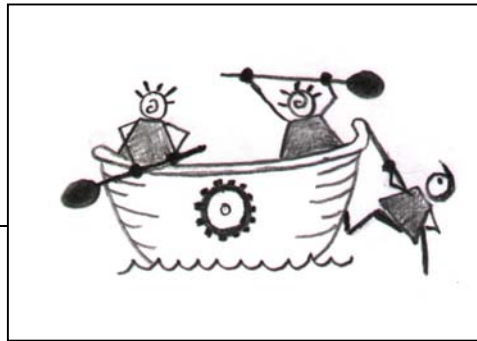


The BARK



Sharing
adventure

First BARK Outings are a hit

Obviously, people in Bend are excited about adventure racing. Go figure. Only 2 months old, the Bend Adventure Racing Klub already has over 50 members. And the phone calls and e-mails keep pouring in! The most encouraging aspect has been member enthusiasm that has kept momentum high. Members have organized several BARK outings that were all well attended and thoroughly enjoyed.

In December, Chuck Thomas of Team Timex led a "get-acquainted" snowshoe trek to Todd Lake. For some, it was their first time ever on snowshoes. On the return to the Nordic Lodge, the group practiced finding imaginary checkpoints using map and compass. And we didn't get lost...

In that vein, Chuck also volunteered to present an adventure racing map workshop in January. A dozen BARK members took advantage of the opportunity to learn how to plot UTM coordinates and avoid getting lost, a critical skill for any adventure racer! Thanks Chuck.

Dave Schneider organized a snowshoe trek up Paulina Peak. A dozen hardy souls and one dog took on the 12 mile, 2000 feet of vertical hike and the snow was surprisingly good. For Linda Topping, it became her longest snowshoe by 9 miles and for Nick Mulcahy it was his first snowshoe trek ever. That's the BARK spirit!

Last weekend, Roger Fox graciously volunteered to organize a Rope Refresher and share his extensive

knowledge with a group of BARKers. They set up two different rappels and a tyrolean traverse at Meadow Camp. Hopefully, we will have another rope session this summer for those that missed this one.

Adventure Racing Clinic with Cathy Sassin!



President's Day

Monday February 17th • 7pm

Pine Mountain Sports

133 SW Century Drive

- How to Get Started in Adventure Racing
- Maximizing Your Training for Multi-discipline
- Choosing Teammates
- Sponsorship
- Q & A
- *Very Special Raffle Prizes donated by Cathy and Lava Gear*

World Class Adventure Racer Cathy Sassin will share her knowledge and experience with us. Cathy has competed in, and often won, the EcoChallenge, the Raid Gauloises, the Elf Authentic Adventure, the Southern Traverse and the Beast of the East. An adventure racing legend, she has appeared numerous times on television as a commentator. Currently you can watch Cathy on OLN's Global Extremes- Mt Everest show taking participants on a desert trek through the Kalahari Desert in South Africa.

Team BARK to compete in Cal Eco Race Series

Team BARK, captained by Tom Schill, is already preparing for the adventure racing season. The team is entered in the 4 race Cal Eco Series that begins March 9th at Lake San Antonio in California. So how is the team training? By mountain biking to and fro last month's Paulina Peak trek with snowshoes strapped to their bikes. By running nighttime hill repeats on Lava Butte... To learn more, call Tom Schill at 330-7369 or Dave Schneider at 536-5617. Go **Team BARK!**

Next Month's BARK Outing

Night Navigation up Tumalo Mountain

Tuesday March 4th 6:30pm

Meet at Dutchman Flat Snow Park.
3-hour (4 mile) hike with checkpoints using snowshoes where needed. Hot chocolate and Peppermint Schnapps provided at the top!

We will use maps to become familiar with topography and route finding. Bring your compass.

Come prepared for winter travel. Use multiple layers of non-cotton clothing that wicks moisture. Waterproof/Breathable shells are a must. Bring a pack complete with your 10 essentials, snowshoes, trekking poles (optional but recommended), and headlamp with extra batteries. Participants should be in good physical shape with experience in snowshoeing and winter activities.

Organizer: Roger Fox 385-5605 or
foxiron98@yahoo.com

Volunteer

The enthusiasm for BARK has been tremendous. To build BARK into a great club, we need people to get involved. If you have a particular skill that you can share by organizing an outing or helping out in some other way, please volunteer by contacting me at pam_stevenson@hotmail.com 389-5599.

- Organize a trek
- Organize a mountain bike ride
- Organize a paddle
- Organize a snowshoe trek
- Organize a cross country ski
- Organize a trail run
- Organize a multisport outing
- Organize a ropes clinic
- Organize an orienteering clinic
- Organize a headlamp workout followed by a debriefing at the brewpub!

