contributing Photographers

Valentino Saldivar • Luis Escobar
Robert Espinosa • Tim Holmstrom
Untamed Adventure



A little dose of inspiration!

We have all had our heroes and those that have inspired us to achieve more than we ever thought possible. This year has been great for adventure sports. A 13-year-old summited Everest, Roz Savage completed her Trans-Pacific row, Eric Larsen is currently on the final leg of his Save The Poles Expedition, and too many more to mention here.

Included in this issue are tips for running stage races, riding for endurance, endurance training, adventure racing, and adventure travel. We have also reached out to numerous athletes that excel in their sport(s) to hopefully give you a little inspiration as we head into the off-season (northern hemisphere).

We hope you enjoy this different approach from our typical content and let us know what you think!

www.adventureworldmagazineonline.com

Clay Abney
Editor-in-chief

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Kristen a member of Team SOG and prefers 24 hour and longer adventure races. She is an assistant professor of Athletic Coaching Education at West Virginia University with a PhD in Exercise Science with an emphasis in Sport and Exercise Psychology. She is also a certified sport psychology consultant with elite level USA Cycling coaching certification and currently coaches runners, cyclists, and adventure racers with Peaks Coaching Group.



Grant Killian is the Chief Instigator at Untamed Adventure Racing, the all around guilty party behind the Untamed New England Adventure Race and Untamed Switzerland Alpine Stage Race. When not planning epic multi-day races, Grant tries to live a bit like a caveman in Zurich, Switzerland with his wife and -- soon -- their baby daughter.



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Tips For Running Stage Races

By Adam Chase

Recovery. Stage races like TransRockies Run, Coastal Challenge, Himalayan 100, or the Trans-Alpine Run are all about recovery. The daily legs are short enough that you can actually run them relatively hard. To succeed at an event like this you need to be able to hit each run with vigor and that means not trashing your legs. Or, if you do push it and are sore, which will likely be the case, it is about soaking in cold water – which is easy to do at TransRockies, as there are plenty of running streams with wicked cold water – eating well soon after finishing, hydrating, relaxing with compression clothing on and elevated legs.

Training. Training for the stress of multiple long runs is best accomplished by brick sessions where you hit it hard on a Saturday and then turn around on Sunday and go long again and then, instead of going light on Monday, you tack on a

third session just to get your body used to the feeling of running sore and tired. That really pays off when the race comes around and you've racked up weeks of that kind of training.

Sleeping well in a camp site is not easy for everyone. It helps to bring ear plugs and a warm enough sleeping bag. You'll be tired but it is incredible how loudly some runners snore at night.

Altitude brings with it a special challenge. If you can acclimate by training or sleeping at a high elevation or in an altitude tent, you'll be a lot better off because those who come to the race from sea level face a real challenge. If you can't take the time to acclimate, be sure to start out slow and see how you feel as the miles and even days pass and you adjust.

Trekking Poles. In Europe many of the multi-day stage racers use trekking poles, especially on the

steep Alpine ascents. There is a reason for that: they really help to take weight off your legs and over rugged courses with many climbs that can really make a difference. At one day of the TransRockies course will lend itself to trekking poles and I will likely bring some Nordic-style ones that weigh almost nothing but that will help a lot.

Towing. Since one partner will have his or her strong days and the other will too, it is best to take advantage of that and share the load when one needs some help and the team can go faster together. This, of course, is old hat to adventure racers but people were quite surprised when we used it the first year of the TransRockies and won by a strong margin.

athlete profile

Duncan Callahan

Location: Gunnison, CO

Age: 27

Occupation: Junior Cross Country Ski Coach in Crested, Butte, CO.

Sports: Ultra-running. Primarily 100 milers.

Background (How you got started): Once I graduated college in 2005, I had several friends who were 'into' ultra-running. These guys, Jake Jones and Scott Drum, encouraged me to test myself with this sport. I soon fell in love with it. Previously I had been a cross-country ski racer at the NCAA level in college and I had always enjoyed the long, over-distance workouts; either running in the summer, or skiing in the winter. I knew ultra-running would be the sport for me.

Athletic Goals: My goal with ultra-running is to learn the process of setting goals and achieving goals while inspiring or teaching others to do the same.

Athletic Highlights: 1st Place 2008 Leadville 100 Trail Run. 1st Place 2009 Moab 100 Trail Run. 1st Place 2009 Grand Teton 50 Miler.

Typical Workout: I typically run a 2-hour run per day during the week. (13-17 miles depending on terrain and effort). I also typically do 1 interval workout per week that normally looks like 4 x 1 mile in 5:20 with 2:30 rest. I also try to get in one long run per week of 3.5 – 5 hours.

What inspires or motivates you?: I really do feel that there are some folks out there who find motivation by following my exploits. If this is the case, I am greatly motivated by the thought that others are being physically active and setting goals and achieving goals because they see me doing it.

What does your daily meal plan consist of (give us a typical day's intake):

Breakfast: ½ cup of real oats with whole milk plain yogurt, berries, seeds, nuts. 2 pieces of whole grain toast with peanut butter. 1 banana or other piece of fruit. Water, coffee.

Snack: Typically some sort of baked good item (muffin, bread, etc.) and a good cup of coffee.

Lunch: This is the toughest for me. Lately I have been having a small wrap-type of sandwich with turkey, cheese, lettuce, spinach, tomatoes, peppers, etc. I will also have something like a small amount of potato chips. I normally drink a lot of water with lunch and I may have a small desert item such as a cookie.

Dinner: These normally entail a good amount of vegetables in salad form; tossed greens or spinach, with onions, carrots, peppers, sprouts, etc, and a small amount of high fat salad dressing. The main-course is typically some sort of rice dish with vegetable and meat.



athlete profile

Joelle Vaught

Location: Boise, ID

Age: 35

Occupation: Neurodiagnostics Technologist and a Mom

Sports: Ultrarunning (mountain biking for cross training)

Background (How you got started): Adventure racing for numerous years, trail running, mountain bike racing, a bit of road bike racing.

Athletic Goals: Currently I am hoping to finish Western States, my 1st 100 mile ultra run.

Athletic Highlights: (2008) Timberline Marathon 1st woman (course record), (2009) Hagg Lake 50K- 1st woman (course record), Where's Waldo 100K (100k National Championship) – 1st woman (course record), North Face Endurance Challenge 50 mile Championship – 2nd woman, (2010) Way Too Cool 50K – 1st woman, Silver State 50 mile – 1st woman (course record)

Favorite Workout: 3 hr trail run with the dogs on the trails in the Boise foothills

Typical Workout: 1-3 hr run on the trails

What inspires or motivates you?: I love to be on the trails, it is a breath of fresh air. I love seeing my dogs happily running through the foothills, just being dogs.

What does your daily meal plan consist of (give us a typical day's intake): Muffin, bagel, or granola for breakfast, salad, pita chips or some other carb for lunch, pasta with chicken breast, sun dried tomatoes, mushrooms, broccoli for dinner, and ice cream for dessert.

