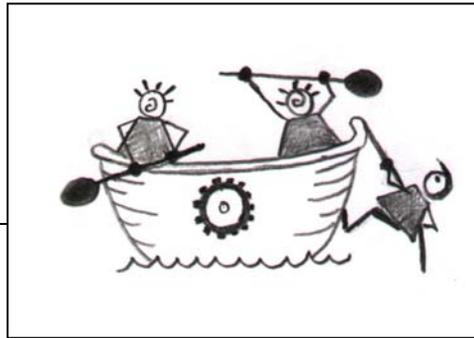


The **BARK**



Sharing
adventure
In the

The Trials and Tribulations of Adventure Racing

Last month, Team BARK/Lava Gear enjoyed an auspicious start in the Cal Eco Series. This month, the team learned about the adversities that Adventure Racing can present. Once again, Super Dave, Captain Ultra, Sherpa and Blade, accompanied by support person extraordinaire John Kelly and team mascots Prince and Sprocket, traveled to California to compete in a 24-hour adventure race. This time, it was Santa Barbara, the second stop of the Cal Eco series.

The pre-race meeting was held at 6:00 pm Friday night, at which time teams were given race instructions and maps of the race course. Then we were off to the pizza parlor to plot UTM coordinates and select our route of travel.

The race started at the civil hour of 6:00 am Saturday morning with nine miles of ocean kayaking down the scenic California coastline. After launching the inflatable kayaks through the surf, Team BARK turned south, hot on the heels of Team Earthlink. Well, one of our boats headed south, while the other was dumped back on shore for a second try at getting past the surf. After almost 3 hours of ocean kayaking we entered the bike transition.

We soon found ourselves heading up the 4,000-foot coastal mountain range that had appeared so forbidding from the kayaks. One of the key elements of adventure racing is route selection. We opted, as most teams did, for the more direct approach to the top of the range by following a drainage rather than staying on a dirt road. This

left us pushing and carrying our bikes for almost two



Captain Ultra in action

miles, through poison oak. Upon reaching the top and riding the ridge for a mile or so, we dropped off the backside on single track that led down to CP4.

Ah, yes, CP4. It was supposed to be located right on the trail and therefore easy to find. Team BARK, along with five other teams, traveled all the way to CP5 looking for CP4. Unbeknownst to us, race management had made a mistake in the rules of travel and transposed the information from CP4 to CP5 that indicated that the checkpoint was located 5 meters up a ravine. After much debate, Team BARK backtracked to CP4. The first tenet of adventure racing is that you must reach all of the checkpoints. It was a tough decision, as all of the other teams we were with decided to forego CP4.

And so we rode on into the night. Backtracking had cost us at least two hours and more importantly energy and daylight. Just as the sun was setting and the temperature was dropping, we were greeted by the sound of Tom's chain popping. He ended up pushing his bike the final 10 miles because most of it was downhill (we thought!)

Team BARK arrived at TA2 at 8:45 pm and readied for a 21 mile trek over those pesky 4,000-foot mountains again. It was a daunting undertaking at 9:30 pm at night but ***this is adventure racing and quitting is not an option*** (although it was hinted at!) The first challenge facing us was getting across a flooded bridge. Wanting to keep our feet dry for the all-night trek, we placed plastic bags over our shoes and crossed the bridge. The first seven miles were all uphill. We met a two-person male team that had given up and turned around, but we encouraged them to keep going and they did. Unfortunately they gave up for good just a few miles from the finish. After reaching CP11 at sunrise, we enjoyed a 6 mile hike down a beautiful canyon to the finish line.

Team BARK/Lava Gear completed the race in 27 hours, two hours past the race deadline, and therefore not ranked officially. It was even more disappointing to learn that race management had decided to throw out CP4 and not disqualify or even penalize teams that had missed it.

The race was hard on the team, leaving feet blistered and backsides chaffed. But we overcame two flat tires, a blown-out side wall, a broken pedal, a broken chain, backtracking to a hidden check point and a wrong turn at a water tank. We finished, and better friends for the experience. Oh, did I mention the poison oak?

-Dave Schneider

Team BARK/Lava Gear headed out for the third race in the Cal Eco Adventure Series last weekend in Fort Bragg. Read about it next month. If you are interested in joining Team BARK for some workouts or races, please call Dave Schneider at 536-5617.

