

Adventure World magazine

WINTER 2016



Mongolian Derby



UNITED STATES ADVENTURE RACING ASSOCIATION

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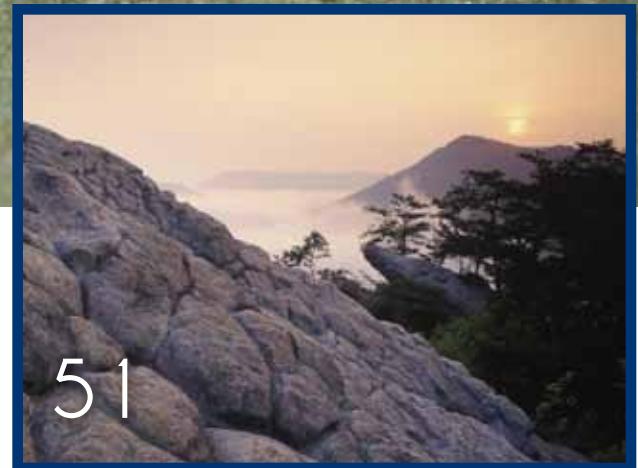
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The Soul Man

by Melanie Ho

When Charlie Engle reached the point where he wanted to quit RacingThePlanet: Ecuador 2015, he knew a goal to hit his own peak effort had been reached. Even for this seasoned veteran of long-distance multi-stage events, this year's edition of the Roving Race with its Route of the Volcanoes was challenging. But the lure to take part could not be resisted.

The inaugural Gobi March champion from the first 4 Deserts Series race in 2003 returned for the eighth edition of the Roving Race series, from July 26 to August 1. The American writer, film and television producer has run dozens of marathons and multi-stage events since taking up running in 1989. He placed third in the team category in the Gobi March 2006, has claimed podium finishes in other 4 Deserts Series races, and famously took his passion for running across the entire width of the Sahara Desert, which became the *Running the Sahara* documentary.





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Competing in Ecuador this year had special significance for Engle – it was the return to the site of his first big adventure race experience in 1998. “I took part in a French race called the ‘Raid Gauloises’, which was the Superbowl of adventure racing and it was my first race of this kind,” he said. “I had never done one before and my team spent 10 days lost in the mountains of Ecuador. On Day 5 we summited Cotopaxi as part of the race. I fell in love with Ecuador. We finished the race. “My wife lived here too. We met in North Carolina but share a love of Ecuador. When I saw the 4 Deserts Race Series email about the Roving Race I had to come. I knew I was asking for trouble.”

While Engle, 52, has lost none of his passion for racing since his 2003 win, he said his race strategy and goals had changed. “My ‘buzz’ is different,” he said. “In 2003 I was more driven by competition. I’m still competitive but now as long as I do my best I’m happy. As long as I’ve run hard. “Things have changed, I don’t go too hard at first anymore. The long day gives you plenty of time to catch up or fall back so use that time wisely. I’ve learnt to be patient and wait for that day. The jungle and the deserts and the mountains are the reason to be alive.” Engle also said his physical and mental preparation

had changed over the years, toning down his preparation as he's gotten older and getting involved in more cross-training and yoga. "The mental preparation is being alive for 52 years and learning to suffer properly - there has been plenty of adversity in my life. I want to reach a place in each race where I want to quit. Then I know I have hit max effort and hopefully I can pull myself back together."

Engle said adventure racing was challenging but it had profound effects on competitors. First-time competitors in particular had blossomed during the most challenging moments of the contests, when the unexpected moments of multi-stage events had drawn something special out of competitors. "Everybody who does one goes back to home life much better prepared to deal with the difficulties of daily living. You have better confidence and perspective," he said. "The misery and dread that might be there mid-week fades away and they go back to their home lives a changed person. If you give it your all you will be changed. I'm still looking for these changes." **AW**



2015 USARA National Rankings

Congratulations to Tecnu Adventure Racing for earning the title of #1 Nationally Ranked Team for 2015. Tecnu Adventure Racing went undefeated for the year solidifying their place as the #1 team in the country.



Alpine Shop was the #2 ranked team in the nation and had an excellent year going undefeated in all of their races except the USARA Adventure Race National Championship.



NYARA Rounded out the podium earning the honors as the #3 nationally ranked team for 2015.

2016 USARA Adventure Race National Championship Host Site Announced

The USARA is proud to announce that the 2016 USARA Adventure Race National Championship will be held in Columbia County, Georgia on October 14-15, 2016. We are excited to have Rev 3 Adventures as the race director. Rev 3 Adventures has built a reputation for designing epic courses and we are certain that the 2016 National Championship course will be a race to remember.

www.USARANationals.com

2015 USARA Adventure Race National Champions

Congratulations to the following teams who persevered through grueling conditions, fierce competition and an epic course to emerge as the 2015 USARA Adventure Race National Champions.



Coed : Tecnu Adventure Racing



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Other USARA Adventure Race National Championship Awards



The O Team Goals ARA 2



King of the Mountain Tecnu Adventure Racing



Blazing Paddles TOC/Rock Creek



Dave Boyd Spirit Award Kate White from Strong Machine



Photography by Saskia Marloh www.saskiamarloh.com

Pats Mongol Derby

by Patrick Sells

Exposure

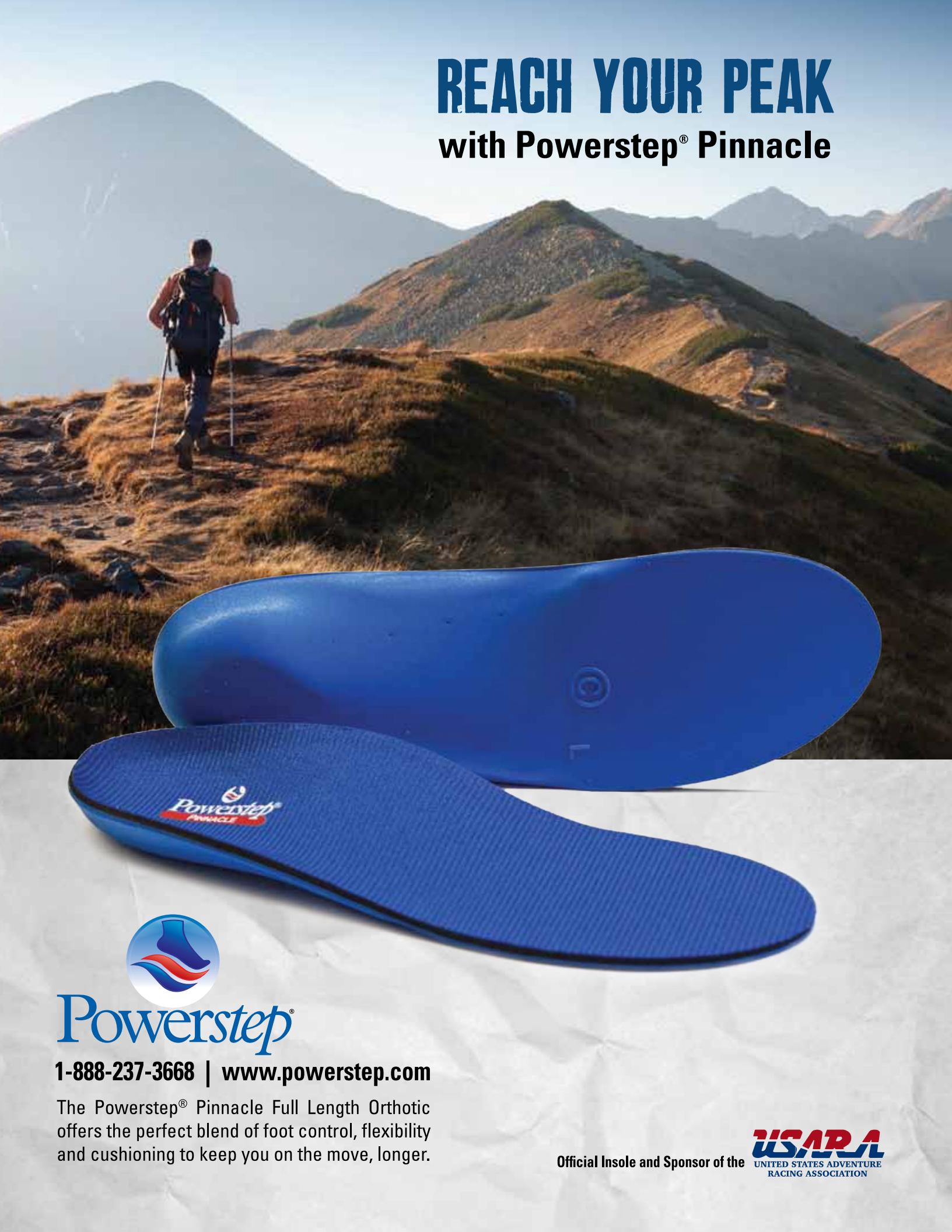
As the shadow of a lone cloud moved agonizingly slowly across the dry valley floor, I prayed for a breath of wind to bring it closer to my path. The heat was unbearable. Wilting from the saddle at half-mast like the steppe plants around me, I was slowly being cooked alive. Now on the third leg of the day, I had already forced down 8 liters of warm, brackish water, and peed just once in the last 24 hours. I could practically hear my kidneys grinding. Crippling diarrhea sucked water and salts into my guts. Sweat poured from me, legs cooking under two layers of tights, leather chaps and boots, my head hard-boiling like an egg under the helmet. I chatted deliriously through cracked lips to my grandmother in the blue dome above. ‘Durum patentia frango’ she kept telling me, the Muir clan motto; ‘I overcome difficulty by patience’. I sensed generations of my forefathers who had pioneered in Asia looking down with her at my crawling dot. 300kms in and I was beginning to realize why this was considered one of the most grueling ultra-endurance events in the world... and there was no way in hell I was going to give up.

During that intense period of heat that lasted for the first 4 days of the Derby, riders succumbed to heat stroke one after the next. Fast horses turned sluggish. Watering holes and lakes marked on GPS were tracked down, only to find herds of thirsty livestock wallowing in mud patches. Both riders and horses were strong-armed by the medical/vet teams and put on intravenous fluids. On a slow horse, one single 40km leg could rapidly turn into a 5 hour nightmare. One rider, an endurance expert and Derby veteran, toppled from her steed, urinated blood and dragged herself into a nearby lake before medics could track her down and give her emergency treatment.

