

Adventure World magazine



Colorado's Inspiring
Adventure **TEAM**
Challenge

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Looking for your NEXT adventure?

Tap into a Ragnar Relay

by Matt Braun

Running is on the rise and so too are people drawn to adding adventure to running. From obstacle events like Tough Mudder, Warrior Dash, and Spartan Races to local fun runs like Color Runs, Hot Chocolate 5Ks, and Turkey Trots, the number of people seeking this mix is growing.

According to the 2013 State of Running Report by Running USA and the Sports & Fitness Industry Association (SFIA), people who run at least 50 times per year in the U.S. is up 2.9 percent from 2012 to more than 29 million runners. Across the U.S. and globally, the resurgence of active, healthy lifestyle activities continues to explode.

Along with this growth comes the increasing desire to share your experience with others. Many races now include multiple photos of you and friends running which are emailed to you or posted to your social media channels. This trend of combining fitness with social engagement also continues to grow. However, not all of these events provide the same type of adventure.

It's this mentality of combining running with socializing and shared accomplishment that distinguishes one of the fastest growing events in North America.



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Tanner Bell and Dan Hill grew up outside of Salt Lake City with a shared passion for running. The two neighbors went on to be college roommates and, as they matured, held on to a passion for a unique style of running and adventure.



Bell and Hill admired and studied the more iconic running events that managed to incorporate adventure and running; most notably, races like Hood to Coast Relay, in the Pacific Northwest, captured their imagination. Founded in 1982, its growth spoke to the power of a true team experience.

With the Wasatch Back Mountains of Utah as the backdrop, the two aspired to create their own adventure. In 2004, as 20-year old students, the two launched their first relay event.

Naming it after Ragnar, a ninth century Norse Viking and conquering adventure seeker, with limited dollars and a bunch of friends, they designed a 188-mile course from Logan to Park City, Utah. 260 or so people participated in year one, and the experience drew them back for year two. The memories they made have kept them coming back for a decade.

After the event, Bell and Hill responded and began spreading the word about this epic adventure format unlike anything Utah had seen before and opened the door to making running a team sport.



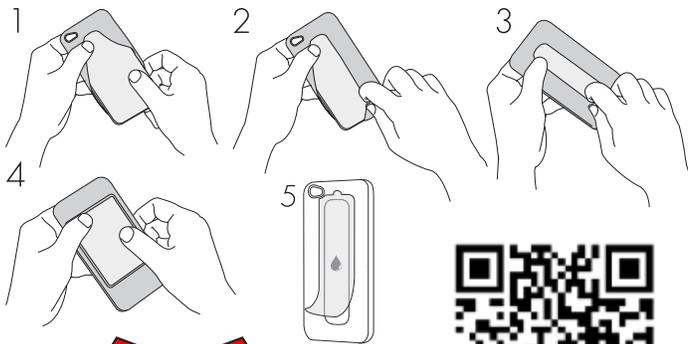
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In 2005, over 1,000 runners registered for the Ragnar adventure. In subsequent years, Ragnar Relay Series has exploded as a can't-miss adventure experience. With fifteen road races from coast to coast and throughout the calendar year, more than 100,000 people join Ragnar Nation each year.

Teams are comprised of 12 runners who each run three legs, allowing elite and novice runners to participate together. Altogether, each individual team member will have run a combined total of anywhere from 13- 23 miles. If that is not challenge enough, you can reduce your team to 6 runners and test yourself at a whole new level.

Ten Years and the Next Evolution – Trail Running

2013 marked the 10th annual Ragnar Relay Wasatch Back.” It also marked the next evolution of adventures for runners with the launch of Ragnar Trail Relays.

Trail running continues to grow in popularity across the globe, and Bell and team realized another unique opportunity – to connect the team bonding experience that happens at a Ragnar road race within a campground setting.

Taking cues from the original Ragnar Relay, this new series features teams of eight running a total of 120 miles non-stop for nearly 24-hours. Instead of traveling from one city to another, each course features three loops of varying distance and difficulty centered in one area – Ragnar Basecamp. Eight Trail events will be held in 2014, including new



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adventures in Atlanta (April), Texas (Ragnar Hill Country—October), and Colorado (Ragnar Snowmass—June).

The Tribe Grows

“Ragnarians,” as participants are self-identified, continue to live the Ragnar lifestyle well beyond the completion of a race. Ragnarians are a tribe with a single goal—to make life more awesome, whether running, working, or through involvement in their communities.

Ragnar Relay Series events are all about the experience of conquering together. It’s about the beautiful scenery that each course offers. It’s about the camaraderie between you and 11 of your friends, family, coworkers or whomever you may be teamed up with. It’s about the story of what cause or for whom you are running. It’s your chance to prove to yourself and the world that you are an “adventure seeking, conquering guy (or gal).”

It’s a one-of-a-kind adventure you won’t want to miss in 2014 and beyond. Visit www.ragnarrelay.com **AW**





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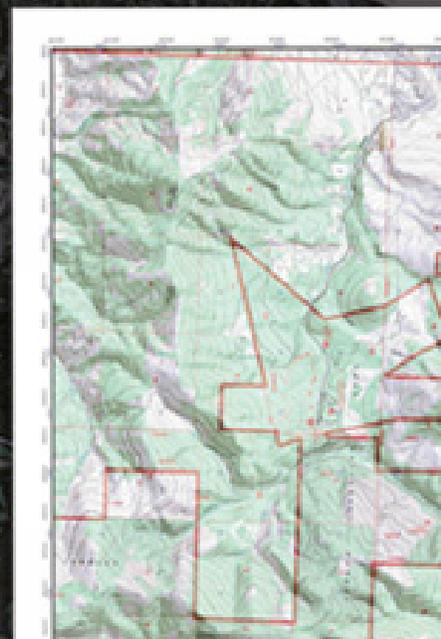
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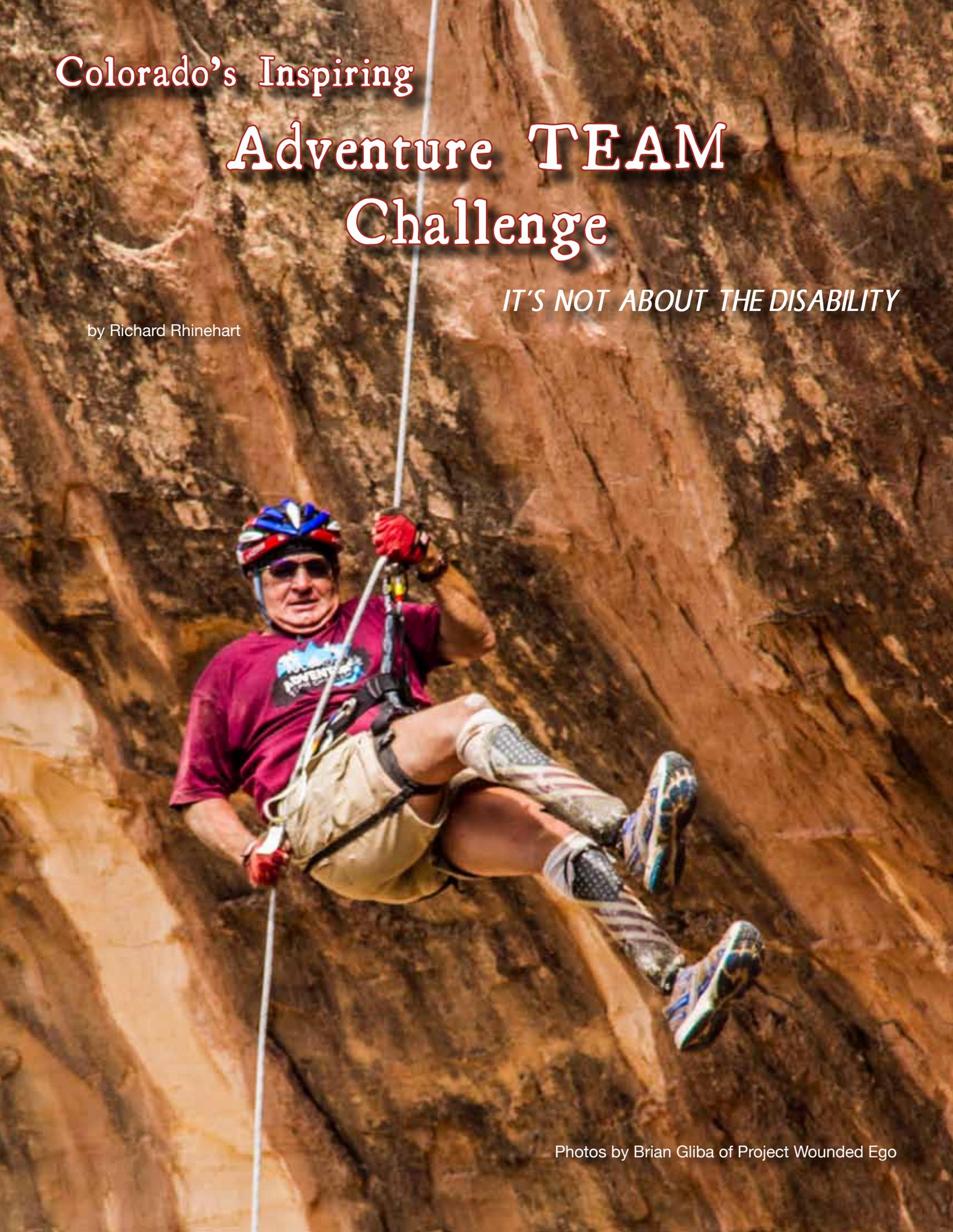
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A man is rappelling down a vertical rock face. He is wearing a maroon t-shirt, khaki shorts, a blue and red helmet, and sunglasses. He is holding a rope with both hands and has a harness on. The rock face is brown and textured. The text is overlaid on the top half of the image.

Colorado's Inspiring
Adventure TEAM
Challenge

IT'S NOT ABOUT THE DISABILITY

by Richard Rhinehart

Photos by Brian Gliba of Project Wounded Ego

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Bike Light

Arizonan Duane Wagner is perfectly clear in his choice of words.