Best memory from a competition: Running the Where's Waldo 100k in 2009. It was the 100K National Championship race and I felt good most of the race. I loved the course which had a lot of climbing, through forests, by high mountain lakes. The best part was the finish where my son, who was 5, ran across the finish line with me for the win! My husband and oldest dog were also there for me at the finish, it was awesome.



athlete profile

Adam W. Chase

Location: Boulder, CO

Age: 44

Occupation: Attorney, Journalist, Professional Athlete and Team Captain/Manager

Sports: Ultra-distance running, adventure racing, snow-shoe racing, skiing, climbing, cycling, etc.

Background (How you got started): Soccer-running-triathlon-adventure racing-ultrarunning

Athletic Goals: Continue to enjoy it as much as I have for so many years already

Athletic Highlights: Raced in national and world championships in AR, running, and snowshoeing. Won USARA Nationals. 2nd at a 50-run mogul competition on Gunbarrel at Heavenly.

Favorite Workout: Long trail runs around Boulder

Typical Workout: Long trail runs around Boulder

What inspires or motivates you?: That has changed. First it was competition and winning. Then it was teamwork. Now it is the fact that I can share it with others and that people get inspiration from it. It has always been about the feelings of being healthy and engaging actively with natural environments and exciting and motivated people.

What does your daily meal plan consist of (give us a typical day's intake): Cereal mix of about eight or nine varieties mixed together, Justin's almond or peanut butter, fruit, carrots, whole-grain bread, FRS, and plenty of dark chocolate.

Best or worst memory from a competition: Best and worst memories are often the same, aren't they? One of my favorite memories was rappelling off a really big wall in Norway at around midnight but had to wear sunglasses because it was so far north, above the Arctic Circle with two of my best buddies. I don't remember some of my worst experiences because they revolve around hypothermia.



athlete profile

Jill Perry

Location: Manlius, NY (Central New York)

Age: 39

Occupation: Running/Yoga Coach to many and Mother of 5 (busy job!)

Sports: UltraRunning both road and trail, cross country skiing

Background (How you got started):

Ran my whole life, college, etc. Wanted to push my body to the limits.

Athletic Goals: To go beyond the “comfort zone”. Experience many 100 milers that are challenging, break the 150 mile 24 hr, to do a transcendence run (more than one hopefully!), run the whole Appalachian Trail, the whole Finger Lakes Trail, anything that is beyond the norm!

Athletic Highlights: Ran on the USA 50k team, USA 24 hour team, fastest 100 miler in 2009, hold the record for the fastest 200k

Favorite Workout: love trail runs, especially at night - the looong hours when the world is quite!

Typical Workout: I will do two workouts a day. They are all different but I tend to go for the hills. Love the feeling of reaching the top of a mountain and having a panoramic view of the world!

What inspires or motivates you?: Others who go beyond their comforts. People that are driven and driven and driven. I’m inspired by my group of ladies that I train who are all Mom’s like myself and tough as nails!

What does your daily meal plan consist of (give us a typical day’s intake): I have celiac’s so I avoid wheat gluten.

Breakfast - Banana, Oatmeal, Tea or Coffee

Lunch - salad with lots of veggies and tuna

Snack - fruits or raw veggies (apples, berries, carrots, celery)

OK...I love chocolate and that will make its way somewhere in the day!

Dinner: Rice, tofu, veggies, or rice pasta with sauce and salmon

Best or worst memory from a competition: Having a celiac’s reaction during a 100K race and becoming very sick (accidentally ate gluten at a restraunt that told me they didn’t have msg in their sauce...well, they did!). Now, I eat my own meals before a race!



athlete profile

Amanda McIntosh

Location: San Antonio, TX

Age: 45

Occupation: Coach/Athlete

Sports: Ultra Running, Triathlon, Duathlon

Background (How you got started): I began running in college for fitness and to lose the weight I gained after a knee injury sustained in the state gymnastics meet. My first marathon in 1991 was the Pikes Peak Marathon. After that, I ran roads for several years before taking the plunge into full time trail ultras. 1998 was my first 100 mile race and I was hooked.

Athletic Goals: I've been very fortunate have been in this sport for so long. My goal has always been to be able to run all of my life and had fun doing it. I want to train and race hard as long as I can, but my long term goal is to be able to stay in the sport and enjoy all it has to offer.

Athletic Highlights: 2 time Leadville 100 Champion, Sunmart 50 mile winner, 2005 World Master's 100K Champion, Q50 Patagonia & Q50 Costa Rica

Typical Workout: My workouts vary during the week.

All are heart rate based, several are easy low zone workouts, others involve cruise intervals or tempo efforts

What inspires or motivates you?: Helping others experience the joy of running. Meeting amazing people and traveling throughout the world.

What does your daily meal plan consist of (give us a typical day's intake):

Breakfast: Coffee with 1/2 and 1/2, 2 cups water, and Gluten Free egg and cheese sandwich

Snack: Bar or banana w/ peanut butter

Lunch: Gluten Free Pad Thai (with chicken and veggies)

Snack: Yogurt with gluten free granola

Dinner: Pork Chops, Potatoes and Salad

Best and worst memory from a competition: **Worst memory:** While in first place at the Sunmart 50 miler I hit my foot on a rock. I ran the last 12 miles in so much pain there were tears running down my face. I won the race but it was not pretty.



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Adventure Racing: Our Prehistoric Roots

By Grant Killian

Cavemen would have made terrific adventure racers. In my imagination at least, cavemen are durable, resourceful, and tenacious -- if they weren't, we wouldn't have lasted long enough to evolve into the civilized city-dwellers we are today, right?! Imagine the genes we carry with us from those fantastically fit cavemen!

So, while modern life is all about comfort, a key step to success in adventure racing is the opposite: getting comfortable with being uncomfortable. In adventure races, you can be tired, disoriented, dirty, and scratched up. Your pack can feel heavy and the weather can beat you down. The beauty of the sport, of course, is in overcoming the adversity and finding your way to the finish line -- it can be life affirming and euphoric like no other activity -- so with that goal in mind, the euphoric finish line, let me offer some AR tips inspired from our

Neanderthal brethren.

Instead of hiking 10 miles and calling it "exercise," cavemen would do a hike and call it "finding food and shelter." Endurance is a way of life for cavemen. Bring this into your modern existence by integrating your training with your normal routine. For example, after a week or two of biking to work you won't consider the effort "exercise" so much as how you get from home to the office. In the process, you're building a phenomenal fitness base without having to invest time specifically in "exercise." Do the math: if you have a 45 minute bike commute, and you bike to work and back 3 days per week, you're adding 4 1/2 hours of cycling to your weekly routine! If your office is just too far to bike to, consider running to your gym instead of driving there or how about biking for your groceries (you can get that heavy pack workout in with your milk and bread in the backpack). Maybe you can paddle into town?

Work with what your environment offers.

Another way to blur the lines between "exercise" and "normal life" is to add a Ball Chair or Ergo Sit to your office (both items can be found at TheraGear.com). These items convert your sedentary desk into a core-strengthening zone, and give your stabilizing back, hip, and ab muscles attention while you're focussing on the computer. A stronger core is something all adventure racers pursue -- who would've thought you can train for your next kayak leg while you're sorting through email at your desk?

