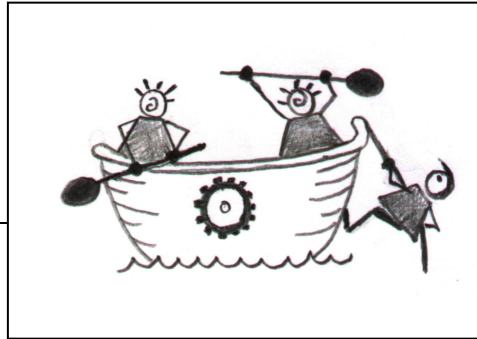


*The* **BARK**



Sharing adventure  
In the outdoors

## **BARK Meeting and Mt Bike Clinic**

Thursday June 12<sup>th</sup> 7:30-8:30 pm ✕ Pine Mountain Sports

Come to a club meeting to get updated on all of our new activities  
Followed by a free clinic by the Pine Mountain Sports staff:

***"How to fix your bike in the middle of an adventure race"***

# *The Wild Juniper Berry*

*a fun adventure around Bend*

*Sunday June 29 \* 10am \* Columbia Park*

The Wild Juniper Berry is a special informal 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 (15 miles), running/trekking (5 miles), rappelling (optional), 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.

**Each team must bring USGS topo maps for Bend and Shevlin Park.** These can be purchased at Bend Mapping for \$6 each. Teams will 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 is FREE to BARK members but a \$5 donation per person is suggested and you must register by filling out the form below**

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

Mandatory Team Gear

First Aid Kit-sunscreen (2 oz), moleskin (4 inch square), butterfly bandages (1 per person), gauze pads (1 per person), 1" adhesive tape (1 roll)

Pen

UTM Grid Reader

Compass

\$18 (at the start)

Extra bike tube (1 per person) and pump on biking section

Mandatory Personal Gear

Backpack

Mountain Bike

Helmet

Bike Lock

Gloves (bike gloves OK)

Harness

Rappel Device (e.g. ATC)

2 Locking Carabiners

PFD

Recommended Gear

Water, food, change of clothes at finish line

Cell phones are OK; GPS is prohibited

Questions?

Pam Stevenson

[pam\\_stevenson@hotmail.com](mailto:pam_stevenson@hotmail.com)

(541) 389-5599



# The Wild Juniper Berry

*a fun adventure around Bend*

*Sunday June 29 \* 10am \* Columbia Park*

## Registration Form

Team Name \_\_\_\_\_

Team Captain:

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ / \_\_\_\_\_ - \_\_\_\_\_

E-mail \_\_\_\_\_

Team members:

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

*Each member must read and sign waiver:*

### **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 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: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Return to:*

The Wild Juniper Berry

501 NW Riverfront

Bend, Oregon 97701

(541) 389-5599

pam\_stevenson@hotmail.com

## The Downs and Ups of Adventure Racing

Adventure Racing is filled with downs and ups, both literally and emotionally. During the month of May, Team BARK/Lava Gear experienced both, competing in the third Cal Eco 24-hour race in Fort Bragg, California and the first Trioba 24-hour race in Ellensburg, Washington. In the Cal-Eco race, Team BARK, composed of Dave Schneider, Max King and Patti Lynch of Santa Clara, CA, finished (which is always an accomplishment), but in 25 hours 17 minutes, missing the 24-hour cut off for being officially ranked. But Team BARK finally started to put its lessons learned to use and garnered an outstanding 4<sup>th</sup> place finish in the Trioba race.



**Team BARK navigates the rain forest**

This is Max's tale from Cal-Eco:

The race began at 6am with 13 miles of ocean kayaking to the first transition area. We started on the docks of the Fort Bragg shipyard and made our way out through the channel into the ocean. Paddling south along the very rugged coastline we were treated to the company of dolphins, sea lions, and even a humpback whale! Coming into the Mendocino inlet, Dave managed to stay in the boat but a wave broke over me and washed me out and under the kayak. A little excitement, but we came into the TA in the front third of the pack.

After changing clothes, we quickly plotted our UTM's and our route on the remaining maps. Then we were off on the trek portion of the race, a rough 25 mile journey up hills, through redwood forests, across huge mud puddles, and up creeks. It was one of my most amazing experiences ever. We started down a double track road that quickly went

to nice flat single track at Checkpoint 1. A ways further we left the trails for what would be the first of several bushwhacking sections. Past CP5, the navigation became much more challenging, the hardest I have encountered yet. Trying to shoot bearings in dense forests is very difficult. Our best strategy was to use geographical features and handrails as a guide to the next few CPs. On the way from CP6 to CP7 a nice doubletrack road quickly dissipated into thick impassible brush on a steep hillside. With no other options, we took the fastest route possible, down the creek in the water. It was a very slow 2-mile bushwack through the water and brush to CP7. Darkness overtook us then but we made pretty good time on roads and trails to the TA. The three of us were holding up well after the 12-hour trek.

At the TA John, our support crew, was great. He had hot soup for us and all our gear was out and organized. To save time, he mapped out the biking section for us including the mileage. We ventured out on our bikes at midnight. All we had left was a 20 mile bike ride with a 1,000 feet elevation gain (with a mile hike tossed in just for fun) and 6 hours left. Sounds easy right? The first few miles were all uphill, not too bad but enough to wear us down. Then it started raining. The rain slowed us down quite a bit. The old logging roads became muddy and the dropping temperature made it cold. Dave's bike was failing due to mud clogging and he went over the handlebars twice. In addition to the rain, we had fog. The visibility was so poor I could not see the trail in front of me at times. We slugged along through the night, marking off CP11 and CP12. Finally daybreak arrived and we came down off a long steep downhill to an intersection. At this point we were very tired and I thought we were lost. We made a decision to travel downriver on the road in hopes we figuring out where we were. I had no idea. To everyone's relief, about a mile further, we ran right into the finish line!