As I climbed into the mountains on the sixth day, the 39° C heat turned into a freezing, howling storm, driven by the prevailing Northerly wind that rushes from the Arctic down over Siberia. Having suffered extreme heat exhaustion earlier in the same week, I was shocked to find my body shutting down with hypothermia. By now travelling alone as the pack had strung out, it finally dawned on me that I was going to have to bite the bullet: I was going to have to stop, get off the horse and put more layers on. I should mention that getting off a Mongolian horse mid-leg is an absolute last resort (especially when riding alone). These animals were more feral than I ever could have anticipated, and losing my horse in that environment was a scenario not worth contemplating. As I swung down with rigid legs, the horse shied, jarring me painfully on the rocky ground. Thankfully, the icy wind and rain were worsening to the point that all the horse wanted to do was turn its arse to the North and lower its head. It was then that I realized I

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had stopped much too late. With hypothermia, decision-making becomes blurred, and events rapidly spiral out of control. I managed to pull the down jacket out of the saddlebag without scaring the horse too badly, and took off helmet, hydration pack and shell to get it on. After replacing the layers I realized my gloved hands were so numb I couldn't grip the zip to close the jackets. It took a full 5 minutes in the freezing rain to coax the zips together. Closing the saddlebag was impossible and I conceded dismally that the contents would become soaking wet. Realizing that my hands were too numb even to activate the emergency beacon, I gritted my teeth, swung back into the saddle and pushed the horse on for the remaining 20km of misery in what was probably -10° C, considering wind-chill. If the horse had been a 'bolter' we would both have been finished. I later found out that the rider who had been tailing me for the previous 2 days, a tough Crocodile Dundee-like character from the Aussie outback, activated his emergency beacon at around that time. I was beginning to realize why this extreme climate (remember, this was the middle of Summer) was responsible for shaping some of the hardest people and horses on this Earth. The mighty Ghengis Khan grew up in that very region of Mongolia near the Siberian border, and as a child survived in the wilderness having been abandoned by his tribe. Last winter, 9 million of Mongolia's 27 million livestock perished during the winter. Natural selection in that place is very much alive. When I finally reached the urtuu at the end of that miserable leg, I was a shivering wreck. Those kind Mongolians stripped the dripping layers from me, and sat me on a stool by the stove with a bowl of hot stew in my blue hands. The steam rolled off me and they sat in rows on two beds, staring at me as if I was mad, stupid or both. The rain hammered on the ger's canvas and we grinned at each other, all shaking our heads at my predicament.

As my Mongol Derby experience progressed, it turned into much more than just a 1000km horse race. It became a profound journey, exploring both the extraordinary Steppe and my own boundaries. It became both a battle with the elements and a love affair with the nature, animals and people of Mongolia.



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Semi-feral

In my preparation for the journey I had planned camping out, hobbling the horses to a hay-net full of rocks, even drinking venous blood from their jugulars. In the thick of it, all that went out of the window. I could never have anticipated the level of pain, exhaustion or exposure that my body would endure, nor the wildness of the horses. The prospect of staying anywhere other than in the safety of a family 'ger' rapidly became laughable. The Mongols, who are the best horsemen I have ever witnessed, call these animals 'semi-feral' for a reason. Even after domestication and regular work, horses can be turned away on the Steppe for just 10 days, only to need breaking in all over again when re-caught. At the urtuus (stations), I would always ask the herdsmen for "their fastest horse, no matter how wild". Frequently, this meant a horse that would try and buck me off. Generally the herdsman would jump on first to calm it down, but even so the animals were so unused to 'Nongolians' that the white of the eye would show when I approached. One or two herdsmen would have to hold the horse down, even with ear twitches, or spin it in a tight circle. I would focus on the calm of the Steppe, keeping a low heart rate and a soft voice, swing aboard as lightly as possible with my ruined legs, clamp both hands to the front of the saddle... and then hold on for dear life.



Once the horse had realized it wasn't going to shift its alien cargo by bucking or scraping me against a tethering post, it would bolt. My world would become a white-knuckle ride of whistling wind and blurred landscape. I would blink away tears, sweat or rain and strain my eyes ahead to try and read the fast approaching terrain, not that I could

do much about it. ‘Bolters’ usually had an uncanny knack of swerving around rocks, rabbit holes or hillocks at the last minute. Most could even read the subtly different patches of grass that grow over the top of marmot caves and steer around them. To ride over these underground burrows meant a high chance of a leg plummeting through the surface crust. Travelling at speed, this meant a stumble or fall, and at least once a rider alongside me suddenly vanished onto the deck with their mount rolling on top of them. Miraculously, the worst injuries sustained were broken ribs.

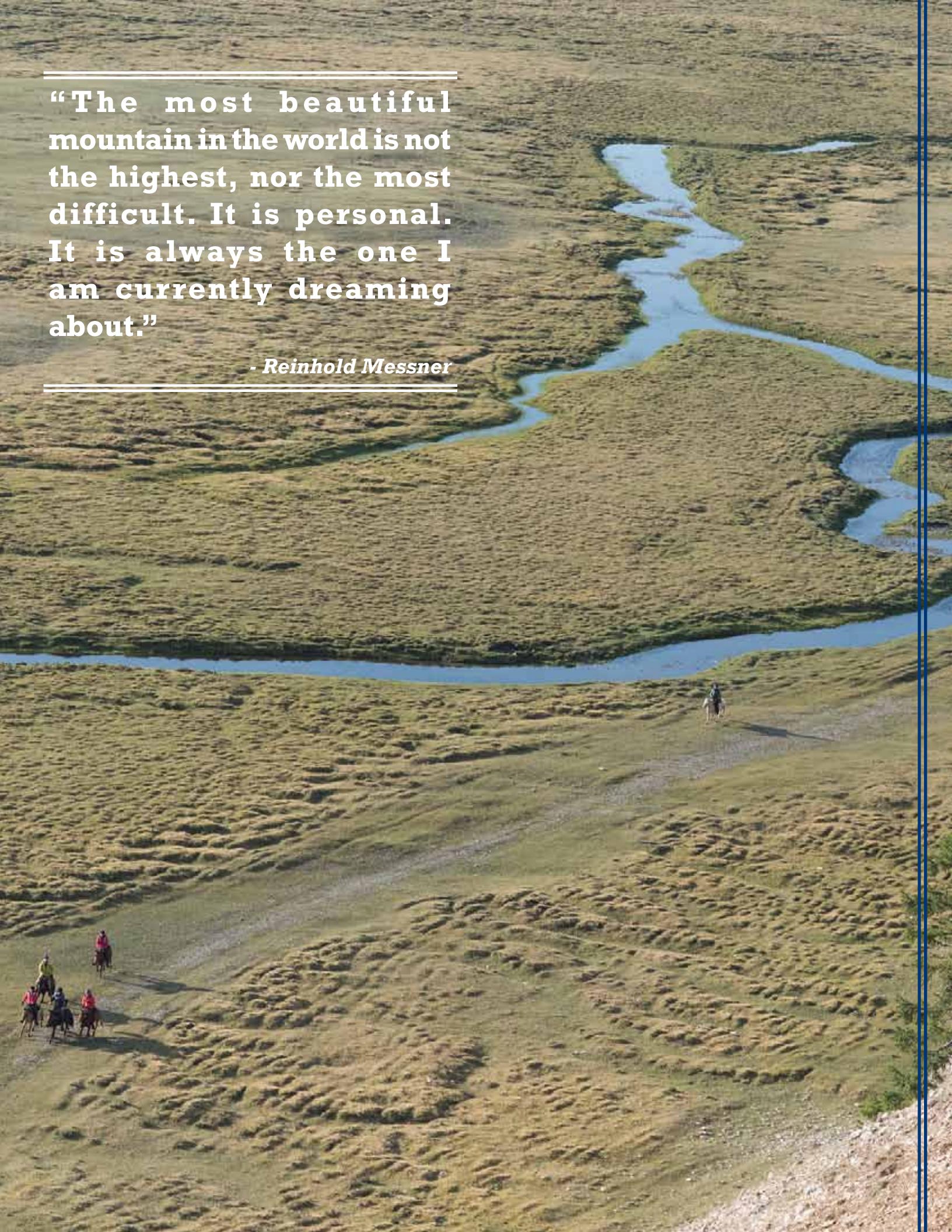
Much worse than dangerously fast horses, were unfit or lazy ones. To face a 40km leg in very hot or cold conditions on an unwilling horse that would travel at a ‘jackhammer’ trot at best, was something close to torture. Although my body adapted and strengthened towards the end of the week, in the beginning my feet, ankles, knees and groin were suffering so badly from the duress that the staccato of a Mongolian horse trot was unbearable.

Other horses were outright lethal, galloping with abandon, no regard for their own safety. I can recount several times when I thought my number was up, and even remember saying my farewells. Battling with the horse’s head but still travelling at flat gallop over rocky, crevassed ground littered with moguls, ditches and rabbit holes, I experienced terror in its rawest form; that absolute certainty that a sticky end was imminent. The wild-eyed horse (a particular one I named ‘Deathwish’) would be flying headlong through the rough terrain when suddenly a deep, stony riverbed would traverse our path, no possible chance of turning away or even slowing. Down over the bank we would plummet, clattering over rocks at impossible speed, the horse literally scrambling to keep his feet, and then up the far cliff, only to dig his toes into the pasture and hit maximum velocity once more. Variations on this theme occurred again and again. But amazingly, it wasn’t until the final day when I was lost and hypothermic that I hit the deck properly. Having had to ford a large river to get back on track, I was furious with myself for listening to someone’s inaccurate directions rather than navigating myself. However, on board a serious racehorse and numb with cold, even reaching for the GPS to check my bearing had been far too dangerous for the first 10km of the leg. At flat gallop the inevitable dry riverbed suddenly appeared from behind a grassy crest... and the horse flung itself down the bank with characteristic abandon. We hit the far cliff at full pelt, throwing us both spinning onto the grass on the other side. Thankfully the horse rolled alongside rather than on top of me, and as I came to with stars in my vision, the lead-rope trailed past my face. I grabbed it, and rather than dragging me across the landscape, the dear boy started to graze.

Feeling the scrutiny of the satellites as we crawled with our trackers along the Earth’s surface, it sometimes felt as if we were a part of the Hunger Games. Stories filtered down the lines through vets, medics and translators of other riders’ woes. One girl, on her second attempt to continue the race was found hypothermic and lost in the forest, with a pack of wolves closing in menacingly. Four girls I rode with mid-race (all highly competent horsewomen) had a horrendous 24 hours of bolting, bucking horses, serious falls and lost horses during that freezing weather.

“The most beautiful mountain in the world is not the highest, nor the most difficult. It is personal. It is always the one I am currently dreaming about.”

- Reinhold Messner





Listening to their accounts afterwards, I was awestruck by their resilience to carry on. Catriona was thrown face-first onto a rock, splitting her cheek to the bone; Uma bled from the nose from the force of her head hitting the ground. Two riders further back in the pack had been kicked in the head, one unconscious. Riders helped one another repeatedly in heart-warming acts of camaraderie, loose horses were chased down, and the grueling journey continued for most.

