

Adventure World

magazine

FALL 2014

George W Bush
THE W100

HAWAII
Paradise Found

presented by:



**USARA National
Ranking System**

2014

Top 10 Teams

Rev3\Mountain Khakis	276.00
Tecnu Adventure Racing	192.00
Team AAS/TOG	180.00
TeamHalfwayThereDC	178.00
Checkpoint Zero	172.00
Michigan Racing Addicts	164.00
Adventure Capitalists/BDAR	157.00
NSPIRE	153.00
Rib Mountain Racing	140.00
Untamed New England	138.00

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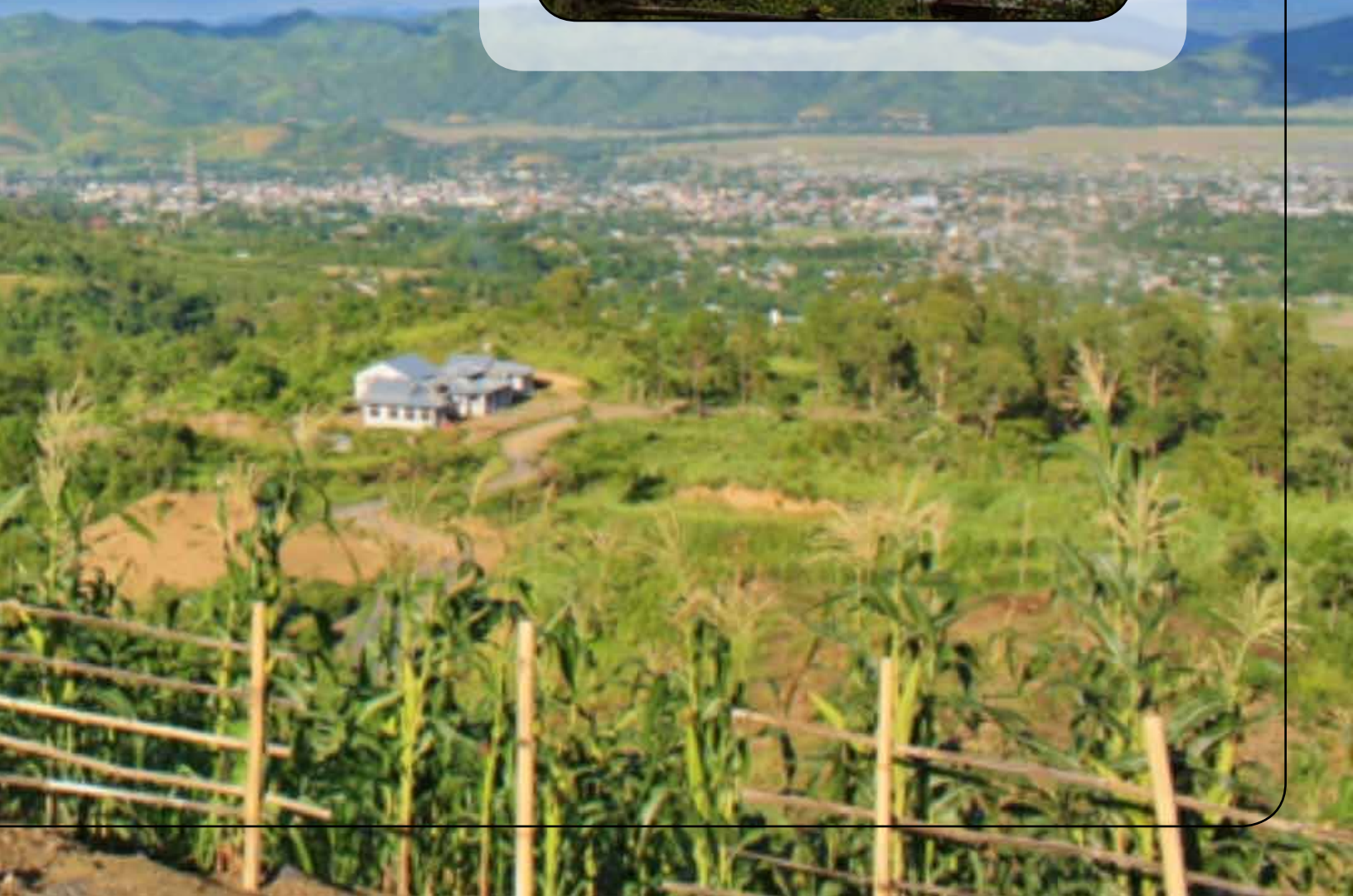
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India

by Nate Sheldon



Several months ago I enjoyed the great privilege of teaching ESL to a school of 2,500 children in the town of Lamka, in Manipur, India. Lamka is located on the southern end of the Churachandpur Valley and is surrounded on three sides by luscious tropical hills.



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Headlamp



Helmet Light



Flashlight

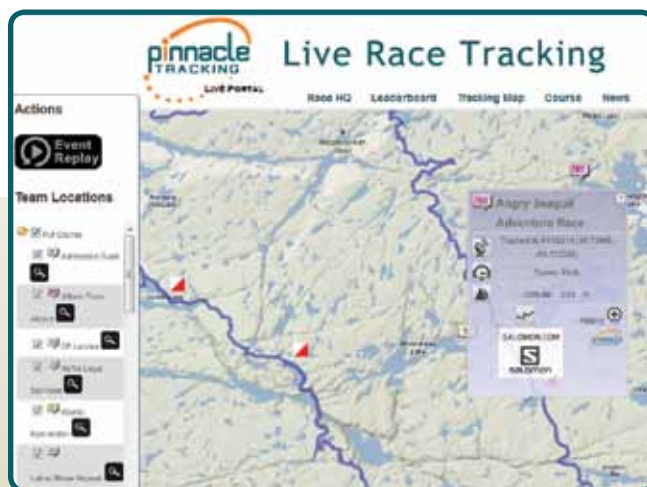


Bike Light

Lamka is only a generation old and its inhabitants have only recently arrived from far more remote hill villages. Most of them hail from the Paite tribe. They come in search of opportunity and education. They want a life filled with something more than making charcoal or slash-and-burn farming on steep hillsides. In Lamka, they can practice their English, learn computer skills and have at least a semblance of healthcare. Ninety-five percent speak tribal dialects like Paite, rather than Hindi, and are of Mongol descent.



Pinnacle Tracking, a Maine based company that was born from the needs of Adventure Racers, is pleased to be the Official Tracking System of the USARA.



Founded by longtime adventure racer and Untamed Adventure Race Director, Grant Killian and professional guide and adventure company owner Russell Walters, Pinnacle Tracking supplies handheld inReach™ satellite trackers, manufactured by U.S. based DeLorme, along with airtime and integrated mapping capabilities for a variety of races and events ranging from 1 – 10 days duration.

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Lamka is still very remote as Manipur is connected to the rest of India by one road (via Gwuahati, Assam) which is frequently impassable due to landslides. The nearest airport is in Imphal and boasts two flights a day to Delhi. However, due air travel and the internet, Lamka is by no means cut off from the rest of the world, and its recent modernization has created a wonderful blend of old and new. Many ancient traditions exist alongside modern ones. Weddings are day-long events involving the exchanging of many gifts of cloth and livestock. The people sing a lilting chant accompanied by a drum, but some record their songs in studios. They cook their traditional tribal food and weave all of their traditional cloth by hand.



The capital city of Imphal has regular electricity but Lamka often goes three days without power due to rationing. People get up at 4:30 a.m., and are fast asleep by 8 p.m. One night, after I had been in Lamka for several weeks, I stayed out with a friend until 9:30 in the evening. When I got back to the compound where I was staying I found that the gates were locked and everyone was asleep. “No problem,” I thought, “I’ll find a way in.” But after circling the entire building several times and contemplating breaking the glass of my bedroom window, I had to admit that I was locked out in India. I had a cell phone but I was too embarrassed to wake anyone up. Here I was, the only foreigner in a town of two hundred thousand, and I had stayed out until 9:30 p.m. I had sullied the reputation of all western culture. I climbed back over the wall and meandered down the dark street. Aimlessly, I started trying car doors and eventually found a Bolero that was unlocked. It was a terrible night. A restless mosquito was camped out in the front seat, and at about 3 a.m. I gave up. I got out and roamed the streets until the compound was unlocked and I could slip in again, unnoticed. I never told my hosts. We all would have been embarrassed. And I did not want to do anything to shame my hosts, who were the picture of hospitality.

I was shown every kindness and honor—far more than I deserved. The Paite are a very hospitable people. My students were receptive and cheerful and I spent many hours outside of school learning how to play football and teaching them how to play the guitar. The elders were very kind as well. Once, I was invited to a wedding and was given the seat of honor on a dais behind the bride and groom. Another time I appeared on television with a dignitary, although I did nothing to deserve these honors.



Perhaps my most memorable experience was a six-hour drive in a jeep through the jungle over the worst stretch of road imaginable to a tiny village named Tuima, on the boarder of Myanmar. As I stepped out of the Jeep I was greeted with many prolonged stares. Then, one man walked up to me and spoke to one of my companions: "He wonders if he might touch your ear?" And so there I stood, as people grabbed my ears and pulled my hair. I was the first Caucasian in Tuima.

Before I left Tuima, the people had me plant a mango seed so that they would have a tree to commemorate my visit. It is one of my greatest desires to return and eat a mango from that tree.



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Teaching was strenuous but rewarding. My students spoke broken English, and my class size would range from 52 to 98 students, with ages ranging from eight to fourteen-year-olds. All too frequently bedlam reigned. But I quickly grew to respect them and they me. To the students I am known as “Sir Nate” and all of them are “my kids.”

The Paite of Lamka are industrious, cheerful and generous, despite the fact that they have very little. They have certainly received the short end of the stick when it comes to government spending, but the lack of industrialization, the remoteness of the town and most of all the friendliness of the people make Lamka a unique, beautiful and memorable place to visit. **AW**



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Israel National Trail Run

by Samuel Suter

Carlos Goldberg running 1,000 km in 15 days, supported by SOURCE Hydration

He finished the Sahara Ultra Marathon and he covered 2,200 miles (about 80 marathons) in 66 consecutive days on the Appalachian Trail in 2010. In March of this year, ultra endurance specialist Carlos Goldberg went for the 1,000 km Israel National Trail to set a new benchmark. His secondary goal: to get home in time for his 60th birthday.



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“Every time, I promise my family it’s the last one,” said Israeli ultra-endurance pioneer Carlos Goldberg days before he started his next last one – the 1,000 km Israel National Trail. Hearing about his stories during 66 lonely days on the rocky 2,200-mile Appalachian Trail, including hallucinations from sheer exhaustion, encounters with (very real) snakes, and surviving a 30-foot drop off a boulder which almost broke his neck, it’s impossible not to sympathize with his family in trying to stop him. It was, after all, just in the last year that he felt like he fully recovered from his Appalachian adventure in 2010.

Carlos had already covered the 1,000 km long Israel National Trail north-to-south in 2007, and still holds the record of 12-and-a-half days. His goal this time was not to break his own record. This time around he was going at it from the other direction: From southern Eilat in the desert at the coast of the Red Sea, up to the end of the trail close to his family’s house at Israel’s northern border. His deadline: to make it in 15 days and be home right in time for his 60th birthday party.





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From tennis to solitude

In the 1980s, Goldberg played major domestic tennis tournaments. Not that tennis is a very 'social' sport, but when he discovered the solitude of running, Carlos was hooked. He gave up tennis and ran marathons for some years until he realized he was not in it to race against others in the field. Every since, he's been running all by himself. He's not fighting competition, but fighting for every single, sometimes nearly impossible next step. "It was 66 victories in a row," he says about his 66-day Appalachian Trail adventure.

Carlos runs without a support team; there is nobody waiting for him at the end of the day. He has no pre-set milestones. Carlos sleeps when he's tired, and he runs whenever he possibly can. For his Israel National Trail Run, he planned to stay on trail for the full distance, not changing clothes – and not showering, as he confirmed with a smirk.

He carried a SOURCE Double D Hydration and Cargo Pack with minimal equipment: A mat for the short nights and daytime naps, a sleeping bag with a cover, one extra shirt, one extra pair of tights, a little stove to heat up instant food, some gels to fuel up on energy, and in the desert two additional enforced SOURCE Durabag Hydration Systems for water supply.