Cavemen made the most of any equipment they had, and their ingenuity had to get them through tough situations. As an adventure racer, you can exhibit this resourcefulness by finding a stick and using it as a trekking pole (and then drop it when you're done -- can't beat the weight savings of not carrying trekking poles an entire race!),

drying your wet socks by tucking them under your tights (seriously -- thighs generate a ton of heat and can dry socks in a few hours), or improvising a blister fix by duct taping or super-gluing the drained blister (seriously!). It's hard to anticipate how you might need to adapt during an event, but develop your ingenuity and don't always take the easy way out when training. For example, if there are stream crossings during your trail run, consider bypassing the bridges to force you adapt to wet footwear for the rest of your effort. Don't take senseless risks, of course!

These are a few measures that can revolutionize your way of looking at training for adventure racing. Don't have a few hours each week set aside for "exercise time;" instead, pursue a lifestyle that folds walking, hiking, running, biking, paddling, and other activities into a genuinely ACTIVE LIFESTYLE -- it's not just a marketing slogan! This can be a transformative process, and is also tremendous fun. Don't be surprised when, after biking to the coffee shop to meet your friends a few times, they begin biking too. It's contagious. Remember, you were literally born to live an active life and our cavemen ancestors never knew any different; it's in your genes to experience the outdoors, and who are we to deny genetics?



"As the jungle trail got darker we found a strange urgency welling up inside us: jungle motivation - that compelling need to get away from areas where you can't see things, but things can see you." Jen Garretson - TCC competitor 2006

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athlete profile

Jen Segger (aka “seegs”)

Location: Squamish, BC

Age: 29

Occupation: Endurance Coach + Motivational Speaker

Sports: Adventure Racing + Ultra Running

Background (How you got started): 8 years ago, did my first race in Virginia and was hooked. Moved back to the mountains of Whistler, BC to train full time. Had to work 4 jobs just to pay for racing. Met my current team nuun-Sport Multi on the Worlds AR course in Newfoundland 2004 and rest is history!!! It’s my passion, it’s a lifestyle.

Athletic Goals: Continue to use racing to explore the globe. I’m drawn to races in unique locations with amazing scenery!! Tackle an Ultraman. Race in Nepal. Expedition SUPing in remote areas.

Athletic Highlights: Youngest competitor and 9th overall at Badwater 2008, Vancouver Island Quest 750km in 4 days non-stop, 3 x winner of the Baja Travesia AR, 2nd place at Rock + Ice Ultra

Favorite Workout: Long runs in the high alpine!

Typical Workout: 2 to 4hrs of either trail running or mountain biking - single track and hilly!

What inspires or motivates you?: Just being outside, doing what I love. Dreaming of my next race or expedition. Seeing that what I am doing motivates and inspires others to get out there and set goals. Being involved with i2P ([impossible2possible](#)) and making a positive impact with youth!

What does your daily meal plan consist of (give us a typical day’s intake):

Breakfast: 4L water based smoothie with berries, banana, celery, Udo’s Oil, Protein Powder, Flax Seed + Hemp Hearts + COFFEE

Snack: 2eggs + egg whites ontop of spinach salad (peppers, flax, tomato, avocado)

Lunch: Carrots + Hummus, apple, sliced turkey + Quinoa + COFFEE

Snack: protein shake with Udo’s Oil + Fruit

Dinner: HUGE spinach salad with salmon, cranberries, feta, avocado, peppers

Desert: chocolate!!

Best or worst memory from a competition: Worst: Primal Quest Utah 2006 when we nearly lost a team mate on the race course due to extreme heat exhaustion! Luckily he pulled through and continues to be a rockstar athlete!!



athlete profile

Harper Forbes

Location: Campbellville, Ontario (a small town on the Niagara Escarpment)

Age: 36

Occupation: Statistical analyst and programmer, Pharmaceutical industry

Sports: Adventure racing, mountain bike racing, orienteering, trail running.

Background (How you got started): Started adventure racing after seeing Eco-Challenge on TV with some school friends about 9 years ago. Many teams and many teammates later I've been lucky enough to find a great team where we race well together and enjoy each others company.

Athletic Goals: The Patagonian Expedition Race was always on my wish-list and part of the reason I got so "into" adventure racing. Now that I have completed it, I'm not sure what will compare... Next year I'm hoping to race one of Raid the North Extreme (British Columbia) or Explore Sweden. I also plan to return to Patagonian Expedition Race in a few more years - the race was amazing.

Athletic Highlights: Multi-day adventure races such as Patagonia Expedition Race, Raid the North Extreme, Transmarocaine, Untamed New England, Extreme Adventure Hidalgo, Neuvo Leon, Endorphin Fix. Individually I've won several solo 24-hour mountain bike races and done a few Ironman and XTERRA Worlds.

Favorite Workout: A long (3+ hours) trail run with Kona (our dog) along the Bruce Trail near my home (followed up by a cold beer on the deck!).

Typical Workout: An average spring or summer week ranges from 12-20 hours with 4-5 days of cycling (mountain and road), 3-4 days of running (trail and road), 1-2 days of paddling or swimming and 1-2 days of weights or yoga. I work from home so I can usually fit in two workouts per day - one before the day starts and one after. I usually try and train 6 days/week with 1 complete rest day but obviously that varies with work/personal commitments.

What inspires or motivates you?: Racing with fast teammates certainly keeps me motivated! However, even if I wasn't racing, it has always been a lifestyle choice for me to be always be active outside. I spent my summers in high-school as a park ranger and treeplanted five seasons in University. The reason we live where we do is access to some great running and cycling.

What does your daily meal plan consist of (give us a typical day's intake): Working from home I have the luxury of being able to eat somewhat healthy and fresh. Breakfast is usually coffee with some grains (toast or



(Harper Forbes continued)

cereal) and a yogurt. Lunch typically is a big salad with cut-up chicken, a turkey sandwich or soup and fruit. Afternoon snack of coffee/latte with some cookies. Dinner is usually a chicken & veggie stir-fry with rice or pasta with lean meat. I am a sucker for candy or chocolate so night-time is where I have to try and resist my unhealthy snack cravings (usually unsuccessfully).

Best and worst memory from a competition:

Never really had a “catastrophic” experiences although not being able to find a CP during the Michigan Expedition (MIX) race while in 2nd place, leading to our eventual DNF was probably the biggest disappointment I’ve had in the last few years. For best... every year holds something to remember but 2010 was very special being able to compete in the Patagonian Expedition Race. 8-days non-stop at the end of the world in the extremely remote south end of Chile on Tierra del Feugo. Trekking across the Darwin Cordillera, paddling the Beagle Channel and biking against the brutal 100km/hr Patagonian winds. So tough, but all worth it with a great team.



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1. Freedom Group/Trakkers	383.00
2. ImONPoint.org-Odyssey AR	336.00
3. Cumberland Trail Connection	212.00
4. Berlin Bike/Trakkers	208.00
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7. Werewolves of Austin	148.00
8. Tecnu Extreme/Staphaseptic	137.00
9. ARMD (Adventure Racing Maryland) ...	122.00
10. Team Torti	119.00

athlete profile

Jayme Frank

Location: Cambridge, ON, Canada

Age: 34

Occupation: Project Manager

Sports: Adventure Racing

Background (How you got started): Like many adventure racers from back in the day – watching Eco-Challenge on TV. After my first expedition race I was hooked and the rest is history.



Athletic Goals: Trying to get the most out of my body, and then just a little bit more...and of course win some races in the process. After being away from the sport for so long it would also be great to see what I still have in the tank in a great expedition length race.

