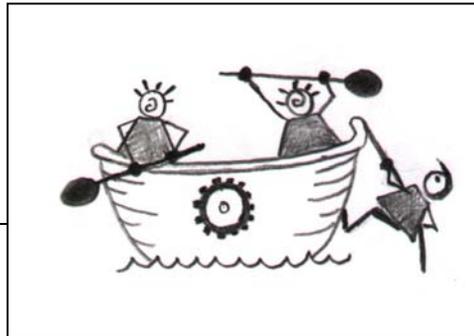


# The BARK



Sharing  
adventure

## The Joys of Sleep Deprivation

Team BARK/ Lava Gear completed their first adventure race last month in a very respectable eleventh place. After driving over 800 miles to central California for the first of the Cal-Eco Adventure series, not sleeping for more than 40 hours and racing for 23 hours, this was quite an achievement. The team consisted of racers Dave Schneider (aka Super Dave), Tom Schill (Captain Ultra), Max King (Sherpa) and Pam Stevenson (Blade). Dan Hutchins and myself joined the team as support crew. And, of course, dogs Prince and Sprocket came along as team mascots.



Although the race didn't officially begin until Friday night at midnight, the adventure began at Dave's house in La Pine where we all met at noon

on Thursday to pack 6 people, 2 dogs, 4 bikes and 1000 pounds of gear into a mini van and an open trailer. After spending the night at a friend's house in Palo Alto, we arrived at Lake San Antonio on Friday afternoon. We set up camp and went to the pre-race meeting to find out just how tough the race was going to be. The race organizers decided to make the race a little tougher than originally planned and extended it to 30 hours from the original 12-24 hour format. We went back to camp to plot the map coordinates and grab an hour of shuteye before returning to the starting line to prepare the inflatable kayaks for the first leg of the race.

The race began at midnight with a 15 mile paddle around Lake San Antonio. Checkpoint 1 was along the shore. The second CP was a kilometer inland at the top of a hill. At CP3, an almost hypothermic Team BARK needed to complete a ten waypoint orienteering course before getting back in the kayaks for the return paddle across the lake. The orienteering section took the team almost five hours, finishing just as the morning sun was starting to warm things up. As a reference, winning Team Montrail, with pros and former Bendites Rebecca Rusch and Patrick Harper, finished this section in about 3 hours while the slowest team took over 8 hours. After paddling 2.5 hours back across the lake, Team BARK arrived at the transition area to switch from boats to mountain bikes. Dan and I helped them get their gear ready for the bike section while they ate a little solid food, changed into cycling clothes and plotted the UTM coordinates for the rest of the race.

The next section was a little 73 mile mountain bike ride over the coastal range to the Pacific Ocean. The first 50 miles were on roads (except for Max who preferred to ride on the dirt shoulders). Checkpoint 5, which they reached in a little under five hours, was at the beginning of the off-road section. They were told it was an easy downhill ride to the coast. This was a lesson in preparing for the worst. It turned out to be a 5 hour ride over hill after hill after hill. At 10:49 p.m. Pam, Dave, Tom and Max came rolling into the campground that served as the finish line. At this point they were supposed to do a 10 mile trek, but the race organizers cancelled that section due to the difficulty of the earlier sections.

From my perspective, the most amazing part of the whole race was how happy the team seemed at the end. They hadn't slept in almost 2 days. They had paddled through the night in freezing temperatures while sitting in a puddle of water. Then they had ridden mountain bikes farther than most people ever will. They showed up at the finish line all friends with smiles on their faces. In their first race together, Team BARK/Lava Gear not only finished, they came in 11th out of 33 co-ed teams. They focused on the teamwork required to get everyone to the finish line together and in a good mood. I think the Black Butte Porter we had waiting at the finish line didn't hurt their spirits any.

**-John Kelly**

*Team BARK/Lava Gear heads out for the second race in the Cal Eco Adventure Series this weekend in Santa Barbara. Wish them luck! If you are interested in joining Team BARK for some workouts or races, please call Dave Schneider at 536-5617.*



## This Month's BARK Outing

A note about BARK Outings: Out of consideration for the activity organizer, please pre-register by contacting the organizer. Some events require considerable planning. Thank You.

### PPPaddling Practice

**Saturday April 19<sup>th</sup> 10am**

McKay Park

Bring a boat, a paddle and a PFD.

We will review forward stroke technique, practice on the river and discuss "the line" for PPP.

Organizer: Pam Stevenson 389-5599 or  
pam\_stevenson@hotmail.com

## Orienteering Clubs Invite BARK

I just received a copy of your newsletter and would like to express our surprise and pleasure at discovering your club's existence! I am president of the Columbia River Orienteering Club (CROC), and we've talked for some years about "wouldn't it be nice if there was someone we could work with in Bend". Now there is!