High contrast



Yet through the hardship of the Derby, came joy. Despite the pain, we rejoiced in the extraordinary surroundings. To be in limitless space, unfettered by walls and fences, was uplifting. For the same reason I crave being in the mountains, I found peace in Mongolia. The land was not divided and parceled up, it was flowing, shared by all. Herds of horses ran free, the stallion leading, foals cantering behind the mares at foot. At one point, riding alone into the final urtuu on Day 4, I was faced with a vista of such beauty, I don't mind admitting that in my exhausted state I was moved to tears. A murmuration of starlings swirled back and forth as the sun dropped towards the mountains in the West; the only sounds were the horse treading softly beneath me and a large herd of yaks cropping the steppe grass nearby, some pausing to watch me pass. Smoke drifted from the chimney of the cozy, white ger just a little further down the river valley, promising warm stew and a place to lie for the night. Such ecstasy at simple pleasures; an elated grin through tears of sheer wonder.



In every ger would be a shrine to the horse. Faded photos of their best racehorses in generations gone by, with medals hanging over plastic horse figurines. Roughly made felts and tapestries of riders on strong steeds mounted on the wicker walls. Even in this modern age, here still exists a society that cherishes the simple but important things in life: family, horses, livestock and the land.

Somewhere mid-Derby, after the pack had been teased out, I found myself riding through a narrow, green valley leading up to a low mountain pass. It was that pleasant part of the early morning before the sun began to bake the Steppe, and I was ambling along, day-dreaming in the cool shadow of the hill. Loping in the other direction on the opposite, sunny bank of the valley, a shape caught my eye. I stopped. It stopped. Although at least a hundred yards away, I could clearly see the tall, pale wolf staring fearlessly straight at me. I experienced a new sensation that caused the hairs on the back of my neck to prickle... the feeling of being weighed up as potential prey. I was, however fairly confident that a lone wolf wouldn't take on a mounted rider, and it was a thrill to see such an animal in the wild. I didn't think anymore of it until I mentioned the sighting at the next urtuu, and the translator became animated, telling the herdsmen my account. "Mongolians believe that only very spiritual people can see the wolf", she told me. The herdsmen gathered close and looked into my eyes, clearly intrigued where moments before they had appeared disinterested in me. I grabbed the opportunity, realizing

I could play the situation to my advantage, in what would become a repeating theme at subsequent urtuus. "Please tell these men that I carry the spirit of the wolf, and they must give me their bravest racehorse in order for me to carry it to the front of the race," I said. At that stage I had no notion whatsoever of trying to win the Mongol Derby, but I had

heard that Crocodile Dundee had been gaining on me that day, and there was no way on Earth I was going to be beaten by an Aussie.



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Aftermath

Now back in the familiar surroundings of the New Zealand stud farm, it could all have been a dream. But, the reassuring ache in my limbs and the lack of skin sensation in my feet and groins remind me that it was very, very real.

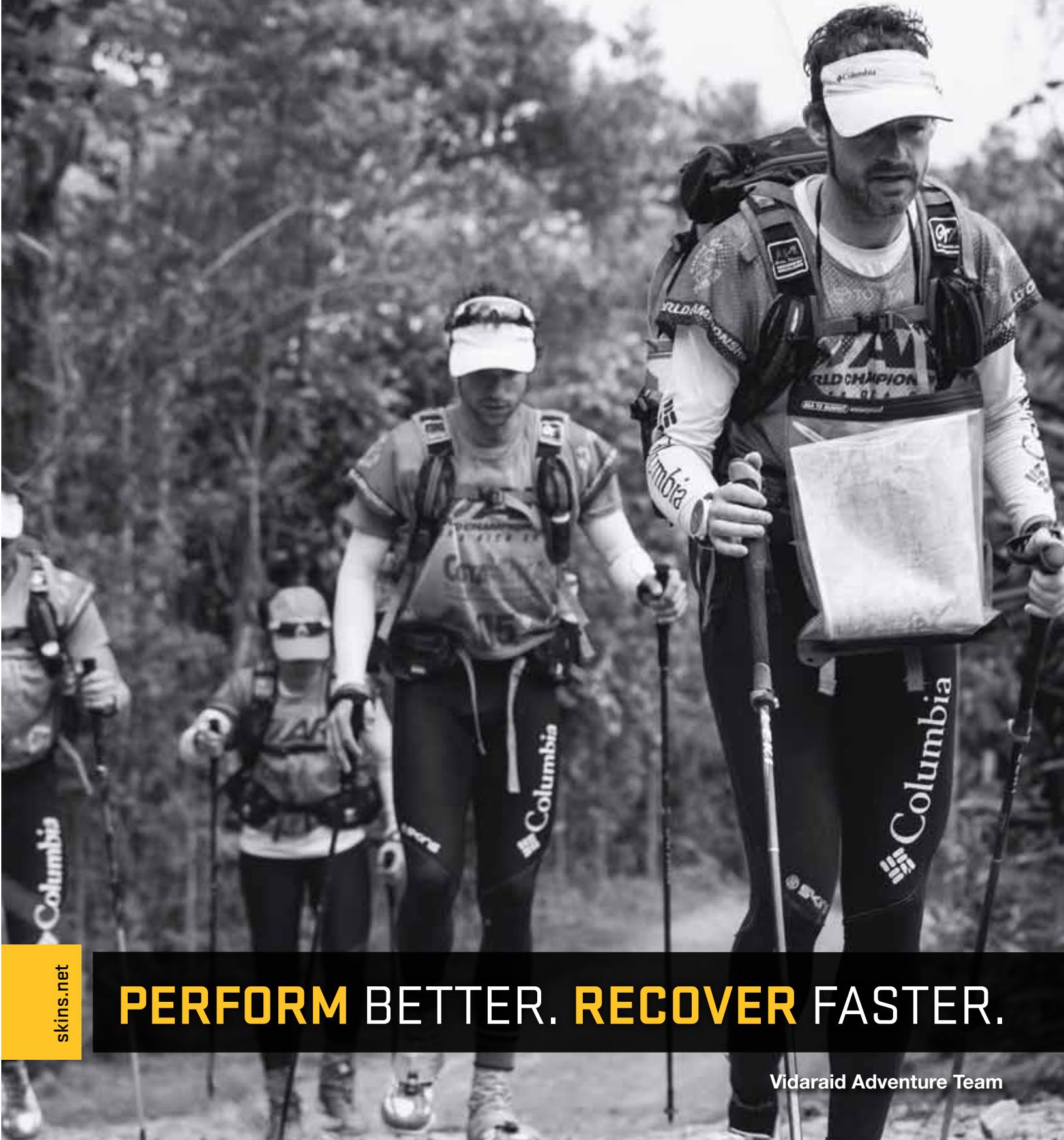
Of Mongolia's 3 million people, half now live in the sprawling urban chaos of Ulaanbaatar, a city of pickpockets, black markets and karaoke bars. The number of former herdsmen moving to the city because of livestock losses and the promise of a steadier income continues to rise; slowly the nomadic population is shrinking. I feel blessed to have seen Mongolia before the steady march of industrialization and mining spoils its beauty. On that journey I forged friendships with kindred spirits that will last my life. I made memories that I look forward to recounting to my descendants. I reckon I did my dear Gran proud.

Postscript

The Mongol Derby is run largely by volunteers who take part for the love of the country and the event. Vets, medics and managers all take time out from their busy lives to bring together what appears on paper as a logistical impossibility... and they were all bloody amazing. At the helm is one Katy Willings, a Derby veteran with nerves of steel who spends many months of the year in remote places laying the foundations for these crazy events. The success of the Mongol Derby is testament to her cerebral organizational skill, pulling off a task that is easily more testing than riding the Derby itself. I have no doubt the event will continue to grow from strength to strength

under her banner. **AW**





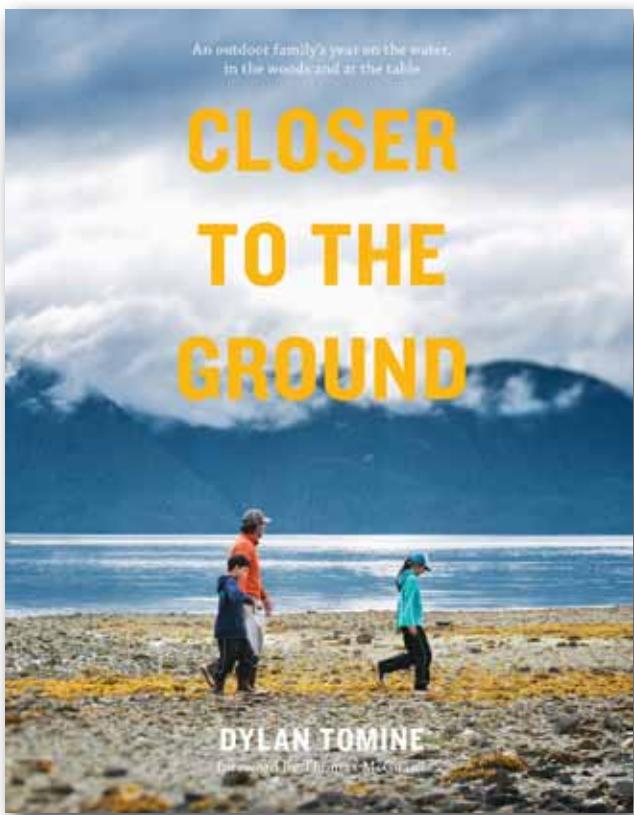
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Product Reviews

Winter 2016



Closer to the Ground: An Outdoor Family's Year on the Water, In the Woods and at the Table

The Closer to the Ground: An Outdoor Family's Year on the Water, In the Woods and at the Table

When Dylan Tomine saw two teenagers texting on a couch to each other, he decided to establish a different life for his kids: more unplugged, more in tune with the rhythms of tide, weather and season. Closer to the Ground is about a dad learning to share his love of nature with his kids. The book takes readers on fishing, foraging, cooking and eating adventures in Puget Sound across four seasons of a single year. Together, the Tomine family hunts chanterelles, fishes for salmon, digs clams and gathers at the kitchen table (mouths watering) to enjoy the fruits of their labor. A surprising result of their fishing and foraging life: the kids see healthy food, like salmon and homegrown vegetables, as delicious treats.