“I have no disabilities, I just have two inconveniences,” said the Marine Corps veteran, who lost his legs in a nighttime guerilla attack in a small Vietnam village in 1967. “I wear glasses and I have artificial legs. When people see an amputee, they feel sorry or pity on the poor crippled person. I don’t want any pity because I am not disabled, I walk like any other person. The only time I become an amputee is when I wear shorts.” Teamed with four athletes on the Integrated Healthcare Team, Wagner successfully completed the September 13-15 Adventure TEAM Challenge from national non-profit World T.E.A.M. Sports. A three-stage adventure race in the scenic McInnis Canyons National Conservation Area west of Grand Junction, Colorado, the Challenge brings together athletes with disabilities, and those who are able-bodied. Together, they mountain bike, rappel, climb sandstone walls, hike, and raft the Colorado River, all while navigating through the high desert terrain. Directed by Vail, Colorado event directors Billy and Helene Mattison, the Adventure TEAM Challenge doesn’t shy away from creating complex

physical and tactical challenges. Teams must work together, using the skills of each member to reach and clear each checkpoint. Since the first Adventure TEAM Challenge in 2007, each participating team has included two persons with disabilities, one being a wheelchair user. This has allowed paraplegic and even quadriplegic athletes to explore the Colorado wilderness.

For many persons with disabilities, the opportunity to venture off pavement and experience the outdoors is life-changing. Many of these athletes were active outdoorsmen and women or active duty military prior to their injuries, and the Challenge offers a chance to once again enjoy outdoor sports.

Topher Downham of Boulder, Colorado is one such athlete. Captain of the Benson Botsford Berserkers, Downham took a late-night dive into a friend’s swimming pool 18 years ago and was paralyzed after hitting the bottom. Having grown up in the mountains surrounding Lander, Wyoming, Downham was determined to maintain an active outdoor lifestyle, despite his paralysis. An active skier, mountain biker, sailor, and water skier, Downham reports he doesn’t spend much time inside. “If there’s



something you want to do, find a way to do it,” Downham said. “Pushing my limits, being in the outdoors, and not listening to other people’s yammering about what I can and can’t do...that’s what has kept a smile on my face these last 18 years with a disability.” Competing in their third Adventure TEAM Challenge, the Berserkers celebrated their first team victory in 2013. “Pushing ourselves to compete in these types of challenges and events I think makes us stronger in our everyday lives. It helps us to understand the importance of teamwork – to

rely on each other and to know when to raise our hands and ask for help,” said Pete Brown of Denver. Steve Mestdagh of Boulder, Colorado joined the Berserkers in 2012. Leaving behind unprecedented flooding in his foothills community to compete, Mestdagh is a skilled rock climber who lost part of a leg in a climbing accident. “For me, it’s about the people,” said Mestdagh of the Challenge. “I get a real high of looking around at camp and talking with more people than I usually talk with in a month.” Explaining that he stutters, Mestdagh notes



that “people understand” at the event. “My amputation and stuttering means nothing here. I’m one of the tribe of ‘inconvenienced’ and able-bodied people.”

From the group campsite at Rabbit Valley, not far from the Utah state border, participating teams competed in stages that led throughout the McInnis Canyons National Conservation Area. Administered by the Bureau of Land Management, this region includes rugged sandstone canyons and sandy, rolling hills of the Colorado Plateau. “I have done a lot of other things, but the Challenge was

the most fun and challenging of them all because there were so many different things to do,” said Wagner. “It was hard work, but it was fun, because you had to rely on your teammates to help you through the challenges.”

For many participants, the highlight of the Challenge was a float trip through the Colorado River’s Horsethief and Ruby Canyons. Covering about 20 miles, the canyons contain no roads – only the tracks of the Union Pacific Railroad. Challenge participants used rafts and stand-up paddleboards supplied by sponsor Timberline Tours to



#1

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successfully navigate the river to the take-out point near the Utah border.

On the final day of the Challenge, teams rode mountain bikes to a high, overhanging rappel from a sandstone ridge south of Rabbit Valley. Here, participants used skills learned during the prologue two days earlier to safely descend to their waiting teammates.

“Incomplete paraplegic” Rick Marion of Delta, Colorado competed as a member of the Integrated Healthcare team with Wagner. “I like to think my disability does not slow me down much,” said the 50-year-old Marion, who fractured his spine 13 years ago after falling from a ladder while working at a feed mill. After months of rehabilitation, Marion can now stand, but is unable to

walk without assistance. Encouraged by hand-bicycle designer and frame-builder Jake O’Connor to participate in the 2012 Challenge, Marion said the Challenge “made me realize it takes a team to get something done.”

Retired Marine Corps veteran David Santamore of Barre, Vermont understands the critical importance of teamwork and cooperation in any successful venture. A Vietnam veteran, Santamore lost his left leg above the knee in 2005 when a vehicle broadsided his motorcycle. Traveling across the country to participate in his first Challenge, Santamore learned he was teamed with the CEO and President of World T.E.A.M. Sports, a visually impaired multiple stroke veteran, a T11/T12 paralyzed wheelchair user, and a young rafting guide and adventurer.



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Together, the team would overcome challenges both physical and mental to successfully complete the annual event. “Overall, the willingness of each member of the team to work together and create a cooperative bond with a group of people they had just met a few hours earlier was truly heartwarming,” said Santamore. “I am reminded of the power of the human spirit to overcome obstacles. That if time is not an issue, virtually anyone can do virtually anything.”

One of the more powerful teams at the Challenge this September was an elite group of Army and Marine veterans. “Sporting events for our wounded Special Operations Soldiers provide post-rehabilitation support that promotes physical fitness and improves the overall quality of life,” says retired Army COL David MacDonald, the President of the non-profit Special Operations Bionic Warriors. “I have witnessed dramatic positive change, both mentally and physically, with the wounded special operators that participate in sport. This positive change is quite inspirational to me and those special operators that participate in sport.” Participating team members included former Army Special Operations and Marines who compete in the annual Wounded Warrior Games. These athletes from Texas, Colorado, and New York competed in their first adventure race. **AW**



*"One of the most brutal and beautiful
races I've ever done."*



4.12.14

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A Southern Cross

by Tony Vandenberg

It started with an anonymous text—*“is it still available?”*—in response to a Craigslist ad for a Mistral Equipe II XR, a one-design class racing windsurfer, fondly called, in windsurfing parlance, a raceboard. Only partially anonymous, as it ended with the initials S.H. Tony Vandenberg quickly read it, then returned his attention to the menu and to his wife’s accounting of how they could not afford three kids in college and bringing both cats and the dog to the vet. About the time the dinner banter had progressed into the impossibility of funding future medical school tuitions, a notion sparked in his brain, and he was no longer listening: *“What if S.H. stood for Sean Hawes?”* *Larger Voices Calling.*

Twenty-eight years prior, Sean and Tony had been members of Eckerd College’s one-design triangle racing windsurfing team. Sean had been the Captain; Ed Baird, a man many competitive sailors will reverentially recall, had been their Coach; and Brian Talma, guaranteed to bring a smile to hardcore wave sailors worldwide, was the most colorful member of the team.

Back to the story: Sean left college and the team in his junior year to join the American Team and vie for a spot on the Olympic Team. Tony went on to win the SE Collegiate Championships and place 2nd at Nationals in Annapolis. After graduating, Tony moved to Japan and raced in the Inland Sea south of Osaka; he wouldn’t make it back to the States for another 11 years. Sean went on to join the Pro Windsurfing Circuit before returning to Eckerd to finish his degree. On opposite sides of the globe, and unknown to each other, both were doing the same things: kissing, falling in love, getting married, making three kids, settling down, and, in accordance with harmonious marriage, putting windsurfing on the back burner. *What Heaven Brought You and Me Cannot Be Forgotten.*

“Darn straight, it’s me, Sean! Good to hear your voice, Tony. How the heck have you been? Let’s see, must be close to 27 years since we last spoke?” “Sure has! Wow, long time! Are you still sailing? What does an old fart like



you want to buy my IIXR for?" Sean went on to describe in excited detail a Race he had just completed a few weeks earlier. It was called the Everglades Challenge, an expedition (some might call it a "survival race") from Mullet Key,



Fort Desoto down the coast, through or around the Everglades, and finishing in Key Largo. Shortest distance around 300 miles if you can stay on an imaginary straight trajectory down the coast, but significantly longer when sailing in a hemisphere without a guiding *Crux Constellation*.

Sean and a few buddies had built their own sea-kayaks and attempted the Race. Only Sean completed successfully, taking the inward route through the swamps of the Everglades. With four different race classes, the Race has a 10 year history of challenging sailors and paddlers (and combinations thereof), all testing their vessels, bravery, and water-tribe skills. Three checkpoints along this *SOUTHERN CROSS* must be punched, with each strategically located in extremely shallow waters to prevent larger, cozy sailing vessels from even considering entering the Race. Successful completion of the Race results in qualification for an even longer race around the entire Florida peninsula. *"The Race was great, a lot tougher than I thought it would be. In my daily paddling delirium I had this continuing fantasy of being on a Raceboard, and I couldn't shake this out of my head. As soon as I finished the Race, I started looking and found your ad on Craigslist."* *Spirits Are Using Me.*

"Sean, dude, guess what, I actually have two XR Raceboards, and after a careful & prolonged 2.7 second deliberation, I AM IN." That telephone discussion was somewhere around the end of March, and it started the two off on a goal that would consume much more time and energy than they could have imagined. Both shared the dream of a "pure" windsurfer attempt of the Race on a standard, IYRU/ISAF approved one-design racing windsurfer. It had to be stock, and it had to be true windsurfing. They studied up on other expeditions *Around the World*, but all seemed to involve some morphing of windsurfing sail rigs with essentially conventional boat hulls. As far as they could tell, no one had ever attempted such a journey, let alone attempted the Everglades Challenge, on a stock windsurfer. As the race committee Chief informed them when they petitioned for their entrance and classification, *"This has never been done, boys; you will not just be sailing off some sandy beach."* Just what the two expected to hear, this only intensified their desire to succeed. *You Will Survive Being Bested.*