He packed one pair of extra socks, "but for the last days," he said, "I can't change socks, because the fabric gets stuck in my open wounds." Running a minimum of 16 hours-per-day – "on trail I'm either sleeping or moving" – he saved every gram of extra weight. Still, the pack was around 13 kg.

The biggest pouch in his pack held his medical supplies. As a trained paramedic Carlos is his own nurse, pharmacist and surgeon on the trail, prescribing antibiotics and performing little necessary cuts and fixes. The shoes he wore were two sizes too big in order to accommodate the swellings and bandages during his 15-day run.





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Constant bleeding and nails falling off were just some of the details he provided about his suffering. “I’ll spare you the sight of my feet,” he said, “in fact, I don’t show my feet to anybody.”

Others collect stamps

Why does he do it? Carlos is not the type to come forward with anything mystical or spiritual. “Others collect stamps; everybody has something. For me,” says Carlos, “it’s running. To excel at this is my goal.” During the long talk we had with him, the only time he said “I’m worried” is when he talked about his sons insisting to come and meet him in the desert with their Jeep. He worried his sons would get lost or something.

He called the Israel National Trail a “hostile” trail after talking about rattlesnakes, hallucinations and a drop off a 10-meter boulder on his Appalachian Trail adventure. He definitely kept a sense of respect.

The last weeks before the start Carlos exercised for nine days straight without a day of rest by putting in 20-25 km a day with the heavy pack on his back while on the treadmill in his gym. “It’s all about getting the body used to the load,” he said. He had not run without his pack for months.

Carlos runs without a watch and without a GPS to show him the way. His approach is in many ways different from other

ultra-marathon runners like Australian SOURCE Athlete and Adventure Runner Richard Bowles. Carlos’ approach is based on complete solitude.

Last year, Adventure Runner Bowles took Carlos’ 12-and-a-half day record on the Israel National Trail as a benchmark and he approached the trail south to north, just like Carlos. A bit more than halfway through the full distance, at the northern end of the desert, Bowles had to take an unplanned recovery break of several days to heal off an infection in his foot, which had literally brought him to his knees.

“It’s much harder to run the INT south to north,” Carlos said. This way around, the desert with its dangerous and exhausting craters and valleys had to be managed in the first days of the challenge. This left hundreds of kilometers to cover with whatever injuries and health problems sustained from falls and the dry air in the desert.



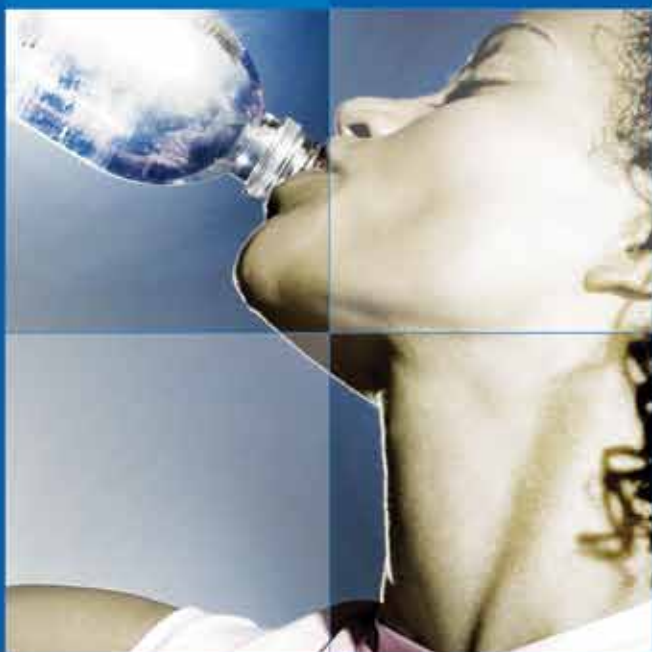
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Observing what had happened to Bowles a year ago, and from his own experience covering the trail north to south, Carlos' goal this time around was to do it in 15 days. Three days longer than his own north-to-south record, which still equals almost two marathons a day in rugged territory.

Preparation is everything – but there's no guaranteed success

Carlos set off from Eilat on March 26, 2014, in the middle of the night. It took him six days to cross the 350km stretch of the trail that makes its way through the Negev desert to Arad. Carlos covered more than 80km on some days, with an overall altitude gain of almost 4,000m!

The temperatures were not too high during the days, but the nights were freezing. Carlos settled into a routine of starting the days at around 3 a.m. because it got too cold for him to sleep, and running until 8 p.m. at night. He ran until he felt he could not do it anymore and then walked for another half hour before he crashed.

Dinner was instant dried food cooked over his mini-stove. That's when he forced himself to replenish his body, as during the day he ate almost nothing. It was only when he was further north and past the desert that he would enjoy the privileges of civilization, stopping at gas stations on the way where he would get an infusion of three espressos.

On days 7, 8 and 9 of the trek, he had to make the long climb up to Jerusalem. This required almost 2,000 meters of overall elevation gain before getting to the flat coastline of Tel Aviv.

All observers expected it to be a speedy walk home for Carlos once he made it out of the desert without reporting any injuries or problems. Maybe he would even beat his original estimate of 15 days. But then, on day 11, Carlos texted for help. Starting that day in Herzeliya, he felt the limp that had been nagging him the last few days getting worse, combined with other pain in his left leg muscles that signaled bad news. Not wanting to give up, Carlos kept walking and contemplating the issue until he

reached the city of Netanya, which also marked the 700km line. By this time, Carlos had already come to a decision – he had to give up. His leg grew more and more painful, which finally stopped him. Carlos was worried that he would suffer permanent damage to his leg.

Only time will tell if this was his last last one. As stamp collectors do not suddenly throw away their books and boxes, it is very unlikely that Carlos will put away his running shoes. **AW**



USARA Signs Five Year Partnership with Pinnacle Tracking

The USARA has signed a five-year partnership with Pinnacle Tracking LLC, a Maine-based supplier of rental, GPS satellite tracking, two-way messaging equipment and integrated online mapping. Pinnacle Tracking will provide a comprehensive solution suite to support the USARA Adventure Race National Championship.

Under the partnership, Pinnacle Tracking will become the official tracking system of the USARA. Pinnacle Tracking will supply DeLorme inReach SE satellite trackers, along with airtime and integrated mapping capabilities for the event. Utilizing the Iridium satellite network, the DeLorme inReach tracking devices provide 100% global coverage and will automatically transmit regular GPS location reports from each team to a web-based event portal. The portal will enable race organizers to closely and accurately follow each team's location on a map.



Troy Farrar, President of the United States Adventure Racing Association, commented, "We are really excited about the partnership with Pinnacle Tracking. As a leader in the industry, Pinnacle Tracking will be able to provide instant information on all the teams competing in the USARA Adventure Race National





2014 USARA Adventure Race National Championship

The 2014 USARA Adventure Race National Championship will be held at Deep Creek Lake, Maryland, on October 3-4, 2014. The beautiful and 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 produced. Spectators will easily be able to view the competitors trail running, mountain biking, river boarding and canoeing in the first few hours of the event without traveling more than a few miles from the Wisp Resort. Spectators will also receive a swag bag full of coupons and suggestions from an almost endless list of great local activities to enjoy while in the area. Mark your calendars now and do not miss the chance to witness this epic adventure.

USARANationals.com

Championship. The Pinnacle Tracking partnership provides an additional safety feature and will enhance the spectator experience providing real-time tracking during the event.”

Pinnacle Tracking co-founder and Untamed New England Race Director, Grant Killian noted, “We are thrilled to be able to provide sophisticated GPS tracking and location capabilities, with the added security of 24-7 SOS alerts and two-way satellite messaging to racers. We’re also excited to demonstrate our web portal capabilities featuring live online coverage of the event, so that supporters, friends and family members can follow their team’s progress in real-time from anywhere in the country.” **AW**



THE W100

A Celebration of Service,
Sacrifice & Inspiration

by Troy Farrar



I recently attended the Warrior 100 (W100) hosted by former President George W. Bush on his ranch in Crawford, Texas. There were 16 Warriors invited to attend the three days of mountain biking which would total 100 kilometers, all led by George W. Bush himself. The ride showcases veterans who have overcome both physical challenges and brain injuries in combat, inspiring all who are present with their ability to flourish in spite of these challenges. The primary purpose of the W100 is to celebrate these 16 soldier's recovery and achievements. A secondary purpose of the W100 is to highlight the Military Service Organizations that are helping soldiers make the transition into a new chapter of their lives. This year, there were representatives from the Green Beret Foundation, Wasatch Adaptive Sports and Hire Heroes. All three of these organizations are making a tremendous difference in the lives of wounded veterans who are now facing new challenges and adapting to new circumstances in their lives.





A simple retelling of the weekend would have made for an interesting article, but soon after I arrived on the ranch I realized there was much more to this story than three days of mountain biking with a former President.

As I began talking with the warriors, I quickly realized that most of these soldiers had done more than just overcome the physical and mental challenges they faced as a result of combat. This alone was a herculean challenge for many of the warriors, but they did not stop once they had gotten their lives settled into their new normal. The majority of these warriors were now serving as peer mentors for other soldiers who were facing the same challenges upon returning from combat. Nothing had changed in these warriors mental approach. The same “put any obstacle in front of me and I will overcome it” attitude that had made these men great soldiers was now manifesting itself in their lives as peer mentors. To see the passion on their faces as they shared stories of their new purpose was equally as inspiring as watching some of the feats of strength and determination performed by the warriors over the weekend. They had discovered the power of physical activity as it related to wellness and recovery, and these warriors were intent on sharing their discovery with other soldiers. These men have found their calling and it is a calling that is both noble and desperately needed.



The W100 consisted of morning mountain bike rides led by George W. Bush, who is quite an impressive mountain biker at the age of 67 (if you don't believe me, just ask any of the warriors.) These were not easy mountain bike rides as the warriors pedaled 60-plus miles over the three days on

technical and challenging single-track trails. The warriors were also treated to a special dinner one evening with George W. Bush at his home on the ranch. When they arrived back at the hotel after dinner, Specialist John Rego commented, "It was just one of those nights that you wish would never end." The W100 was an inspiring event that celebrated the warrior's achievements, recovery and fortitude, and inadvertently highlighted their desire to continue a life of service to others. Former President Bush summed it up well when he stated, "It is a great honor to ride with these guys. I get a lot of inspiration from them."

I was corresponding with Master Sergeant Dean Bissey after the event, and I told him I would look forward to seeing him at the W100 next year. His reply really summed up the selfless attitude that was prevalent among the warriors at the W100 when he said, "As much as I would like to do the W100 again, I would only go as a participant, if asked. I know





there are others who would get as much as I did or more that need a chance at something special like that.” Dean was right: the W100 is a very special event and the warriors who are invited have earned the right to be a part of something special. I could go on for hours sharing the impressions and conversations I had with these warriors, but I believe this tale is better told by the actual characters.



Staff Sergeant Timothy W. Brown

Tim needed a cardio workout, but being a triple amputee there were not a lot of options available. Tim found hand cycling was about the only way he could get a cardio workout, and a couple of months after taking up hand cycling he completed the MS 150. Tim put in over 1,000 miles last year riding with Ride 2 Recovery's Project HERO and was part of an eight-man team that completed Race Across America (RAAM) in seven days. Tim spends time as a peer mentor, often visiting newly injured soldiers in their hospital rooms, and has made videos for Shoulder 2 Shoulder.