Athletic Highlights: Competing in adventure races in places like the Yukon, Newfoundland, Brazil and Switzerland. Travelling and seeing areas of the planet that not many others get to experience is one of the great things about adventure racing.

Favorite Workout: Anything that leaves me tired at satisfied after I'm finished. A good trail run or a few hours mountainbiking some good trails usually does that.

Typical Workout: During the week my workouts are usually 1-2 hours; on the weekends I try to get in a good long trailrun 2-3hrs and a long ride 3-5hrs. With AR it's tough because you have to include all the disciplines in your training – running, cycling, and paddling (I like to hit the weights once or twice a week too), so I've never really had any structure to my training plans. I usually just go with what I'm in the mood for at the time or what I feel needs the most work. Of course I do end up doing a few things I'm never in the mood for like running intervals or biking hills...those are absolutely no fun for me, but have to get done.

What inspires or motivates you?: Competition. I just love competing, and I'm always motivated by trying to be one of the best and the challenge provided by trying to get there.

What does your daily meal plan consist of (give us a typical day's intake): I love that I'm back racing again; it allows me to eat more and not suffer the consequences. Aside from eating the 3 main meals a day I find myself snacking at least twice between each meal. I rarely go an hour or two without eating something. I have a weakness for pizza, a good steak and just about any kind of dessert....oh and jube-jubes/licorice!

Best or worst memory from a competition: I would have to say the inaugural Discovery Channel AR World Championships in Switzerland. After being super motivated to prove ourselves in one of the sports biggest events we only lasted 24 hours before dropping out due to a teammate getting altitude sickness. I guess that's what happens when you send 4 flatlanders living at sea level to the Swiss Alps for a race. To top it off we ended up being stuck in the Frankfurt airport for 5 days following 9/11.

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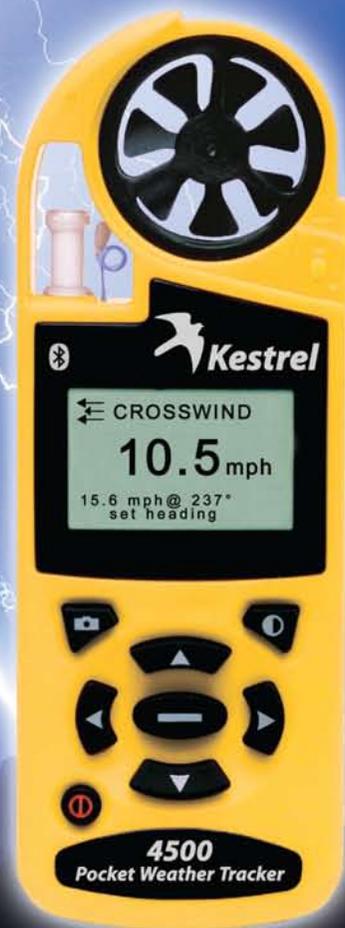
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Endurance Mountain Biking Tips



By Kristen Dieffenbach

Tip 1: Get in at least some training miles with a pack that approximates your anticipated race pack weight. The additional weight may require a position change from your normal unweighted racing position. You also want to get used to how the pack impacts your bike handling skills. If you opt to ride with gear on a rear rack to get the weight off your body, be sure to train with this set up as well as again, the weight will influence how the bike handles.

Tip 2: Trail riding is great for handling skills but to really improve fitness, open fire road, dirt roads and paved roads provide better training for increasing endurance and stamina. Long steady rides and uptempo intervals that are done without interruption are key to improving your base fitness.

Tip 3: Climb, climb and then climb some more. On long steady climbs, experiment with shifting hand positions and saddle position so

you can avoid pressure points and cramping concerns that can be related to long efforts in one position. Even shifting on the saddle for just a few moments and riding more with an emphasis on the pull part of the pedal strokes can give your quads a brief break mid climb.

Tip 4: Ride with finesse. Hammering hard and through everything is fun and may get the job done, but it is also very hard on gear and in racing broken gear can eat up costly time. Many flats and broken derailleur can be prevented by having a little finesse. Seek to ride over things and not through. Practice anticipating the shift and shifting gears under little to no load. You save time, frustration, and money in the long run.

Tip 5: Don't underestimate your hydration and nutrition needs in training. It can be tempting to forgo the camelback or ride with empty pockets when it is 'just a 2 hour ride'. Fluids should be a staple on any ride and nutrition should be a part of any ride over an hour.

Not only will staying well fueled in training equal a better training ride, but it will also help train your body to process fuel while you riding (reducing the potential for in event GI distress) and when coupled with good post ride nutrition it will improve your recovery for the next ride.

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BC's West Kootenays

July 23 - 31, 2011

www.raidthenorthextreme.com



athlete profile

Georgia Gould

Location: Fort Collins, CO

Age: 30

Occupation: Professional Cyclist

Sports: Mountain Bike, Cyclocross

Background (How you got started): I started riding a mountain bike as a way to get in shape after I quit smoking.

Athletic Goals: Win the World Championships, win the 2012 Olympics

Athletic Highlights: 2009 US Short Track MTB National Champion, 2008 Beijing Olympics: 8th, 2008 World Cup Overall: 5th, 2006 National Champion

Favorite Workout: Riding my single-speed mountain bike

Typical Workout: 3 hour steady hard ride (on the road bike or mountain bike)

What inspires or motivates you?: Big challenges. I feel like I have learned a lot from struggles I've had during my cycling career.

What does your daily meal plan consist of (give us a typical day's intake): I try to eat lots of fruits, vegetables and whole grains.

Breakfast: Usually some kind of hot cereal with almond butter and raisins, or homemade muesli with fruit and yogurt

Snack: Apple with peanut butter

Lunch: usually some leftovers from the night before (ex- lentil and roasted beet salad, grilled chicken, grilled vegetables (peppers, baby bok choy, zucchini) or maybe some eggs scrambled with veggies, fresh herbs and some parmesan cheese, and a piece of toast

Snack: some fruit, or some muesli with yogurt

Dinner: whole wheat pasta tossed with asparagus, peas, mushrooms and parmesan; salad

Best and worst memory from a competition:

Worst memory: Getting heat stroke during a race, blacking out, and having to go to the hospital

Best memory: Winning my first big race- the national championships in 2006



athlete profile

Amy Dombroski

Location: Born and raised in Jericho, VT, now residing in Boulder, CO

Age: 22

Occupation: Professional cyclist

Sports: Cyclocross, mountain bike, road

Background (How you got started):

I grew up as an alpine ski racer on the harrowing ice of the east. After graduating high school from a ski academy, Burke Mountain Academy, I moved to Steamboat Springs, CO and realized that skiing shoulder-deep powder is more fun than chasing gates. But a second knee injury forced me off of skis and I followed my brother to Boulder where I borrowed one of the bikes out of his menagerie. It is impossible for me to do anything in moderation, so cycling quickly became my full-time job.

Athletic Highlights: 3x U23 US National Cyclocross champ, 2009 U23 US National Road and MTB champ, 9th - Hoogerheide Cyclocross World Cup, 3rd - 2009 Elite US Cyclocross National Championships

Favorite Workout: Mountain bike rides with people faster than me.

What inspires or motivates you?: My mom

What does your daily meal plan consist of (give us a typical day's intake): I'm like a cow...I graze all day long and I have an addiction to fresh fruit and vegetables...just as I won't be your friend on a powder day, I won't give you much attention at a farmer's market.