One of the strictest rules of the Everglades Challenge is that all contestants are forbidden from receiving any outside support or assistance. This means carrying just about everything needed during the Race, which can last for up to 8 days. This is just fine for sailboats and sea kayaks with hulls, tons of storage space and lots of flotation, but the typical maximum allowable dimensions for an IYRU/IASF approved Raceboard is just 12.5' long by 2' wide (3.8 x.6 m). A good Raceboard can sail well in winds from 5 to 30 knots, and on flat water it can clock upward of 32 broad reaching, *Off the Wind Lie the Marquesas*, and beats upwind, *away from Papeete*, high and tight at 8-12 knots. Notably missing from the marketing pamphlets is the fact that those speeds are only achievable for a lanky 150-pound collegiate sailor and definitely not when you're attempting to carry 60 pounds of: tent, stove, mess kit, 150F sleeping bag, ground cloth, coffee, storm sail, spare fin, solar charger, cell phone, repair tools, sail tape, flare gun, EPIRB, VHF radio, GPS, marlinspike, charts, wool underwear, dry clothes, sweater, shoes, wetsuit, dry suit, safety paddle, lights, glow sticks, hypothermia kit, first aid kit, mosquito/crocodile repellent, flash lights, food, and the always super heavy supply of FRESH DRINKING WATER. To further illustrate just how alone you are, the Race Committee fields no wreck boats, and, in fact, no boats at all out on the water, so no need to look around real hard for the committee boat to lodge your protests. Should you wish to be automatically disqualified, just push the SOS button on the Spot satellite transmitter or set off your EPIRB emergency beacon, and you're now officially no longer part of the Race.

If you have ever set a foot or two on a windsurfer, you'll have a good appreciation just how important weight, distribution, and balance are. Designing and creating a system for storing all the required gear and supplies, minimizing its effect on the sailing performance of the board, and ensuring that it's secured, always dry, and easily accessible was one



*Fall: Sean & Tony broad reaching in 30 knots
Nuclear Wind Conditions*



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of the largest challenges the two had to overcome. *Think About How Many Times I Have Fallen.*

Fast forward from March to October: with a lot of ingenuity and a fair bit of trial and error, the two find and achieve solutions to just about all the obstacles they had originally considered. They become confident success is technically possible and their participation in the challenge is not just a crazy whim. As their physical training continues, they skip out of work early on blustery days, devote weekends to sailing, and neglect their kids and ready-to-pounce wife-tigers. With calluses on their hands that make bricklayers look like sissies, and bodies made slender, lean, and muscular (sort of) by morning weight training workouts before work, evening workouts after work, 80 pull-ups daily, miles of swimming for one and miles of running for the other, their confidence grows even more. *It Was The Easiest Thing To Do.*



September: A ZERO Wind Scenario- Breakdown, Pack & Paddle Test Trial

Perhaps now is a good time to point out that windsurfing is significantly different than other types of sailing in terms of its physical toll on the sailor. There are no sheets, pulleys, cranks, cleats, travelers, boom-vangs, stays, or *Silver Chains*. All of the propulsion forces created by the sail must be transferred directly through the sailor's arms/harness to his torso and then down his legs/feet and into the board. Furthermore, there is no rudder, so the steering of the craft is done entirely by continual body micro-movements and orientation and positioning of the sail. The board never sails itself, not even for a few seconds. This constant movement and transfer of forces for 12 hours a day for a possible 5 to 7 continuous days is of critical concern to the two. Can their bodies really take that much load for so long and still perform? They've done all they can in terms of physical training, but, despite their growing optimism, they still can't shake the feeling that they must increase their odds of success by dropping their beloved Equipe XRS and 90's technology sail rigs. A decision is made to revamp their training program in order to include a search and acquire mission for the lightest and fastest sailing equipment on the planet.



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Tony left the start, took a lift, and beat all the way out to the edge of the lay line, *Nicely Making Way* to the Sea of Japan, and solicited his international corporate contacts for partial sponsorships to assist in funding the budget, which was now well spent thrice-fold over what the wives have been promised. The spirit of the challenge and the fervor of the participants hit the spot, and Sumitomo, one of Asia's largest chemical companies, and Nippura, the world's most renowned manufacturers of public aquariums, answered the call with much-appreciated sponsorship green.

Simultaneously, Sean *Made For The Trades On The Outside And The Downhill Run* on getting the absolute latest in sail-rig technology: super light racing sails that allow fine tuning through 100% carbon masts with extremely hi-tension downhauls capable of restructuring the sail shape for mornings breezes under 8 knots and afternoon fronts howling in the 30s. More jet fighter wing than canvas, this sail leech twist-shaping technology allows for the most efficient sailing in the widest possible wind ranges. Legendary within the windsurfing community for cutting edge innovative technologies, Sailworks and Aerotech responded to their plea with enthusiasm and much-needed support promoting their Retro and Dagger Sails respectively.

The Holy Grail of Windsurfing Raceboards (and one they've only ever dreamed about sailing) is the Starboard Phantom Race 380. The Phantom Race 380 is the fastest one-design IYRU/ISAF approved small sail craft ever sailed, and that statement applies to all points of sail; it has no weak link. Made completely from a carbon shell, ultra-light and with more volume than the Equipe II XR, it would allow them to carry their gear with faster planning in lighter wind

conditions. Weeks of contacting various dealers and distributors went by without any forward progress, and then a dealer in Thailand, intrigued by the audacity of the idea, relays the story to his friend, the owner of Starboard. Shortly thereafter, Starboard & Trident Sports found a will where there wasn't a way: Sean and Tony would be straddling the world's fastest raceboards. *I Have My Ship And All Her Flags Are A Flying*.

Now the two are concentrating the last few months to build greater physical stamina while they expand cranial effort on studying routes, charts, tides, prevailing currents, historical wind directions/speeds, trigonometry, and VMG strategies. The Race is set to start on the first Saturday of March. Aside from the normal racing-to-win conditions, they will have to contend with all manner of friendly wildlife, some unfriendly Eddie Haskell types, poisonous trees, stealth camping, saltwater crocodiles, Godzilla mosquitos, and freshwater-stealing raccoons. Lady Luck, almost time to go to bat.



The Promise, The Promise Of A Coming Day... **AW**

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SALINA, KS

APRIL 12TH, 2014

Courses to fit EVERY skill level

The EXTREME: 12 HOURS, USARA Regional Qualifier

The Less-Extreme: 4 HOURS

The Mini-Extreme: Family Course (wheelchair/stroller accessible)

A portion of the proceeds will be donated to a Local Foundation!

Find us on FACEBOOK: Off Road Rage Adventure Racing

Wandering Around the Wonders of Indiana

by Troy Farrar

We spent some time wandering around the wonders of Indiana and even managed a side trip to Kentucky. The week was filled with adventure, stunning sights, and fantastic options for daily outings, making this area a fantastic spot for a family adventure. I hope you enjoy our list of suggested activities and you get the opportunity to experience a few of these wonders firsthand.

Greensburg, IN

Stapps Circle S Ranch

Stapp's Circle S Ranch is an amazing combination of interactive wildlife experience and zoo. Visitors can feed and handle a variety of animals such as goats, rabbits, and birds. But the list of exotic and unusual animals was both surprising and amazing. There is everything from water buffalo, lions, bears, monkeys, elk, buffalo, wolves, and even tigers. You can take a guided and informative tour or just wander through the ranch at your own pace. Stapp's Circle S Ranch is a great adventure for the whole family. www.stappscirclesranch.org





The Pocono Push Adventure Race September 13, 2014

A close-up photograph of a person's hand holding a topographic map. The person is wearing a black wristband and a black sleeve with a red 'REV3' logo. The background is a sandy, outdoor setting.

**ready
to
push
yourself?**

Are you a budding Adventure Racer ready for a fun and exciting adventure with your friends or family? REV3 Adventure has designed the REV3 Pocono Push AR 12 Hour for you to push you and your team mates to the next level.

Participants will start the race in the Pocono Mountains in Pennsylvania. You'll experience running, biking, and paddling on the 45- to 65-mile course and attempt to hit the most checkpoints in the fastest time. Teams will need to use their skills in route planning, map navigation, race strategies, road biking, mountain biking, trail running, and canoeing to tackle the terrain, obstacles, and team challenges.

This is a great race for any novice racers and will have optional points for more experienced racers. Are you ready to push yourself?

WWW.REV3ADVENTURE.COM

Metamora, IN

Metamora is a quaint little town with lots of history. From the Metamora Inn, you can walk to any of the shops or historic sites. Take a step back into history when visiting some of the White Water Canal's historic sites or spend the day meandering through the varied collection of shops, including Mr. Fudge's Confectionery and Granny's Cookie Jar Ice Cream Shop.



Metamora Inn

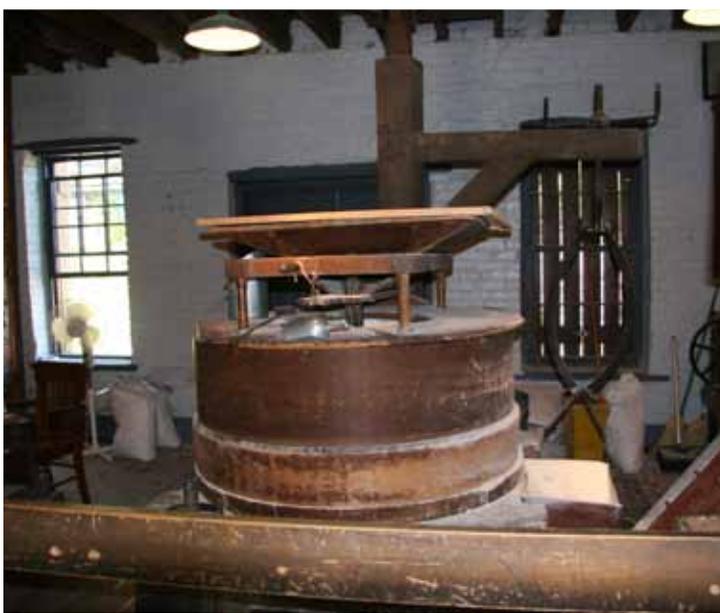
The Metamora Inn was built in the 1850s and features the charm of that era combined with modern comfort and conveniences. The key ingredient to this bed and breakfast is the wonderful owner Jo, who will cook you delicious breakfast, give you directions, or just sit and chat. Be sure to pick up a jar or two of her delicious apple butter. The Metamora Inn is within walking distance of all sites in town and our recommended lodging for Metamora.

www.themetamorainn.com

Canal Boats

Take a ride on a horse withdrawn canal boat which travels through the Duck Creek Aqueduct. The Duck Creek Aqueduct is the only working covered bridge aqueduct in the country and quite a marvel to visit.