Sergeant Joshua E. Hansen

Josh is a military liaison for Wasatch Adaptive Sports and is a peer support specialist at the Salt Lake City VA Hospital. Wasatch Adaptive Sports offers year-round recreational therapy such as skiing, snowshoeing, skate skiing, mountain biking, paddle boarding, with special needs. The owner of a huge supporter, and a majority of Josh wants to be a role model and veterans by showing them what Josh gets lots of calls from lives. He told me they don't call their families, but instead, "they call guys what they are going through." Josh and squad leader in Iraq, I had to protect my men. I still have the job of protecting these soldiers, just in a different way." Helping these soldiers has helped my healing and once these warriors start mentoring other veterans, it gives them a purpose." Josh ended our conversation by saying, "I get paid in smiles."



fishing and camping for veterans the Snowbird Resort, Dick Bass, is the activities are held at Snowbird. believes he can motivate other they can achieve with hard work. depressed vets ready to take their doctors and they don't call their like me because we can relate to also commented, "As a team leader

First Sergeant Robert Ferrara

Robert is the Program Manager of Ride 2 Recovery's Project HERO at Brooke Army Medical Center. Retired after 23 years of service, Robert is now giving back to young wounded soldiers. Robert believes it is crucial to help soldiers get to a place where they do not feel bad for their situation. His group focuses on building and adapting bikes and leading rides, because they have found that getting the soldiers out riding with other guys is very therapeutic. They have a 95% return rate for soldiers who try cycling for therapy. Robert's fatherly compassion was evident when he stated, "I see myself as the rooster who needs to make sure all of the chicks are taken care of."



Sergeant First Class Michael R. Rodriguez

Michael desires to be a role model for other wounded operators facing the obstacles of combat-related injuries. Michael channeled



the determination he honed during his 21-year military career when he set the goal of climbing the Seven Summits (the highest mountain on each of the seven continents). Michael has successfully climbed Mount Kilimanjaro and conducted the first study on the effects of elevation and atmospheric pressure on traumatic brain injuries. Michael continues to

serve the military community and his country through the Green Beret Foundation. When I asked Michael to comment on his continued service, he replied, "It's who I am. I have always believed in serving a greater cause than myself. Why would I stop now?"

Major General Greg Champion : Green Beret Foundation

General Greg Champion is a Two-Star General who is now serving some of the same warriors that once served under his command. General Champion is no stranger to the combat-related issues soldiers face, as his father was a soldier who saw combat at the Battle of the Bulge. He commented, "Looking back, I know my father had PTS, we just didn't have a name for it then." General Champion really hit the nail on the head when he said, "We need to support these soldiers; they were willing to do anything we asked. Now it's time for us to make sure they have the support they need."



Specialist John W. Rego, Jr.

John was injured early in the Iraq war and found there was not a lot of support available for wounded veterans at that time. After feeling very much on his own, John jumped at the chance to help other veterans. John spends every opportunity he can helping other warriors make the transition. He believes that helping the warriors get plugged in with other soldiers and getting them physically fit are two of the key components in the recovery process.

“When President Bush told me about the W100, I was all in. I believe it is our duty to take care of these guys. The W100 is like Christmas in May, and we are blessed to be here with the warriors.”

- Robert Agostinelli : Major Supporter

Staff Sergeant C. Spencer Milo

Staff Sergeant Milo was forced to retire in his prime because of the injuries he sustained in combat. Knowing how hard it is to be pulled in your prime, Staff Sergeant Milo has dedicated himself to helping other wounded veterans. Milo serves as a Veteran Transition Specialist for Hire Heroes USA and volunteers with the Warrior Canine Connection. He mentioned, “It is what I will do the rest of my life. So many of these guys won’t ask for help. We need to reach out to them and provide the help they need.”



Sergeant First Class Manual A. Colon

Manny is a peer facilitator for a 35-man Wounded Warrior group in Orlando, Florida. Manny's focus is assisting other soldiers, and he is determined to insure they do not leave anyone behind. He summed



up his new role by saying, "It is what I do since retiring from the Army and I have found it has also helped with my recovery." Manny's positive outlook and contagious smile serve him well in his role as a peer facilitator.

Sergeant Bryce Cole: Warrior Alumni

Bryce has ridden in the W100 four times – twice as a warrior and twice as an alumni/volunteer. He stated, "My job is to bridge the civilian/military gap. This weekend can be overwhelming for the guys and I can relate to them because I have been in their shoes. I try to help relieve their anxiety by letting them know the weekend is a lot of fun. My job as a mentor is to help them however I can."

First Lieutenant Melissa Stockwell

Melissa was the first female to lose a limb in active combat and quickly found that there was no help in place for women. Melissa has become a certified prosthetist and fits other amputees with their artificial limbs. Melissa hopes to inspire other vets by showing them what they are capable of accomplishing. I would say she is doing a great job, as she has a Paralympics under her belt and is a three-time Paratriathlon World Champion in her age group. Melissa works with a group of 160 athletes at Dare2Tri Paratriathlon Club, who's motto is, "one inspires many." Melissa is encouraged by the confidence that is built in both the athletes and their families after they compete in an event like a triathlon.





Master Sergeant Dean C. Bissey

After returning from Afghanistan, Dean became the head Wounded Warrior liaison for the 82nd division tasked with finding activities for other recovering soldiers. Dean showed up to the World Team Sports Face of America Ride in gym shorts and sneakers on a rented bike, and in his own words, “was lucky enough to run into some really helpful people.” He was checking out the ride to make sure the event was well run and did not exploit the veterans. During the ride, Dean kept crossing paths at the aid stations with an older gentleman named Bill, and Bill finally asked him, “What is it that your guys really need?” Dean replied, “Bikes. Right now we are all on rented bikes. We need bikes.” Bill went back to his cycling club in Boston and started gathering up everyone’s old bikes and shipping them down to Dean. Dean explained, “We had a shop that would tune them up and then we would find a veteran who fit the bike and give him the bike.” Later, I found out Bill’s last name is Hamilton, he is pro cyclist Tyler Hamilton’s dad. While I was talking with Dean, one of his co-mentors Sam Mortimer walked up and commented, “ Bill hooked me up with a bike and I rode the wheels off that thing, that’s what got me into riding.”



They started getting lots of warriors on bikes and the guys would ride in events and then go back to their units and tell other soldiers about the program. The program has put a lot of soldiers on bikes, but they also have hunting trips and other activities for the recovering soldiers. Dean commented that the program has helped a lot with his own recovery process as well. Despite the fact that he is no longer serving in the Middle East, nothing has really changed for Dean, as he is still serving others. In his own words, “I’m still helping out guys. I can’t stop.” **AW**



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Product Reviews

FALL 2014



LifeStraw Family

The LifeStraw Family is a simple-to-use large volume water purifier. It is capable of filtering 9-12 liters-per-hour, with a total filtration capacity of 18,000 liters – that's enough clean water to supply a family of five for three years! The LS Family has an easy-to-clean pre-filter and purification cartridge, and is a microbiological water purifier which will remove viruses, bacteria and protozoa (parasites) down to .02 microns. The LifeStraw Family is perfect for family camping trips or foreign travels, and is great to have at home during contaminated water advisories.

When you purchase any LifeStraw filter, Eartheasy donates LifeStraw Community institutional water purifiers to schools in Africa. The LifeStraw Community purifiers are specifically designed to deliver clean, safe water to school children by removing waterborne pathogens and dirt commonly found in source water. Eartheasy's goal is to provide clean water to 500 schools in Kenya in 2014.

C-preme Teenage Mutant Ninja Turtle Helmet

Sometimes it's hard to get the little guys to wear a helmet when biking or scootering, but that is not the case with the C-preme Teenage Mutant Ninja Turtle Helmet. Now I can't seem to get my little guy out of the helmet – he even wants to sleep in it! These helmets are fully certified bike helmets that are off the charts in the kid's coolness factor. The 3D design is so much more exciting than just a printed graphic and it will be evident by your child's excitement. The C-preme helmet features cooling vents, adjustable straps and shock absorbing EPS inner shell. Pick one of these up and you just might become your little guy's newest hero.



Orange Seal Tubeless Tire Sealant

Orange Seal Tubeless Tire Sealant will quickly seal punctures up to 1/4 inch using proprietary latex and nanite sealers. Made from biodegradable materials, eco-friendly Orange Seal will perform at extreme altitudes and temperatures. Developed as a lightweight solution, Orange Seal also boasts a long lifespan for enduring protection. Get some Orange Seal and focus on riding, not fixing flats.



Product Reviews

Bug A Salt

Swatting flies is a thing of the past once you get your hands on the Bug A Salt. Just load the gun with ordinary table salt, then cock, aim and fire. It's like a salt shotgun and is the most fun you will ever have killing flies. We actually found ourselves hoping more flies would show up so we could blast them. The Bug A Salt is safe and great fun for kids as well. Grab a Bug A Salt, load up and get ready to have some bug-blasting fun!



Peak Design Slide

There's a new camera strap in town and it is like nothing you have ever seen! The Peak Design Slide is a versatile camera strap that can be used as a neck strap, a sling strap or a shoulder strap. The heavy duty tubular webbing adjusts easily and will provide years of faithful service. The Slide uses an anchor link quick connect system that can be accessed with one hand and can be connected to a tripod without removing the strap. Pick up the Slide and start focusing on your photos – the Slide will take care of your rig.



Peak Design Anchor Links

The Peak Design Anchor Links are the same quick connectors used on the Slide and Clutch. Attach them to an existing camera strap for a fast and secure connection.



Peak Design Clutch

Following in the footsteps of its big brother, the Slide, the Clutch is a breakthrough camera hand strap. The quick connect system allows you to remove or attach the clutch in mere seconds. The quick-adjusting buckle allows you to synch the clutch down or loosen it as needed with a simple movement. Durable, functional, and great looking, the Clutch is the future of camera hand straps.

Product Reviews

FALL 2014

mhm Divide

Weighing in at 5.5 pounds, the mhm Divide is a technical pack that is full of great, functional features. The slide n' lock adjustable harness makes it easy to dial in the Divide for a perfect fit. Detach the top lid and convert into a daypack for those short outings. Dual zippers allow easy user access, or completely open the pack and form a ground cloth. The sYnc A.C. suspension system allow the pack to move with you and eliminates annoying hip belt dig. An internal compression system allows you to stabilize the contents. There is also a built-in waterproof stuff sack. Deployable hydration holster and hydration reservoir compatible insure you will not go thirsty. The mhm Divide is a super durable and ultra comfortable pack that is just lacking two things: you and the trail.



Source Race 15L

The Source Race 15L continues the trend as the next generation in hydration packs. It is a lightweight pack that features a padded back and shoulder straps, a sizable cargo pocket, adjustable sternum strap, helmet carrier and a detachable waist belt. The insulated hydration compartment holds a bladder packed full of features. The oval donut shaped bladder is amazing, and this simple feature prevents sloshing while running. All Source bladders feature Glass Like film technology, Grunge Technology and triple layer taste and odor free film which prevents the bladder from holding odors or smells and also prevents mold growth. Mold and mildew just won't grow on these bladders, so after each use just rinse and store. The Source bladders have a removable bite valve which means you can refill the bladder without removing it from the pack. If you are using any other hydration pack you are so far behind in technology that you might as well be carrying a bucket.



Powerstep Pinnacle

The Powerstep Pinnacle is a full-length orthotic insert that is ideal for both preventing and alleviating common foot problems that result in foot pain such as plantar fasciitis. Starting with Variable Cushioning Technology, the Pinnacle provides a soft, supportive and protective cushion. The semi-rigid arch support combined with a heel cradle provides increased support and stability. Made with heat and friction reducing antimicrobial material fabric, the Pinnacle can be moved from shoe to shoe without any trimming. The Powerstep Pinnacle full length orthotic insert provides the perfect blend of foot control, flexibility and cushioning. It is a super-comfortable and functional insert that will make those long, hard days on your feet easy.



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Product Reviews

FALL 2014

Warm Skin

Warm Skin keeps the user warm by holding in the body's own natural warmth and serves as a barrier to prevent water loss. In addition to the insulating properties, Warm Skin's non greasy formula also protects you from those cold and dry environments by moisturizing your skin to keep it soft and healthy, even in the harshest environments.

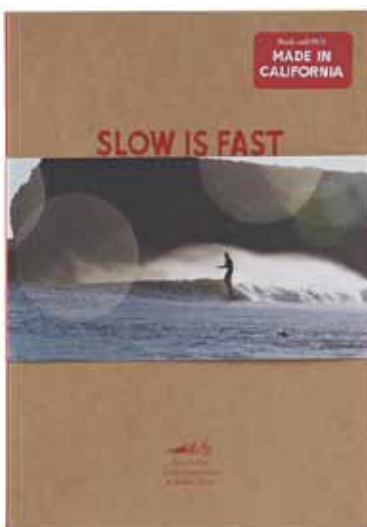
Tested in the harshest climates by artic explorers and mountaineers, Warm Skin reduces the risk of frostbite or cracked skin. Great for a winter jog, hunting, skiing or a quick trip up Mount Everest, Warm Skin is a must-have

solution for all of your winter activities.