Best and worst memory from a competition: 2008 was my first year as a professional cyclist. With a teammate off the roster with a broken collarbone I was called in to race Tour de l'Aude; a prestigious 10-day stage race in France. Going into it I had ambitions of making it 5 days before pulling the plug. After I made it through 5 days I decided to shoot for 7. On the 6th day it became a struggle of survival and I was dead set on making it through all 10 days. I made it to the start of the 10th day and I can remember sitting in Carcassonne in a soft rain, wiring my radio and putting anything but race food into my pockets for sustenance, feeling a quiet satisfaction that I had made it to the final day and after 78km I would be done, dun, mission accomplished. That best memory was muffled 20km later when the road shrunk from narrow to wicked narrow, 2 riders moved in on my front half bike and I catapulted forward, careening onto my face. Instead of crossing that final finish line, I had my first ride in an ambulance to the hospital where no-one spoke but a lick of English. I lay in shock as flies buzzed around and french mumbo-jumbo echoed through the hallways. I was cleaned and stitched up well and my face was dressed like a mummie for my long plane ride home the next day.



athlete profile

Katerina Nash

Location: Truckee, CA

Age: 32

Occupation: Professional cyclist (Luna Pro Team)

Background (How you got started): Cross country ski racing at age 5

Athletic Goals: Ride and ski at least as long as my grandmother who is 80

Athletic Highlights: 3 x Olympian (2 winter XC skiing, 1 Mountain biking)

Favorite Workout: Backcountry skiing around Tahoe or Southern Sierra's

Typical Workout: Long MTB ride with lot of climbing

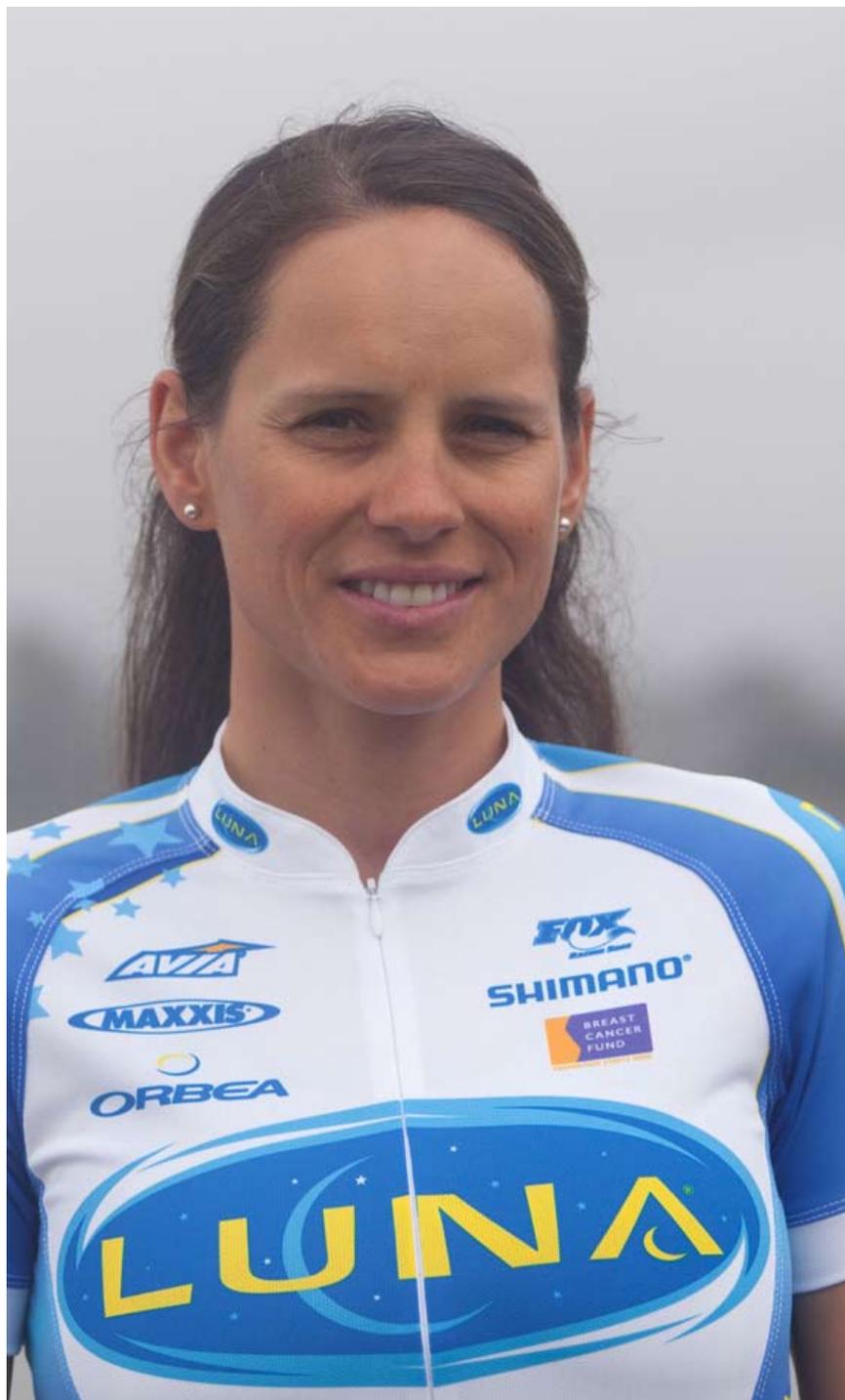
What inspires or motivates you?: Views. I like getting to the top of mountains and so I have to stay fit to be able to make it there.

What does your daily meal plan consist of (give us a typical day's intake):

Breakfast: Cereal with almond milk, yogurt, fruit, coffee
During workout I drink Clif Shot electrolyte drink. I don't eat much even on long rides but I always bring a Luna or Clif bar

Lunch: Salad and some other solid food like rice, sandwich, pasta. Usually what is left from the night before.

Dinner: Fish or red meat with veggies, salad and some side dish. I also like to finish dinner with chocolate but it doesn't happen every day.



2010 American Adventure Sports Race Calendar

April 9-11 AAS Adventure Racing Academy
Ohiopyle, PA

April 24 TeamSOG Youth Xtreme Adventure Race
Ohiopyle, PA - (USARA National Qualifier) 35 miles of mountain biking, 20 miles of trekking/orienteering, 9 mile kayak

June 4-6 TeamSOG EQUINOX TRAVERSE 2-Day Adventure Race

Covington, VA - (Checkpoint Tracker Series and USARA National Qualifier) 70 miles of mountain biking, 50 miles of trekking/orienteering, 20+ miles of canoeing

June 5 TeamSOG Dash 4 Cash Mountain Bike Race
Sarver, PA - 15 mile sport or 20 mile expert

June 5 TeamSOG Buffalo Stampede Trail Run
Sarver, PA - 5 mile novice, 15 mile sport, 20 mile expert

July 11-16 Adventure Racing Camp For Kids
Location TBA

July 31 The Laurel Highlands Mountain Biking Race
Yellow Creek State Park, Penn Run, PA

August 1 XTERRA APPALACHIA
Yellow Creek State Park, Penn Run, PA

August 7-8 TeamSOG LIONHEART Adventure Race

Ohiopyle, PA (Checkpoint Tracker Series and USARA National Qualifier) - 50 miles of mountain biking, 35 miles trekking/orienteering, 10 mile kayak

August 15-20 Junior Naturalist Outdoor Adventure Camp (JNOAC)
Camp Harmony, Quemahoning, PA

Sept 11-12 Allegripis Outdoor Festival
Raystown Lake, PA - Mountainbike Race & Trail Run

September 18 TeamSOG Black Beard Adventure Race
Nags Head, OBX, NC (USARA Points Race)

October 15-16 U.S. Adventure Racing NATIONAL CHAMPIONSHIP
Hidden Valley Ski Resort, Laurel Highlands, PA - USARA.com

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Tips For Successful Endurance Training

By Harper Forbes

Generally speaking, racing in the endurance world requires three main components - equipment, training and nutrition. For each one you can find countless articles associated with each. Below are a few general tips for each.