Our club is pretty much about pure orienteering: mapreading/ cross country running. But that gives us considerable overlap of interest, as a well developed skill in mapreading which is primary for success in many adventure races.

Our club has a monthly schedule of events around the greater Portland area, and there is now a second "O" club in Corvallis- Oregon Cascades Orienteering Klubb. Both clubs have done some map work around Waldo Lake and Dutchman Flat and are indeed in a search for more good map reading country east of the Cascades (out of the brush of the wet west Cascades).

We are scheduled to hold a 8/12/24 hour 'rogaine' southeast of Antelope June 7-8. This is a 'score' orienteering format where a team (minimum 2)

has 8, 12 or 24 hours to trek to as many 'controls' marked on the USGS map as they can get to. But they must return by the end of their allotted time or face penalty point losses. This should be of real interest to your members as an excellent opportunity to sharpen their mapreading skills, get a little competition fever going, and find out how they measure up amongst the orienteering community! The rogaine website can be accessed by going to [www.croc.org](http://www.croc.org) and clicking on "Big Muddy Ranch Rogaine".

### **Malvin Harding**

President, Columbia River Orienteering Club

## **What Gear Do You Need For Adventure Racing?**

No doubt about it, adventure racing is a sport for Gearheads. One of the benefits of BARK is access to a network of people who might be willing to loan gear (in exchange for your first born, perhaps). The core sports of trekking, mountain biking and paddling are at the heart of most races, but ropes, navigation and nighttime travel are often included too. What's cool about adventure racing are the odd sports that might be tossed into the mix as well--- like in-line skating, wild water swimming or camel riding!

Whenever you enter a race, take it for granted that you will need something random that you don't already own. For Sea2Summit last year, it was a bear bell. In the case below, it was the smoke bombs...

As an example, here is the Gear List for the Cal-Eco:

### **Provided Equipment**

1. Kayaks, inflatable or other, will be provided. Paddles & Personal Floatation devices WILL NOT BE PROVIDED.
2. All ropes for climbing and/or Tyrolean traverse will be provided

### **Mandatory Individual Equipment**

(Each member must carry the following full time)

1. Each member of the team will have their own back pack

2. Space blanket
3. Survival mirror
4. Compass
5. Waterproof matches
6. Two chem lights minimum 4" in length
7. Knife with a locking blade
8. Whistle
9. Smoke bomb (can be found at Western Marine stores)
10. Strobe light (palm size) red or white
11. Penlight (secondary light source)
12. Means for carrying adequate supplies of fluids and water purification

### **Part Time Individual Equipment**

(Each member must carry the following equipment during specific times given.)

1. Personal lighting system for night travel

### **Climbing Equipment**

(Each member will need the following; this equipment is mandatory for the climbing section only)

1. Harness
2. Helmet w/ chin strap Bike helmet OK unless otherwise noted for a specific event.
3. 1 Four ft. daisy chains
4. 2 Locking carabiners
5. 1 pair jumars (ascending handles) if needed in specific event
6. 1 Pair ladders/aiders w/back up prussic if needed
7. 2-4 mm rope for prussic back up

### **Kayaking Equipment**

(Each member will need the following; this equipment is mandatory for the kayaking section only)

1. Paddle (Please label your equipment for easy identification for your crew)
2. Life jacket suitable for kayaking

3. Helmet w/chin strap (Bike helmet OK Unless otherwise noted)

### Mountain Biking Equipment

(Each member will need the following, which can be transported to the point of use by your crew; this equipment is mandatory for the Mt. Biking section only.)

1. Mountain Bike
2. Helmet w/ chin strap ANSI approved
3. Lighting equipment for possible night travel  
Note: Teams will not be allowed to start the mountain bike section of the race without appropriate lighting. Lighting will be adequate for nighttime travel-NightRider system of equivalent.

### Mandatory Team Equipment

Team First Aid Kit

1. Duct Tape 5 Yards
2. Water purification tablets
3. Sunscreen
4. Scissors
5. First aid tweezers
6. Needle
7. Razor Blade
8. Moleskin 3 1/2" X 3 1/2"
9. Second Skin
10. Bandanna
11. 1" Adhesive tape
12. 2"X 5 Yard roll gauze roll
13. Eye Pads
14. Butterfly bandages

15. Electrolyte Replacement Tablets

16. 3"X4" gauze pads

## 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](mailto:pam_stevenson@hotmail.com) 389-5599.

### BARK OUTING FORM

Outing Name:

Date:

Time:

Place to Meet:

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

Organizer's Name:

## 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 Twinkies while watching Days of Our Lives. 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 (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: \_\_\_\_\_