Slow is Fast

Slow is Fast recounts the experiences of Dan Malloy, Kellen Keene and Kanoa Zimmerman during their 50-day, 700-mile bicycle adventure with surf boards in tow down the California coast. The story is told through photographs and interviews which uncover a forgotten time in California history. The trio wanders down the California coast engaging locals and snapping photos of their surroundings. Slow is Fast is an entertaining and eclectic glimpse at the wanderings of this trio of modern day vagabonds.



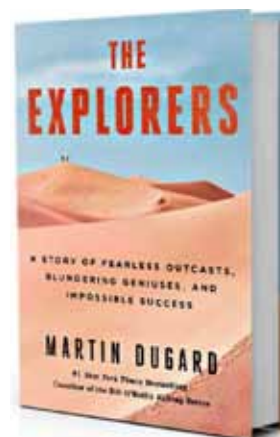
Dual Eyewear SL2 Pro

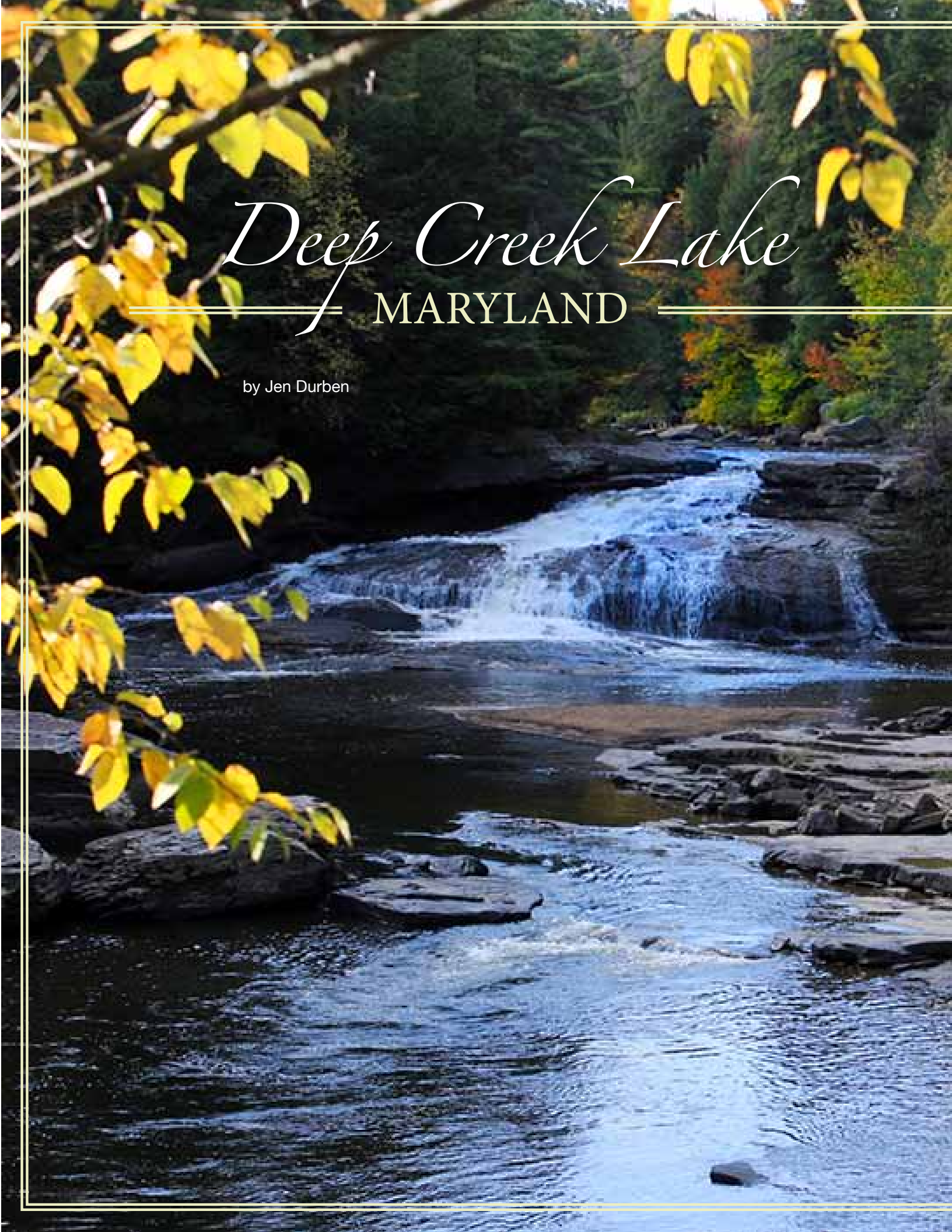
Dual Eyewear has designed sunglasses that have a small magnified area for reading important things, such as your cycling computer or phone, while on-the-go. The Dual Eyewear SL2 Pro fill a real need and are so much easier than constantly changing glasses, especially when you are involved in an athletic activity. The high quality glasses feature an adjustable nose bridge and temples for a perfect fit, UVA, UVB and UVC protection, shatter-proof lenses and a discreet magnification area in the lower portion of the lenses. The magnification zone does not affect your normal eyesight and is available in different diopters to meet your needs. Perfect for just about any athletic endeavor, and especially useful when you need to read something like a cycling computer, nautical or aviation maps, Dual Eyewear has you covered.



The Explorers

Unlock your inner explorer in this riveting account of one of history's greatest adventures and a study of the seven character traits all great explorers share. In 1856, two intrepid adventurers, Richard Francis Burton and John Hanning Speke, set off to unravel a geographical unknown: the location of the Nile River's source. They traveled deep into a forbidding and uncharted African wilderness together, only to arrive at two different solutions and parting ways as sworn enemies. The feud became an international sensation upon their return to England, and a public debate was scheduled to decide whose theory was correct. What followed was a massive spectacle with an outcome no one could have ever foreseen. The Explorers is a book about courage and survival. It is also a book about stepping into the darkness with confidence and grace, aware on some profound level, as were Burton and Speke, that the Promised Land we are searching for is not some lost corner of the world, but a place within ourselves. **AW**





Deep Creek Lake

MARYLAND

by Jen Durben



The USARA Adventure Race National Championship this October is not just for the racers! We invite the entire family to come to the Deep Creek Lake area of Western Maryland. We are conveniently located just three hours from Baltimore and Washington D.C., two hours from Pittsburgh and four hours from Columbus, Ohio. Cheer on your friends and family on the course and enjoy downtime off the course. Take advantage of our area activities and even plan for a future vacation with your friends and family!

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If you ask a local, autumn is their favorite time year. The air turns crisp and the crowds have begun to dissipate. The leaves turn vibrant hues of red, orange and yellow. Our seven state parks are ready for you to explore those incredible colors. Hike, bike or just take a quiet stroll on our area's trails. Take a ride with the family and enjoy a fall foliage driving tour route with special stops along the way.

You can even bring the family dog! Many of our area lodging options are pet friendly, and after Labor Day several of the state parks open their trails to our four-legged friends. If your accommodations don't permit dogs, you can still bring them with you! Check out one of our boarding facilities that will host your dog overnight.

Speaking of lodging, don't forget to schedule your overnight accommodations. We feature everything from tent camping to cabins and chalet rentals to a traditional B&B or hotel stay. Make sure to check out your style of lodging and book in advance for best choice.

The dining options in our region are endless and family friendly. Whatever your tummy desires, we have the cuisine to match. From pizza to burgers to steaks and seafood, you will leave our area restaurants with a full belly and a big smile! Check out our family friendly joints for a chance to play arcade games or enjoy outdoor play sets.



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Did you know that the Deep Creek area is a four season destination? After experiencing all autumn has to offer, start making plans to come back and visit us this winter. Our area features Maryland's only downhill ski resort, Wisp Resort. Cruise down the mountain on skis or a snowboard. Beginners will love the easier trails, which are perfect for learning how to move around the slopes safely. Boarders and skiers alike will love the challenging and fun elements on the terrain park. For those who like sled riding, try the Bear Claw Tubing Park for an exhilarating trip down the hill on a tube. Rent a pair of skates and sail around the ice, or schedule a skating lesson to hone your skills. Don't forget – the mountain coaster is year round! You can zip down the mountain at your own pace any time of year!

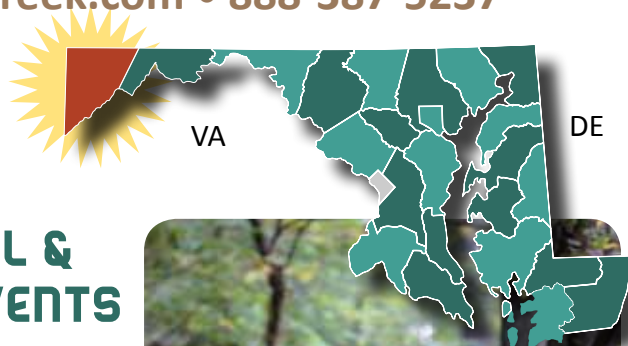




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High Mountain Sports Flatwater Kayak Race
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The Inaugural Savage World's Whitewater Festival
Deep Creek Lake Art & Wine Festival
September 5-7



Photo by: Tim Jacobsen

MOUNTAIN BIKING



TRAIL RUNNING



Photo by: Tim Jacobsen

ROCK CLIMBING & RAPPELLING



Photo by: Tim Jacobsen

RIVER RAFTING

Snowshoeing and cross-country skiing are another great way to enjoy a hike through the snow. Take a tour or rent a pair and head out at your own pace. Our area state parks offer scenic wooded trails and are the perfect backdrop to a morning or afternoon adventure. No matter your activity style, winter in Garrett County has something to offer! **AW**