Equipment:

Get the right equipment. Seems like an obvious statement but you'd be surprised with how many racers competing in technical trail or adventure races are wearing road running shoes. Or how many triathletes or cyclists fail to utilize clipless pedals, which increases efficiency, power and therefore speed. Understandably many people with improper equipment may just be trying it out before making any substantial investment... which brings me to the next point.

Budget accordingly. One of the hardest sacrifices with endurance

racing is found in your bank account. Usually the faster and lighter the equipment, the more expensive it is. So keep this in mind if you plan to enter the world of multisport versus something like ultrarunning. More disciplines = more money.

Train with the equipment you'll race in. Don't be afraid to only use those pricey wheels or carbon mountain bike on your local rides. If you don't know how your equipment will handle in various conditions you're taking a risk of learning that while racing.

Training:

Have a plan. Start out trying to plan your racing calendar as soon as possible, especially those with high priority, requiring teammates or involve traveling. Once your "A" races are established, try and set up a training plan towards those races. Training plans involving periodization or traditional programs

can be found online or by a coach.

Pace yourself. Don't overload your racing schedule or training too early (or late). Hard, high volume training weeks in November for a big race in June can sometime lead to more harm than good - or similarly, competing in too many big races (i.e. every weekend for months) - your chances of mental and physical burnout or injury are sure to increase.

Enjoy it and allow yourself some breaks. Most of us do this because we love the spirit of competition, the outdoors or being able to push our bodies to the limit. Going out for a long run, ride, paddle or swim helps relieve stress and creates the sense of accomplishment. However, if you find yourself constantly tired or dreading your training day or weeks, take some time off - you may be overtraining and need a break. Take an extra few days or weeks off and usually the fatigue

disappears and the motivation returns. Also allow yourself a month or two at the end of the season to wind down, reflect on your success, let your body heal and get focused on goals for next season.

Nutrition:

Train with the nutrition you'll race in. Taken from the equipment component, this also applies to your food. Make sure you can handle whatever you throw at it race day. I usually try and use my specific race-type food/nutrition at least once a week, usually on my training days most resembling my upcoming races. Saving a few extra dollars on those expensive energy powders could cost a poor result in a race.

Drink plenty of water. Hydration is critical training, racing and as part of a daily routine. Our bodies are made up of 60-70% water; water, which transports vital nutrients and oxygen and removes waste. Leading up to a race one should try to increase water intake to account for the possibility of dehydration.

Try to eat healthy. I saved the hardest part of successful endurance racing LAST! The bottom line is: what you put in is what you'll get out. Food is your body's fuel - think lean meats and fish, grains and fiber, fruit and vegetables - foods rich in vitamins and nutrients. Try and minimize processed food, candy and sugary sodas (which are sometimes referred to as empty calories).

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athlete profile

Cyril Jay-Rayon

Location: Los Angeles

Age: mighty 44

Occupation: Co-owner of FTM Brand (makers of www.SportMulti.com and owners of www.FeedTheMachine.com)

Sports: Adventure Racing, 24 hour solo mountain bike racing

Background (How you got started): I lived in Hood River, OR one summer 10 years ago and was living the good life mountaineering, windsurfing and mountain biking. Despite the amazing surroundings and lifestyle, I felt I a little bored in paradise and was looking for a challenge. That year, a major national 24 hour adventure race came to Hood River. I spoke to some of the athletes who were preparing for the race and quickly realized that adventure racing was what I had been looking for. A few months later I did my first sprint race and I never looked back.



Athletic Goals: Keep pushing until my body gives up on me!

Athletic Highlights: 6th at Worlds in Brazil in 08 - winning the solo division at the 24 hours of Adrenaline in 09

Typical Workout: Many of my week day workouts are on my bike trainer in the garage from 9-11pm when the day is done either spinning or doing intervals. I'm pressed for time so I find nights are best for me. If I don't do a training session, I'll go out for a night mtn bike ride, night paddle, or a night trail run. Some like it early in the morning, I prefer the nights. My typical big day workout leading up to a big race involves riding about 6 hours on mostly single track and then doing a trail run / hill climb for another 4 hours. The next day, I'll do a long paddle.

What inspires or motivates you?: Adventure, self discover, and a strong desire not to let my teammates down.

What does your daily meal plan consist of (give us a typical day's intake): First off, I eat constantly. Every few hours, I'll eat something. I probably eat 5,000+ calories on most days. Throughout the day, I'll eat a lot of fruit and vegetables and I'm the master of making sandwiches. For me they are the simplest way to make a quick and healthy meal as I can but anything in them from avocados to hummus. I'll often finish the day with a big pasta meal. Since I finish my workouts late, I eat late. It's well known that eating late isn't good for you but it's never bothered me and I sleep like a baby afterwards. Waking up in the morning is an entirely different story. For me waking up is the hardest thing I do every day.

Best or worst memory from a competition: Winning my first 24 hour solo mtn bike race and realizing that it's possible to ride non-stop for that long and still be able to talk somewhat coherently.

athlete profile

Richard Ussher

Location: Nelson, New Zealand is home base and Ilmajoki, Finland (for 3 months over the European summer each year).

Age: 34

Occupation: Multisport Athlete

Sports: Multisport, Adventure Racing, Ironman, Xterra

Background (How you got started): Started career as a Freestyle skier making it to the Winter Olympics in Nagano, Japan in 1998. After that was looking for a new challenge and saw a race in NZ called the Coast to Coast. It races from one side of NZ to the other and inspired me to have a crack at endurance sports. Didn't set out to become professional to start with but things gradually evolved and opportunities keep coming like the chance to join super AR team Seagate and later Nike USA. More recently have transitioned into more traditional triathlon events like Ironman which has been yet another learning curve.

Athletic Goals: To see where the limit of my performance is (without supplementary help from illegal methods!)

Athletic Highlights: 3 x Multisport World Champ, 2 x AR World Champ, Raid World Champ, Fastest NZ Iron distance time @ Roth 2009 (8:02.15)

Favorite Workout: Nothing in particular – I enjoy the fact I have 4 sports to train for. Lots of variety.

Typical Workout: Typically 2-3 sessions per day, and up to 35-40 per week for the biggest mileage weeks in a specific build up. I usually use a combination of long steady distance mixed with specific work at race pace and some above speed intervals in the quality phase of training

What inspires or motivates you?: To be able to follow my dreams and strive to enjoy the things I do.

