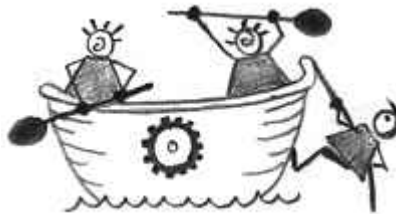


# The BARK

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



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

## WJB IV Zips!

A last minute course and date switch couldn't deter eight hearty teams from coming out for the final WJB of the year. Race directors Max King and Roger Fox rewarded the intrepid adventure racers with a challenging course that included tricky lava scrambling and a surprise zip line just above Benham Falls. Though the lead changed hands a number of times, It's All About Them pulled away from Team Stevenson for the victory.

The race began near Benham Falls with mountain biking that eventually took the racers through Sunriver. Team America broke a chain on this section, but The Crusaders chose to wait for them, so the two teams joined forces at that point. Team Stevenson was first to the transition area, but It's All About Them was first out of TA1.

The trekking checkpoint following the bike drop-off was in the middle of the lava fields, so racers followed the train tracks to get there. Another checkpoint on an island within the lava fields forced racers to cross rough lava. Travel across this terrain was very slow; Team SBDB chose to skirt the flow, taking a longer, faster route. Midway on the trek, the racers neared Benham Falls and encountered a surprise—a zip line across the Deschutes River! The unexpected zip line provided a mid-race adrenalin boost that made the subsequent bushwhacking a little easier.

By the end of the trek, It's All About Them had a sizeable lead that couldn't be deflated by a flat tire on the final bike ride down the River Trail to the finish line. Hot chocolate was a welcome treat for all after a good day of adventure.

### WJB IV Results November 14, 2004

1. It's All About Them	6:45
2. Team Stevenson	7:12
3. Team SBDB	7:26
4. The Schinnell Girls	7:35
5. Team America	8:37
5. The Crusaders	8:37
7. Four Fats Guys	7:00 (stopped at 10)
8. Team Cam	4:39 (missed 8)

## Raid Race Returns to Bend

Last June, the X-Adventure Raid World Cup brought the best adventure racing teams in the world to Bend to compete in the U.S. Qualifier. Bend proved itself as a mecca for adventure racing as the race organizers for the most prestigious event in the sport fell in love with our mountains and rivers.

"For the second consecutive year, the American stage of the series will take place in the State of Oregon, around the small resort town of Bend. Waiting for the athletes will be some very technical trails and single-tracks, ideal for MTB, forests of thorn-bush with zero sight-lines, grumbling volcanoes to scale and a plethora of infamous and awe-inspiring rivers."

Our French friends and the best teams on the planet will be returning June 25-26, 2005.

Last year, four teams from Bend lined up with the international field. Team Bend Research/BARK had an impressive showing, placing sixth in the Americas region, ahead of several pro teams. Team Therapeutic Associates, Team Footzone and Team Rebound also proudly represented our town.

The other stops on the Raid World Cup will be Western Australia, Riksgränsen Sweden and the Pyrenees of Andorra. Teams that accumulate enough points during the series will qualify for The World Championship in the Alps of Annecy France.

# The Wild (Enough)

## Juniper Berry V

Saturday January 22, 2005

8am \* Somewhere near Bend

Freeze your berries off at this informal 6-8 hour adventure race. Join your friends for a day of **trekking (approximately 10 miles), mountain biking (approximately 20 miles), orienteering, and rope burns**. Maps will be provided.

Teams may consist of 2 or more people. A team must travel together and all team members must reach every checkpoint. **The objective is to visit all the checkpoints in correct order.** First team to the finish line wins a special prize.

**Start/finish location will be announced one 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.

**Check-in: 7am**

**The WJB V ends at 4pm with hot cocoa waiting at the finish line**

**The Wild Juniper Berry V is FREE  
for BARK members**

**(\$5 donation suggested)**

**Register by filling out the form below**



### Mandatory Team Gear

Full Time: Watch, Compass, UTM Interpolator, Pen or Pencil, First Aid Kit (2 yards duct tape, 2" or 4" square dressing), Map case (or baggie).

Biking section only: Pump, Toolkit, Locks sufficient for team

### Mandatory Personal Gear

Full Time: Backpack, water container, gloves, hat, fleece top, waterproof shell jacket, long pants/tights, space blanket

Climbing Section: climbing harness, 3 Locking Carabiners, Rappel Device, 12-inch Prussic Loop, 22-inch Sewn Runner, helmet and gloves

Biking section: Mountain Bike, Helmet, Extra bike tube

### Recommended Gear

Water, food, sunglasses  
extra warm clothes for the start/finish  
Cell phones are OK; GPS is prohibited

### Questions?

Roger Fox at 385-5605 or foxiron98@yahoo.com  
or Pam Stevenson at  
pam\_stevenson@hotmail.com or 389-5599

# The Wild Juniper Berry V

Saturday January 22 \* 8am \* Somewhere near 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 V

501 NW Riverfront

Bend, Oregon 97701

(541) 389-5599

pam\_stevenson@hotmail.com

# 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 2005: \$15**

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

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