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Mountains of EMOTIONS

by Kevin Pentalow

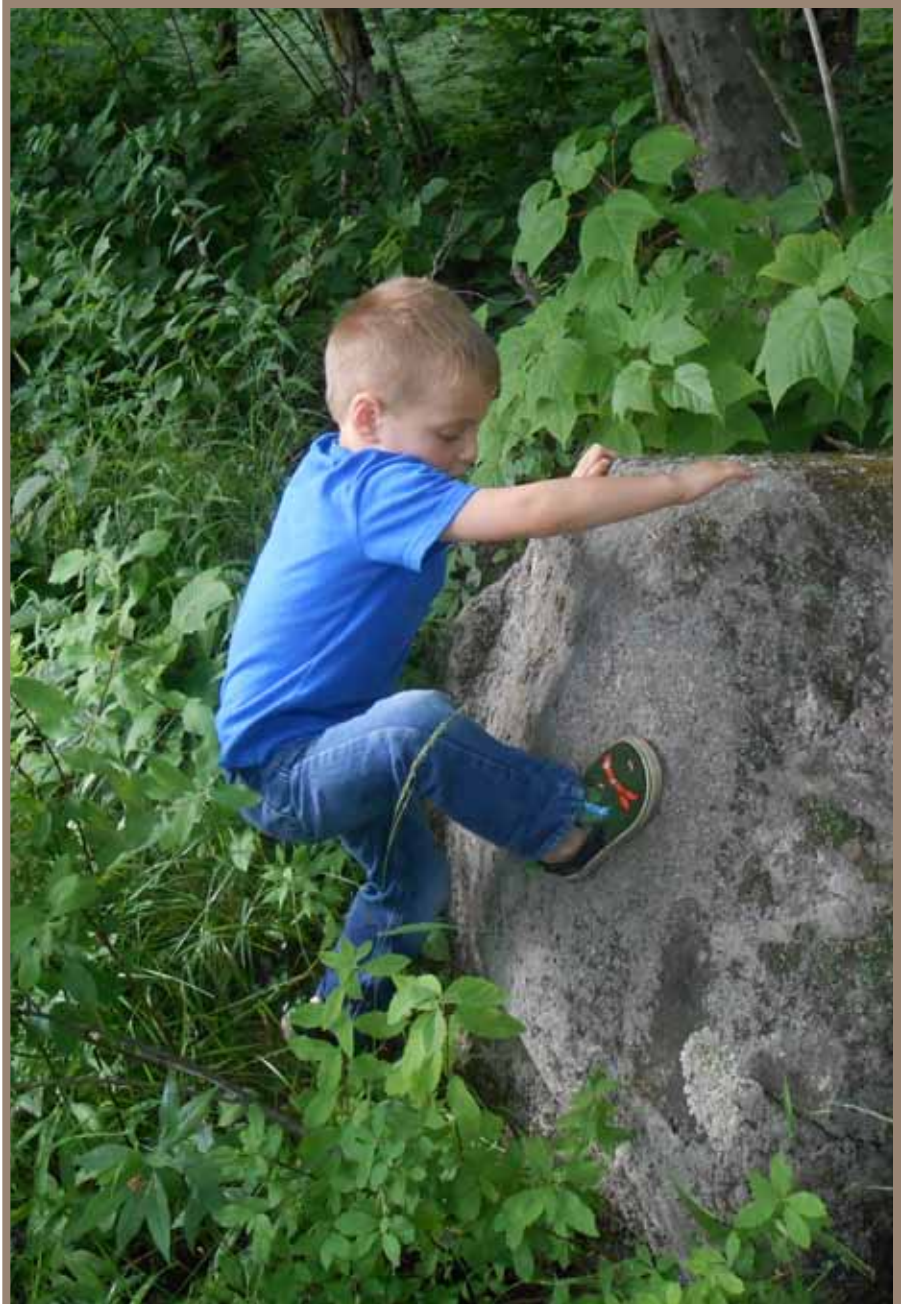
My son, Leonardo, who just turned four has an endless amount of energy and never seems to tire, no matter how much we try. But try we must, and I would often have him run around the house in a one-man mock race. Leo as we like to call him, insisted every race start with the countdown “3, 2, 1, ready, set, go!” After hours of this activity the short nap of every parent’s dreams was still a parental fantasy. Leo always seemed to have a leftover cache of energy that would make Robin Williams at a loss for words. Everywhere we went someone would make the comment “can I have some of that?” or “if you could only bottle that!” I thought it was time to take Leo on the long-awaited climb up Cascade Mountain and put him to the test. This would be the last of the 46ers I had to climb to get my long-awaited patch that would hopefully make me the envy of all my hiking buddies.



Photos by Jason O'Connell

It was Leonardo's first big hike. He had been up Azure, out near Saint Regis Falls and Owls Head in Mountain View, but this was his first mountain that was part of the 46ers. The 46ers is a term used to describe the highest 46 peaks of the Adirondack. It is also the title of a club consisting of the people that have summited all 46 of them. Cascade Mountain is number 36 on the list, with an approximate elevation of 4,098 feet. I had heard it was a very well maintained trail, as well as one of the better mountains for young children – and it most definitely was.

Starting out, the ground was wet with early morning May dew. There were still remnants of snow if you wanted to look hard in the shadows of the largest birch and striped maple trees, and if there wasn't, then it sure felt as if there was. It was almost as if you could feel the recently passed winter in



the mountain air around us. This would be a three-person hike, and three generations of Pentalow's would be on the hike: my father, Kevin Pentalow, whom we call KJ, my son Leo and myself, Kevin Pentalow Jr.

We were weighted down by our heavy-hooded sweatshirts and started heating up as our bodies began to work harder. The sun started peaking up over the tall skyscraper like trees, warming up the temperatures to high 50's. We gained lots of elevation in a very short distance, about 2,000 feet in approximately two miles. I looked down, so psychologically I would be on flat ground, and followed my father's boots that looked as if they were left over from his Vietnam days. I looked ahead at KJ as we made our way up the rocky terrain and everything seemed to be in black and white as if we were in some classic movie. My son Leo was following ten feet behind me, jogging to keep up with our large strides.

I noticed how drenched with sweat KJ and I already were. However as I looked over at my son, he had not even started to sweat despite the fact that he seemed to be throwing his tiny feet in front of himself as he jumped and bounded along, trying to keep up with our six-foot plus frames. "We are in the tree tunnel now, Daddy!" Leo said with excitement as we became surrounded by trees in a forest canopy, with only a small picture frame size spec of blue sky in the end of the tunnel. I stopped for a moment and thought to myself, "This is what it must look and feel like to walk into the Pearly Gates." KJ's figure silhouetted against the morning sky as he walked towards the light. Leo tugged and climbed on the roots that covered the trail shortly behind him. Then, Leo looked up at me with his big blue eyes and said, "The roots hold the world together Daddy, right?" "I think they might. I think you might be right," I replied.

After stopping to look at frogs, in what I would best describe as a perma-puddle or mud hole, we picked up our pace. I began to jump and grab tree branches telling Leo I was playing tree basketball, and KJ rolled his eyes. Leo pointed to one of the huge boulders that dotted the landscape and asked if a giant had put it there.

Fellow hikers know the significance this hike had for me. Hiking with my dad and my son was how I had always dreamed of ending my quest to be a 46er – with them by my side. It was Leo's first peek and for me, my last peek in the journey to check off every mountain on the list of the 46ers. I could have gotten all 46 faster, but it seemed like every time I had a hike planned everyone always pushed me into doing Marcy again and again. One more time, they'd say. Everyone wants to be number one after all. No one wants to go home bragging to their friends about hiking the third or fourth highest peak in the Adirondacks. "I just climbed the highest mountain" has a nice ring to it. Marcy was the



first mountain in the 46 that I completed, and this single hike had a profound impact not only on me continuing to hike, but in the course of my life in general.

Every step I took, every time I looked into my son's eyes, full of endless wonder and joy, I couldn't help but drift back to the memory of my own first hiking trip. I could still smell that warm spring air and feel the mud starting to harden on my blown-out sneakers that looked like they were talking every time I took a step. If I closed my eyes and smelled the mountain breeze it transported me back to 1994. I had never met my father, KJ, before that weekend and had only known him through a few awkward birthday phone calls. Growing up with a single mother can be hard at times for a boy. The lack of a male influence and the father's day cards made in school art classes that were sent to no one still haunt my memories. The voice of a grade school classmate with good intentions saying, "but he doesn't have a father" to the third grade teacher still rang in my head.

That weekend camping and hiking trip in '94 was the chance for us to bond. I thought to myself, "It is too late to have a father/son relationship; too much time has passed." However, I was wrong. All those negative thoughts were in vain. It wasn't something that had to be forced; it was a primal bond of son and father. It was a wolf and his cub. No words had to be said, everything just fell into place that weekend. Step by step, the lost years seemed to fade and all that was left was the moment: the hike itself was the only thing real now. I remembered no past, no future, only the present, only





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the hike. The hike filled the void like a river being released from a dam. Somewhere on that mountain we became true family for the first time.

Once on top of the first mountain that weekend in '94, my father looked at me and said, "How great it is spending this time together. I realized now what I have missed. How bittersweet this has been, so special, but it gives me insight into how much special time I had missed. I had dreams and goals that I knew I could never achieve in northern New York. I thought I had a destiny, and I thought all the signs were leading me to the bright lights of Los Angeles, California. You never hear the stories of the failures and that is my story, the story of a broken man, who chased his dream only to find they were mirages designed to make me divert from the true path. Now I see there are more important things than money and dreams of fame. All these things are illusions, they are fleeting. Doing good things for others is the only true accomplishment. Don't follow my lead, follow your heart. Don't be a father like I was, you will never forgive yourself." At the time I thought to myself how silly that was. I was never going to get married or have kids. I was going to have adventure after adventure. How the seasons of change affect us all, I thought. I was brought back into the present by Leo jumping off a boulder yelling "I'm a ninja!"

I held onto the words my father told me that day, and now that I am grown I remember the sad tone of his voice as he spoke on the top of the mountain that day. The way his voice shook and cracked in sorrow as he had his cathartic releases. I looked over at him hiking up this mountain with his son and grandson and was glad we could do this together, if only in fantasy and in my own subjective reality.

We made our way through a gradually thinning forest. Leo said, "My little legs are tired Daddy." I picked Leo up and carried him for a while. As we got closer to the summit the trees grew smaller and smaller. To Leo's delight, he could now look over them and off into the clouds. KJ fell behind and seemed to be giving Leo and



I time to be alone now. We made our way up the rocks and soon stood on the top. I would not say it was cold, but there was a cool breeze in the air. However, in our exuberance we felt almost numb.

Leo looked at me and said, "I love it here Daddy. We should live here above the clouds. This must be what heaven feels like." I held him close and said nothing, for I could not argue with those words. After all, a happy family is as close to Heaven as one can get. I felt blessed not to have just taken my son on his first hike up Cascade and to have fulfilled my dream of becoming a 46er, but the great happiness that comes in knowing that this is just the first of many hikes we will take together as Leo slowly becomes an adult. I will be by Leo's side as he claims his next 45 peaks, but I will also be by his side as he falls and trips on the trails, as we all have and will. As in mountain climbing and in life, there are many ups and downs and we must always try to climb as high and use as much of our abilities as possible. This,

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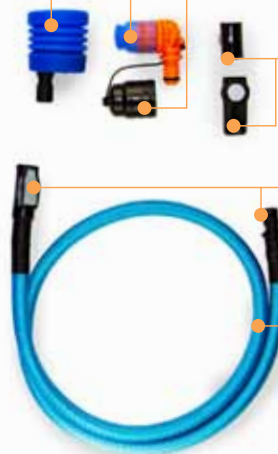
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however, would be KJ's last hike with us. After this I would have to let him go.

I opened up my pack and took the zip lock bag of ashes from it. My dad KJ passed away a few months ago, and Leo and I decided to scatter some of them on these mountains, where that great memory of him still moved with the breeze. I could almost hear the words he told me coming through my own voice as I talked to Leo. The time I spent with my dad, our long talks on the phone will never be forgotten. It's never too late to make up and reconnect with loves ones. Forgive them before it is too late. If you're waiting for the right time, there will never be a better time than right now.

I closely examined the ashes that were left in a tiny zip lock bag. I took a handful of ash and slowly opened my hand, the wind grabbing up the ashes and quickly spiraling them up and into the clouds. I saw the ash dissipate into the beautiful landscape around us. Leo and I just sat on the bald summit for what seemed like hours. We looked out at the 360-degree view into the endless miles of forest teeming with beauty and awe, and we had a joint sense of accomplishment. We could see most of the peaks in the great range from here. I pointed north, showing Leo where Whiteface was, then east to where Hurricane Mountain, Lake Chaplain and Vermont's Green Mountains could be seen. Then I looked to my side where KJ was standing and he waved and nodded with approval as his image slowly flickered in and out of vision, then it altogether disappeared into the landscape around us.



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RACING ASSOCIATION

Leo and I watched as two hawks drifted and danced on top of the wind, soaring in and out of the clouds. I wondered if they were father and son, I wondered if hawks had desires and regrets. If they loved and lost, fought and searched for happiness as they drifted through the updraft winds of mountain life. They seemed to be flying in slow motion, flowing like monastic monks in a rapture of divine ecstasy of the routine. I learned from the mistakes of the past and tried to spend all my free time with my son, daughter and their mother, finding a sort of matrimonial enlightenment, an evolutionary dream world of mundane mysticism. I never think the grass is greener on the other side, for no grass is as green. There are no deeper shades of greens in the entire world! True happiness comes when we grow fully satisfied with what we have.