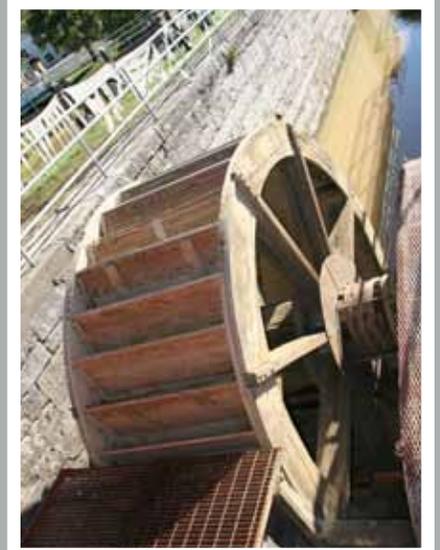
(765) 647-6512



Metamora Grist Mill

The Metamora Mill is the only working 19th century grist mill in Indiana. You can see the water powered mill in action and actually purchase a fresh stone ground bag of flour or cornmeal. The Metamora Mill is an interesting step back into time.

www.metamoraindiana.com



Columbus, IN

Columbus is a small town with a lot to offer. You can tour the Cummins diesel plant or wander around the diverse downtown area. Be sure to visit the playground and the most amazing kids' climbing structure we have ever seen at The Commons.

Shireman Homestead Farm & Mine

The Shireman Homestead is a fantastic working farm and coal mine camp. Cheryl, the owner, is super friendly, and, together with her family, they run a top notch operation. While at the farm you can explore the coal mine or go for a wagon or horseback ride. They have a fantastic petting zoo which includes a camel, primitive camping, and an obstacle course. The farm hosts several special events throughout the year such as holiday at the farm and a haunted farm with a real headless horseman. Take a trip to the Shireman Homestead and explore a farm with great historic ties.
(812) 372-2946

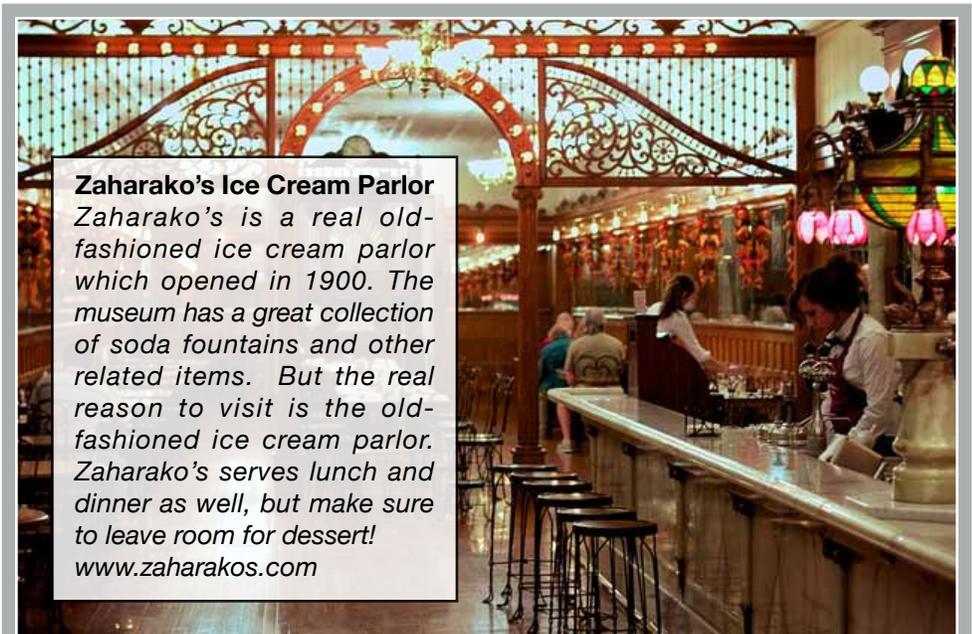


Hotel Indigo

The Hotel Indigo is a cool and funky full-service boutique hotel located in downtown Columbus. The moment you see the Hotel Indigo you know this is no ordinary hotel. Your hunch is confirmed when you meet Miles, the lobby dog. The pet-friendly Hotel Indigo features free Wi-Fi, workout room, an indoor pool and spa, beautifully equipped rooms, and the Gallery Bar and Bistro restaurant. The Hotel Indigo is centrally located and within walking distance from Washington Street and tons of restaurants and shops. Great rooms, great amenities, great service, great value, great hotel. When visiting Columbus, the only place we recommend staying is the Hotel Indigo—why would you stay anywhere else?
www.hotelindigo.com



Zaharako's Ice Cream Parlor
Zaharako's is a real old-fashioned ice cream parlor which opened in 1900. The museum has a great collection of soda fountains and other related items. But the real reason to visit is the old-fashioned ice cream parlor. Zaharako's serves lunch and dinner as well, but make sure to leave room for dessert!
www.zaharakos.com



Columbus, IN

(continued)

kidscommons

The kidscommons is an amazing hands-on children's museum with lots of activities to challenge those little inquisitive minds. It features interactive



activities such as a robotic claw arm, the lazar harp, the light space color wall, and the bubble-ology area.



Kids can create their own art or visit the ExploraHouse which includes interactive plumbing and a toilet big enough to swallow your young explorers. kidscommons is a fun and exciting museum for the whole family. www.kidscommons.org



Petersburg, KY

Creation Museum

The Creation Museum has 70,000 square feet with over 160 exhibits that bring the pages of the Bible to life and present a biblical & scientific argument for creation. The walk-through history presents answers to questions concerning the creation of the world using science and the Bible. There are several theater presentations each day including the Men in White and the amazing Stargazer's Planetarium. Experience interactive exhibits such as Noah's Ark, the Garden of Eden, and even a dinosaur dig site. Outside you can relax in the botanical garden, enjoy a camel ride at the petting zoo, or even ride a zip line. The Creation Museum has a great café, and don't forget to visit the gift shop before you leave!
www.creationmuseum.org





Adventure Race



February 13-16 2014

72 Hour Adventure Race across Florida

www.PangeaAdventureRacing.com/sea-2-sea



Nashville, IN

Nashville is a great little village that is known for their eclectic collection of shops, galleries, and restaurants. You can spend a day wandering through shops, riding the tour train, or taking an old-fashioned carriage ride around town. There is a nice collection of restaurants and tons of activities available in the surrounding countryside. This is the land of geodes and we were able to find a creek bed that was packed full of geodes. The family had a great time cracking open our treasures and marveling at the amazing crystal formations inside.

Deer Dance Log Cabin

The Deer Dance Log Cabin is the ideal place for a family that is visiting Nashville. Located only 4 miles from town, the secluded two-story cabin feels like you are miles from civilization. The cabin overlooks a stream and is surrounded by beautiful woods with a few hiking trails. Inside, the spacious cabin features 2 bedrooms, 2 bathrooms, a couch bed, fireplace, pool table, screened porch, plenty of rocking chairs, and a hot tub. There is a tandem bike on the front porch and a fire pit for campfires. If you are visiting Nashville, the Deer Dance Log Cabin is



where you want to lay your head at night.
www.browncountylogcabins.com

Brown County State Park

Brown County State Park offers a variety of activities from hiking, fishing, horseback riding, swimming, and picnicking. The park is nationally known for their epic mountain biking trails, and wildlife is abounding. The Abe Martin Lodge, located in the park, features a whirlpool and an amazing indoor waterpark that is open year-round. There are enough activities to keep you busy for days in the Brown County State Park.
www.browncountystatepark.com



Copper Creek Gem Mine

The Copper Creek Gem Mine provides a personal mining experience as you can pan for gems, fossils, and arrowheads using a water sluice. They provide all of the equipment and the panning is educational and great fun for the kids. They also have a great rock and fossil shop for all of you rock hounds. Copper Creek should be on the must-do list of fun activities while you are in Nashville.
www.visitbrowncounty.com/mine.asp



Whispering Pines Alpaca Farm

The Whispering Pines Alpaca Farm is a family-operated ranch with just under twenty alpacas. Get ready for an informative, interactive alpaca experience as they will allow you to pet, feed, and photograph the alpacas. A wonderful hands-on experience for the family. You can also pick up some nice alpaca items in their store while you are there.
www.whisperingpinesalpacas-indiana.com