www.dylantomine.com

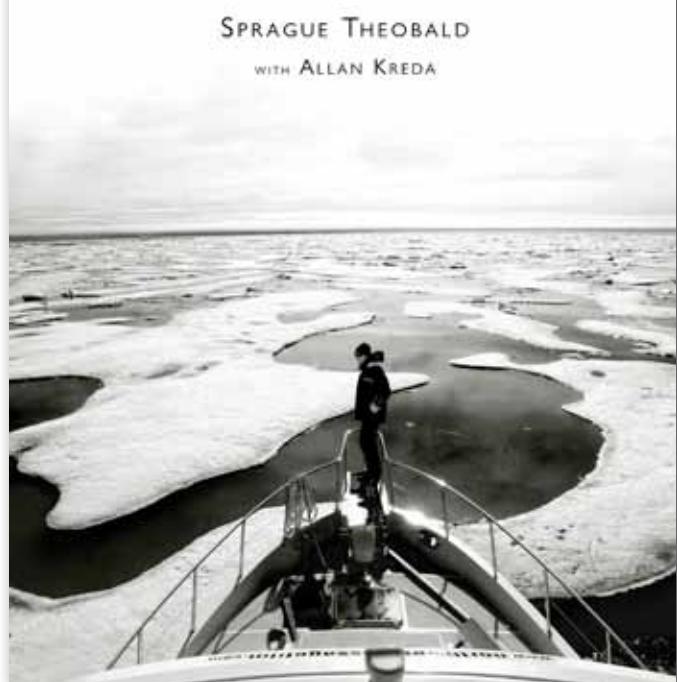
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The Other Side of the Ice

One Family's Treacherous Journey Negotiating the Northwest Passage

In *The Other Side of the Ice: One Family's Treacherous Journey Negotiating the Northwest Passage* Sprague Theobald embarks on a well-awaited journey from his port in Newport, Rhode Island, traveling through the Northwest Passage and around Alaska to Seattle. It is an 8,500-mile trek filled with constant dangers from ice, polar bears, and severe weather. An award-winning documentary filmmaker and expert sailor with more than forty thousand offshore miles under his belt, Theobald always considered the route "the ultimate uncharted territory." What Theobald did not know was just how life-changing his journey through the passage would be. Unrelenting cold, hungry polar bears, and a haunting landscape littered with sobering artifacts from the tragic Franklin Expedition of 1845, as well as personality clashes that threatened to tear the crew apart, make *The Other Side of the Ice* a harrowing story of survival, adventure, and ultimately, redemption.

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Product Reviews

Winter 2016



Novagrade Digiscope

The Novagrade Digiscope adapter allows you to mount your camera, tablet or smart phone to a variety of scopes including spotting scopes, binoculars, telescopes and microscopes. The quick and simple eyepiece attachment automatically centers the optics so you can start sharing the images with friends. Great for zooming in on wildlife, star gazing and sharing those interesting microscopic finds, the Novagrade Digiscope adapter is a blast to use. Perfect for the outdoorsman, hunters, teachers and kids, you will find unlimited uses for the Novagrade Digiscope adapter. Made in the USA, the Novagrade Digiscope adapters are machined from durable alloy aluminum and built to last a lifetime.
www.novagrade.com



Weego Jump Starter Battery Pack

The Weego Jump Starter Battery Pack will jump start your engine or charge your phone and it is small enough to fit in your pocket. Weego has designed 3 models for jump starting just about any sized engine all the way up a diesel engine. The Weego will only lose 2% of its charge per month when stored, so charge it up using

the included wall or car charger, throw it in your glove box and it is ready to jump start your car or charge any USB device at a moment's notice. The Weego eliminates the need for bulky jumper cables, has a built in LED flashlight and sports a lengthy 18 month warranty, the perfect accessory for every vehicle.
www.myweego.com



Speedo Nemesis Fins

The Speedo Nemesis Fins are packed full of functional features to aid your swimming form and increase your power. When you slip them on you will notice the super comfortable ergonomic foot pocket and when you slip into the water the floating properties help elevate your hips and feet into an improved streamline body position. The tubercles on the outer edges allow you to push more water and the blow valves create more resistance on the downward kick. Flow channels located on both sides of the fin direct the water and help rotate the foot into the proper orientation. The integrated finger hole helps when putting on the fins and the heel straps hold them firmly in place.

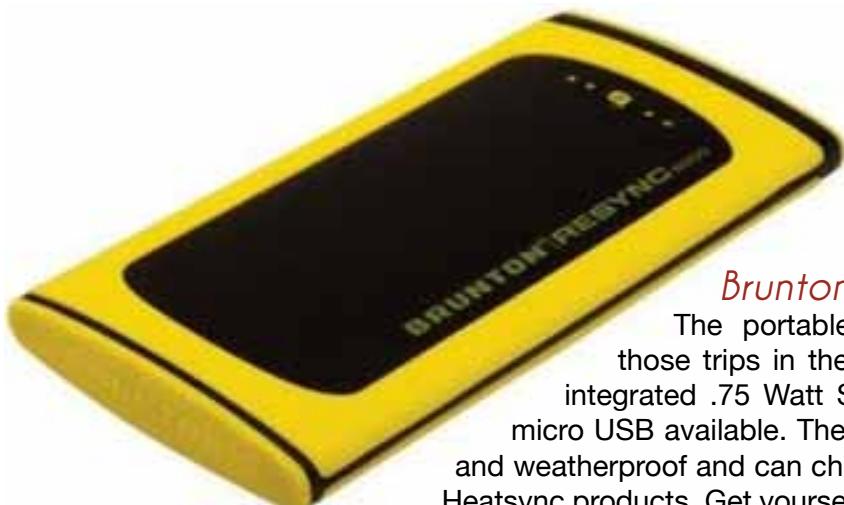
www.speedousa.com

Product Reviews

Sportsuds Body Wash

Sportsuds Body Wash is a non-scented, sulphate free body wash that is great for everyday use. The biodegradable natural formula is perfect for use while camping and is septic & grey water safe. The low sudsing Sportsuds Body Wash will leave you feeling clean and residue free.

www.sportsuds.com



Brunton Resync 6000

The portable Brunton Resync 6000 is the perfect tool for those trips in the outdoors and features dual USB outputs and an integrated .75 Watt Solar Panel for recharging when you don't have a micro USB available. The small 6 inch by 3 inch Resync 6000 is shockproof and weatherproof and can charge both your personal electronics and all Brunton Heatsync products. Get yourself a Resync 6000 and you will be equipped to power your off the grid electronic needs on your next outing.

www.brunton.com

Sweat Gutr Ultra Cool Visor

Sweat Gutr has just launched a new product that is a must have for the athlete who sweats while competing - The Ultra Cool Visor. The Ultra Cool Visor features an integrated GUTR sweatband which channels sweat away from your eyes and glasses, eliminating the annoying distraction of sweat pouring into your eyes.

The soft plastic sweat gutr is comfortable and feels like you are wearing a regular visor. The elastic adjustable velcro strap allows you to adjust the visor for a great fit for any sized user. Tired of sweat getting in your eyes and inhibiting your performance? Get yourself a Sweat Gutr Ultra Cool Visor.

www.sweatgutr.com



Product Reviews

Winter 2016



Klymit Dash 10

The Klymit Dash 10 back pack features an air frame technology that provides unparalleled comfort in a small ultra-light pack. The Dash 10 features easy accessible front carry pockets for food or water bottles and easy pump access for on-the-fly fit adjustments. The 10 liter pack is perfect for day hikes and even has a sleeve for a hydration bladder. The Klymit Dash 10 is super light performance pack featuring an air frame, a running harness & dual sternum straps which combine to provide a super comfortable fit. The Dash 10 is the perfect lightweight solution when you need to move fast or stay light.

www.klymit.com



Source Widepac Reservoir

The Source Widepac Reservoir comes with a UTA (Universal Tube Adaptor) which allows you to rapid refill the bladder without even taking it off your back! The Widepac Reservoir makes filling, cleaning or adding ice a snap and the Widepac is available in 1.5, 2 or 3 liters. All Source reservoirs feature Glass Like Technology to prevent grungy build up, Taste Free System which is just like storing your liquids in glass and Grunge-Guard which inhibits bacteria growth.