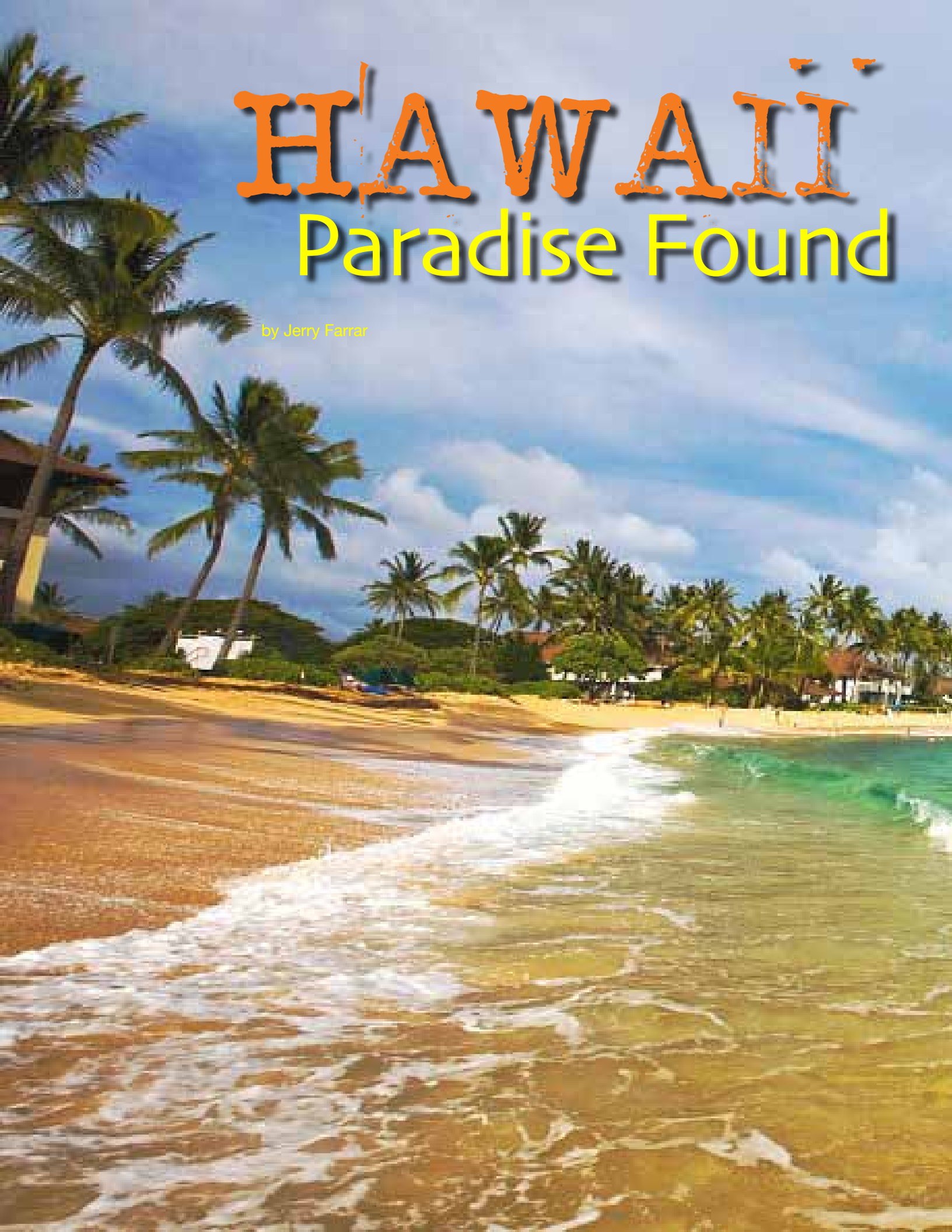
*Leo and I walked down the mountain alone now. I had started this journey with a heavy burden and regrets. However, I found peace, acceptance, forgiveness and prophecy in the cold north country winds on the summit of Cascade Mountain. As we looked out at the numerous peaks and the valleys below, I think we both realized that nothing made by the hands of men can come close to the beauty found in nature, and that family is the pinnacle of nature's masterpiece. My dad KJ was with us on this hike – not in the form of these lifeless ashes – but walking next to us in the form of memories and in the path my life has taken. We all hike with the memories of the past, with the essence of deceased loved ones. They live on in us, in the way we say things, their stories we retell, the things they showed us and the things we show our children. They live on in the things they taught us, especially in the appreciation for this life. They live on in the hike. **AW***

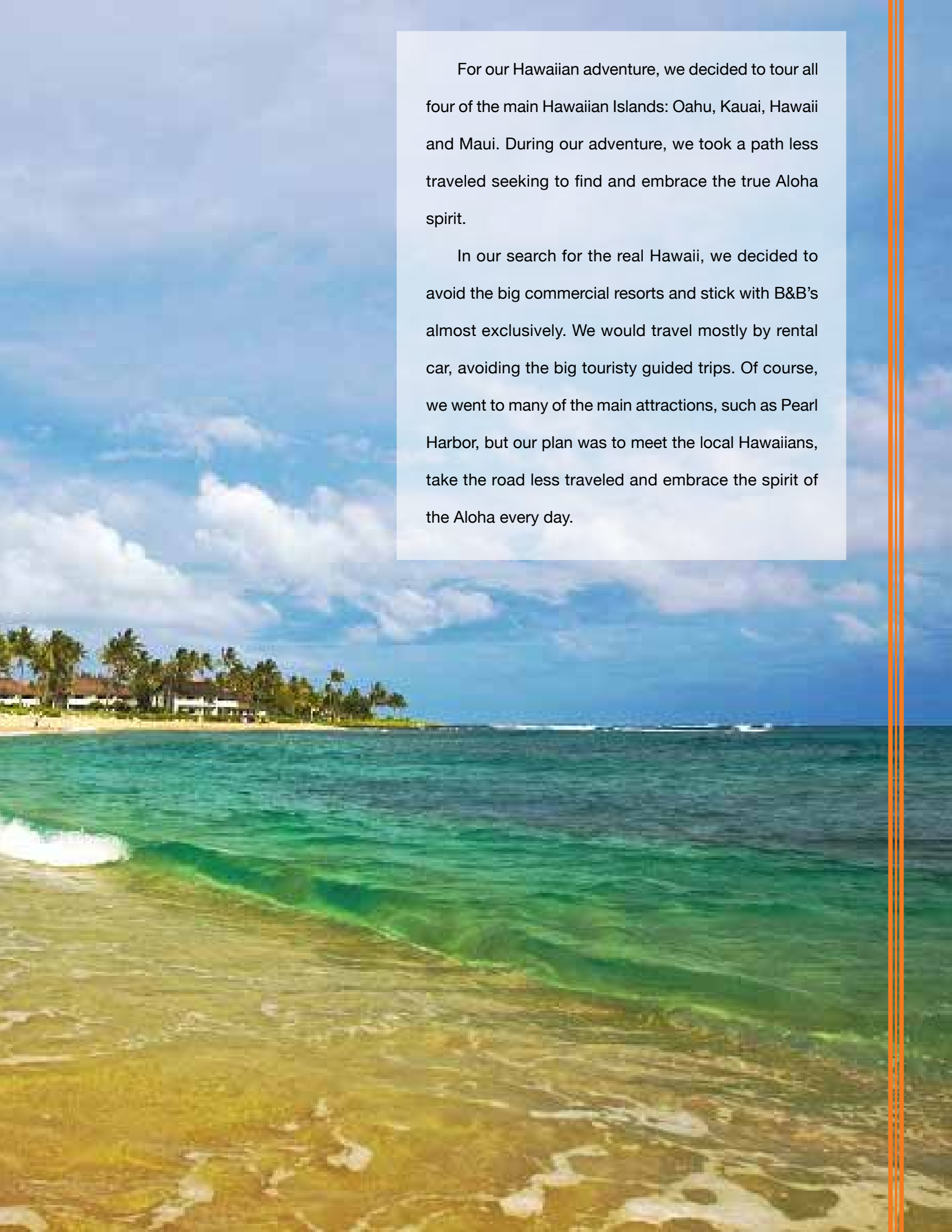


HAWAII

Paradise Found

by Jerry Farrar





For our Hawaiian adventure, we decided to tour all four of the main Hawaiian Islands: Oahu, Kauai, Hawaii and Maui. During our adventure, we took a path less traveled seeking to find and embrace the true Aloha spirit.

In our search for the real Hawaii, we decided to avoid the big commercial resorts and stick with B&B's almost exclusively. We would travel mostly by rental car, avoiding the big touristy guided trips. Of course, we went to many of the main attractions, such as Pearl Harbor, but our plan was to meet the local Hawaiians, take the road less traveled and embrace the spirit of the Aloha every day.

OAHU

Come with me as we start our adventure on the island of Oahu. Never wanting to waste daylight, we decided to start our adventure by exploring the west coastline of Oahu. Although Honolulu is a large bustling town with typical big city traffic, we found it easy to get around. There are only three interstates on Oahu, and all three leave Honolulu. Taking H1 to the west and continuing on 93, we were able to see the entire west coast (leeward coast) which consists of four small towns and innumerable beautiful beaches culminating with Oahu's Ka'ena Point State Park at the very western tip. Ka'ena Point State Park is a great place to watch the sun set on the Pacific. (No matter where you are on the islands, sunrises and sunsets are very special events.)

Atlantis Adventures

Our next adventure was a whale watching cruise on Atlantis Adventures ship the Navatek. We saw dolphins in the harbor and many humpback whales while on the Navatek, a large comfortable "high tech" stabilized ship. The morning cruises include complimentary coffee and juice with a delicious breakfast menu! This is a great way to start the day and a very memorable outing. Atlantis Adventures also offers submarine trips on Oahu, Hawaii and Maui. Do not fail to take at least one of these amazing submarine tours, more on that subject later.



Pearl Harbor

No trip to Honolulu is complete without a visit to Pearl Harbor to honor the men who fought and died on December 7th, 1941. If you intend to visit the U.S.S. Arizona Memorial, you need to arrive early for a launch ticket. The windows open at 7 a.m. and the Navy open launches start at 8 a.m. The trade winds pick up around 10:30 a.m. and they stop ferrying people over to the Arizona. Being a pilot, I would also highly recommend the Aviation Museum. Other interesting sites are the U.S.S. Missouri Memorial and the U.S.S. Bowfin Submarine Museum.

Flea Market – Aloha Bowl

Every Saturday there is a huge "flea" market in the parking lot around the Aloha Bowl in Honolulu. Everything is new and you can get all of your souvenirs at about one third of the cost.

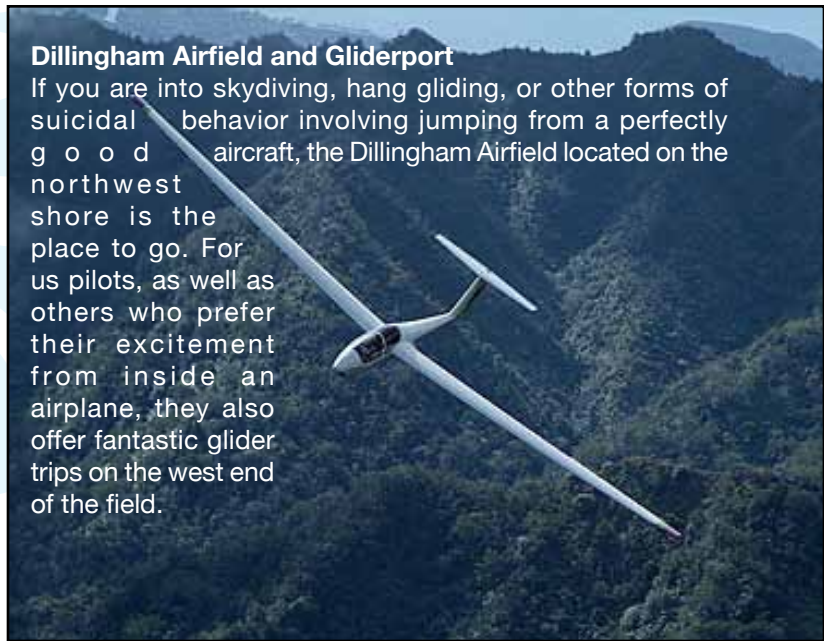
Dole Pineapple Plantation

In route to the north shore you will come upon the Dole Pineapple Plantation which is well worth the stop. The Plantation includes a gift shop (with ice cream,) a garden with over 120 varieties of pineapple plants, the history of the plantation, an unbelievable maze and a "Pineapple Express" train ride make for an enjoyable and interesting stop.



Dillingham Airfield and Gliderport

If you are into skydiving, hang gliding, or other forms of suicidal behavior involving jumping from a perfectly good aircraft, the Dillingham Airfield located on the northwest shore is the place to go. For us pilots, as well as others who prefer their excitement from inside an airplane, they also offer fantastic glider trips on the west end of the field.