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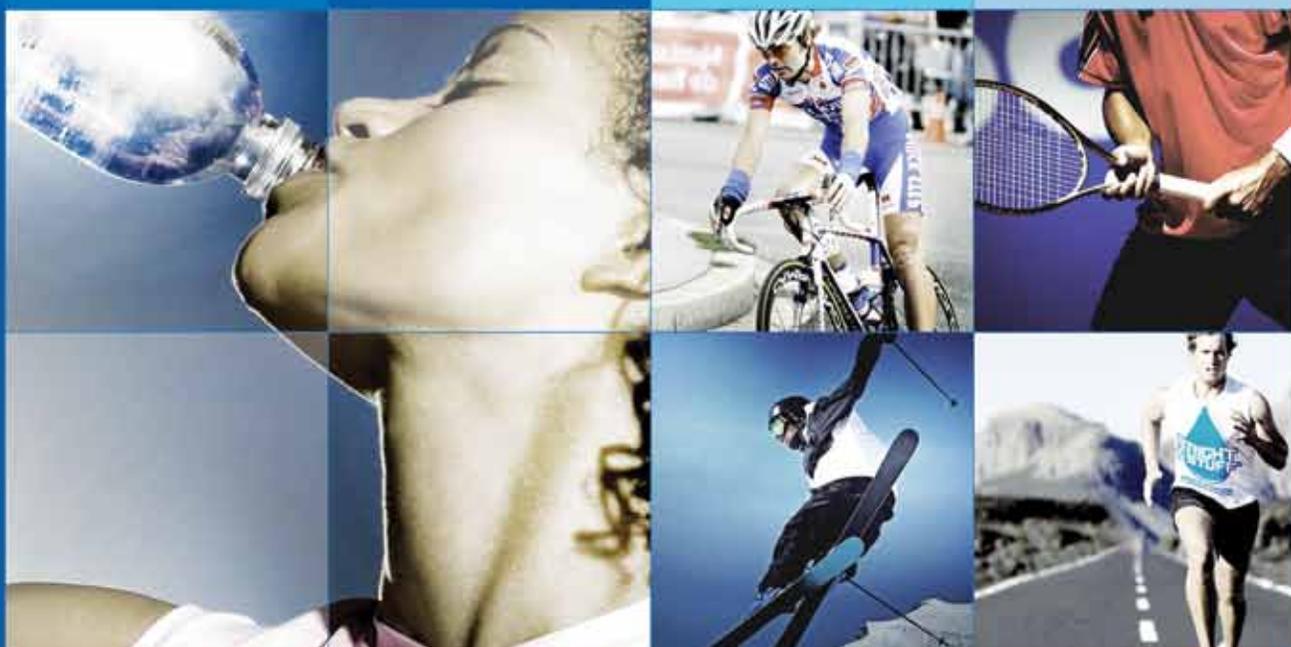
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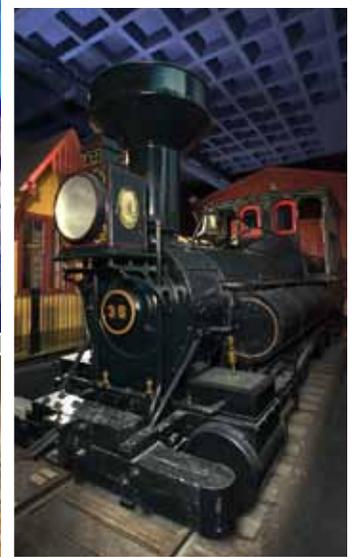
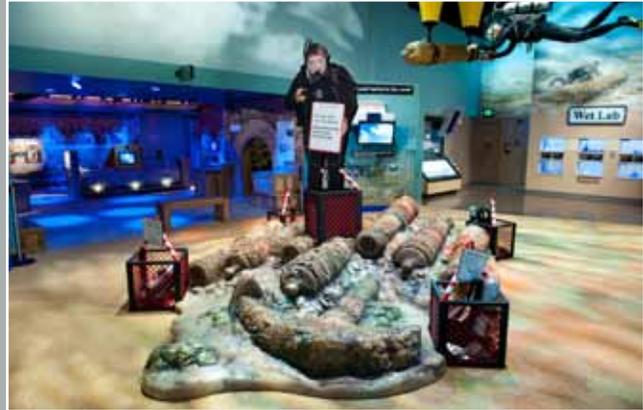
Contact us at samples@wellness-brands.com to find out if you qualify to receive free samples to test with your athletes. Please provide your name, phone, email, mailing address, name of organization (e.g., college, club, team) and number of athletes supported.

TheRightStuff-USA.com

Indianapolis, IN

The Children's Museum of Indianapolis

The Children's Museum of Indianapolis provides 472,000 square feet of adventure and intrigue encompassing 29 acres, making it the largest children's museum in the world. Plan on spending a day or more at the museum to take in the full experience.



There is literally something for everyone including the new Playscape exhibit which was designed for ages 5 and under and offers amazing activities for the toddlers. Your junior explorers can step back into the Cretaceous period in the Dinosphere exhibit, become an archaeologist in the National Geographic Treasures of Earth exhibit or lift some rocks using human powered cranes in the ScienceWorks exhibit. There are 5 floors of interactive exhibits, presentations and videos plus a great cafeteria and gift shop. The Children's Museum will bring out the child in you and highlight your child's creativity and imagination. The Children's Museum is definitely one of the most extraordinary family experiences we have ever seen and a place to build memories that will last a lifetime.
www.childrensmuseum.org **AW**



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Though roughing it is a welcome part of many adventures, sometimes what you really want to round out a perfect day outside is a good hot shower. Our freestanding Helio™ Pressure Shower comes in a small, neatly nested kit, weighs less than a full Nalgene®, and provides 5-7 minutes of steady and satisfying water pressure. *Camp, surf, ride, cook, pets.*
Adventure Anywhere.™



Product Reviews

Winter 2014



Garmin NUVI 3597 LMTHD

The Garmin NUVI 3597 LMTHD is a powerful tool which starts with a beautiful 5" high resolution touch screen with pinch & zoom capabilities. Features such as lifetime maps, traffic & weather updates, Bluetooth technology and spoken directions are unmatched. The Nuvi's voice activated command system is amazing and allows you to input addresses, search points of interest or search your smartphone's contact list without lifting a finger. Nuvi's spoken directions give easy to follow directions using landmarks and even lane requirements for staying on route. The active lane guide provides bright onscreen arrows to direct you through interchanges or exits correctly. There is even a micro SD slot for increased storage and a super strong magnetic mount to keep your Nuvi securely connected to the mount. Garmin has truly outdone themselves with the Nuvi 3597 LMTHD and we can wholeheartedly recommend this navigation unit to anyone that venture more than a few miles from home.

Extreme Beam TAC 24 SR3

The Extreme Beam TAC 24 SR3 is packed full of features and packed full of punch. This bad boy is waterproof, focusable, made from aircraft aluminum and features high, low and strobe modes. Capable of reaching 1200 feet and putting off 370 lumens the TAC 24 is a great durable all around light.



Extreme Beam SAR 7

The Extreme Beam S.A.R. 7 is the little brother to the TAC 24 and while the S.A.R.7 may be small in size, this little guy is an overachiever. Waterproof to 3 meters the S.A.R.7 will reach out 450 feet with 130 lumens for 2 hours. Small, strong & bright, the S.A.R 7 is a dominator in subcompact lights.





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A SOLAR PANEL COMBINED WITH A LARGE-CAPACITY RECHARGEABLE BATTERY ENABLES THIS IMPRESSIVE SOLAR TIMEPIECE TO RUN SMOOTHLY UNDER ANY LIGHT WITH NO BATTERY REPLACEMENT.



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2014 USARA National Qualifier

Eco Lonestar Adventure Race

March 8, 2014 - 8:00am

Sam Houston National Forest

Eco-Lonestar Sport: Teams will be challenged on a marked course by 10-17 miles mountain biking, 3-5 miles trail running, 1-2 miles paddling in inflatable boats we provide and mystery events. Race will last 2-3 hours.

Eco-Lonestar Extreme: Teams will navigate with compass and UTM Coordinates in a race consisting of paddling, trail running, and mountain biking. Expected winning time is 10-11 hours. For any teams that would like a great adventure, just not a full day of it, we have designed a way to self impose a short course that can be completed in 6 hours or less.

Eco Lonestar XTERRA Trail Run

March 9, 2014 - 9:00am

Sam Houston National Forest

Choose from a 5K or 15K route with plenty of twists, turns, sand, ups and downs in the beautiful hiking trails of Sam Houston National Forest.



XTERRA

TRAIL RUN

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TerraFirmaRacing.com
OR CALL **972-966-1300**

For the ambitiously adventurous try the **Eco Loco Challenge** or **Eco Muy Loco Challenge!** Register for both the adventure race and the XTERRA trail race to be eligible for special awards. Plus you get a discount on your combined registration. You would have to be Loco not to!

Eco Loco Challenge

Eco Lonestar Sport + XTERRA 5k *or*
Eco Lonestar Sport + XTERRA 15k *or*
Eco Lonestar Extreme + XTERRA 5k

Eco Muy Loco Challenge

Eco Lonestar Extreme + XTERRA 15k



Product Reviews

Adam's Trail A Bike Original Folder 1

The Adam's Trail A Bike Original Folder 1 is the perfect way to get your kiddos exciting about biking. The Trail A Bike keeps it simple with a single speed design and keeps it safe with a chain guard and safety flag.

The Trail A Bike has a folding frame for easy storage, will fit both road and mountain bikes and is simple to install.

Our little guys had a blast riding the Trail A Bike and were always excited to go for a ride. The

Adam's Trail A Bike gives the little guys a much more interactive experience than a trailer and starts developing the skills they will need to ride a bike.

If you have little ones you need an The Adam's Trail A Bike!



UCO ARKA

The UCO ARKA is a multi functional 3 in one device featuring a USB Charger, a collapsible lantern, and a flashlight. Plug into an AC outlet to recharge the ARKA and then recharge your USB devices. The lantern is dimmable, features a red mode and produces 180 lumens of light. The ARKA will burn on high for 6-8 hours or low for 50 hours and can shine a beam up to 250 feet. Compact, lightweight and durable, the ARKA is the perfect companion for camping in a tent or an RV.



Canada Goose Summit Jacket

The Canada Goose Summit Jacket is proof that style and functionality make a great combination. The Summit has a longer cut in back, which is great on those cold & windy days. The Summit also features adjustable velcro cuffs, a removable hood, 2 hand warmer pockets and an inner security pocket. Both the hood and the hem draw cord can be adjusted with only 1 hand. Another key component is the 750 fill Hutterite down, which has 3 times the warmth per ounce as synthetic insulators and the ability to retain more warm air than other down providing a super warm yet light weight jacket. The Summit looks great and those looks are not deceiving. The Summit is packed full of functional features making it a durable, light weight, wind & waterproof masterpiece. If you are in the market for a mountaineer styled jacket you need look no further.



