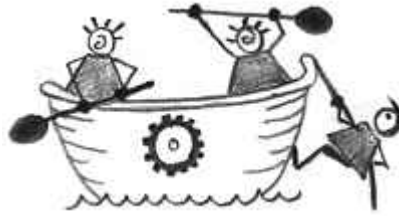


# The **BARK**



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

## **Snow Adds to Adventure in Wild Juniper Berry II**

Adventure racing 101:

1. Expect the unexpected.....of yourself.
2. Plan for the worst and hope for the best.....of yourself.
3. Never give up.....on yourself or your team.

At the Wild Juniper Berry II, I found these lessons to fit my style of adventure racing. As someone who never did well in team sports growing up, this was a new experience. I picked a teammate to match and compliment my style. I wanted a person that would try out this crazy, new sport with the same enthusiasm and spirit of fun, but also try REALLY hard along the way. Since I had seen Stephanie Utrecht compete in mountain biking and climb up big snowy mountains, I knew she would not quit on me half way.

With nervous energy, we arrived at Skyliner Sno-Park a little early. Okay, we were there in the dark an hour before any of the other 30 racers showed up. The biggest challenge of this race was that we had no idea what to expect. After doing mountain bike races where we knew the courses and had the opportunity to pre-ride the route, this was going to be a mystery-- and we loved it.

We found the race to require a compliment of our strengths. Stephanie possessed some key skills and I had other key skills, so we were better as a team than we would have been individually. I have a feeling that's why people could really love this sport.

After the gun went off, the tension eased as we started with a 2-mile run that warmed us up. Then we were on our comfort vehicle, the mountain bike, and headed up past Tumalo Falls to Happy Valley. Of course, we were all surprised by the snow which added a great twist and made it somewhat epic (always better for the stories on Monday morning). Once riding, we found the tricky part was finding

those darn checkpoints. When we hit the snow I told Stephanie, "We can just follow the tracks from the other teams right to the marker." Little did I know that everyone else would struggle as well! We found a million footprints in the snow going in every direction. Frustration hit as we wandered in circles and teams left us bound for CP2. After a short alliance with another team (we would have many short-term alliances throughout the day that would come and go), we found the marker, took a tiny toy from the bag, and moved on.



*Weenies win again!*

We got into a groove as the hours went on. At one checkpoint we even found ourselves in first place. I brushed the fresh snow off of the bag only to find a map to another "new" checkpoint! A new checkpoint??? Holy cow...I love this game!!! Twists and turns!

The 100-foot rappel off a cliff was a big hurdle for Stephanie which she jumped on (off?) with much enthusiasm. We had done a reminder on how to rappel in my driveway the week before, but this was her first rappel in years and for sure her longest.

We finished the mountain bike ride and changed into dry clothes and running shoes for the final orienteering segment. We were energized solely by putting on some dry socks. We had long, wonderful conversations about the quality and warmth of our new dry socks. Little did we know they would be soaking wet in less than 20 minutes as we crossed Tumalo Creek about six times finding checkpoints.

The highlight of the whole race for us occurred when we spotted another team nearing us at a hard-to-find checkpoint. Not wanting to lead them to the CP, we literally dove headfirst into the bushes and started running through a swamp... all in the name of competition! (By the way, it worked. -ed.)

I ran the last few miles to the finish line (I am not a runner) with the great encouragement of Stephanie. When I tried to walk the last 100 feet, she would have nothing of it. We came into the finish area and they announced we were third! I could not have been more tired and happy at the same time. It was like a great workout that feels wonderful when you are finally done and just relaxing .....what??? What did he just ask us? Did he just say we need to get ready to get on our bikes for the bonus round!? I had just run in pushing the limit, much like driving a car and seeing how far below the red E you can go before stopping for gas. There is no way. John Kelly, race director, explained to us that if the 4<sup>th</sup> place team went on to the bonus round, we could lose our slot on the podium. Without hesitation, we jumped on our bikes and rode off with little energy but great determination. We returned really tired at 3:57pm for the 4 o'clock deadline, securing our third place finish. WOW! What an ordeal! Where do we sign up for the next one?

**-Drew Holmes (Team Orizaba)**

**A very special thanks goes to our race directors Chuck Thomas and John Kelly, to our volunteers, Cynthia Engel, Roger Fox and Kevin Faul, and to our sponsors, Lava Gear, Endless Pursuit and Timex!**

### **Wild Juniper Berry II Final Results October 12, 2003 Skyliner Sno-Park**

<b>1- Team Weenie</b>	<b>5:48</b>
<b>2- Charlie's Angels</b>	<b>6:02</b>
<b>3- Team Orizaba</b>	<b>6:19</b>
<b>4- Team Molten Stuff</b>	<b>6:37</b>
<b>5- Team FootZone Bend</b>	<b>7:25</b>
<b>6- Team BARF- The Lost Johns</b>	<b>7:35</b>
<b>7- Abnoxious Weeds</b>	<b>8:14</b>
<b>8- Wild Wacky Women</b>	<b>8:58</b>
<b>9- Team Braun</b>	<b>8:59</b>
<b>10- GoGo Girls</b>	<b>9:29</b>
<b>11- Imagine Stoneworks</b>	<b>dnf</b>
<b>12- GigaHertz</b>	<b>dnf</b>



*The GoGo Girls kept going and going!*

### **Team BARK Tackles Tahoe (My Brother Made Me Do It!)**

After two years of listening to my brother, Dave Schneider, asking me to go adventure racing with him, I finally caved in and agreed. Soon, Dave, John Kelly, Tom Schill (sidelined with broken ribs-- something to do with a tree across the trail and

night riding) and I were heading to South Lake Tahoe for the REI Adventure Classic. On the way there we all agreed that it our goal as Team BARK/Lava Gear was to find all the checkpoints and complete the race within the allotted time. This seemed like a good strategy, since I had never adventure raced before, John had experience only with shorter races, and Dave was willing to show us the ropes. Additionally, Tom would provide the transition support and with his experience, any worries would be eliminated.