BARK OUTING FORM

Outing Name:

Date:

Time:

Place to Meet:

Activity Description (length, gear to bring, skill level, special comments):

Organizer's Name:



BARK atop Paulina Peak

courtesy NickDShark

2003 Adventure Racing Kalendar

- March 8 Cal Eco Adventure Race #1
Lake San Antonio, CA
1 day
mountain biking, night navigation,
mountain running, kayaking,
mountaineering
www.csmevents.com
- April 5 Cal Eco Adventure Race #2
Santa Barbara, CA
1 day
mountain biking, night navigation,
mountain running, kayaking,
mountaineering
www.csmevents.com
- May 3 Cal Eco Adventure Race #3
Fort Bragg, CA
1 day
mountain biking, night navigation,
mountain running, kayaking,
mountaineering
www.csmevents.com
- May 17-18 TRIOBA Adventure Racing Series #1
Ellensburg, WA
1 day
kayaking, mountain biking,
trekking
www.northwest-adventures.com
- June 21-22 TRIOBA Adventure Racing Series #2
Cle Elum, WA
1 day
kayaking, mountain biking,
trekking
www.northwest-adventures.com
- July 12-13 TRIOBA Adventure Racing Series #3
Snoqualmie Summit, WA
1 day
kayaking, mountain biking,
trekking
www.northwest-adventures.com
- August Wuhoo! An Adventure Race
Roslyn, WA
Beginner 1 day sprint and
Endurance 16 hour
mountain biking, trekking,
orienteering, basic navigation,
flatwater paddling, river paddling,
rappelling, special tests
www.wuhooadventurerace.com
- August 16-17 Balance Bar Adventure Race
Sacramento, CA

1 day sprint
mountain biking, trail running,
paddling, special tests
www.hitec-ars.com

- September 6-7 Sea to Summit
Whistler, B.C.
2 day stage
paddling, mountain biking,
trekking, navigation
www.sea2summit.com

September 28 Off Leash Adventure Bend, OR

1 day sprint
mountain biking, trekking,
paddling, ropes, navigation
pam_stevenson@hotmail.com

Sponsors

Lava Gear is excited to offer our members another 30- day program for you to purchase their apparel at a 15% discount. Lava Gear manufactures multisport performance clothing for outdoor adventure. Lava Gear designs its garments with professional guides and adventure racers to create cutting edge performance apparel. Feel free to call (888-249-7631) and talk to their knowledgeable staff, and enjoy the discount that BARK has set up for you.

Visit <http://www.lavagearclothing.com> to make your purchase of Lava Gear using the discount code of "bark".

For Sale: Brunton MNS Multi Navigator GPS-brand spankin' new. Stores up to 1000 waypoints, includes barometric pressure based altimeter and is waterproof. Retail for \$399; check it out at brunton.com. Selling for \$225. Pam at pam_stevenson@hotmail.com or 389-5599. Don't get lost in the backcountry!

New members Welcome!

Please encourage your friends and other crazy people you know to join BARK. No experience

required, just an inability to lie on the couch eating Cheetos while watching Oprah. Charter memberships are free right now. We will

probably institute dues in 2003 to support club activities. A membership form is at the end of the newsletter.

Bend Adventure Racing Klub 2003

NAME	ADDRESS	PHONE	E-MAIL
Bridwell, Gary	60370 Zuni Rd Bend, OR 97702	382-7794	
Carrick, Moe			mcarrick@moementum.com
Corbari, Sandy		382-0206	corbari@empnet.com
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Dodson, Steve	3110 NE Lansing Ct Bend, OR 97701	312-8152	osodods@cns-nw.com
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Fortier, Ariel	954 NE Zena Pl Bend, OR 97701	330-6324	whisper4tier@hotmail.com
Fortier, Jesse	954 NE Zena Pl Bend, OR 97701	330-6324	
Fox, Roger	1024 Albany Ave Bend, OR 97701	385-5605	foxiron98@yahoo.com
Geraghty, Justin	PO Box 5932 Bend, OR 97708	408-2931	pinemarten100@bend.com
Gray, Mike		419-8022	crazymike@bendcable.com
Grove, Kevin	2626 NW Rainbow Ridge Bend, OR 97701	312-4207	grove@bendnet.com
Hauptmann, Fred	PO Box 848 Joseph, OR 97856	377-8563	
Hittner, Tim		312-0083	
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McMillan, Diane	PO Box 2007 #233 Sunriver, OR 97701	598-7875	hyland21@hotmail.com
McNamara, Joel		unlisted	joelm@eskimo.com
Mehl, Todd	162 NW Phil's Loop Bend, OR 97701	958-0491	toddmehl@bendcable.com
Millar, Matthew	37 NW McKay Bend, OR 97701	318-7144	mmillar@hotmail.com

