Advandure World magazine

2013 GEAR REVIEW ISSUE

The Amazing Maasai Ultra

The Last Ascent of Mount St. Helens





2013 January

USARA National Rankings

1	Rev3\Mountain Khakis	36.00
ຂ	Topo Adventure Sports	35.00
3	Adventure Capitalists/ BDAR	32.00
4	Happy Mutant	29.00
5	TeamHalfwayThere.com/Spokes, Etc.	11.00

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Cover Photo: May 18, 1980. The eruption begins. Courtesy USGS



FOR CAMPING

Woolrich Gettysburg

The Woolrich Gettysburg blanket is a great all around piece of travel gear. Sturdy enough for a picnic ground blanket and warm enough to keep you toasty on the chilliest night. These wool blankets are a reproduction of the same blankets Woolrich supplied to troops during the Civil War. Make it a permanent piece of your car gear for the winter.



Esbit Portable BBQ

Weighing in at just over 5 pounds the Esbit Foldable BBQ Box is a great compact solution for a portable grill. The stainless steel grill features a 3 level adjustable grate with a removable handle and there is space for the filled charcoal bag to stow inside the grill. After the party just pack the grill inside the carrier bag and you don't have to worry about cleaning up a messy car when you get home.

ReviveX

Gear Aids ReviveX Spray-On Water Repellent is a great water repelling seal for your outdoor garments. ReviveX saves the day, allowing you to repair those waterproof items that have lost their seal. Simply wash, apply and tumble dry and you are back in business.



Coleman CPX Lighted Tent Fan

The Coleman CPX lighted tent fan has 2 speeds and the flexibility to run off the CPX-6 rechargeable battery pack or four D batteries. The Fan has a maximum run time of 30 hours and the light has a range from 99 lumens to a soft night light setting. Soft blades prevent injury when little fingers explore the fan. Hang the fan from your tent or use the built in stand to set it on the picnic table.



4



AO Coolers

The AO Cooler is a great soft sided cooler with a tough canvas exterior. Ice seems to last forever and they can also be used to keep food warm. These coolers are leak proof so if it flips over, you will not end up with a soggy sleeping bag or floor board.

Polar Bear Coolers

The Polar Bear cooler is both stylish and functional. It will keep ice for 24 hours in 100 degree weather and keep items hot (hold 200 degrees) for several hours. Built to last the tough exterior is virtually tear proof.

North Face Base Camp Duffel

The North Face Base Camp Duffle is big, burly and bad to the bone. This is the bag you can stuff full of whatever you need for that next adventure and count on it all being there when you arrive. The Base Camp Duffle can withstand your dropping, dragging and general abuse. Available in several sizes these are the last gear bags you will ever need.

Му Торо

My Topo allows you to create your own custom printed navigationready topographic, satellite, and aerial photograph map products which are fantastic for those weekend adventures. My Topo also provides electronic map and geocaching programs for use on your home computer, iPad or phone. My Topo is the one stop shop for all of your map needs.



2013 Run, Row, Rock & Roll Adventure Race Saturday, June 15 Burkley Wellness Center Fairbury, Nebraska



USARA National Qualifier





2012 Coed Elite team Rev3 Mountain Khakis won this race last year and went on to win the Heartland Adventure Race Series and be part of the National points champion team. Register at <u>www.angrycowadventure.com</u> or call Craig at 402-729-6139 for more information. 4 hour and 8+ hour race lengths.

The BC Bike Race

The BC Bike Race is a seven day mountain bike stage race held in British Columbia, Canada. The BC Bike Race claims to have the most singletrack riding of any similar multi-day race.

The event now contains two versions of the race. The Epic (run since 2007) is seven days of racing with the



average course length of 60 km each day. The Challenge (run since 2010) is also seven days, but sports an average of 30 km each day. Both options take place at the same time and incorporate the same Base Camps each day.





February 14-17 2013 72 Hour Race across Florida www.PangeaAdventureRacing.com/sea-2-sea











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ELECTRONICS



KNIVES

a. Garmin Nuvi 3490LMT

The Garmin Nuvi 3490 LMT is the thinnest GPS navigator on the market and weighs in at a measly 4 ounces. But that is just the beginning; the Nuvi features traffic updates, voice command capability, a 4.3 inch touch screen, Bluetooth technology, lifetime map updates and even the ability to listen to audio books stored on the internal memory. This translates into a user friendly GPS with visually pleasing maps and easy to read text. The Nuvi features a customizable dash board and the voice command feature allows hand free operation. The Nuvi 3490 LMT is the top of the line Garmin and has set the bar at a new level for GPS navigators.

