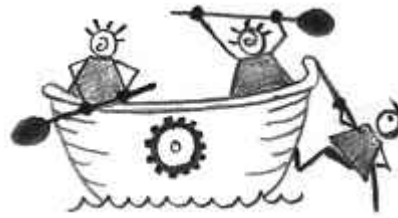


The BARK

www.BARKracing.com



Sharing adventure
in the outdoors
a.k.a
"Getting Lost Together"

Team Bend Research/BARK has Outstanding Showing at Raid Race

Adapted from Bend.com news sources

June 14 - In dramatic scenes that no doubt will make good "reality TV," the Swiss team, Salomon Suisse, held off American team Nike ACG/Balance Bar through snow, forest and on ropes strung over Tumalo Falls to capture the second stage of the worldwide X-adventure Raid Series.

The Swiss finished the two-day, 11-stage event in 18 hours, 35 minutes and 8 seconds. They hit the tape at the Les Schwab Amphitheater to win the race with a relatively comfortable 36-minute lead. The French team Ertips hung on to take third place as fellow French team Les Arcs-Quechua - with Bend draftee Josh Smullin aboard - came in fourth. Josh was drafted at the last minute when one of the French racers broke his ankle.

It was thrilling to have some of the best adventure racers in the world here and to race right beside legends like Ian Adamson and Robyn Benincasa. Bend Research/BARK was the top Oregon finisher, 23rd overall and sixth among American teams. Among other Bend teams, Therapeutic Associates' team finished 27th, Team Footzone 34th and Rebound/Beyond Sport 37th.

The race began with a fast snowshoe over Mount Bachelor down to Edison Sno-Park. After that, we mountain biked to Crane Prairie Reservoir. We paddled across and then muddled through an in-line skating section. Next we paddled down the Deschutes into Wickiup Reservoir. We proceeded to hammer on our mountain bikes around the lake as dusk arrived. Finally we headed into the night on a trail trekking section where sharp navigation allowed us to move ahead of a number of teams. As the evening sky filled with cloud and night's mantle draped the Cascades, the shadows cast by the Ponderosa pines across the mosaic of brush and

confused many teams as they trekked through the forest up and over Round Mountain.

Day Two began as daylight broke over the Fall River Airstrip. We mounted our bikes to ride to Wanoga Sno-Park. Home field advantage allowed us to make good time on familiar fire roads in the misty rain. This was followed by an arduous in-line skate all the way from Wanoga up to the Mount Bachelor parking lot- in freezing rain, no less! Thankful for a warm support crew and dry clothes, we transitioned to the final trek back down past Tumalo Falls to Skyliner Sno-Park. The rappel in front of the falls was spectacular! One leg left- and it was a ride we knew like the backs of hands...down through the Phil's Trail system and C.O.D. to the finish line!

It was especially fun to see friendly Bend faces volunteering at checkpoints in the middle of nowhere throughout the race.

-Pam Stevenson

Team BARK Readies for Primal Quest!

Team BARK is taking on the ultimate challenge- Primal Quest. From September 19th to September 28th, Dave Schneider, Tom Schill, Alex Fennell and Michelle Lyman will compete in one of the longest, most grueling adventure races in the world. "This has been a dream for most of us for many years," says Captain Dave. They will cover over 400 miles on foot, on bike, on ropes, on push bikes, and in sea kayaks. You can see their team profile and follow their progress at: www.subaruprimalquest.com. Go Team BARK!! You are our heroes!

The Wild Juniper Berry III

a seriously fun adventure

*Saturday September 11 * 8am
Somewhere around Bend*

The Wild Juniper Berry III is another special informal event we've designed just for BARK members. **The objective is to visit all the checkpoints in correct order.** 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. The race will take 4-6 hours and activities will include **mountain biking (15-20 miles), running/trekking (4-6 miles), flatwater canoeing/kayaking (3-4 miles), and navigation.** As usual, there may be some interesting twists!

Start/finish location and required USGS topo maps will be announced 1 week prior to the event. 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. We will no longer require you to plot UTM coordinates, but you will need to be present early for special race instructions.

Check-in: 7am

**The Wild Juniper Berry III is FREE
for BARK members
(\$5 donation suggested)
Register by filling out the form below**



Mandatory Team Gear

Full Time: First Aid Kit{sunscreen (1 oz), moleskin (4 inch square), butterfly bandages (1 per person), gauze pads (1 per person), 1" adhesive tape (1 roll)}, Pen, Compass, waterproof map case

Biking section only: Extra bike tube (1 per person), pump, toolkit

Paddling section only: Canoes/Kayaks (enough for team- whatever combination you wish)

Mandatory Personal Gear

Full Time: Backpack, Water container, jacket

Biking section only: Mountain Bike, Helmet

Paddling section only: PFD, Paddle

Recommended Gear

Water, food

Cell phones are OK; GPS is prohibited

Questions?

