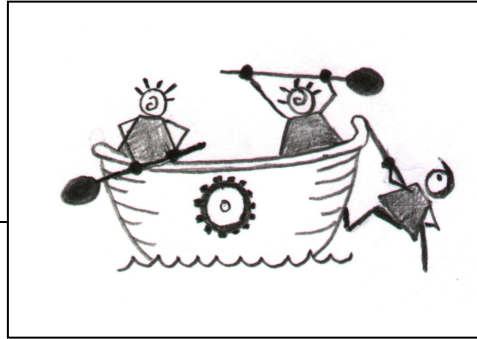


# The BARK



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

## BARK 2004

The first year of the Bend Adventure Racing Klub has been a phenomenal success. Founded in December 2002, we have grown to nearly 100 members. We have conducted ropes clinics, map-reading workshops, orienteering practice, lectures by pro adventure racers like Cathy Sassin, snowshoe outings, tuesday workouts and our very own club adventure race, the Wild Juniper Berry. Not to mention innumerable nighttime mountain bike rides and beer and burrito sessions! These activities could not have happened without the enthusiasm of BARK members who volunteered to organize them and those who participated. THANK YOU.

Team BARK has competed in six 24-hour adventure races and become a force to be reckoned with on the Pacific Northwest racing scene. Eight members have raced for Team BARK so far this year, and we are always recruiting new racers!

We also have sponsors: Lava Gear and Pine Mountain Sports.



**Lava Gear** has supported BARK from the get-go. Team BARK/Lava Gear has been proud to wear Lava Gear Sprint Ts and Gearhead Hats in all of our races. The shirts have proven to be a versatile base layer in all conditions and the hats have been especially useful in allowing our

support crews to identify us when coming into transition areas. Pine Mountain Sports will be carrying Lava Gear products soon.



**Pine Mountain Sports** is a new sponsor of BARK. Pine Mountain will be our adventure racing headquarters, where you can find gear that is tested and proven by adventure racers. Dan McGarigle, owner, is excited to offer a 10% discount off retail prices for all official BARK members (show your BARK card). Dan has also developed a higher level sponsorship program for racing members of Team BARK.

**In order to be able to continue to bring you such benefits, BARK membership dues for 2004 will be \$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](http://www.BARKracing.com)) now. You will receive a BARK membership card. A paid 2004 membership is necessary to participate in the Wild Juniper Berry II on October 12<sup>th</sup>.

**New members 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 Ding Dongs while watching Hollywood Squares.

**BACK BY POPULAR DEMAND!**

# The Wild(er) Juniper Berry II

*a seriously fun adventure*

*Sunday October 12 \* 8am  
Somewhere around Bend*

The Wild(er) Juniper Berry II is another special informal event we've designed just for BARK members. Due to the great success of the first WJB and feedback we received, the WJB II is more of a real adventure race, 6-8 hours long, with a couple of twists. **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. Activities will include **mountain biking (20 miles), running/trekking (5 miles), rappelling (optional), and navigation.** You will bushwhack and you will get wet! 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.

**Start/finish location and required USGS topo maps will be announced 1 week before 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.

**Check-in and map plotting: 7am**

**The Wild(er) Juniper Berry II is FREE  
for official 2004 BARK members**

**(\$5 donation suggested)**

**Register by filling out the form below**



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

### Mandatory Personal Gear

Backpack  
Mountain Bike  
Helmet  
Gloves (bike gloves OK)  
Harness  
Rappel Device (e.g. ATC)  
2 Locking Carabiners

### Recommended Gear

Water, food  
Cell phones are OK; GPS is prohibited

### Questions?

Pam Stevenson  
[pam\\_stevenson@hotmail.com](mailto:pam_stevenson@hotmail.com)  
(541) 389-5599

# The Wild(er) Juniper Berry II

*a seriously fun adventure*

*Sunday October 12 \* 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(er) Juniper Berry II  
501 NW Riverfront  
Bend, Oregon 97701  
(541) 389-5599  
pam\_stevenson@hotmail.com

## Wild Wacky Women Wow 'em at Balance Bar

Team Wild Wacky Women (Moe Carrick, Sandy Corbari and Marti Pozzi) did their first official Adventure Race on August 3rd. Our goal was the Balance Bar Sprint Series at Henry Hagg Lake in Forest Grove, OR. The weekend began as an adventure as we headed to Portland. We carefully followed the directions to the venue. Oddly enough we ended up at a dead end gravel road somewhere west of Forest Grove, about 20 miles from the lake. Our navigation skills were being tested a day early. Two stops later, after asking for directions, we arrived at Hagg Lake.

Saturday was an exciting day for us. We had been contacted by Balance Bar, and the Outdoor Life Network, to do a television interview before the race. They had seen our team name, and were interested in interviewing ordinary people.

Balance Bar did a great job with all the clinics they provided. There were several elite teams that gave clinics on kayaking, biking, and the infamous **12-foot wall**. It all just added to the excitement and fun of the race. After the 12-foot wall clinic we decided we needed to find a wall in Forest Grove to scale. We found the perfect wall to practice on. The local church, of course! Our confidence level was soaring. If we could scale the church wall, the race would be a piece of cake.



*Team Wild Wacky Women in the mud pit*

Race day! The race started with a small navigation course, a 6-mile run on the trails surrounding Hagg Lake, and a 2-mile kayak course. We had the pleasure of experiencing the **mud pit**. All three team members had to be on their backs in the mud, while trying to balance the rubber kayaks, and keep them out of the mud. Oh yeah, let's not forget that the OLN television crew seems to have the cameras pointed our direction at the most inopportune time. We stepped out of the pit covered in mud. We continued on the mountain bike section of the race. It was about 15 miles around the lake, most of which was single track. We finished the race with several more special tests, the last one being the **wall**. We crossed the finish line in 4:54, and with smiles on our faces. After we finished, OLN interviewed us again about our thoughts and experience for the day. The entire weekend was filled with fun, laughs, and lots of dirt. This race will always have a special memory for all of us. We are looking forward to more races; a 24-hour race is our next goal.

**- Sandy Corbari**

Team BARK will be fielding two teams for the REI Alpine Adventure Classic, an 8-12 hour race September 27-28 in beautiful Lake Tahoe, CA. Read about it at [www.adventureevents.com](http://www.adventureevents.com). If you are interested joining Team BARK, please call Dave Schneider right away at 536-5617.

# 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

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