What does your daily meal plan consist of (give us a typical day's intake): No hard and fast diet rules except for moderation. Eat mainly food prepared from scratch.

Breakfast: 4 x toast with peanut butter and marmalade, coffee, juice

Lunch: Sandwich, juice, fruit

Dinner: Salad, rice, sometimes small meat portion, bread – often glass of wine

Snacks and training: Usually energy or muesli bars while training plus some gels if on a long run or ride. Water and sports drinks for fluid while training and snacks after training sessions.

Best or worst memory from a competition: Worst memory would be having food poisoning in an AR race in China last year and getting towed by the team for 2 ½ days while not being able to eat anything and basically fertilizing the area from both ends – lost 5kg in 3 days.



athlete profile

Travis Macy

Location: Evergreen, CO

Age: 27

Occupation: High School Teacher

Sports: AR, trail running, mountain biking, snowshoeing, ski mountaineering

Background (How you got started): I grew up playing team sports and tagging along with my dad, Mark, at races like the Leadville 100 and Badwater Ultramarathon. I ran track and cross country at CU-Boulder, and then got into triathlon briefly before expanding to adventure racing.

Athletic Goals: I'd like to win some big races, and new experiences are always fun. Traveling is a plus.

Athletic Highlights: Surviving and finishing my first expedition AR, Explore Sweden in 2005 with Team Sole. It was a killer race, and many of the top teams in the world dropped out. 1st-Best of the West AR, 1st-Mt. Taylor Quad and living and racing in New Zealand and Australia for a year

Favorite Workout: Run, mountain, bike, and paddle all-day training sessions in the Colorado Rockies

Typical Workout: Early mornings running before work and a mountain bike ride in the evening

What inspires or motivates you?: Making the most of life on a daily basis.

What does your daily meal plan consist of (give us a typical day's intake):

Lots of water throughout the day; 10+ liters

Breakfast: whole-grain oatmeal (probably 3-4 traditional servings) with fruit

A few snacks in the morning

Lunch: leftovers, pasta, Chipotle burrito, or whatever else I can scrounge up

Snack on the way home from work

Dinner: something healthy, generally including a good deal of vegetables

Best and worst memory from a competition:

Best: Traveling the world, competing with the best, and winning every once in awhile.

Worst: Breaking my clavicle in a mountain biking accident just before Primal Quest in 2006. As usually happens, what I first thought of as a "loss" opened up other opportunities in life, and things worked out just fine.



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8 No Fail Adventure Travel Tips

Having traveled all over the world and being the consummate observer of human behavior, I have developed a list of travel tips that can make your next trip less stressful and more enjoyable with a little planning before your departure.

- **Luggage:** I can't begin to recount the times that I have watched people at the baggage carousel perusing each black rolling bag that comes off the belt only to discover it is not their luggage. When picking luggage, choose something that stands out and that you can spot as it comes onto the belt. It will also be easier to describe should your luggage not arrive when you do at your destination.

- **Pack Light:** With the airlines charging more and more for luggage fees (some more than \$100 roundtrip if you check 2 bags), it makes more sense than ever to consider what you carry. We all carry way too much with the anticipation of needing that one item that we never unpack. Lay everything out that you think that you will need and reassess before placing it in the bag. And, it will make it easier for you to carry both going and coming.

- **Documents:** Make photocopies of

all-important documents and carry them separately. This includes but is not limited to passports, visas, tickets, immunization record, and any other critical documents. If traveling in sketchy areas, consider carrying all important documents and cash in a money belt or document pouch under your shirt.

- **Resealable plastic bags:** I am a firm believer in having multiple sizes on hand when packing for any trip. They are great for organizing clothing, toiletries, gear and more as the contents are visible and contained within the deep recesses of your bag.

- **Health Insurance:** If traveling internationally, verify that your regular health insurance policy covers illness or injury overseas. If not, consider a short-term policy for the duration of your trip.

- **Day Pack:** Consider carrying a daypack as your carryon. It should be between 1,500-2,000 cubic inches and have multiple compartments and have a hip belt. While traveling, you will have a hands free way to carry your toiletries and extra clothes. At your destination, you will have a great place to carry a water bottle, snacks, camera and extra clothes (your other

luggage may be inaccessible during the day) while touring or day hiking.

- **Apparel:** I constantly live by the mantra of 'Function over Fashion'. Whether you are on an airplane or climbing Kilimanjaro, dressing in layers will never fail you. Layers can be removed or replaced as dictated by the weather or activity. I personally only wear synthetic apparel when traveling. This includes base layers, tops, bottoms, and shells. They dry quickly and in the event that you have to wash them in a hotel sink, they will be dry within hours as opposed to cotton. Another item that I always have with me are my convertible pants. If it gets hot, I can zip off the legs and replace when the temperature drops.

- **Proper Footwear:** It is amazing to walk through a large airport and check out the diverse footwear that you see people wearing in which to travel. If you must wear that fashion piece, I recommend carrying them in your carryon and putting them on after you have reached your destination. Flip-flops and high heels are not conducive for running from one concourse to the next after a last minute gate change has been announced.

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adventure travel gear

The demands of adventure travel call for quality gear; apparel that stays dry and holds up to gritty abuse, bags that hold items like paddles and ice axes, and accessories that keep the whole experience comfortable. We've assembled some of the best adventure travel gear to outfit you on your next far-off journey.



Cloudveil Koven Plus Jacket - MSRP \$400 - Keeping you warm in cool weather and cool in warm weather is but one of this jacket's magical features.



Kavu Burly Belt - MSRP \$10 - No need to unstrap the belt at security with this light-weight webbing belt with plastic buckle.

Merrell Bison Convertible Pants - MSRP \$75 - Why pack a shorts and pants when you can have both in one high performance package.



Injinji Outdoor Toesock - MSRP \$16 - Keep your feet dry and your toes blister free in this wool-blend sock with toes.



Origo Granite Peak - MSRP \$230 - Keep track of where you are with the altimeter and compass with this feature-rich yet fashion-forward watch.

Horny Toad Newman Shirt - MSRP \$78 - A super-wicking and stylish shirt made with eco-friendly materials.



adventure travel gear



Outdoor Research Lateral Dry Bag - MSRP \$69 - You never know what mother nature has in store. Keep your gear dry in this large dry bag duffel.

Dakine Riders Duffel - MSRP \$59 - 3,100 Cubic inches of functional and fashionable luggage with tarp-lined side pockets.



Mammut Softskin Pillow - MSRP \$29 - Stay comfy anywhere with this lightweight and compact pillow that self-inflates in a flash.



Kelty Station Backpack - MSRP \$89 - Keep all your essentials in this backpack which includes a side zip for easy laptop retrieval on the plane.

Steripen - Don't get caught with Montezuma's revenge. Kill 99.9% of viruses and bacteria in only a few minutes with this wonder pen.



adventure travel gear

Over the course of the last six months, we have taken these three bags to both domestic and international destinations. See our findings below to see which bag may be the best for your next adventure!

Big Agnes Stagecoach Waterproof Rolling Duffel

We are big fans of luggage that provides a level of waterproofness in addition to protecting the bag's contents from the typical travel wear and tear. The bag comes in three sizes and we tested the Medium (85L) and were able to jam the bag's roomy single chamber with everything we needed.