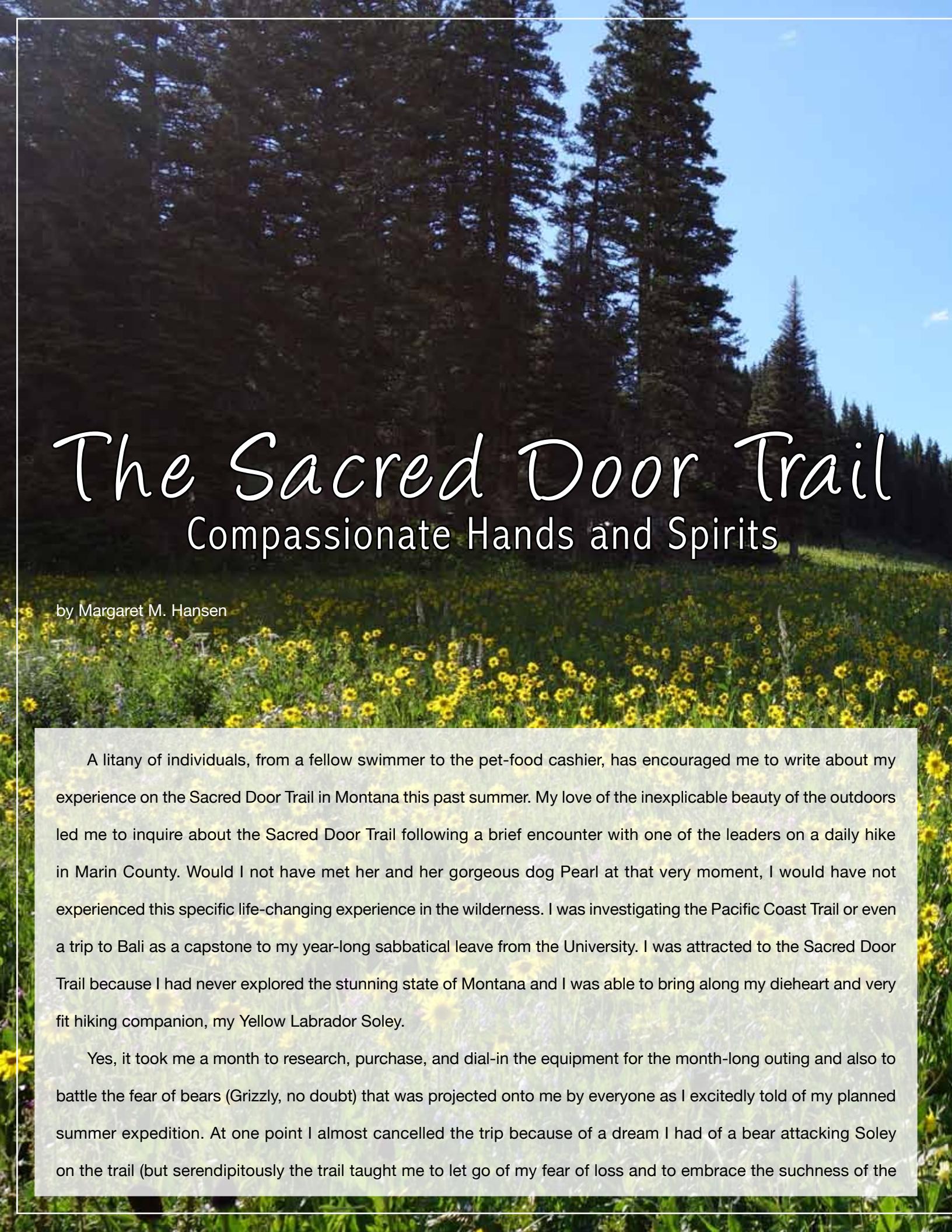
www.sourceoutdoor.com



Source Race

The lightweight Source Race features a zippered expandable 15 liter cargo pocket & a smaller zippered front cargo pouch making the race a versatile hydration solution for just about any situation. The included 3 liter Widepac bladder includes all of Source's great hydration technology such as Glass Like, Grunge Guard & Taste Free which keep your bladder clean, free from bad tastes and easy to maintain. The padded & vented back & shoulder straps, adjustable sternum belt and removable waist belt give plenty of options and insure a comfortable trek or ride. A valve docking station, 2 easy access zippered hip pockets & multiple stuff pockets along with an insulated hydration compartment round out the features in the multi-functional Race hydration pack.

www.sourceoutdoor.com **AW**



The Sacred Door Trail

Compassionate Hands and Spirits

by Margaret M. Hansen

A litany of individuals, from a fellow swimmer to the pet-food cashier, has encouraged me to write about my experience on the Sacred Door Trail in Montana this past summer. My love of the inexplicable beauty of the outdoors led me to inquire about the Sacred Door Trail following a brief encounter with one of the leaders on a daily hike in Marin County. Would I not have met her and her gorgeous dog Pearl at that very moment, I would have not experienced this specific life-changing experience in the wilderness. I was investigating the Pacific Coast Trail or even a trip to Bali as a capstone to my year-long sabbatical leave from the University. I was attracted to the Sacred Door Trail because I had never explored the stunning state of Montana and I was able to bring along my diehard and very fit hiking companion, my Yellow Labrador Soley.

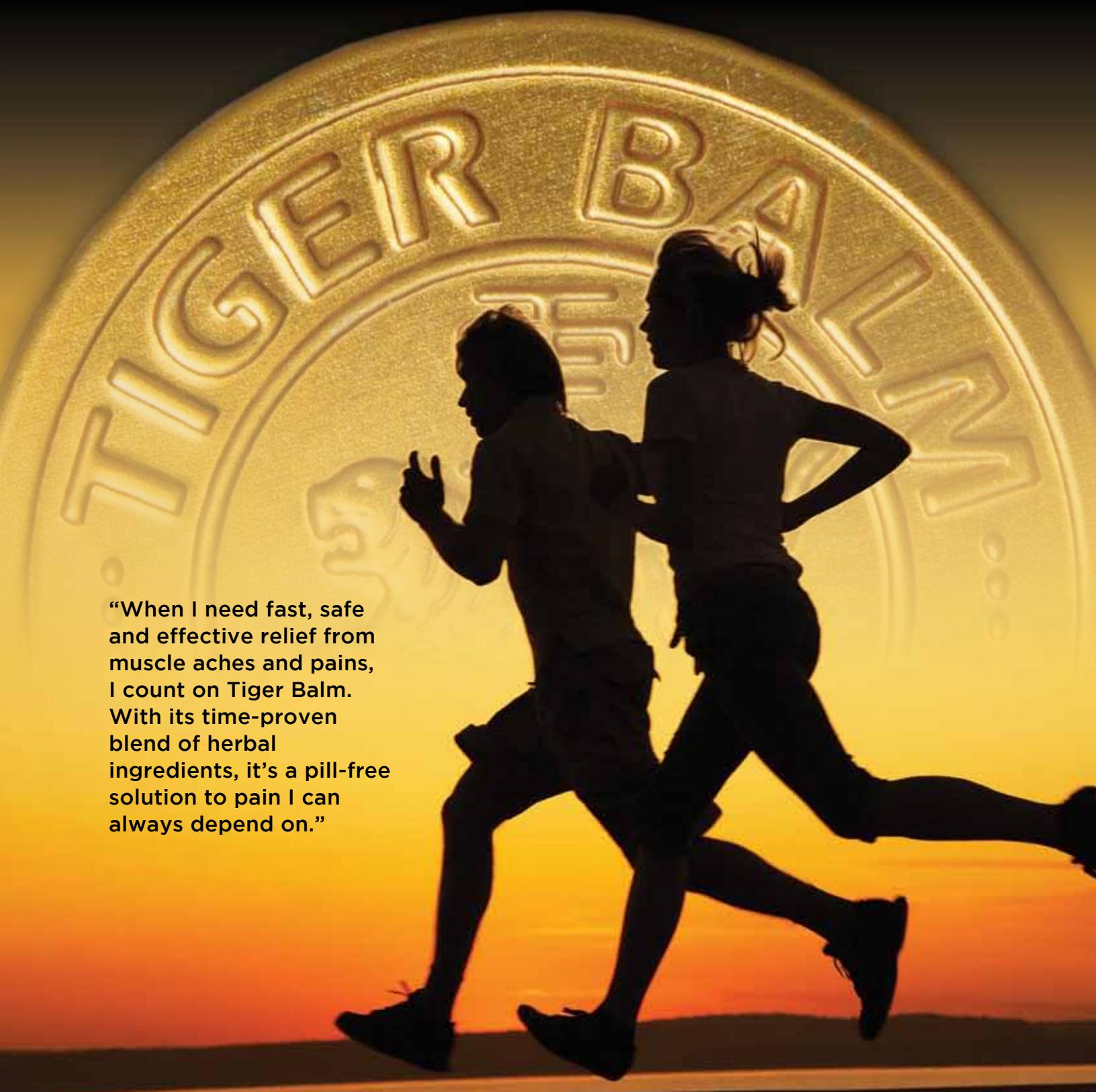
Yes, it took me a month to research, purchase, and dial-in the equipment for the month-long outing and also to battle the fear of bears (Grizzly, no doubt) that was projected onto me by everyone as I excitedly told of my planned summer expedition. At one point I almost cancelled the trip because of a dream I had of a bear attacking Soley on the trail (but serendipitously the trail taught me to let go of my fear of loss and to embrace the suchness of the



indescribable precious moments I experienced out in nature). Needless to say, I did not know what was ahead of me, specifically on day 14 of the 22-day backpacking sojourn.

Friends would ask me if I personally knew anyone from the group that I would be spending intimate time with on the trail, and my friends were sometimes surprised by my unconventional acceptance of not knowing the individuals. Little did I know, these people would show up for me in incredibly loving ways, perhaps even more so than the people I encountered on a daily basis here at home. Yes, my fellow seven backpackers were remarkable in their own unique manners. Each one of us had a story and we were all encouraged by the leaders of the outing to share our stories around blazing fires at the end of strenuous but satisfying days (approximately 8-10 miles each day) of hiking in the Big Hole Valley. Specifically, we listened without judgment to stories that were sometimes challenging to swallow, but rich in “really living” versus guarded and protected lives.

Each of us came from diverse backgrounds - some from foreign lands, such as the Netherlands or France, and others from various states in the U.S. We each had our own reason to be on the trail, which included untold



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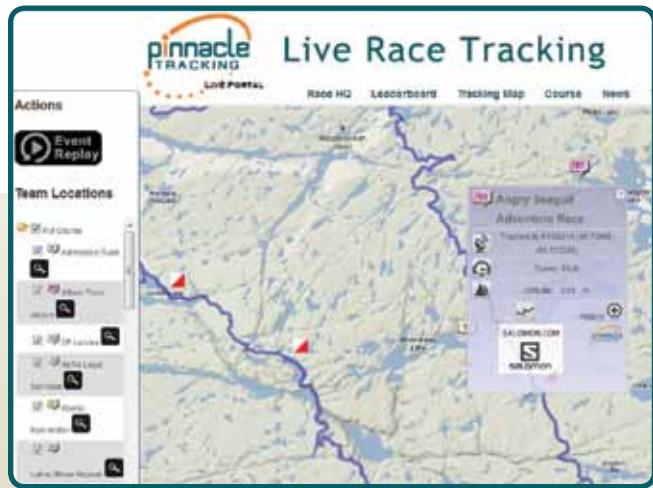
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stories, but for the most part we were on the trail to be still with nature and savor natural moments of camaraderie or aloneness. We had ample time for these moments while learning about mountain flowers used for medicinal or culinary purposes or studying topographical maps for the next day's adventure. We learned to accept and trust one another while deeply enjoying the trials and tribulations of being in the wilderness. Also, it was comforting to know Soley was holding up well since this was her first backpacking tour. She did not sign up for this outdoor adventure, but she dutifully accepted a pack and carried her own food and treats. It was amazing to watch her delight on the trail and her deep love and concern for me on days I was going slow and steady.

You may be wondering why I am writing this article for this magazine, and perhaps you are waiting for me to get to the pithiness of the meaning behind the above introduction. Each morning I am able to look down at my feet and remember the beauty of the vast golden meadows, the fox's shimmering silver tail, the frustrating unmarked trails, the heavy pack on my back, the care taken in binding a fellow hiker's feet, and the hands that cared for me when I took a fractured fall. Yes, it was the fall that I have been physically and psychologically battling for almost three months now. As author Bill Bryson states, "One can die in the wilderness," and this came across my mind after I took an unexpected fall on a shale rock descent on the Continental Divide Trail on day 14. I was well rested, nourished, happy to be on the trail in the sweet morning sunshine, and looking forward to the third and final food drop of the adventure at Hogan's Cabin approximately 10 miles away when the fall suddenly took place. I do not remember much of the pre-fall or actual fall, and my surgeon has reassured me there is a pre- and post-trauma amnesia that takes place. All I remember is that I fell, looked down at my foot and said, "This is not a sprained ankle," while Soley patiently

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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In addition to their sophisticated GPS tracking and location capabilities, the inReach™ devices provide the added security of **24 / 7 SOS alerts and two-way satellite messaging** to racers, enabling teams to communicate in real-time with organizers and emergency personnel without having to carry bulky and expensive satellite phones.

The tracking devices can be programmed to transmit their location at intervals ranging from 1-minute to 8-hour intervals and are delivered to event organizers fully programmed, ready to use.