Product Reviews

Winter 2014



• *Club Ride Go West*
• The Club Ride Go West shirt is the coolest shirt I have ever seen. The quick drying and breathable UV protection material combined with mesh venting make this shirt great in hot and humid weather. The shirt also features a hidden front zipper, two zippered storage pockets and a handful of sweet pearl snaps. This shirt looks great, feels great, is great. You could wear it to church or on a mountain bike ride. One thing is for sure; when you get ahold of the Go West you are going to want one in every color. And if you only have one color you are going to want to wear it every day.



Zoic Women's Collins Jersey

The Zoic Women's Collins Jersey is a stylish, functional jersey that will become your go to travel shirt. The Collins is a nylon/poly blend with integrated vents which means this beauty will keep you cool and dry fast when you lose your cool. A zippered back pocket and sweet front snaps round out the Collins's stylish look. Perfect for biking, hiking or even a dinner date the Collins could easily grab the top spot as your go to favorite shirt.



Zoic Men's Ether Short

The Zoic Men's Ether shorts are a 3 in 1 short with a removable padded liner. These baggie shorts are super comfortable for mountain biking and stylish enough to wear around town. The elastic and velcro side adjusters allow for great flexibility, there are plenty of pockets for all your gear and they even come with a sunglass cloth. Perfect for riding or just hanging, the Zoic Ether shorts are your go to shorts.



Zoic Women's Posh Short

The Zoic Women's Posh Short are a baggie 3 in 1 short with a removable padded liner. The elastic back waist, stretchy side mesh panels and loose fit all equal great range of motion and comfortable riding. Two front pockets and a zippered back pocket give you plenty of storage for all your essential gear. Ride to a festival, slip the padded short out and you are ready for an afternoon of fun with friends. The Zoic Women's Posh Shorts are equally perfect for ripping down a single track trail or catching a concert in the park.

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Put a STOP to painful, itchy, & irritating
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Product Reviews

Winter 2014

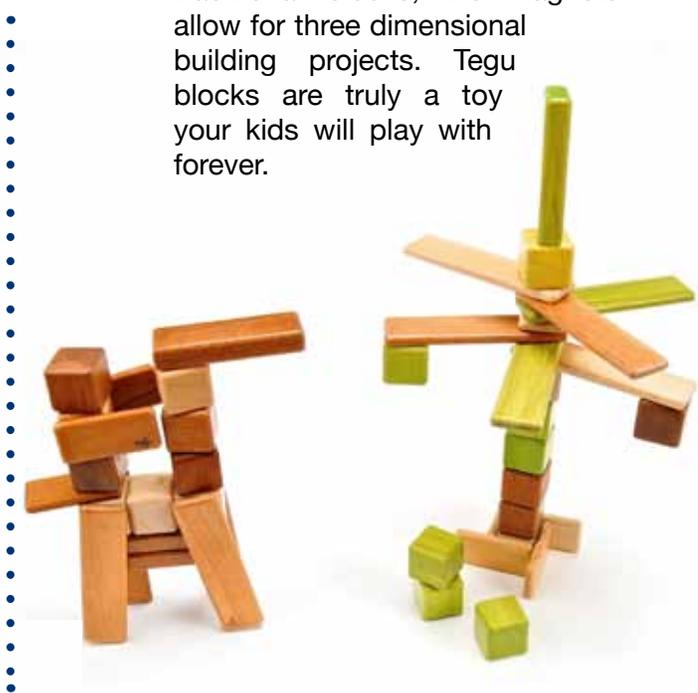


Bult Digital Helmet

The Bult Digital Helmet is a video camera and helmet all in one. The USB rechargeable helmet features a 100 degree wide angle lens and 2G of built in storage capable of holding up to 30 minutes of video. Simple built in user controls make the Bult helmet a snap to use. The helmet is CPSC approved which makes it safe for biking, skateboarding or just about any other adventure. We found the Bult easy to use and capable of shooting great video. Throw one on your noggin and start capturing your adventures.

Tegu Magnetic Wooden Blocks

Tegu Magnetic Wooden Blocks will unleash your child's imagination and don't be surprised to find yourself drawn to the blocks as well. Tegu are well made, durable magnetic wooden blocks that encourage creative building projects. A huge step up on traditional blocks, the magnets allow for three dimensional building projects. Tegu blocks are truly a toy your kids will play with forever.



Tegu Magnetic Wooden Car

The Tegu Magnetic Wooden Car continues the creative and unique direction of the wooden blocks. Playing with blocks is fun, magnetic blocks are more fun and building a car is completely off the hook. The Tegu Magnetic Wooden Car is a great addition to the magnetic blocks or a great stand-alone gift. Be sure to visit the Tegu website and read about their stewardship in the Honduras, that story alone will make you want to buy a set of Tegus.

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USARA

UNITED STATES ADVENTURE
RACING ASSOCIATION

2011



USARA Adventure Race National Championship 2013

by Shane Hagerman

“Just give me five minutes.”

“Huh?” Charlie replied.

“Dude, I am so jacked up, I can’t walk straight.”

Shortly after the above conversation took place, I laid down for a five-minute nap, and Jen and Charlie reviewed our routes for the rest of the section.

- During a National Championship race
- On giant pieces of sharp gravel that hurt just to walk on
- In the middle of an orienteering section



The 2013 edition of the United States Adventure Racing Association (USARA) National Championship was truly a Championship event. Six of us arrived in Nashville, IN the day before, ready to race. This year we finally fielded two Odyssey Adventure Racing teams, one in the Masters category (Ronny, Mark, and Sara) and the other as a Coed Elite team (Jen, Charlie, and me). Looking over the teams signed up this year, I knew this was a very talented pool of racers and estimated any one of about 10 different teams could win. Of course, I had visions of the two Odyssey teams moving together, a well-oiled machine, destined for greatness...



DARN TOUGH

(ENOUGH SAID)



**PROUD SPONSOR OF THE USARA
NATIONAL CHAMPIONSHIPS**

The night before game day, we received the race brief and a general overview of the course. Early the next morning, we got our maps, passports, and rules of travel. Seemingly minutes later, the race kicked off with a bang (literally) and a one-mile foot prologue. It was interesting to see different teams' approaches in making the run or transition faster.



Some teams wore their bike shoes; some even wore their helmets. Others staged the gear by their bike, ready to go, and chose to wear running shoes and switch quickly like we did. Personally, I was concerned I would roll an ankle in my bike shoes. There didn't seem to be an advantage one way or the other. The prologue did a good job of getting everyone's heart rate up and spread out the field before we jumped on our bikes for some smokin' single-track.



The first bike section was really cool. Capitalizing on the great single-track, the Race Director (RD) flagged the route. Since we didn't have to navigate, we focused on enjoying the trails, and they lived up to their IMBA Epic billing. They were smooth, flowing, and buff. Without difficult obstacles or technical sections, the racers could really let it rip. Unfortunately, between the prologue and the initial biking section, I was ripping it too much. About 20 minutes into the race I started to get leg cramps. I remember thinking, "Cramping this early; this is going to be a loooooonngggg race!" We finished that section in the top four or five, both Odyssey teams together.

THE CRADLE OF LIBERTY ADVENTURE RACE

May 31 – June 1, 2014

**24 Hours/100 Miles
USARA National Qualifier ♦ NAARS**

Join us in Pennsylvania for the adventure of a lifetime!



GOALS ADVENTURE RACING ASSOCIATION

WWW.GOALSARA.ORG



INFO@GOALSARA.ORG



The next bike section was mostly roads with some foot in and outs to the points. The Odyssey teams remained together. The navigation was difficult with the abundance of contour lines obscuring the other features on the maps.



We had issues identifying the actual roads and trails on the maps. I was still cramping, so moving in a 200 mph pace line (so it seemed) was really hurting!

We rolled into the first TA still together as an Odyssey Machine. Tecnu and Nuun were already turning up the heat on everyone while stellar teams were all around us. The first few miles of the paddle were more like an obstacle race with the objective of moving a large canoe in 3" to 3' of water around, over, and through rocks, downed trees, tires, concrete, and mystery objects (rusted cars). Like an obstacle race, we were quickly covered in mud, slipping and sliding everywhere, and blowing out our core and upper body. We got smart after a bit and removed the straps from our paddle bag so we could pull the canoe without bending halfway over. This is where

PHYSICALLY STRONG



ADVENTURE RACE

March 24, 2014

Saukenauk Scout Reservation- Mendon, IL

www.mississippivalleybsa.org/AdventureRace

- ❖ 350 Zip Line
- ❖ 40 Ft. Climbing Tower
- ❖ 40 Acre Lake for Canoes
- ❖ Surprise Element



- ❖ Single Track Mountain Bike
- ❖ Road Bike Race
- ❖ 602 acre of wilderness
- ❖ Pre & Post Race Meals

2014 Regional Qualifier

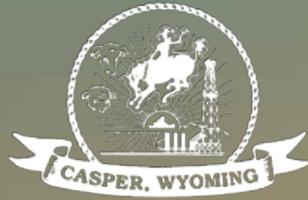




the Odyssey Masters team slowly pulled away from us. They were smooth, efficient, and just kept pushing the pace. I was still cramping, and in the cold water had some unique moments walking like a stiff legged Frankenstein.

Finally, the paddle was a paddle interspersed with a few short treks with big hills thrown in. We punched those CPs with only a few hiccups and kept moving. The paddle ended with a unique twist. One person did a quick orienteering section while the remaining two grabbed an inflatable raft, paddled to the opposite shore, dropped off the canoe, and paddled back in the raft. As we paddled up and observed our competition, we noted how slowly teams were paddling as they dragged a raft behind their canoe. Once Charlie took off on the O-section, Jen and I precariously balanced the raft inside our canoe. She had to sit on the bow, and I was back on the stern. Although it was tippy, it worked well, and we make good time on that section.