Features: Durable, waterproof nylon with welded seams, heavy duty plastic, tractor-style wheels on medium and large sizes, light gray interior for easy viewing of packed items, two large interior zippered pockets, and independent backpack strap system and external compression straps. MSRP \$149-219

www.bigagnes.com



Osprey Shuttle 110L

This behemoth is a catch all for all of your travel needs. The 110L capacity makes it possible to stash gear, apparel and perhaps the kitchen sink as well. Numerous compartments allow for strategic packing options. The only danger will be in staying under the airline's weight requirements. Features: Four dedicated grab loops for easy handling, long outside pocket running adjacent to main compartment, StraightJacket™ compression, two large main compartments with bellows divider, top zippered pocket for quick access to small items, and inner compression straps (internal). MSRP \$279

www.ospreypacks.com



The North Face Doubletrack 25"

This was the most bombproof bag we reviewed. It was also very versatile for its size of 50L (smallest of the three reviewed). The bag proved to have ample storage for two of our staff traveling for the weekend (via airline). The numerous compartments made for easy storage and organization. The bag's sturdy construction (weighs in at just under 13 pounds) will make it a staple in our gear closet for years to come.

Features: Bag converts to backpack for when rolling bag is not feasible, adjustable hip belt and contoured shoulder harness, detachable day pack (2 bags in 1), large main compartment with internal compression straps (and mesh divider), compartment for storing 16" laptop, and ambidextrous retractable handle. MSRP \$389

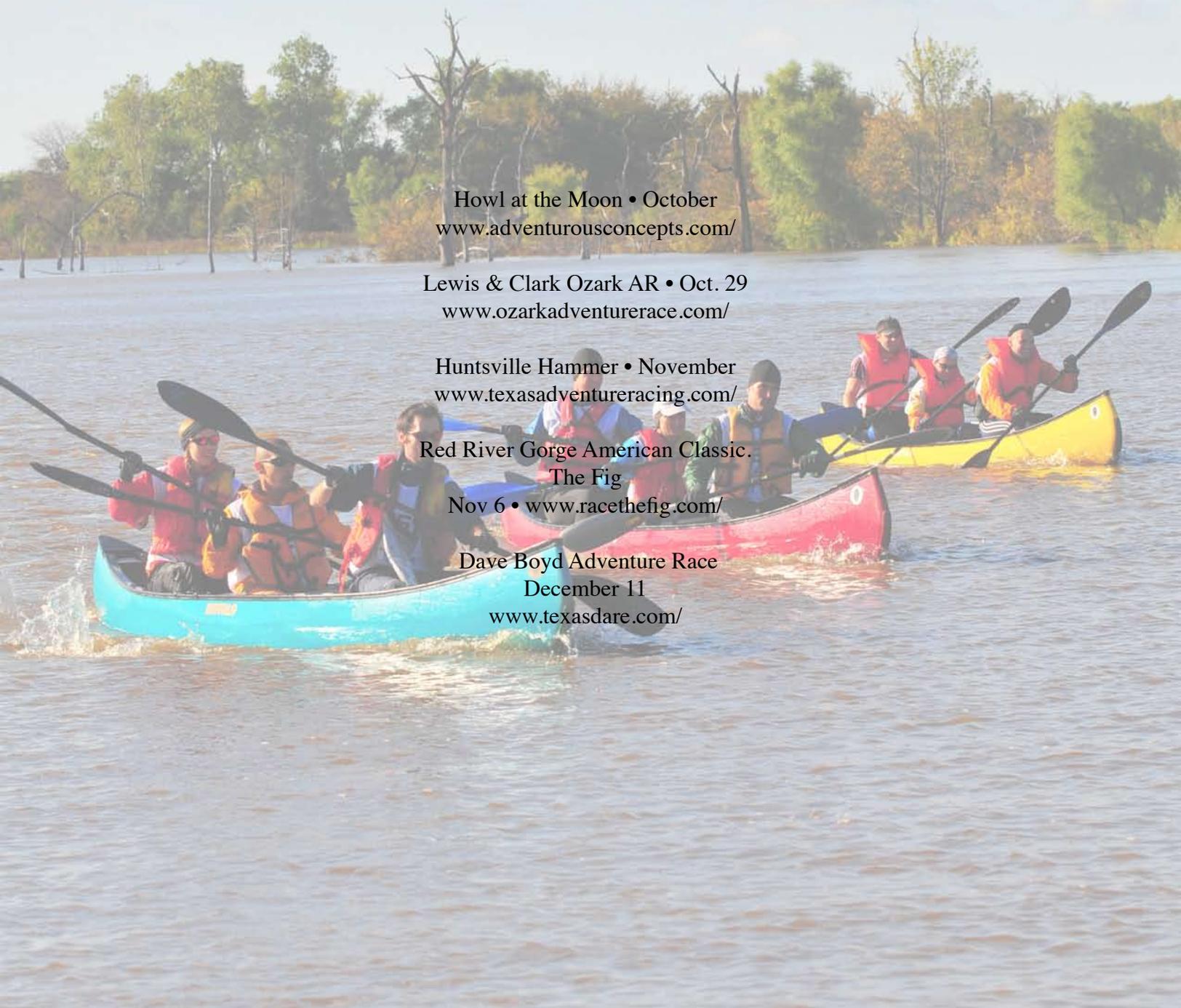
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www.texasadventureracing.com/

Red River Gorge American Classic.
The Fig
Nov 6 • www.racethefig.com/

Dave Boyd Adventure Race
December 11
www.texasdare.com/

The 2010 Coed USARA Adventure Race National Championship team will receive free entry into the 2011 Lycian Challenge in Fethiye, Turkey. They will also receive free entry into all 2011 Regional Qualifying Events.

Zanfel is proud to donate \$100.00 towards the entry fee to the 2010 Zanfel Native USARA Adventure Race National Championship to the winning teams from each regional qualifying race. Teams may only win one Zanfel sponsorship per year.



550 Km on the Tracks of Lycia



From the Med Sea to Taurus

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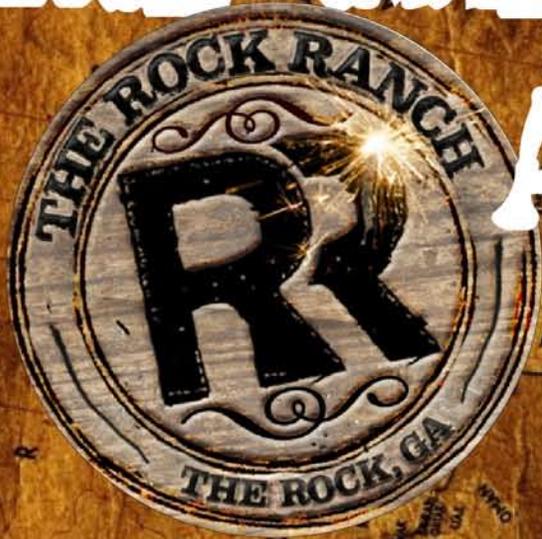


Beginning in Fethiye, which boasts some of Turkey's clearest coastal waters and most beautiful beaches, your team will race 550 km through ancient Roman ruins and monuments, breathtaking landscape, deep limestone canyons, and sea kayak in the crystal blue Mediterranean to the rugged mountains of Taurus.



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