Sunday June 29 10am
Drake Park



Team BARK/Lava Gear-- friends at the start and at the finish.



This Month's BARK Outing

Due to PPP, there is no BARK outing scheduled this month. Instead we are putting our energy into planning a very special FREE adventure just for BARK members...

The Wild
Juniper
Berry

The Wild Juniper Berry is a special event we've designed just for BARK members. Part adventure race, part urban challenge, part something we dreamed up at the BBC one night, and modeled a bit after an extremely successful event in Chicago called the Wild Onion, the objective is to visit all the checkpoints in correct order and return to the finish line in time for the picnic. First team to the finish line wins a special prize.

Teams may consist of any number of people equal to or greater than 2. A team must travel together and all team members must reach every checkpoint. Activities will include mountain biking, running, rappelling, water travel and navigation. This is the perfect opportunity to learn how to do an adventure race, as we will have knowledgeable BARK members available to advise and assist you.

Teams receive a Passport/Clue Sheet at the start of the race. There is no set or closed course and all traffic laws must be respected. You are completely responsible for your own gear and safety. Teams prove they visited each checkpoint in the correct order by writing down the required information at each checkpoint on their passport.

The Wild Juniper Berry ends five hours after the start, with a picnic at 3pm

Stay tuned for more information!

Mandatory Team Gear

- First Aid Kit
- Pen
- UTM Grid Reader
- Compass
- \$18 (at the start)

Mandatory Personal Gear

- Backpack
- Fleece Top
- Shell

Helmet
Bike Lock
Harness
Rappel Device (e.g. ATC)
2 Locking Carabiners
PFD

Recommended Gear

Water, food, change of clothes at finish line

For information, contact: Pam Stevenson at
pam_stevenson@hotmail.com or 389-5599

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.

BARK Moms use PPP as Adventure Racing Training

Moe Carrick wrote in about a "new twist" that she and her teammates have come up with to enhance their adventure racing training:

"Marti Pozzi, Sandy Corbari, and I are planning on doing PPP as individuals...but 'pretending' it is an adventure race. We will stick together, and act like it is for real. We've been meeting with Cathy Sassin who has helped us out a ton. Wow! Now we really have to do well!"

You go girls!

BARK in the Statesman Journal

Cathy Carroll, BARK member and Recreation Columnist for the Statesman Journal in Salem, joined the club for the PPPaddling Clinic last month and wrote about BARK and an adventure racing club in Portland called PDX Adventure Racer. Read all about it at this link:

Column: [Get a taste for adventure](#)

BARK on the Web

Until we get our own website going, you can download a copy of current or past BARK newsletters courtesy of Bob Speik and our friends at www.traditionalmountaineering.org. Look under News: Latest News and Events in Bend.

GEAR REVIEW: Simon River Sports Shark Paddle

I recently purchased the Simon River Sports Shark 5-piece carbon fiber wing paddle (\$359) and thought BARK members might like to hear the pros & cons of it. Prior to this I had not owned a wing paddle but had heard good things about their efficient use. Wing paddles provide lift like an airplane wing instead of drag on the rear face of the paddle. The result is a more efficient paddle stroke providing more speed with less energy expenditure.

The Shark paddle breaks down into 5 pieces, which allows you to put the paddle in your backpack for adventure races that require you to carry all of your gear and, at only 873 grams, it is a light load to carry. Simon River is the only company I know that makes a paddle that packs so compactly. You can also adjust the paddle face to any angle and the length between 210 and 240 cm. This feature lets you have a really long paddle for use in a canoe or wide kayak or a short paddle for use in a narrow kayak.

One nice thing I noticed when using this paddle was a decrease in shoulder tightness. This is probably a result of the slight difference in shoulder motion that seems to reduce strain when using a wing design.

The only negative feature of this paddle is the procedure of putting it together—it's a little like a puzzle. It takes some practice to make sure all the slots are lined up and in the correct position. If you are doing long races, the exhaustion factor could potentially cause you to lose time remembering how to put the paddle together if it was stored in your pack. Additionally, there are critical parts that could be lost if you are not careful.

Overall I like the design and utility of this paddle and would definitely recommend it to adventure racers. If you would like to demo it just let me know or check it out at www.simonriversports.com

-Tom Schill



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, please volunteer by contacting me at pam_stevenson@hotmail.com 389-5599. **We need a graphic designer to help redesign our logo!**

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 Yodels while watching General Hospital. 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: _____