Miller, Carson	3755 NW Falcon Ridge Bend, OR 97701	317-4125	cgmride@bendcable.com
Miller, Wade	PO Box 1046 Sisters, OR 97759	(415) 601-9663	wademiller@yahoo.com
Mulcahy, Nick	3038 SW Pumice Ave Redmond, OR 97756	504-8732	nickdshark@hotmail.com
Olson, Allan	PO Box 5998 Bend, OR 97708	330-1311	atlasta@earthlink.net
Pozzi, Marti			pozzi@hwy97.net
Price, Pam	903 SE Douglas Bend, OR 97702	322-0968	pampri@hotmail.com
Pyott, Sheila	38 NW Mueller Bend, OR 97701	383-5820	steviespy@bendnet.com
Salerno, Angie	2370 NW Great Pl Bend, OR 97701	382-8498	cocoaswank@yahoo.com
Sass, Jennifer	733 NW Saginaw Bend, OR 97701	312-9766	
Schill, Tom	1103 NW Columbia Bend, OR 97701	330-7369	schill_chiro@yahoo.com
Schneider, Dave	PO Box 431 La Pine, OR 97739	536-5617	dschneider@midstatecoop.com
Schultz, Mary		385-6148	mschultzbend@yahoo.com
Seaton, Victoria	1712 NE Sonya Ct Bend, OR 97701	318-8009	vseaton@juno.com
Smith, Norm	120 W 3rd Prineville, OR 97754	416-0455	normsxtreme@juno.com
Stevens, Joanne	429 NW Georgia Bend, OR 97701	317-5709	rrrltd@aol.com
Stevenson Pam	501 NW Riverfront Bend, OR 97701	389-5599	pam_stevenson@hotmail.com
Thomas, Chuck	529 NW Georgia B Bend, OR 97701	318-8531	cathomas@bendcable.com
Timmerman, Joel			joeltimmerman@hotmail.com
Topping, Linda	PO Box 949 Bend, OR 97709	617-1321	lindat@bendcable.com
Valentine, Bill	289 NW 16th St Bend, OR 97701	389-4148	thebigfish@redsidemedia.com
Van Camp, Johane	18819 Peony Pl Bend, OR 97702	388-2166	vancamp@bendcable.com
Van Camp, Paul	18819 Peony Pl Bend, OR 97702	388-2166	vancamp@bendcable.com
Wetter, Brian		419-6665	brian@brianwetter.com

Bend Adventure Racing Klub (BARK) Membership Application

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____

Phone(home) ____/____-____ Phone(work) ____/____-____

E-mail _____

Are you willing to have your name, address, phone number and e-mail address published in the annual BARK membership list? ____ Yes ____ No

Activities I am interested in (circle any):

Group Training Clinics Racing Race Support Race Organization

Trekking Orienteering Mountain Biking Paddling Ropes

Snowshoeing X-C Skiing Nighttime Training Newsletter Organizing Outings

Other _____

BARK Charter Membership Dues : **FREE for now**

Membership dues may be charged in 2003 to support club operations including information dissemination, events and social activities.

Bend Adventure Racing Klub
501 NW Riverfront
Bend, Oregon 97701

PLEASE READ AND SIGN WAIVER ON OTHER SIDE----->

Assumption of Risk and Liability Waiver

Outdoor adventures by their very nature are inherently dangerous and involve some degree of risk. I am aware that participating in any Bend Adventure Racing Klub outings may expose me to certain risks and dangers including, but not limited to the hazards of mountainous, aquatic, or wilderness terrain, accident, illness, the forces of nature, and travel to and from the trailhead or point of departure. I am aware that it is not possible to foresee all of the potential hazards of outdoor activities. Each participant in a BARK activity is responsible for his or her decisions. To the best of my knowledge, I feel physically and mentally able to assume full participation in the activities in which I will participate. I understand that BARK is a volunteer organization. In consideration of voluntarily participating in these outings, trips, or activities, I have and do hereby assume all the risks inherent in these activities and hold harmless the Bend Adventure Racing Klub and its agents, tour leaders, officers, and instructors, from and against any and all claims, liability, and demands of any nature, for the acts or omissions of the Bend Adventure Racing Klub or its agents, tour leaders, officers, or instructors.

I HAVE READ AND UNDERSTAND THE ABOVE STATEMENTS CONCERNING THE BEND ADVENTURE RACING KLUB.

Each member must sign the BARK Liability Waiver. A parent or guardian must sign the form for members under 18 years of age.

Signature: _____ Date: _____