Charlie knocked out the O-section, and we were off on a long trek. This portion of the race had primary and secondary roads, marked and unmarked trails, and a lot of repeating terrain features. We were feeling pretty good, running the flats and



Cameco Cowboy Tough Expedition Adventure Race July 17th-20th, 2014

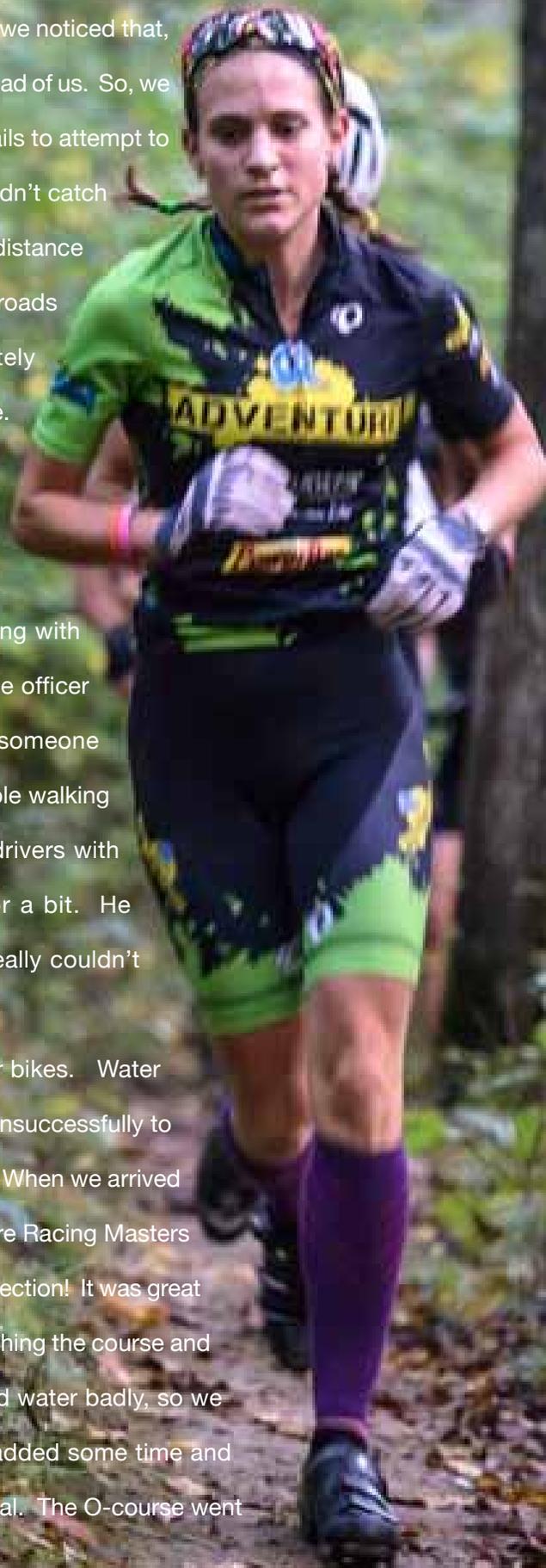


In conjunction with the State of Wyoming and the City of Casper, REV3 Adventure is excited to present year two of the three-and-a-half day Cameco and the City of Casper Cowboy Tough Expedition Race. This race will challenge individual's and teams' physical and mental endurance to the limit. With Wyoming as the backdrop for the event, you can expect a wide variety of terrain that is beautiful, rugged, and inspiring. For year two, we have taken feedback from 2013 CBT participants to make this adventure even better. Teams will start out in a genuine ghost town before tackling some of Wyoming's most challenging back country. Mountain biking though technical single track, fire roads, and flowing trails is on the adventure menu. With two canoe paddle sections and a whitewater rafting section, everyone will get their fill of water travel. Multiple navigation courses will challenge even the most experienced map reader, but for the first-time expedition racer it will be enough of a challenge to complete each day by selecting to travel to only the mandatory checkpoints. We know you're buff...but are you Cowboy Tough?

WWW.REV3ADVENTURE.COM

downs, walking the ups. And then.... The maps may have been waterproof, but we did not protect them, and an entire section around a CP rubbed off. When we noticed that, Bushwacker was about 10 minutes ahead of us. So, we crushed ourselves running down the trails to attempt to catch up to them. Unfortunately, we didn't catch them. We subsequently added a lot of distance and adjusted our route to incorporate roads and known terrain features to ultimately dead reckon to the CP we couldn't see. By now we knew we weren't in it to win it, but we were certainly there to race. Coming off that CP and into the next TA, we were trekking along with Michigan Racing Addicts when a police officer wanted to chat with us. Apparently, someone had complained about a group of people walking on the side of the road and blinding drivers with their lights. We chatted with him for a bit. He was interested in AR, but I think he really couldn't understand why we were doing this!

A quick TA and we were off on our bikes. Water was becoming an issue, and we tried unsuccessfully to find some on our way to the O-course. When we arrived at the O-section, the Odyssey Adventure Racing Masters Team had just finished completing that section! It was great to see them. They were absolutely crushing the course and were tied for 5th with SOG. We needed water badly, so we structured our route to fill up first. It added some time and distance, but we assessed this as critical. The O-course went





Monongahela Moxie Adventure Race August 2, 2014

**show
your
moxie**

The Monongahela Moxie is a 4- to 8-Hour Adventure Race in Morgantown, West Virginia. Ready to take on what West Virginia has to offer? Come try "The Moxie." During this full-day adventure race adventurers will experience some of the best mountain biking and wilderness trails in the country. You and your teammates will need to find all mandatory points (and optional checkpoints, if you'd like) and have a fun time with friends while riding bikes and trekking from point to point. Other challenges, including paddle boarding, will test your body and mind. If you are an experienced racer, you will be pushed to your limits as you try to clear all the mandatory and optional checkpoints within 8 hours. Come out and experience the fun city of Morgantown, WV and the great adventure REV3 has lined up. It just takes a little moxie to have a ton of fun.

WWW.REV3ADVENTURE.COM

OK; I was moving slowly and starting to get nauseated and very tired. So, after breaking all sorts of self-imposed guidelines for racing fast (re-read the opening of this write up), I had a great little nap, woke up, and could run straight. Go team! We hustled back to the TA and were off again on our race steeds.

Charlie's navigation for the next section was dialed and we caught a few teams we had given up places to on the trek. We rolled into the final TA at the lodge, smoked. I ate, I threw up, I ate again. Fun stuff. After a very long TA, we set off on the final trek. Again, Charlie's navigation was right on and we caught a few more teams as we bagged CP's. A final run to the finish, and we were done!

Did we win? No...and yes. We didn't cross the finish line together in first and second place. However, our Masters team won their division and placed 6th overall and we placed 12th in Coed Elite and 14th overall. In the end, we raced to the best of our abilities, on that day, at that time. We enjoyed each other, raced the racecourse, and experienced all the ups and downs that come with an exceptional adventure race.

The racecourse was well designed, flowed smoothly, and showcased the natural beauty, terrain, and trails of the Midwest. Kudos to the race director, Brian Holzhausen of Dinoserries. To all the volunteers that invested their time and energy into supporting this, THANKS! You are the heart of the event. To the USARA crew, this was truly a National caliber event - I can't wait for next year's race. Finally, our sponsors, without your assistance we couldn't race at the level we do. Your support allows us to pursue an incredible passion. Thanks for letting us represent you!

See you Outside! **AW**



GMARA



3.8.2014

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FRIGID INFLICTION

10 Hours of adventure in Bolton Valley, VT. Challenge your two or three-person team at the largest, longest-running true winter adventure race in the country. More info at gmara.org/frigid

The Frigid Infliction is a USARA regional qualifier. Top teams will qualify for the national championship in Maryland, with a \$400 sponsorship for the winning 3-person co-ed team.



Bolton Valley
Vermont. Naturally.





MISSION: ADVENTURE RACE



DINOseries.com/mission

317-336-7553

Saturday, May 10, 2014

MISSION Adventure Race

Versailles, Indiana

(in the rolling hills of south central Indiana)

18-hour cutoff race—teams are challenged to go as far as possible within 18 hours. This leads to an exciting and suspenseful midnight finish line atmosphere.

The MISSION, by design, rewards good navigation, wise strategy and smart route choices.

Since 2003, the MISSION has been one of the Midwest region's most prestigious adventure races.



USARA National Championship Qualifier

MISSION has the same course designer / director as the 2013 and 2014 USARA Nationals!



Also May 10: the **MISSION Lite** Beginner Adventure Race welcomes newcomers to the sport in a downscaled version of the MISSION. *MISSION Lite* has easier navigation and a 4-hour course.

Congratulations to the 2013 USARA #1 Nationally Ranked Team



Rev3 \ Mountain Khakis

Congratulations to the 2013 USARA Adventure Race National Champions



Coed – Tecnu Adventure Racing



Coed Masters – Odyssey Adventure Racing Masters



Open – Kiss My Compass



Collegiate – Texas A&M University

Dave Boyd Spirit Award



Congratulations to **No Rest for the Lost** as they were presented the Dave Boyd Spirit Award for unselfishly taking time to help another team during the USARA Adventure Race National Championship.

Rules update for the USARA National Ranking System

The USARA has announced the following rules update for the USARA National Ranking System.

Update #1

In order to receive points towards the national rankings a team must consist entirely of members from their 8 person roster. Teams are not allowed to have 2 different teams (collecting points as a single team). Teams will no longer need to have 1 of 2 registered captains present at all events in order to receive ranking points.

Update #2

Teams will receive the highest possible points from their best seven races for the year. The best seven races would include the USARA Adventure Race National Championship. Teams may race in as many events as they would like, however they will only receive ranking points from seven races. The rule updates were implemented to keep the national ranking system fair for teams of all sizes and continue to grow the nationally competitive USARA National Ranking System.