**- Max King**

*Team BARK will be fielding two full co-ed teams for the second race in the TRIOBA Adventure Series on June 21<sup>st</sup> in Cle Elum, WA. Read all about it next month. If you are interested in joining Team BARK for the third TRIOBA race on July 12<sup>th</sup> in Snoqualmie, WA, please call Dave Schneider at 536-5617.*

## **BARKracing.com**

We now have our very own club website, thanks to webmaster Max King!

[www.BARKracing.com](http://www.BARKracing.com)

Check it out for information about BARK, club activities, adventure races, sponsors, tips and more. The site is still under construction, so please bear with us. If you have any comments or suggestions, please e-mail Max at [mking@bendres.com](mailto:mking@bendres.com).

## **BARK Tuesdays**

Due to popular demand, BARK will now be holding a weekly adventure racing workout on Tuesday evenings beginning June 17<sup>th</sup>. Meet at Phil's Trailhead at 5:45pm for a mountain bike ride/trail run.

The workout will be a challenging 15 - 25 miles but doable for everyone in the group. We hope to eventually have groups of all ability levels but until then we'll all just ride together. Come with fluids and a headlight just in case!

Hope to see you there.

If you have any questions, contact BARK Tuesdays organizer Max King at 318-1091 or [mking@bendres.com](mailto:mking@bendres.com).

## **Volunteering or How To Participate in Adventure Racing Without Really Racing**

After watching the very first Eco-Challenge in Utah on television I felt that I wanted to do "something" along that line. I knew I probably couldn't race at that level but still wanted to participate. When we retired, my wife Eileen and I sent applications to EC to volunteer for the 5th race to be held in Morocco in October 1999. About 1,000 people applied and luckily we were accepted. We asked to be assigned to "camps" which are little cities that serve as transitions from one venue to another, but also are equipped with medical facilities, communications and transportation. As camp personnel we were

responsible to help the PC (passport check) stationed there, feed media people from around the world and of course, help the race and racers in whatever way necessary (although we can not give direct aid to the racers).

The first 3 days in Marrakech were spent getting things set up for the field and helping with racer registration and "testing" where the athletes had to demonstrate proficiency in various skills.

We then moved to Camp One on the coast, while the athletes were transported to the start line many miles away. It took 3 days before the first racers reached us by kayak (they had ridden camels and coasted first). It was a hectic 3 days as teams reached us at all hours of the day and night. We helped get them out of the water, took charge of their 2-man kayaks and got them ready to be transported to the next stage of the race.

When all teams had cleared Camp One, we broke down the camp and moved on to Camp Two in the High Atlas Mountains. Here the teams reached us by horseback between day 5 and day 7 of the race. The transition was then to trekking over the mountains before finishing on mountain bikes. We had all of their equipment boxes at this camp and when they had moved on we to loaded the boxes onto army trucks to be taken to the finish line.

When all teams had cleared this camp we broke it down and moved back to Marrakech to the Finish Line. The top teams had cleared the finish days before we got back there. We helped at the finish for 3 days until the final cutoff and then broke down the finish area. We then worked for 2 days at HQ closing up the race before coming home.

We repeated this "camps" routine in Argentina (Patagonia) in 2000. The following year, my wife chose to not go to the race in Borneo, so I asked to be assigned to the PC at the rappel station. I was there for 10 days with a team of Canadian Mountain Guides who were responsible for setting and maintaining the ropes. If you saw the program, it included the section of the race where the teams went through the caves, across a ridgeline and then rappelled 400 feet into the jungle. It was here that legendary racer John Howard of New Zealand chose to drop out of the race and this was his final race. He looked like death warmed over when he got to my PC.

Borneo was probably the most difficult race, on racers as well as support staff. Many of us came home very ill. I had four Bot Fly larvae burrowing in my belly and back, which had to be cut out by the doctor when I got home to Bend.

The following two years the races were in New Zealand where my wife and I again did "camps". This fall in Fiji Eileen did "camps" while I worked a PC in the jungle and then helped with transportation in the later part of the race.

When you volunteer, you pay your own way to and from the race. Eco Challenge puts you up in housing and feeds you while you are helping set up the beginning of the race. When you go out into the field, you take your own camping gear and food and you're on your own for many days, sometimes with no one else around. EC does provide swag, usually in the form of Columbia clothing. We also get wined and dined at a fabulous opening ceremony and a closing party (BASH).

About 100 volunteers are selected each year out of approximately 1,000 applicants. About 50% return year after year. Some people are not able to do it every year and get selected when they can apply. There have been some people who have been asked to NOT apply again. One man, Russ Neff, has been at all 9 races. He is the last of the "all race volunteers".

It is a unique experience-- a lot of hard work in hard conditions. You get to work with great people (mostly) and, of course, the greatest athletes in the world! We have established friendships with people from all over the world and keep in touch with many and look forward to seeing everyone again each year.

I have also volunteered the past 2 years at the Gorge Games, held in Hood River each July. It is the same great experience on a smaller scale. I will probably be going to Ontario Canada in July this year for the North American Eco Championships.

I would encourage anyone who is interested in Adventure Racing, but not able to do all races, to consider volunteering.

- **Steve Dodson**

## 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.

## 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 Pork Rinds while watching As the World Turns. Charter memberships are free right now. We will probably institute dues in 2003 to support club activities. A membership form is on our website at [www.BARKracing.com](http://www.BARKracing.com).



**Thomas Schill, D.C., P.C.**

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