b. Traveler Guitar Ultra Light Steel

This is a great little electric guitar when space is an issue due to travel. It takes a little while to get used to the Traveler's smaller size, but the full sized neck has a great feel and the guitar sounds good. The Traveler is very compact so you can even play it while traveling down the road without encroaching on your fellow travelers.

c. Brunton Sustain

The Brunton Sustain is small, durable and packed full of features. The Sustains USB, 12v, 16v and 19 v outputs will charge just about any electronic device. A water resistant rubberized housing provides the durability and the 6000mAh power storage provides the juice. Weighing in at 11b 6 oz the Sustain is a winner.

d. Sony Water Resistant MP 3 Player

The Water Resistant MP3 Player by Sony is a must have for all athletes. The unique design means no messing with cords or stopping to find a fallen ear bud because there are no wires. Comfortable, water resistant and thumping sound quality will make this MP3 player an essential part of your workout gear.

e. Targus Versavu 360 keyboard case

The Targus Versavu 360 keyboard case for iPad 3 does exactly what it's name proclaims, it allows a 360 degree rotation of your iPad. The tough exterior will protect your iPad with a stylish look while providing a functional Bluetooth keyboard and did we mention the awesome 360 degrees of rotation! You cannot go wrong with this case.

f. View Ranger

The ViewRanger is a GPS navigation app for your smart phone that allows you to do just about anything you can dream of. View Ranger uses high quality topographic maps and provides map, trail and local based content. If your goal is to discover a new route, follow an old one, or share your favorite trail with others, all you need to do is grab your phone. View Ranger is easy to download online and will immediately enhance your outdoor lifestyle.

g. Zagg Folio

The Zagg Folio is a durable iPad case with a removable blue tooth keyboard. The case comes in 10 fantastic colors and includes an iPad stand which works in both landscape and portrait orientation. The rechargeable keyboard will last for months on a single charge.

CKRT NIRK Tighe 2

The CKRT Nirk Tighe 2 is one of the most unique looking knives I have ever seen. The stainless steel handle is just plain cool. Nice and light but with the quality you expect from CKRT. A mini ball bearing system provides a fast assisted opening and a removable clip gives you alternatives for every occasion.

SOG Aegis

The SOG Aegis is the perfect size for your everyday workhorse knife. A great looking knife packed with features such as assisted opening technology, a checkered grip and a bayonet clip to ensure the Aegis is there when you need it.



Running with the Maasai

Nairobi - Adventure, exploration, and a unique challenge: After the success of the inaugural Amazing Maasai Ultra Marathon, preparations for the second edition are well on the way. Runners from all over the world will gather in the foothills of Mt. Kenya, not only for a unique ultra-distance race, but also to enjoy a six-night stay in the African bush, including game drives, walking safaris and Maasai village tours & performances.

Fastest runner wins a cow

"The run takes place in a very remote area in Maasai country, far off the tourist trails", explain race directors Sarah Edson and Molly Fitzpatrick. Vast African vistas, wild animals, Maasai culture – it is a week of true exploration in central Kenya.

"What makes the race so special is the participation of the local runners, more than 80 of whom competed last year. Many of the girls who we are sponsoring through school join the half marathon, while local Maasai men of every age compete in the longer distances", says Edson. She adds: "It's a big community event; the course is based on Maasai community lands, and everyone is encouraged to sign-up. The winning runner takes home a highly-coveted live cow and goats are on offer to runners-up, so the incentives are pretty good!"

Sunrise Start

Kick-off on Race Day is at sunrise, when the air is cool and crisp. Despite the marathon distances ahead, some of the fastest Maasai line-up at the start in a sprint-start position (international runners are generally advised not to attempt to follow their approach or pace!).

The first 10km is a steady climb up to Kimanjo Town, a small Maasai town lined with colorful race banners and huddles of cheering spectators. At this point the half-marathon course loops back on itself, allowing runners to cheer each other on, too. From Kimanjo, the full marathon and ultra runners continue on a gradual ascent up to the 20km mark, the highest point of the race. The marathoners, once they make it to the 20km peak, then start a general descent, eventually looping down to the finish line at the camp-site. Safe in the knowledge that it's mostly downhill, the Maasai marathoners start to speed-up at 20km, pushing hard (many not stopping for water) until the end. The ultra course participants, however, can't afford to relax for a while longer...

Both the 42km and 75km courses run along unsealed open roads, through meandering paths in flat bush terrain, and through small Maasai villages. Hills are long and sloping, rather than steep, but the area is at an altitude of 1,600 meters above sea level, adding another element of challenge for international participants. It's not an easy course, even for the Maasai, many of whom will have been training for a number of months beforehand.