North Shore

Heading northeast up the north shore is the famous Sunset Beach and the Banzai Pipeline, known for their tremendous waves during the spring, winter and fall. You must stop and watch the best surfers in the world ride the 20 to 30 foot waves. Be forewarned the north shore has very little housing which is both expensive and often full.



Manu Mele B&B

Northeast of Honolulu, around the famous Diamondhead, is the town of Kailua. We recommend the Manu Mele B&B which is conveniently located just 25 minutes away from Honolulu International Airport. The grounds are immaculate and Carol runs a beautiful operation with a private pool, or travel a mere 100 steps to Kailua Beach.

Polynesian Center and Luau

Located on the northeast coast of Oahu, the Polynesian Center features seven Polynesian villages, each representing an island in the South Pacific. In each you will encounter the different lifestyles from that island. Scattered over 42 acres, you can paddle an outrigger canoe, climb coconut trees, learn to make fire, and cook a Samoan meal, just to mention a few of the activities. Get there early and stay for the evening Luau, which is one of the finest around.



KAUAI

Kauai is aptly called “The Garden Island.” Although small, Kauai is more tropical and less developed than the other islands. After the short flight from Honolulu to the city of Lihue, we headed to the Hale O Nanakai B&B.

Hale O Nanakai B&B

Sheila Heathcote is the gracious owner of the Hale O Nanakai B&B. The premises are gorgeous and the view from the lanai is breathtaking. Sheila, an accomplished writer on Kauai and its culture, was a delight and she provided a wealth of information on places to visit while on the island.



Waimea Canyon

Known as the “Grand Canyon” of the Pacific, this is a “must” drive. Get an early start and take 550A out of Waimea going up. There are many lookouts into the canyon overlooking the Waimea River. When you reach the Pu’u o Kila lookout at the top, you are looking down on the beautiful Napali Coast, accessible only by boat. On the ride down, take 552 to Kekaha. Turn right on the Kaumualii Highway to Polihale State Park. The last two miles are rough, but worth a little bouncing to see the remote and beautiful Queen’s Point Beach. This is the western tip of Kauai and a perfect place for watching sunsets and snorkeling.



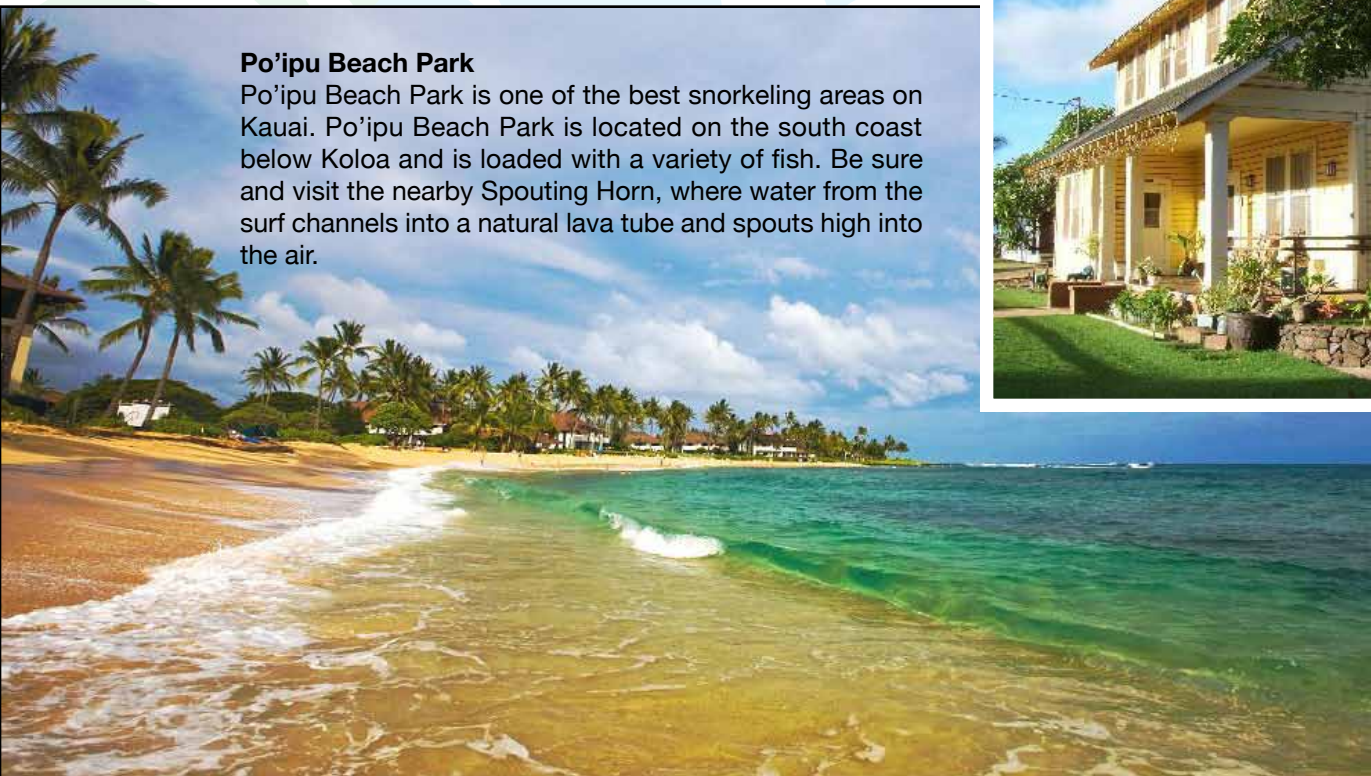
Inn Waimea

Located in the town of Waimea, the Inn Waimea B&B is a beautifully restored two-story building that is only one block from the beach and within walking distance from several great restaurants and a store. Patrick, the manager, couldn’t be friendlier or more helpful in suggesting must-see attractions on the island. Sit on the porch in the evening, relax and be lulled by the sound of the surf.



Po’ipu Beach Park

Po’ipu Beach Park is one of the best snorkeling areas on Kauai. Po’ipu Beach Park is located on the south coast below Koloa and is loaded with a variety of fish. Be sure and visit the nearby Spouting Horn, where water from the surf channels into a natural lava tube and spouts high into the air.





Captain Andy's Sunset Cruise

Leaving out of Port Allen, Captain Andy's large catamarans are the absolute best and most pleasurable way to see the spectacular Napali coast. The majestic mountains, covered with green and gold vegetation and the beautiful blue water and white sand beaches are unbelievable. In addition to this, whale and dolphin sightings are common. The crew cooks a steak and shrimp dinner to perfection, and right on cue, another Pacific sunset!

Hanalei

Remember Peter, Paul and Mary's dragon "Puff" from a land called Hanalei? Hanalei is a beautiful fertile valley on the north shore of Kauai with a fantastic lookout. There are many beautiful and inviting beaches and parks all along the north and east side of the island.



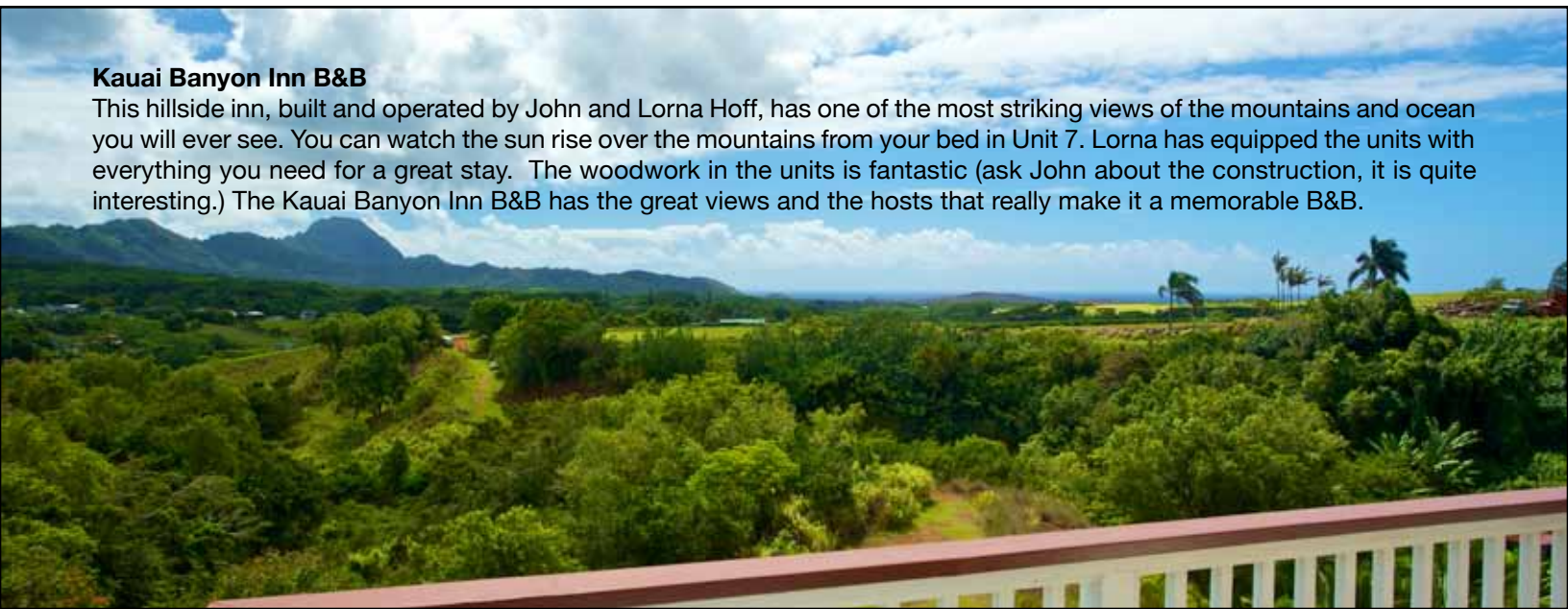
Kalamaku Luau

The Kalamaku Luau is located on the Kilohana Plantation grounds. Don't miss the relaxing train ride around the grounds featuring a variety of fruit and nut trees. The exquisite pork, cooked all day underground, along with all the other "fixins" are out of this world. After the feast, the Polynesians entertain you with music, dancing and amazing fire twirlers. The mansion, built during the Great Depression, is also open for touring.



Kauai Banyon Inn B&B

This hillside inn, built and operated by John and Lorna Hoff, has one of the most striking views of the mountains and ocean you will ever see. You can watch the sun rise over the mountains from your bed in Unit 7. Lorna has equipped the units with everything you need for a great stay. The woodwork in the units is fantastic (ask John about the construction, it is quite interesting.) The Kauai Banyon Inn B&B has the great views and the hosts that really make it a memorable B&B.



HAWAII

Known as “the Big Island,” Hawaii is an island of widely varied landscapes. Hilo, on the windward (east) side, was our point of arrival.

Palms Cliff House Inn B&B

Picture yourself on your lanai surrounded by palms on a cliff over the surging surf of the Pacific. The sound of the waves pound out a wonderful lullaby. You are at the Palms Cliff House Inn, north of Hilo, Hawaii. The Palms Cliff House Inn is nestled among several acres of immaculately landscaped grounds. Enjoy a wonderful breakfast of fresh fruit, buns, banana pancakes and Kona coffee.



Akaka Falls

A few miles north of Hilo is the famous 442-foot Akaka Falls, which is twice as tall as Niagra Falls. You will take a nice loop hike through tropical forest before coming to the 100-foot Kahuna Falls. Continuing the hike, you come to the Akaka Falls.

Aloha Guest House B&B

Lee and Svetlana are proud of their efforts to be as “green” as possible, and rightfully so. They collect and purify their own water, organically raise an abundance of fruit and veggies and have fresh yard eggs. Svetlana combines all of these natural ingredients into exquisite breakfasts for her guests each morning. As Lee explained in his excellent directions, the road up to Aloha Guest House is a little rough. I had no trouble in a small 2WD SUV at night, and it was a small price to pay for the peace, quiet and spectacular views.



Hawaii Volcanoes National Park

Volcanoes Maunaloa (inactive) and Kilauea make up this 333,000-acre national park. The film at Kilauea is excellent in explaining events that occurred from the beginning of the islands right up to today. Be sure to drive the 11-mile Crater Rim loop. If you stay until dark, you can see the glow of the lava from the receded Kilauea Caldera.