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at Pinnacle Tracking.

sat down close to me. I reached for my whistle and surprisingly it was not where I had stored it externally on my pack. Therefore, I cried out long and loud “helps.” One of the hikers ahead of me came to my assistance, saw my injury, and shot off after the leader who carried a cell phone with provider coverage. Other fellow hiking mates behind me came to my side and all I remember is asking one of them not to leave me. Together we assessed that I was not in shock despite the dislocation and immense bone pain.

From here on out this story is about the loving people who cared for me during our nine-hour wait for the first rescue team to arrive by helicopter. I only knew these people for 17 days and they were instantly there to hold me, sing to me, read to me, lamaze breathe with me, and shelter me while I experienced excruciating muscle spasms and, also, concern for them. These humans did not waiver as they pulled together their courage, love, and compassion for a fellow human in need in the wilderness.

At this time, I want to recognize Two Bear Air rescue based in Whitefish, Montana. This state-of-the-art search and rescue organization provides stellar assistance in Flathead County and other nearby regions, specifically Glacier National Park. The team’s goal is saving lives, and I am forever indebted to the men who came to my rescue in early August of this year. If it was not for Jordan White’s (Flathead County undersheriff) vision in 2011 to save money for search and rescue equipment and philanthropist Mike Goguen’s financial



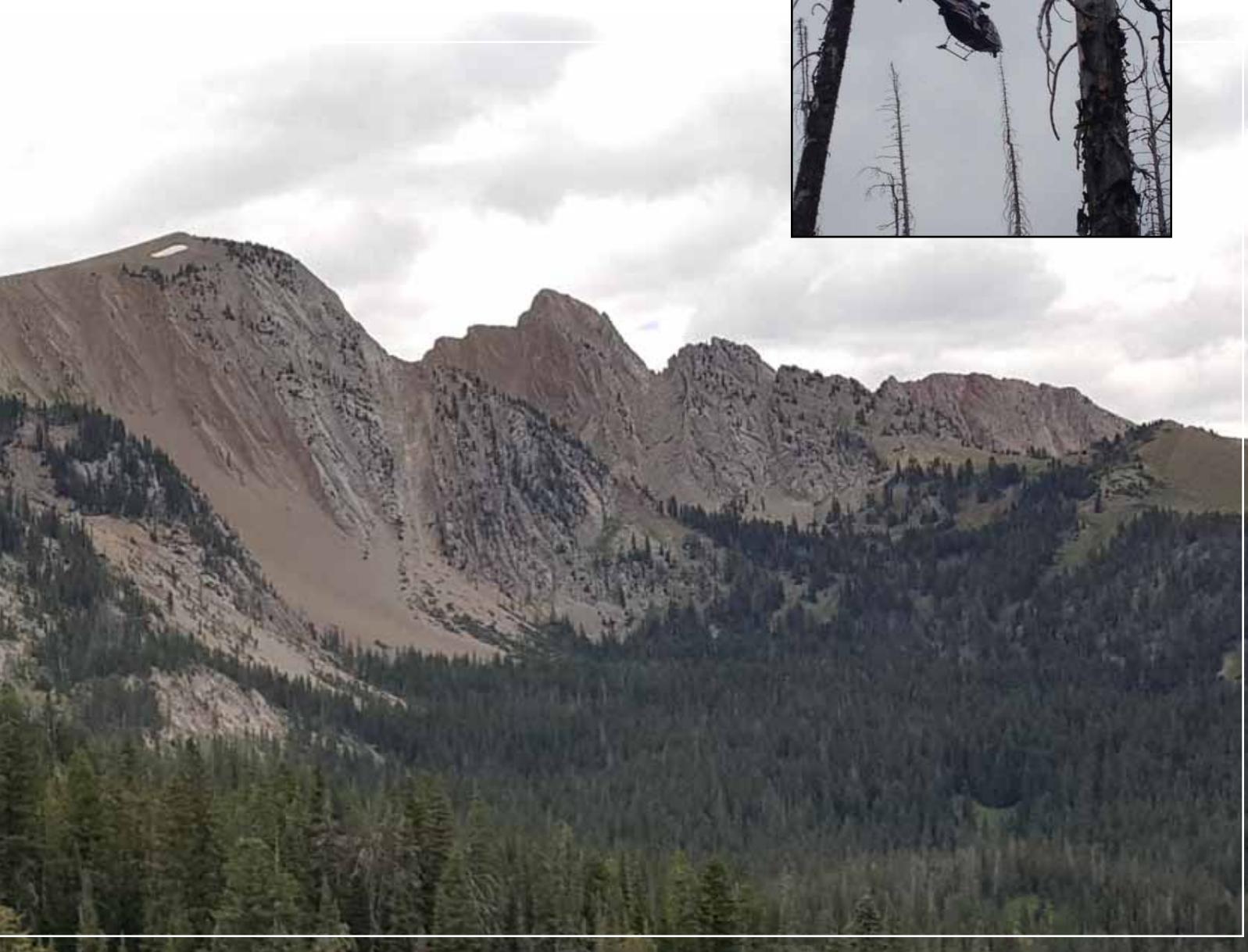
contribution of 11 million dollars to the state-of-the-art program, I am not certain how I would have gotten off the trail as the paramedics were not able to safely gurney me down the dramatic shale rock trail. The “Bell Helicopter 429” appeared following a long day of pain, fear of the unknown, and extreme patience for medical assistance. As the rescue team assisted my hoist from the mountain it was the leader’s hand I noticed. It was his hand in mine that gave me the courage and will to be plucked up and taken to a hospital for medical attention and the beginning of my healing journey. I also remember each caring backpacker who assisted me on that day and the loving care of my two adult children following my phone call to them from the emergency room in Hamilton, Montana.

Would I do this trip all over again? Yes. I plan on putting my hiking boots and pack back on next summer to explore other trails, at the advice of my trauma ankle surgeon. What have I learned from this experience? Much. Most importantly, I have learned to live each moment as if it were my last. As the Dalai Lama reminds us, there are two days we are not to concern ourselves: yesterday and tomorrow - just fully live today with love. These types of



unfortunate experiences make us stronger individuals and we learn very quickly who really cares about us and will stick by our side in times of physical and emotional need. I am grateful for the amazing members of the hiking team, the leaders of the organization (Inner Wild), the Two Bear Air volunteer rescue team, and my amazing children and closest friends (not in any particular above order). Without you, my rescue, recovery, and rehabilitation would not be possible. I am forever grateful and indebted to all of you. Words will never suffice to express how truly grateful I am for being alive and well today.

Adventure on and let go of your fears. **AW**



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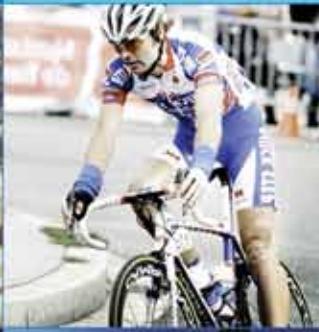
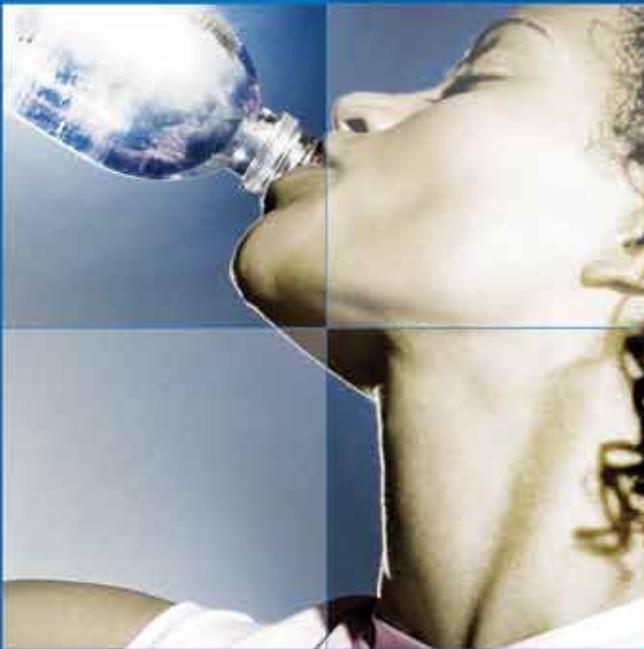
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TheRightStuff-USA.com

Digiscoping

by Troy Farrar

Digiscoping is a new way to maximize your camera, tablet or smart phone by allowing users to utilize their binoculars, spotting scope, microscope or telescope as an inexpensive, long range camera lens. Digiscoping and phonescoping are common terms used by hunters and birders and Digiscoping is quickly finding it's way into other outdoor pursuits.

Digiscoping is the perfect solution for filming surfing competitions, sporting events, rock climbing, paragliding, wildlife or any situation where the photographer is distant from the action and commercial camera lenses are simply too expensive. Oregon based Novagrade has developed a line of truly universal adapters for phones, cameras and even tablets that eliminate the need to purchase a separate adapter for each brand of electronic devise and allow you to share with multiple users.

The Novagrade Digiscope adapters can accept phones in their cases and Novagrade makes adapters for smart phones, tablets and cameras. For groups the one of a kind Universal Tablet Adapter provides a huge screen through which many eyes can see the action real time. With Face Time and other similar programs you can even broadcast your event using a Digiscope. Digiscoping is a fun activity that can be enjoyed by the entire family, I suggest you get a Novagrade Digiscope adapter and get out there and start Digiscoping.



**DARN
TOUGH
(ENOUGH SAID)**



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Tips for the Digiscope Beginner:

1. Buy the best spotting scope or binoculars you can afford. Good coatings greatly reduce chromatic aberrations (“purple fringes”) which show up especially with white color subjects. Extreme magnification requires light and better optics are more efficient at producing bright, clear images.

2. Use a good quality phone camera. iPhones and Galaxy have the best image quality, stabilization and slow-motion capabilities.

3. Invest in a high quality tripod. If you intend to film moving subjects purchase a video head which will provide smooth panning capabilities.

4. Use a remote shutter release. The iPhone volume button on the earbuds takes pictures and Samsung phones can be set to take pictures by just saying “shoot!”

5. Start by taking video and work your way up to pictures. Subjects that are not moving fast (or stationary) are easiest.