Pam Stevenson

pam_stevenson@hotmail.com

(541) 389-5599

The Wild Juniper Berry III

a seriously fun adventure

*Saturday September 11 * 8am * Somewhere around Bend*

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 III

501 NW Riverfront

Bend, Oregon 97701

(541) 389-5599

pam_stevenson@hotmail.com

Race Stories

Max's Story from Cal Eco Yosemite June 26, 2004

The race went ok after a rocky start. We should have done quite a bit better but didn't. We started off with a 21 mile trek. It was pretty cool despite taking an extra hour to find cp2 which we should have found a lot easier. We bouldered over these huge granite slabs which was definitely the best part of the race. And we definitely didn't run as much as I would have liked. Apparently Marnel and Oliver were kind of having off days and the run took a lot out of them. Then we got on bikes for a short 6mile road ride to the rappel. A decent rappel. A 60m section followed by a 90m section, but low angle stuff. Then back on the bikes for a never-ending road ride. By this time I was getting pretty chaffed too. We had about 30miles to cp10 on the road then we had the option of taking the road way around off the maps or going straight over the mountains. We opted for the road since we knew it would be faster. We started the bike section in 10, we ended it in 5th. We were pretty happy about that. We ended up going about 60miles. Then we had a paddle section, it was short too, about 4-5miles. The catch was that we only got one boat, yes the inflatable blue boats. So we started out portaging then figured out that three people paddling and me running on the shore was quicker so we did that for a few miles then the last mile we had to cross the lake so we all hopped in and paddled for the finish. We even finished in the daylight. Took us a total of 16hrs.

- **Max King**

Team BARK Takes 4th at Urban Challenge Seattle "Slow But Smart" July 24, 2005

Do you know the answer to this trivia question?

Which is the bigger wine bottle?

- a) *Balthazar*
- b) *Melchior*
- c) *Nebuchadnezzar*
- d) *Salmanazar*

Answer: b

If you can answer that, and 29 other trivia questions, then you get to start in the first group, like Team BARK did.

Then you have to solve a dozen puzzles to decipher the names of checkpoints around Seattle, such as:

Homer hankers 'em! This palindromically-named property in the Capitol Hill area proudly proclaims its products as the original hand-forged.

Answer: Top Pot Donuts

Finally, you have to run (or take a bus) to all the checkpoints in order, proving you made it by snapping pictures of yourselves with the camera-phone provided by Urban Challenge.



Last year John Kelly and I finished 11th, so we were aiming for a top-ten finish this year and a free entry into the National Championships. We started the race by acing the trivia contest once again. After receiving our clue sheet, we took off running and simultaneously dialing smart friends with internet access on our cell phones. Support crew is critical for this race! John knows Seattle like the back of his hand, which was great because as soon as we solved a puzzle (or Mark or Doug or Sharon did) he knew how to get there without pulling out a map. In spite of 102-degree heat, we nailed the course, breaking two hours and coming in 4th place out of 100 teams! Chatting with the third place team who had edged us out at the finish line, we learned that they had bombed the Trivia Quiz, starting 24 minutes after we did. "Yeah, we're dumb but we're FAST," the team of super-fit brothers proclaimed. John and I looked at each. "Yeah, we're slow, but we're SMART!"

- **Pam Stevenson**

Wild Wacky Women Finish 3rd at Balance Bar Portland July 25, 2004

We had a blast at Balance Bar and actually got on the podium...third in the women's division. It was a blast, except Marti sprained her ankle and we got stung by a bunch of bees.

- Moe Carrick

U.S. Orienteering Championships to be Held in Bend in 2005

I'd just like to make sure BARK folk know about our upcoming orienteering meet in the Bend area, September 11-12. Full information can be found on our website www.forestrunner.com/orca. This is a two day event, which in orienteering means that you do a course on two successive day and the times are totalled. It's not a course that takes two days. Just coming on one day or the other is fine.

This will be the regular style of orienteering, meaning that we'll use a specially-produced orienteering map with some special conventions and lots of detail - not USGS like the April rogaine. There will be courses at various lengths and difficulty levels, each being a fixed sequence of checkpoints. A course would take 1-2 hours. At the competitive level you run the course on your own, though it is allowed to go as a group. This style of map/course is often used as a special test section in adventure races, so it's useful to be familiar with - as well as being fun in its own right, of course!

We'd really like to encourage BARK folk to come. There should be quite a bit of orienteering in the Bend area in the next few years, since we (along with CROC, the Portland club) successfully bid to hold the US championships next August in the Dutchman Flat to Broken Top area, which we're very excited about.

-Andy Dale

New Race Promoter Starts in Bend



presents...

Mountain meltdown

An off-road du & tri...bring your family, have a great time at the pre & post race activities...but make sure that when the clock strikes 9am on Sunday morning that you're ready...for that's when the **meltdown** begins!

The Mountain meltdown will take place at Suttle Lake (10 miles west of Sisters just off of HWY 20) on Sunday, September 26th.

- Live acoustic music the night before the race
- Great campsites right on the lake!
- Movies for the kids on the BIG screen just after dark
- A incredible carb loading dinner the night before
- Great Prizes!
- A post race concert & another great meal
- A climbing wall...think adventure race!

The Tri: \$65.00 solo & \$120.00 team
½ mi swim/5 mi trail run/12 mil mountain bike

The Du: \$45.00 solo & \$80 team
5 mi trail run/12 mi mountain bike

The Kidathon (starts at 9:30): \$20.00
1 mi mountain bike/1 mi trail run

Register for the race at www.endeavorracing.com