Belle Vue Kona B&B

Literally perched on the side of Maunaloa with a breath-taking view of the Kona coastline, the Belle Vue Kona is a real jewel, and owner Viviane Bake is one of the most delightful Hawaiians you will ever meet. The Belle Vue Kona is located mere minutes away from dining, shopping, snorkeling and many other South Kona activities. Viviane also has Belle Vue Waimea B&B further north in the town of Waimea with an expansive view of the volcanoes Loa and Mauna Kea and the Kohala Coast.



Atlantis Adventures Submarine – Hawaii

Do not miss the chance to dive on a sunken ship at 100+ feet in an electric powered, untethered submarine. The roomy submarine has large portholes for each seat and a knowledgeable guide who points out objects and fish of interest. Don't worry about getting sea sick as there is no wave motion as you are submerged. We heard many passengers commenting that this was the highlight of their Hawaiian trip.



Areca Palms Estate B&B

This beautiful two story B&B is centrally located on south Kona surrounded by Areca Palms. The green touch of owner and master gardener Steve Glass is very evident and beautiful. The facilities are gorgeous and the breakfasts prepared by Janice are both beautiful and delicious. For a special treat while staying at the Areca Palms Estate B&B, indulge yourself in an organic facial from Janice.



Diving with Manta Rays

For you divers, there is a manta ray night dive off the Kona coast. Lights are placed on the bottom to attract the bait fish, which in turn attract the manta rays. Divers sit on the bottom as giant mantas pass over – what an amazing night!



MAUI

Garden Gate B&B

Located in the old whaling town of Lahaina on the leeward west side of Maui, the Garden Gate B&B is in a great location for easy access to all of the beaches and activities of west Maui. The rooms are spacious and provide a great view of the setting sun. Jeri's phenomenal breakfast is served family-style in the lush courtyard area, which provides a great opportunity to visit and trade travel information with other guests.



Atlantis Adventures Submarine – Maui

Departing the Lahaina Harbor on the Holokai shuttle boat for the five-minute ride, you will see the submarine slowly surface from the crystal clear Pacific. After boarding the roomy submarine and slowly descending 100+ feet, you will see a sunken ship, cruise along a beautiful coral reef and see a ton of colorful fish. The submarine tour is a fantastic adventure and is a perfect activity for those young explorers as well.

Windward Garden B&B

This absolutely lovely two story plantation-style house with a wide and inviting porch is the perfect place for breakfast or to spend the evening reliving the activities of the day. Owners Susan and Chris Gebb prepare a breakfast beyond belief. Ask Susan to show you the way down to the Pacific for a private sunset viewing or some secluded snorkeling. This is the perfect place to stay before your venture up the Hana Highway.

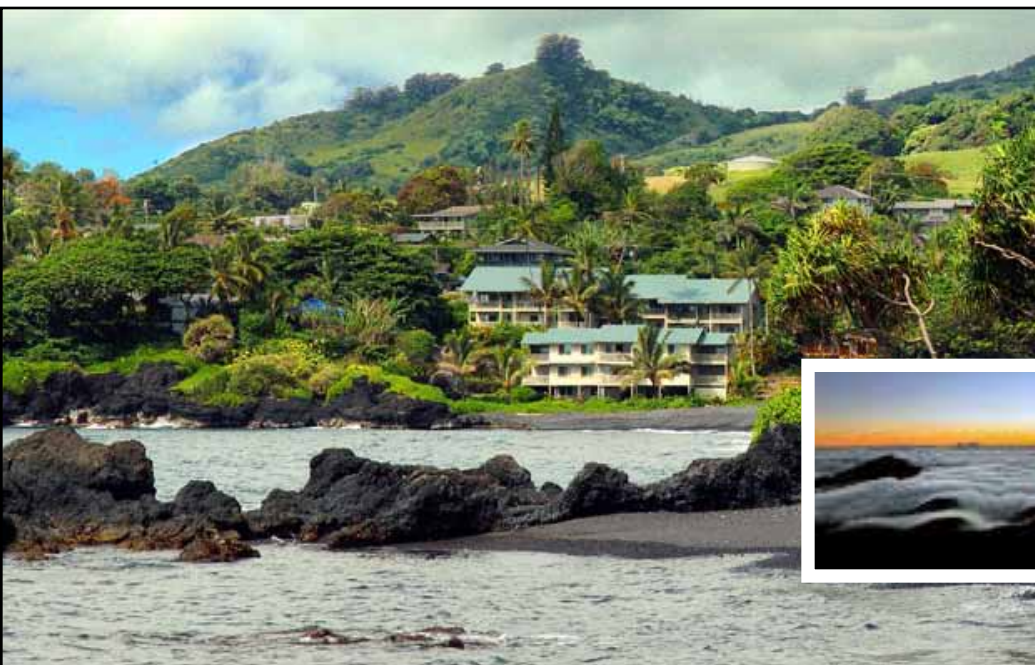




The Road to Hana

The road to Hana is an unreal experience. The drive has over 600 hairpin turns, many featuring a stream or waterfall. There are 54 bridges on the route, which takes three to four hours of drive time, so start early. Or better yet, spend a night in this beautiful little village on the eastern tip of Maui.

I suggest continuing through Hana, and although the map will show the road along the southeast shore as gravel, it is not bad traveling and provides one of the most picturesque drives on Maui.



Hana Kai Maui Condos

The units are spacious, well decorated, and located right on the coast. This is a great place to stay if you are going to overnight it and drive the south coast, completing the circle around Haleakala Volcano.

Haleakala National Park

At 10,023 feet, the top of Haleakala Volcano is not only the highest point on Maui, but also the best place to see the sunrise. The experience is well worth the early rise. Be sure to stop at the campground and take a hike out into the woods, the beautiful music from all the birds is astounding.



Haiku Cannery Inn B&B

This beautiful property has both cottages and a B&B. Being “upcountry” on Maui’s north coast, the Haiku Cannery Inn B&B is caressed by the cool trade winds. The units are large with beautiful woodwork. The Haiku Cannery Inn B&B provides easy access to the volcano. Hana highway has many small, old communities which are great for shopping and finding fabulous restaurants. We stayed in the Meadow Cottage which had two bedrooms and a full kitchen. A half mile down the road there is a grocery store and three great restaurants.

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MAUI

Maui South Shore

The leeward south shore and the town of Kihea have some of the most beautiful beaches, and true to Hawaiian tradition, the sunsets are spectacular. The Maui Dive Shop has some great dives, especially out to Molokini, a small U-shaped island which is actually the top of an ancient volcano.

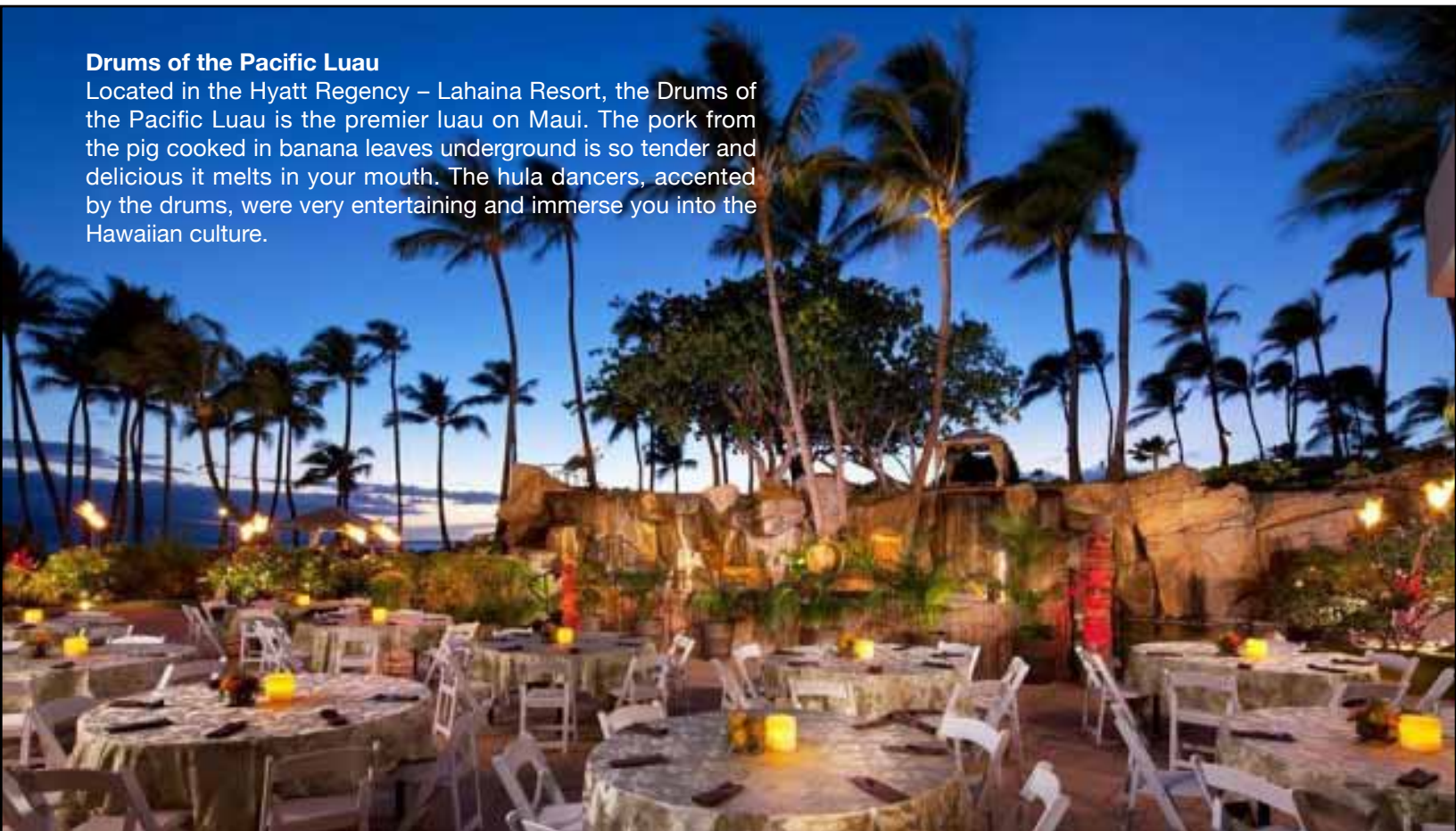
Maui What A Wonderful World B&B

Eva, the owner, is a wonderful host and knows all the great local spots to eat, shop, snorkel, and dive on the south coast. Expect a fabulous breakfast on the upstairs balcony in this beautiful B&B. They have a washer and dryer available and are located near several fantastic golf courses.



Drums of the Pacific Luau

Located in the Hyatt Regency – Lahaina Resort, the Drums of the Pacific Luau is the premier luau on Maui. The pork from the pig cooked in banana leaves underground is so tender and delicious it melts in your mouth. The hula dancers, accented by the drums, were very entertaining and immerse you into the Hawaiian culture.



Having spent twenty-five days and over 500 miles on each of the four major islands, we were able to see the real Hawaii. Our adventure allowed us to see so much more, to meet so many wonderful Hawaiians, and embrace the spirit of the Aloha every day. Hawaii is truly a paradise found. **AW**

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Krista Griesacker	8/2/14	Hamburg, PA
Rev3 Monongahela Moxie	8/2/14	Morgantown, WV
The Bitter Pill	8/2/14	Bolton, VT
Expedition Idaho	8/10/14	Kellogg, Idaho
Calleva Adventure Race	8/10/14	Poolesville, MD
Lionhart AR	8/16/14	Ohiopyle, PA
Thunder Rolls	8/23/14	Mt. Carroll, IL
Black Bear Adventure Race	9/6/14	McHenry, MD
Pocono Challenge	9/7/14	Front Royal, VA
Longest Day & Night Adventure Race	9/13/14	Catskills, NY
Terra Firma	9/20/14	Smithville, TX
BendAR	9/27/14	Bend, OR
Tahoe Big Blue	9/28/14	Lake Tahoe, CA
Wilderness Challenge	10/11/14	Yorktown, VA
Unbridled AR - The Fig	11/1/14	Slade, KY
Huntsville Hammer	11/8/14	Huntsville, TX



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