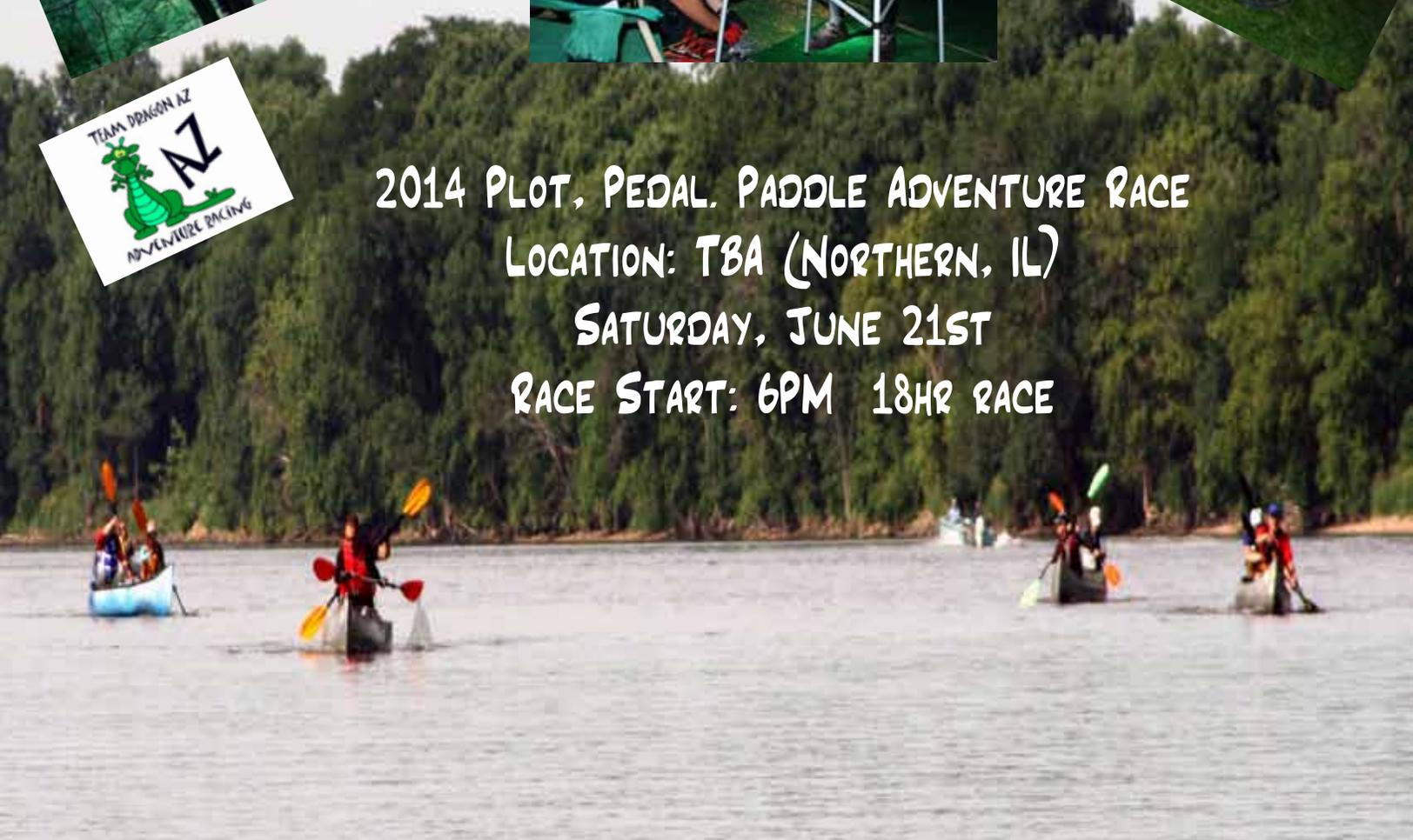
2014 USARA Adventure Race National Championship

2014 USARA Adventure Race National Championships to be held in McHenry, Maryland. The USARA is excited to announce that the 2014 USARA Adventure Race National Championships will be held in McHenry, Maryland on October 3rd & 4th. The beautiful & challenging terrain of western Maryland will offer the backdrop for an unforgettable weekend of racing. The 2014 USARA Nationals is also the event to attend as a family member or fan as this will be the most spectator friendly course we have ever had the privilege of producing. Spectators will be able to easily view the competitors in all disciplines of the event as well as enjoy some great local activities. Mark your calendars now and do not miss the chance to witness this epic adventure.

USARANationals.com



2014 PLOT, PEDAL, PADDLE ADVENTURE RACE
 LOCATION: TBA (NORTHERN, IL)
 SATURDAY, JUNE 21ST
 RACE START: 6PM 18HR RACE



2013 SPONSORS



REGIONAL QUALIFIER
 RACE



FOR MORE RACE INFO: WWW.TEAMDRAGONAZ.WIX.COM/PLOT-PEDAL-PADDLE

FREE ONLINE REGISTRATION AT:  GetMeRegistered.com

Race Prep Ritual

by Krissy Moehl

Adding an element of girlie. Taking time for me. Dedicating a few minutes to quiet, dedicated, meditative time. Assigning a small but meaningful task to the potentially daunting run that lies ahead. For as long as I have been running races, I have had little routines/rituals that help mentally prep me for the events I train and dedicate a large chunk of my time towards. Call me superstitious; I don't care. It works for me. In high school I wore the same red hooded sweatshirt, baggy boyfriend jeans, t-shirt, socks—heck, everything down to my underwear—to school on race day. Before boarding the bus to the track meet I changed into our team uniform, complete with my puff-painted sports bra and homemade hair tie. It is no wonder that a modified form of these rituals continues to be a part of my ultrarunning career. To take a few minutes to acknowledge the work leading up to this point and put a “mark” on the race ahead is what sitting down and painting my toenails is all about.

I save this tradition for races I am focused on, the races that demand more, and for the ones where I hope to shine. The races that require more focus and dedicated training receive more color, glitter, and tiny details like my signature runner girl or “100” for the miles I intend to put my heart and soul into. About a week out, I cut all of my nails really short and file them flat. They are likely too short, but I figure the less nail there is to bang against the end of my shoe, the better. A couple of days or the night before the event, I gather my colorful collection of polishes, sit down



find out
what's within.

There is a true blue man

Who carries a fire in his gut

And icicles on his whiskers

He's climbed the Winter 46

His respect for the peaks

Is returned by his peers

For they see on his face
the faces he's conquered

Which will he wear tomorrow?



vasque.com

curled up in the awkward position required to paint one's own toenails, and set to work applying a minimum of three colors in an array of stripes and dots. Each stroke and dip in the bottle is another layer of focus for the upcoming exciting endeavor. The final coat is always a layer or two of glitter polish. Make it shine! Exactly what I hope to do on race day. It takes a couple of minutes to dry which means more think time for mentally writing a last minute list of things to pack and clothing to wear. Time to focus on lining up in the morning, reviewing the course profile and description, and visualizing exactly how I want to feel each step of the way.

On race morning when I pull on my socks, that last glimpse at the colorful toenails is a great reminder of all I have put into the preparation and what I hope for the day—colorful, bright, good energy.



Whether we know it or not, we each have an element of routine to how we move through our everyday lives. When prepping for an event that means more, requires more, and rewards more, I believe allowing the rituals/routines to be more specific and dedicated allows us to honor our personal commitment to doing something more. Let a small but meaningful task represent something more symbolic. Make it yours. Treasure it.

If you are so inclined – please feel free to share it! www.krissymoehl.com **AW**

USARA Adventure Race National Championship

McHenry, Maryland October 3-4, 2014

Sunshine Sea To Sea	2/12/14	Crystal River, FL
Eco Lonestar Adventure Race	3/8/14	Dallas, TX
Tashka Adventure Race	3/8/14	Coker, AL
The Frigid Infliction	3/8/14	Bolton Valley, VT
The Palmetto Swamp Fox AR	3/15/14	McClellanville, SC
Odyssey 1 Day Xtreme	3/22/14	Stuart, VA
Physically Strong AR	3/23/14	Quincy, IL
Extreme Break Up AR	3/29/14	Milford, KS
Lightning Strikes Adventure Race	3/30/14	Mount Carroll, IL
Blue Ridge Mountain AR	4/12/14	Blue Ridge, GA
The Off Road Rage	4/12/14	Salina, KS
The Breakdown	4/12/14	The Breaks, VA
The Boonecrusher	4/26/14	Boone, IA
Atomic Adventure Race	May	Blue Ridge, GA
MISSION Adventure Race	5/10/14	Brownstown, IN
Odyssey Wild Wonderful AR	5/17/14	Oak Hill, WV
Lewis & Clark Exhibition	5/17/14	Crofton, NE
The Cradle of Liberty	5/31/14	Wagontown, PA
The Jersey Inferno	6/7/14	Nothorn, NJ
Run, Row, Rock & Roll AR	6/14/14	Fairbury, NE
Untamed New England	6/18/14	The Forks, MN
Plot, Pedal, Paddle AR	6/21/14	Dixon, IL
Gold Rush Summer Challenge	6/27/14	Sonora, CA
Stubborn Mule AR	6/28/14	Wausau, WI
Rev3 Cowboy Tough AR	7/16/14	Casper, WY
Urban Adventures	7/19/14	Kinder, LA
Odyssey One Day AR	7/19/14	Fincastle, VA
Sheltowee Extreme	7/26/14	South Central, KY
The Bitter Pill	August	Vermont TBD
Krista Griesacker Memorial Race	8/2/14	Hamburg, PA
Rev3 Monongahela MoxieAR	8/2/14	Morgantown, WV
SCAR 12 Hour	8/9/14	Laurel, DE
Expedition Idaho	8/10/14	Kellogg, ID
The Thunder Rolls AR	8/23/14	Mt. Carroll, IL
Pocono Challenge	9/7/14	Bushkill, PA
Terra Firma Adventure Race	9/9/14	Smithville, TX
Longest Day and Night AR	9/17/14	Catskills, NY
Backpacker Bushwhacker AR	September	Ville Platte, LA
Tahoe Big Blue	September	Norh Lake Tahoe, CA
Wilderness Challenge	10/10/14	Yorktown, VA
Coosa River Challenge	10/11/14	Wetumpka, AL
Unbridled AR - The Fig XI	11/1/14	Slade, KY



PRESENTED BY:



Regional Sponsorship

The first place coed team from each regional qualifying race will receive a \$400.00 sponsorship, provided by the regional qualifying race, to be applied to the team's entry fee for the 2014 USARA Adventure Race National Championship™.