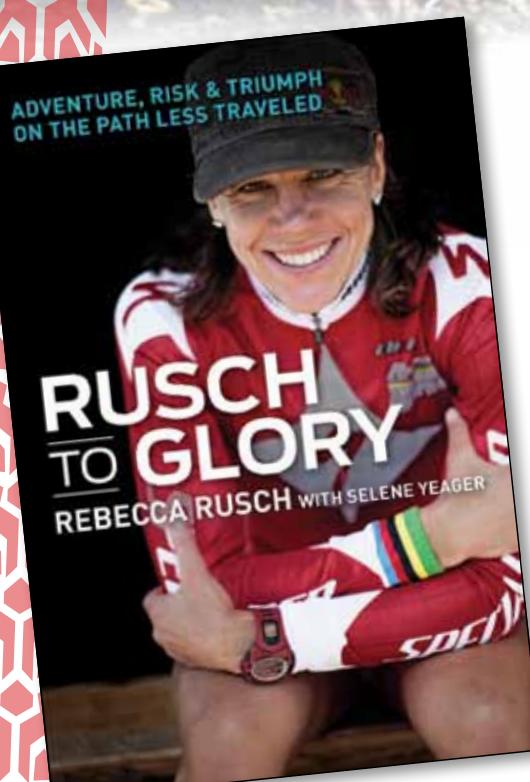
6. Use the lowest magnification on your optics whenever possible. Practice on subjects within 70 yards until you become proficient.

7. Wear a wide brimmed hat that shades your setup and keep the sun behind you. This will ensure no stray light gets to your camera lens or screen making it easier to see in daylight conditions.

8. Download and edit your pictures soon after taking. This way you will start to understand the conditions that result in good as well as bad pictures. Touch-up and cropping are skills every Digiscoper needs to master. **AW**



QUEEN OF PAIN



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RUSCH TO GLORY is set in the exotic locales and extreme conditions that forged an extraordinary athlete from ordinary roots. Known today as the Queen of Pain for her incredible perseverance against all odds, Rusch tells her story of transformation to inspire anyone to discover their own greatness.

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AVAILABLE in bookstores, bike shops, and online. PREVIEW the book at velopress.com/rusch.

Exploring Orlando

We set out on a family vacation to Orlando Florida with the goal of finding as much adventure as possible. By straying a little of the well beaten path we were able pack our days with exciting and adventurous activities and we even experienced a few of the classic activities during our trek.

Orlando Eye

The Orlando Eye will give you a real bird's eye view of the Orlando area. This peaceful journey will take you 400 feet up in an enclosed car for a spectacular view of the area. The Orlando Eye is an awesome night time experience, but the daytime trip allows for a much more detailed viewing. There are even romantic Champaign VIP tours available on the Orlando Eye. Madame Tussaud's Wax Museum and Sea Life Aquarium are also on site if you want to expand your visit to the other attractions.
www.officialorlandoeye.com



Boggy Creek Airboats

The Boggy Creek Airboat rides are awesome. We skipped across the swamp stopping occasionally to see some of the local wildlife such as a momma alligator with babies, ducks or a hawk. The guide was well informed and the scenery was amazing. But the best part was gliding through the swamp, making sliding turns and flat out flying across open water in the airboat.
www.bcairboats.com



Crayola Experience

The Crayola Experience has tons of activities for both the kids and adults in your group. There are lots of interactive stations where you can let your creativity shine and watch as your creations come to life. You can even send some of your handy work to a friend via email. Plan on spending several hours at the Crayola Experience as there are lots of possible activities to experience.
www.crayolaexperience.com



Exploring

Disney World

Disney World's Magic Kingdom is still going strong after 45 years and the magical park attracts over 19 million visitors per year. The rides, shows and guest services are the standard that other parks are measured from and Disney has maintained a top quality product through all of these years. Your group will be transported through different Disney themes and stories that are timeless fun. One of the bucket list attractions for families, Disney World's Magic Kingdom lives up to their reputation and will build memories that will last a lifetime.

www.disneyworld.disney.go.com



iFly

iFly is an experience that will literally sweep you off your feet and keep you smiling the whole time. Experience the thrill of sky diving in a fun, safe, non-scary setting with excellent hands on instructors who will guide you through the entire process. iFly is a fun and exhilarating experience for flyers of all ages and the young kids in our group actually did the best. There are iFly locations all over the US, so find an iFly and go experience the thrill of a lifetime.

www.iflyworld.com

Airheads

Airheads is an indoor trampoline park that is great fun and a good workout. You can have races, do flips, bounce off the walls and even get into a dodgeball war with super soft foam balls. There is plenty of space and a lot of fun to be had for both kids & adults.

www.airheadsusa.com



Gatorland

Gatorland is a great family park that has several shows such as gator wrestling and a snake show. You can see hundreds of alligators, walk along a boardwalk through the swamp, take a picture while sitting on a real live alligator and you can even feed the gators. Gatorland is a great place to spend an afternoon and a fun park for all ages.

www.gatorland.com



Orlando

Medieval Times

Medieval Times is a great dinner theater experience that will take you back to the days of jousting and sword battles before the king. Medieval Times is set in a tournament style presentation with your section of seating being represented by one of the knights. Witness real jousting and sword fighting from up close as you dine on a delicious dinner and cheer for your knight.

www.medievaltimes.com



Universal Studios

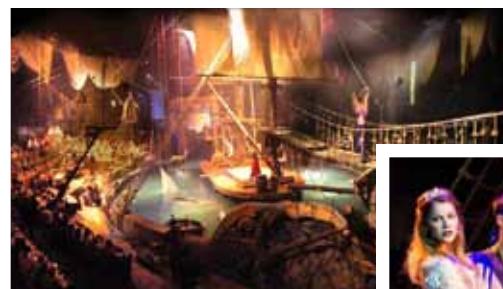
Universal Studios

Universal Studios will take you onto the set and throw you into the action of some of your favorite movies. Universal Studios rides transfer you into realistic scenes using 3-dimensional cinematography that is simply amazing. Universal Studios features rides, interactive shows and movie sets that will keep your group entertained and excited during your visit. A must see attraction, Universal Studios will be one of the highlights of your trip to Orlando.

www.universalorlando.com

You know WonderWorks is going to be interesting when you approach the upside down building. Wonder Works is a hybrid combination of a children's museum, an indoor amusement park and a mad scientist laboratory which equals hours of fun and education for everyone. There are all sorts of exciting activities ranging from simulators, laser tag, science experiments, elevated obstacle courses, wind tunnels and even a bed of nails that you can lay down upon. WonderWorks will amaze and entertain both the children and adults in your group and is a great choice for an indoor activity.

www.wonderworksonline.com



Pirates Dinner Adventure

The Pirates Dinner Adventure is a swashbuckling good time. The interactive dinner theater will put you right in the middle of a pirate story and many of the guests will actually be involved in the show. A classic tale of love, betrayal and even a dragon battle will keep you entertained and on the edge of your seats. Fun for all ages this is a well done dinner theater that is worth seeing.

www.piratesdinneradventure.com

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Orlando



Lego Land

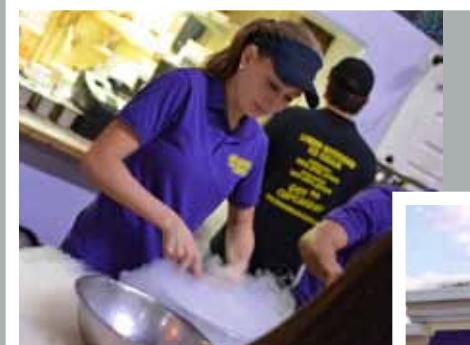
Lego Land is a must see park for the young child or the Lego fan. A lot of the rides are geared towards the 14 and under crowd but there are also some fun build areas for older members of your group. The Lego creations that on display are unbelievable and there are a couple of live shows that are definitely worth seeing. Don't forget to grab a couple of Lego sets or fun souvenirs from the factory stores throughout the park.

www.legoland.com

Abracadabra Ice Cream Factory

The Abracadabra Ice Cream Factory is a must visit attraction while in the Orlando area. This quaint neighborhood ice cream shop has an awesome outdoor sitting area with several inflatable bounce houses for the kids. But the magic happens inside when you order your custom designed ice cream. When they start mixing the liquid nitrogen to flash freeze your ice cream it feels like you have been transported to Merlin's laboratory. Watching them make your concoction is almost as fun as eating it and they also have great pizza available if you want to make it a meal. Abracadabra Ice Cream Factory is a must see stop while in Orlando.

www.AbracadabralceCream.com



Fun Spot

The Fun Spot is a traditional board walk styled amusement park with great rides for everyone. The lines were nonexistent so we enjoyed moving quickly from one ride to the next at Fun Spot. Don't forget to ride the 250 foot tall Sky Coaster if you want the thrill of a lifetime. Fun Spot is a must see amusement park and will provide hours of fun.

www.fun-spot.com AW

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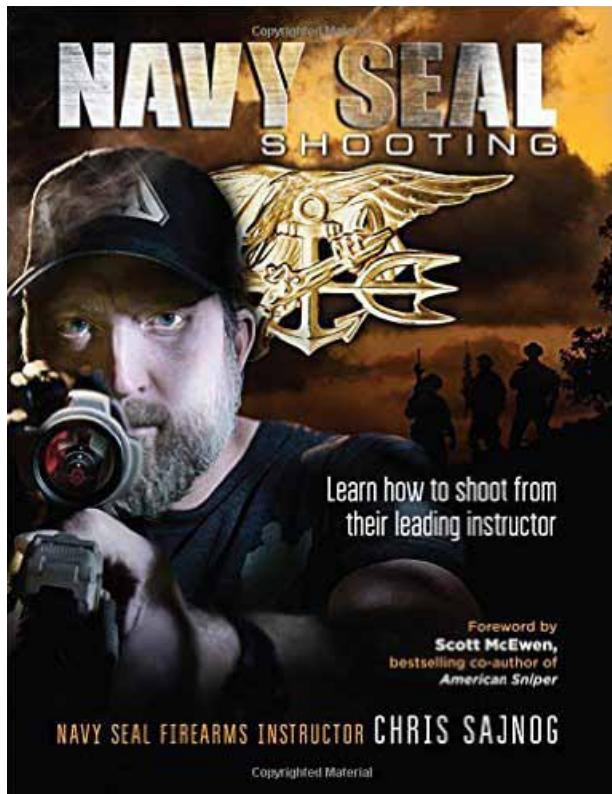


vasque.com

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Gun Product Reviews

Winter 2016



Navy Seal Shooting

Chris Sajnog is a retired US Navy SEAL and the man who created the US Navy SEAL Sniper Training program. Navy SEAL Shooting teaches you the groundbreaking training methods developed by one of the most respected firearms instructors in the world. The easy-to-follow, step-by-step instructions paired with over 385 illustrations give the reader a clear pathway to effective shooting. Navy Seal Shooting will teach you to plan your training, to improve your accuracy and speed, to shoot while moving, and to quickly and efficiently clear malfunctions. This book covers everything you need to know to make effective shots in any high-stress situation. From simple home protection to the recreational shooter to the competitive marksman, Navy Seal Shooting is a must have for anyone who wants to improve their shooting.