*Team BARK/Lava Gear enters Emerald Bay*

The race covered approximately 45 miles encompassing four disciplines: mountain biking, paddling, trail running (or walking, as the case might be) and orienteering. The race organizers estimated that the top teams would finish the race in 6-8 hours, with most teams in the 10-12 hour range.

At the pre-race meeting on Saturday, my first reaction was, "What the \*#%\$ am I doing here?!" I consider myself more of the weekend recreational type, but there I was surrounded by incredibly fit people that looked like professional athletes. I told Dave that there was no way I could keep up with these people. He assured me that that there was much more to adventure racing than just pure athleticism and that our team would do just fine. It was too late now to back out, so I would just have to give it my all.

The race began at 2:00 AM on Sunday with a short two-mile trail run to separate the true racers from people like me. We ran down a ridge along the lake and then back up along the ridge. At the top of the ridge, I realized that Dave was right-- we would be OK. It was so cool to look back off that ridge and

see a string of headlamps behind us, knowing that we were about mid-pack or so, and still passing runners in front of us.

After a quick transition we were off on our bikes for a 25-mile ride. Even though the riding was very technical with a lot of hike-a-bike, our pace was good and we reach the first cycling CP leading the second pack of riders. This was partially due Dave's experience and some good decisions (did I mention we took a few wrong turns as well?). Before the race, Dave had pick up a local trail map that detailed the rides in the area. We reached one spot where several teams were bunched up, confused and eating power bars. After a quick review of our trail map, it was clear we had to cross a creek on logs and pick up a trail on the opposite side of the creek that was not visible from where we were standing. Unfortunately about 15 people followed our lead. We reached the final biking CP about an hour before the cutoff, still in good physical condition.

Our next challenge was the 10 mile paddle to Emerald Bay. Since the REI series is BYOB (boat, not booze), Dave and I had decided to rent a kayak in hopes that it would be faster than the one he owns (affectionately called the Sea Pig). It was up until this point that I was thoroughly enjoying the event. Neither one of us fit the boat, both of our legs were cramping and the boat turned out to be a sea slug. After 45 minutes of watching John leisurely paddle his Ferrari of a kayak, we decided to take advantage of his speed. We tied the two boats together using our throw line and picked up the pace. For the next few hours we paddled in beautiful Emerald Bay and hiked to various checkpoints, including one placed on the island in the middle of the bay. During this segment we continued to jockey with other teams.

The race concluded with a five-mile run/hike that skirted Lake Tahoe. Team BARK/Lava Gear finished the race at 2:03 PM, 12 hours and three minutes after we started. We had achieved our goal.

What a blast! My advice for anyone who is intrigued by adventure racing but reluctant to try it: get out and do it! Find a race that is shorter in length and get hooked up with someone who has raced before. Racing with someone who has experience allows you to focus on the experience and worry less about how to plot a checkpoint on a topo map (not to mention how to find it).

After the race, someone asked me if I would try another ONE next year. I quickly responded, "No, I think I will try two or three!"

**-Paul Schneider**

Team BARK/Lava Gear will be competing in the 60-hour Maui Pan Pacific Adventure Race December 5-7. We are currently planning our 2004 race schedule. If you are interested in joining Team BARK, please call Dave Schneider at 536-5617.

## Endless Pursuit tracks the WJBII

Four teams in the WJBII recorded their routes using Garmin Geko GPS units from Endless Pursuit. Go to [www.EndlessPursuit.com](http://www.EndlessPursuit.com) to view Team Molten Stuff's track. It is on the site in the Community section. Click on "search for a trek" and type in "WJB" under keywords. Then play around checking out all the data available and see just how lost Team Molten Stuff was! You can see the rest of the tracks, as soon as they are uploaded to the BARK account, by visiting Endless Pursuit and logging on using "bark@bark.com" as the e-mail address and "barkbark" as the password.

## First BARK Anniversary!

December 4<sup>th</sup> marks the first year anniversary of the Bend Adventure Racing Klub, and what a great year it has been! We have grown to nearly 100 members. We have conducted ropes clinics, map-reading workshops, orienteering practices,

lectures by pro adventure racers like Cathy Sassin, snowshoe outings, and our very own club adventure races, the Wild Juniper Berries. 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.

**In order to be able to continue to bring you such benefits, BARK 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](http://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.** 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 Fudgsicles while watching Star Trek reruns.

Note: Since Team BARK will be in Hawaii for much of December, there will be no December newsletter. We'll resume in January (once our sunburns have subsided) with a report from Maui (and maybe a luau) and some snowshoe outings. Don't forget to watch the TV coverage of the Subaru Primal Quest on January 10<sup>th</sup> at Noon PST on CBS Sports (before some football game).

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