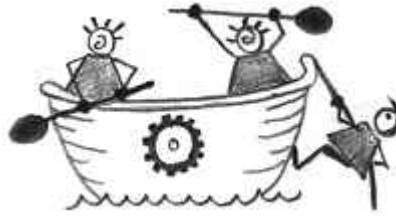


The BARK

www.BARKracing.com



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

Team BARK Surfs to Maui Adventure Race Finish

It was a bittersweet "finish". After a very successful season competing in 24-hour adventure races, Team BARK decided to up the ante. The grand finale was the 60-hour Maui Pan Pacific Adventure Race held December 5-7. It was a perfect stepping stone to Team BARK's ultimate goal of an expedition-length race like the Eco Challenge and a perfect ending to a great year.

A group of eight BARK racers and friends arrived in Hawaii, pasty white but toned from weeks of snowshoeing and skiing. Those who were extra-prepared had spent time in tanning booths. We rented an ocean-view condo in Kihei, across from one of Maui's best white sand beaches. Excitement was in the air.



Davey, Pammy, Tommy and the Demon

First was the ropes certification. This race was to include ascending a fixed rope, a new skill for all of us. Thanks to generous coaching from Team Timex's Chuck Thomas, Team BARK was prepared. We had practiced in freezing rain at Smith Rock and

Meadow Camp. We had our ascenders, crolls, and prussic knots and knew what to do with them.

Next was the water certification. This race was to include outrigger paddling in addition to sea kayaking. Again, Team BARK was prepared. Thanks to generous coaching from Bend Oregon Outrigger coach Meg Chun, we had practiced on the cold Deschutes. We had our strokes honed and our timing down. Hut-ho!

Then we received our maps and passport. It took several hours to plot our checkpoints because it turns out that Maui crosses two "zones" and the coordinates on one edge of the map did not match up with those on the other side. We got the points plotted, though, and made it to the pre-race luau. We spent the evening making final decisions on what to pack. As this was a completely unsupported race, we had to carry all of our gear for the entire race. That meant life jackets, a throw bag, climbing gear including a climbing-specific helmet, a 2-pound GPS unit and even food. One hundred ounces of water weighs 6.52 pounds by the way. Our packs weighed 25-30 pounds each and we were regretting the fact that we hadn't purchased inflatable pfd's or thought of putting racks on our bikes.

Finally, race morning!! The start was at 4am on the beach in Makena. It was a balmy, starry morning. We were there with world class teams like Team Epinephrine and Team Subaru. After a traditional Hawaiian blessing, we began a 10-mile run lighted by headlamps. It's interesting how everything is relative. That 10-mile run with 25-pound packs seemed like a blip on the radar.

We reached the outrigger canoes just as the sun was rising. How beautiful. We were provided with a 6-man canoe, paddles and a steersman named Kurt from the Lahaina Canoe Club. It took about 2 hours to paddle out to Checkpoint 2 at the tiny

island of Molokini, known for its fabulous snorkeling. There, we had to retrieve three tokens about 12 feet underwater. Damon did a great job as our appointed diver. On the return paddle, we saw sea turtles, spectacular reef fish and even a whale.

By the time we had transitioned to our mountain bikes for a 130-mile ride around the infamous "Road to Hana" it was close to high noon and 90 degrees. On a long, hard hike-a-bike up a dirt road, we passed an elite team on the side of the road, already out of the race due to heat exhaustion. We kept pushing because we knew we had to make it to the Kaupo General Store before it closed at 6pm. I had scouted the island in the days before the race and knew it would be the only place to get more food for the night, other than a few self-help papaya stands.

Pretty dehydrated, we made it to the store, took a well-deserved break, replenished our food and water and headed toward Hana and the night. And the Rain! And I mean Rain. We rode all night long in a torrential downpour. Our progress was slow because of the tortuous road, the drenching rain, the dark, the weight of our packs on our butts. I remember three times seeing a white owl cross the road in front of me in an almost ethereal way. We stopped to nap once for a few minutes out of the rain with all four of us on a picnic table. How cozy.

We reached checkpoint 6 at about 4 o'clock in the morning. Unfortunately, actually getting Checkpoint 6 involved crossing a swollen raging river. Thankfully there was a fruitpicker's shelter there and a fire burning, built by a team with a severely hypothermic member. Many racers were lying under space blankets trying to dry out, warm up and sleep a little. We stayed there until just before daybreak and then remounted our bicycles. We now had about 8000 feet of elevation to gain.

The hours in the saddle in soaking wet shorts with heavy backpacks began to take a toll. A serious toll. We began stopping every mile or so because our butts were in such agony. Finally, we stopped at an elementary school and debated whether we could actually continue. Team BARK had never quit a race before. To make the decision, we held a "butt comparison". In turn, each of us turned around, lowered our shorts and heard the reaction of our teammates: "Ooooooh." "Yuck." "E-gads!"

We decided to quit. A very nice woman in a Santa's cap loaned us her cell phone and we called the race director. We told him we couldn't continue.

We hated it. *Quitting hurt even more than our butts.* Ten seconds later, we called the race director again to announce that we had un-quit.