www.chrissajnog.com

Magpul Enhanced AR Magazine Release

The Magpul AR Enhanced Magazine Release provides an enlarged contact surface for efficient magazine changes, especially when wearing gloves. The light weight Mil-Spec hard anodized aluminum Enhanced AR Magazine Release is easy to install and will help insure your tactical proficiency in all conditions.

www.Magpul.com



Scorpion Recoil Pad

The ATI AR-115 Scorpion Recoil Pad is the perfect companion accessory to the Scorpion Recoil Pistol Grip. The recoil impact is absorbed, significantly reducing any shoulder pain experienced by the shooter. The Scorpion Recoil Pad remains flexible & functional in extreme temperatures and comes with the mounting plate. The benefits of this made in the US recoil pad will be immediately noticed and is a must have accessory for the serious shooter.

www.atigunstocks.com



Gun Product Reviews

ATI AR-15 Scorpion Pistol Grip

The ATI AR-15 Scorpion Recoil Pistol Grip features a material that absorbs the initial shock wave produced by the recoil of your AR-15. The grips textured ergonomic design provides a sure grip while increasing the shooter's comfort and reducing the muzzle lift. The virtually indestructible grip has a comfortable and natural fit and performs well in both wet and dry conditions.

www.atigunstocks.com



ATI AR-15 Magpul AK Maglink

The Magpul AK MagLink is a coupler for PMAG AK magazines allowing the shooter to attach two magazines together for speed reloads. The non-flexing lightweight polymer AK MagLink bolts on and uses integral grooves which grip the PMAG ribbing to eliminate slipping or shifting during transport or use.

www.Magpul.com

Guard Dog Security Katana

The Guard Dog Katana is packed full of functional features making it the ultimate tactical flashlight. The aircraft grade aluminum flashlight can provide 400 lumens of light and has an emergency strobe. But the Katana also packs a serious punch, featuring a concealed stun gun within the front bezel. The Katana also features a steel-point tail cap which can be used for self-defense or glass breaking in emergency situations. The Katana comes with a holster, a rechargeable battery and both a wall & car charger.

www.guarddog-security.com



Gun Product Reviews

Winter 2016

Magpul MOE AK Ranger Plate

The Magpul PMAG Ranger Plate AK/AKM is a lightweight polymer floor plate replacement for all 7.62x39 PMAG magazines. The Ranger Plate incorporates over molded rubber loop that provides positive control during high stress, tactical magazine changes.

www.Magpul.com



Magpul PMAG 30AK/AKM

The PMAG 30 AK/AKM GEN M3 is a lightweight and durable 30-round polymer magazine designed for 7.62x39mm Kalashnikov pattern rifles. The PMAG 30 AK/AKM features a crush resistant body, stainless steel-reinforced locking lugs, a removable floorplate, constant curve geometry for smooth feeding, and paint pen dot matrix panels on the bottom of the body to allow for identification marking.

www.Magpul.com

Magpul PMAG 15 & 17 GL9

The Magpul PMAG 15 & 17 GL9 are lightweight polymer 15 & 17 round Glock 9mm handgun magazines that are compatible with both full-size 9mm Glock handguns as well as compact and sub-compact Glocks. The PMAG's feature a high visibility controlled-tilt follower, a stainless steel spring, an easily removable floorplate and a paint pen dot matrix for mag marking. The handy indicator windows are visible on both sides and the PMAG 15 & 17 GL9 will drop free when loaded or unloaded.

www.Magpul.com



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2015 USARA Adventure Race National Championship

by Kyle Peters

Team Tecnu Adventure Racing headed to Eastern Kentucky to compete in the 2015 USARA Adventure Race National Championship just as hurricane Joaquin arrived with two days of nearly continuous rain and chilly

temperatures. The hurricane wasn't the only thing we had to battle this weekend as 60 of the best teams in the nation came to the slippery, rhododendron filled hillsides of Pine Mountain State Park all looking to finish their adventure racing season with a bang.



Flying Squirrel Adventures race director Stephanie was chosen for a second time to host the Nationals, and again she rose to the occasion producing a well thought out course that had us constantly on our toes (and cleats and paddles) as we navigated the 100mile course. No leg of the race was longer than 5

hours, and we saw 10 transitions that tested our organization and teamwork. Adventure racers all suffer from a certain level of attention deficit disorder; otherwise we would all take up boring sports like triathlon or individual sports like ultramarathons. Stephanie kept things very diverse for us this year with a paddle on a moving river that flipped more than one team, a second paddle on quiet Cannon Creek Lake, bike rides



that saw us on everything from fast pavement to muddy wet hikeabikes, and off trail trek through some classic Southeast “fight” vegetation to runs on happy, smooth single track. We yearn for the “grunty” stuff, moan and groan while we are in it at 3AM, and tell tall tales about it to our friends post adventure. We received exactly what we want as racers this weekend with none of the “building character” segments lasting too long to become downright miserable.

Abby Broughton, Garret Bean and I reluctantly pulled off our GoreTex minutes before the 8AM starting cannon (Yes! Troy has a tiny cannon he uses to signal the start of Nationals) as the rain continued to fall in the early morning fog. We raced the first half of the event



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at the front with our friends on Team American Adventure Sports (AAS) and Goals ARA very close to us. We exchanged friendly banter at a number of outback sections, but honestly I wanted to put the gas pedal down and never see these guys until the awards banquet!

Just before the sun set, it seemed that the team started to gel and rise up to the occasion. There was no desire to stop for the chuck wagon BBQ in transition, and we started to feel the flow and moved like a well-oiled machine. It was GO TIME! We hammered the last bike ride up a 1,000foot mountain climb and descended a sketchy, wet, loose powerline trail with daylight as our competitors would surely be slowed as they needed to don lights before descending in darkness. We then pace lined the flats into our final transition to the crux of the race, a 15 mile foot orienteering section in the hilly Pine Mountain State Park. We shared pack weight, ran the uphill's, fed each other, and all had our heads in the navigation. After a very clean first 10 miles, we were reduced to a crawl as we moved like sloths down a 2 mile, 1,000foot vegetation and cliff choked hillside. Thoughts of doubt began to creep in, and I started to second guess our route choice and began to assume our competition was happily strolling along on a trail as we army crawled our way through the thick bush. The negativity



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in my mind was soon relieved by Garret's tenacity in leading the bushwhack charge down the mountain and Abby's uncompromising persistence and relentless motivation. The TEAM was functioning as a single unit and pushing as hard as we could. Sure enough, we got through the nerve racking bushwhack, ran hard the final 3 miles of the race, and crossed the finish line in 16 hours and 22 minutes as the first and only team to ever win Nationals 3 years in a row!!! A huge thanks to our sponsors that allow us to race as much as we do! **AW**



For those of you who are into the stats:

Hour of Day	Activity	Time	Distance (miles)	Climb (feet)
8:00 AM	foot	0:30:42	3.4	411
8:00 AM	paddle	1:16:18	8.7	18
9:00 AM	foot	0:11:28	1.0	202
10:00 AM	bike	0:37:28	5.9	1,383
10:00 AM	foot	1:29:15	3.8	1,433
12:00 PM	bike	3:59:39	40.0	3,437
5:00 PM	foot	0:06:57	0.4	143
5:00 PM	paddle	0:52:52	4.2	5
6:00 PM	foot	0:04:56	0.4	13
6:00 PM	bike	1:36:50	10.6	1,952
7:00 PM	foot	4:56:06	15.4	3,191
Total	n/a	15:42:31	93.9	12,188



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USARA Adventure Race National Championship

Columbia County Georgia: October 14 & 15, 2016

Happy Mutant Arkansas	2/12/16	Hot Springs, AR
Sea to Sea	3/3/16	Crystal River, FL
The Frigid Infliction	3/5/16	Bolton Valley, VT
Extreme Break Up	3/12/16	Milford, KS
Palmetto Swamp Fox	3/19/16	McClellanville, SC
Physically Strong AR	3/19/16	Quincy, IL
Hellbender	4/2/16	Rolla, MS
Lightning Strikes	4/3/16	Mt. Carroll, IL
Rev 3 Shenandoah Epic AR	4/16/16	Front Royal, VA
The Breakdown	4/16/16	The Breaks, VA
Off Road Rage	4/23/16	Salina, KS
Smith Rock Spring Sting	4/24/16	Bend, OR
12 Hours of Wild Knoxville	5/7/16	Knoxville, TN
MISSION AR	5/14/16	Cloverdale, IN
Blue Ridge Mountain AR	5/21/16	Blue Ridge, GA
Longest Day	5/21/16	New Paltz, NJ
Happy Mutant Iowa	5/27/16	Ottumwa, IA
Rib Mountain Adv Challenge	5/28/16	Wausau, WI
Plot, Pedal, Paddle AR	6/4/16	Rockford, IL
Cradle of Liberty	6/4/16	Wagontown, PA
The Nomad	6/10/16	Colorado Springs, CO
Gold Rush	6/18/16	Sonara, CA
Uwarrie 18 AR	6/18/16	Troy, NC
Summer Solstice	6/19/16	Bend, OR
Stubborn Mule	6/25/16	Tomahawk, WI
Teton Ogre	6/25/16	Driggs, ID
Rev3 Casper Strong	7/10/16	Casper, WY
Blue Ridge Bear Epic	7/17/16	Buena Vista, VA
Sheltowee Extreme	7/18/16	Laurel County, KY
Krista Griesacker	8/6/16	Hamburg, PA
The Bitter Pill	8/6/16	Bolton, VT
Never Summer Adventure Race	8/6/16	Grand Lake, CO
Calleva	8/7/16	Poolesville, MD
Search & Rescue AR	8/20/16	High Falls, NY
Thunder Rolls	8/20/16	Mt. Carroll, IL
Pisgah 26.2 AR	8/20/16	Marion, NC
Chesapeake Headwaters 12	8/27/16	Bear, DE
Tahoe Big Blue	Sept TBA	Lake Tahoe, CA
Bend AR	9/10/16	Bend, OR
The Cauldron	9/10/16	Hawthorne, FL
Black Bear Adventure Race	9/10/16	McHenry, MD
Blue Valley Adventure Race	9/10/16	Beatrice, NE
Howl at the Moon	9/17/16	Hobe Sound, FL
CIA Central Indiana Adventure	9/17/16	Indianapolis, IN
Island Quest	9/24/16	San Juan Island, WA
 For 2017		
Coosa River Challenge	10/1/16	Wetumpka, AL
The Fig	11/5/16	Slade, KY
Florida AR Championship	Dec TBA	Titusville, FL



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