We changed into dry shorts and shoes and started pushing our bikes. It was physically impossible to put our butts on our saddles. But the final climb up towards Haleakala was so steep, that no one was able to ride it anyway. A few hours later, we reached CP7 at the top. Actually, the race director had moved it downhill somewhat because he had made a mid-race change. The leading teams were taking several hours longer to complete the course than expected. Most teams would not be able to make the 60-hour deadline. So they decided to create a "short course". All the teams behind us were being cut off at the base of the climb and told to ride their bikes 20 additional miles back to the start/finish. The teams ahead of us had been allowed to continue on, trekking into the jungle and into the night. We were given a choice. There was NO WAY we were getting back on our bikes- 30 miles of trekking down a dangerous gulch and through a lava field sounded way better than a 20-mile coast downhill on our bikes. But since we had done the final climb, the race director offered to declare us first finishers on the short course. After 37 hours of racing and with the reddest, most swollen butts you'd never want to see, we chose to be short course finishers.

Our friends came to pick us up in our van, bearing Big Macs and fries. MMMMM! We drank Black Butte Porters and slept in beds. MMMMM! The next morning, however, I woke and I wasn't even sore or tired (well, except for my butt- I mean my muscles weren't sore). I went for a walk on the beach. I felt disappointed. We should have pushed on into the second night. We missed part of the adventure.

I thought I was probably some weird sicko to think that 37 hours of adventure racing wasn't enough. Until I returned to the condo. Dave was kicking himself, Tom was lamenting that we weren't still out in the jungle, Damon was depressed. At least my teammates are all as sick as me! We all felt good enough to go take a surfing lesson, though. Team BARK is coming back for more in 2004!

-Pam Stevenson

A huge ***Mahalo*** to our sponsors:



Join Team BARK for the 2004 Race Season

Team BARK is sad to announce that Lava Gear, our dedicated sponsor for 2003, will be discontinuing its presence in the Adventure Racing market. We are extremely grateful to Lava Gear President Mark Flaming for all of his support in 2003 and we wish him the best in his future endeavors.

Team BARK is excited as ever about adventure racing and we are looking for new sponsors and racers now!

These are some of the tentative races on the Team BARK schedule:

May 2	TRIOBA Sprint Ellensburg, WA
Jun 5-6	TRIOBA 24-hour Wenatchee, WA
Jun 26	TRIOBA Sprint Snoqualmie Pass, WA
Jul 24-25	TRIOBA 24-hour Cle Elum, WA
Aug 21	TRIOBA Sprint TBA, WA
Oct 9-10	TRIOBA 24-hour Leavenworth, WA

Team BARK 2004 Race Planning Meeting
Monday January 26th • 7pm
Bend Brewing Company

Anyone interested in adventure racing is welcome. Questions? Please call Dave Schneider at 536-5617.



Team BARK- Tom Schill, Pam Stevenson, Dave Schneider, Damon Schaefer

Adventure Racing Stories with Justin Wadsworth



Thursday January 22nd • 7pm
Pine Mountain Sports
155 SW Century Drive

Bend's very own Olympic X-C Skier and 8-time PPP Champ Justin Wadsworth retired from Nordic Ski Racing last Spring to become a professional adventure racer for Team Montrail, one of the best teams in the world. Come hear why he crossed over to the wild side and listen to stories from the Subaru Primal Quest, Mild Seven in Borneo and other races.

This Month's BARK Outing

Snowshoe Trek to Paulina Peak (7980') Sunday January 25th 9:00am

Meet at 10 Mile Snow Park, southern end.
6-hour (12 mile) hike with 2,000 feet elevation gain
using snowshoes where needed.

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

Organizer: Pam Stevenson 389-5599 or
pam_stevenson@hotmail.com

Join BARK Now



Last reminder: In order to be able to continue to bring you BARK benefits, membership dues for 2004 are \$15. Most of these funds will be used to purchase club insurance from the USARA (United States Adventure Racing Association). Please fill out the 2004 application (at the end of the newsletter or at www.BARKracing.com) now. You will receive a BARK membership card. **You can pick**

up your BARK membership card at Pine Mountain Sports. Dues paying members receive a 10% discount at Pine Mountain Sports and Mountain Supply. We are working on other benefits that your BARK card will bring you.



If you want to continue to enjoy BARK and this newsletter in 2004, you will need to join.

And, remember, new members are always 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 leftover fruitcake while watching the Superbowl.



Someone said "life begins at the end of your comfort zone".
Someone wasn't wearing Beyond Fleece.

Beyond Fleece creates the only custom-option/perfect-fit apparel available that can be pushed as far as you want to go.

We invite members of BARK to visit our website
and see our full line of custom Fleece and Soft Shells.

Interested? Talk to Beyond Fleece athlete Chuck Thomas.
cathomas@bendcable.com

www.beyondfleece.com

It's your life. Push it.

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 Leading Outings

Other _____

BARK Membership Dues for 2004: \$15

Return to: Bend Adventure Racing Klub
501 NW Riverfront
Bend, Oregon 97701

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: _____