Laikipia North, the setting of the race, is right on the equator, so the sun is powerful at the height of the day. "Especially with Kenya's dry climate, it is incredibly important for runners to stay well-hydrated", notes Edson. "The night before the race our aid station volunteers camp out at their assigned stations, guarding the many gallons of drinking water that are brought out all the way from the nearest main town, the British military base of Nanyuki."

Patrolled by wildlife scouts

Edson explains: "Since there is wildlife in the area, the entirety of the course is patrolled by highly-experienced scouts from Kenya Wildlife Services, who track the animals and their movements and ensure the complete safety of our runners."

For Noureddine Sahibi, 75km Finisher, the wildlife was a highlight of 2013 PLOT, PEDAL, PADDLE ADVENTURE RACE DIXON, IL SATURDAY, JUNE 22ND RACE START: 10PM 12 HRS OF ADVENTURE!





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Race Week: "Living and running into the wild with so many animals was amazing. The mutual respect that exists between the locals and the wildlife is simply unbelievable."

Another draw is the remote and rugged nature of area, five hours north-west of Nairobi in Laikipia North – and a million miles from the noise and chaos of urban life. As Sean Staunton, 75km Finisher recounts: "My most memorable moment was running by myself, looking across to see miles of beautiful wilderness. At that moment I could see a small light aircraft had just taken off in the distance. I could have stayed there forever."

Community support

And while there is plenty of time during the race to enjoy quietude and the sense of total escape, the very vocal support from local spectators, peppered across the course, gives tired runners the boost they need. Schoolchildren bursting with energy run alongside the foreigners in their school uniforms, giggling with curiosity and delight. Patrol cars cruise the course too, offering encouragement as runners make their way between each aid station.

Reaching the finish line, international runners are greeted by crowds of Maasai, including the fastest runners who finish hours before the cut-off time. Sam Mellor, 42km Finisher, when asked about his favourite moments of the race, describes "running (or more accurately walking!) the last 5 or so kilometres with a little group of children. It was so sweet of them to support me to the end!"

In 2011, winner of the ultra-marathon was 19-year old Maasai student David Simpiri, who completed the race in just over 6 hours, having decided on a whim to continue running after completing the marathon distance. Rumour has it he didn't bother to stop for water. A few hours before, local marathon veteran, Sapuk Safari, had taken first place in the 42km marathon, speeding around the hilly course in just 2 hours 41minutes. The female winner of the marathon was 20-year old Lucy Sembe, who had been training in the local area for the race for a number of months.





Game Drives & Cultural Performances

The weather is dry and warm – a great time to explore the country. For international participants, the Amazing Maasai Ultra offers the opportunity to get to know the area and wildlife during race week. Runners who choose the full six-night program can spend the days before the race relaxing as they acclimatize to the altitude, enjoying game drives, walking safaris, a Maasai village tour, cultural dance performances, and more.

Asked about the highlights of Race Week, Zvoni Grobenski, 42km Finisher, described: "our team's sundowner at the top of the rock, two days before the race, with a huge open space of Africa everywhere around you; you realize that you are going to run on this very special place."

For those with a little more time on their hands, options abound for further travel within Kenya. Mombasa's beaches are



perfect to rest tired post-race legs, while those who remain energetic may prefer a two-day hike up nearby Mt. Kenya or a multi-day safari in the Maasai Mara.

Besides the 75km ultra marathon and the 42km marathon distance, runners can also sign-up for a 21km half marathon. For expats in Kenya and tourists that happen to be in Africa, it is also possible to join for the race without



booking the whole race week.

High school scholarships for Maasai girls

All proceeds of the event are used to fund scholarships for local Maasai girls through the Amazing Maasai Girls Project, a non-profit organization registered in the USA and founded by the event organizers. "Last year, we were able to raise 25,000 USD and are now financing 4-year high school



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scholarships for 20 bright girls who would not be able to afford school otherwise. We are aiming to raise even more this year, to give more girls a secondary education. Graduating high school gives Maasai girls the resources, skills and confidence to avoid childhood marriage and, instead, seek employment and independence as adults", outlines Molly Fitzpatrick.

Fitzpatrick continues: "We are so pleased that the event also involves our sponsored girls, some of whom run in the 21km race. It's a day when everyone achieves something great for themselves, while also sending a fantastic message of support for the girls in this community."

As well as Maasai schoolgirls, this year the Amazing Maasai Ultra will also be attended by 13-year old American schoolgirl, Winter Vinecki. Winter has taken on the challenge of running a marathon on all 7 continents before the age of 15. Along with a team of experienced ultra-runners and her physician mother, Winter is running to raise awareness of prostate cancer, which took her father's life when she was just 9, and to help fund its research. Commenting on Winter's participation, Edson noted: "Since the spirit of Amazing Maasai Ultra is all about promoting girls' empowerment through education and running, we are excited to welcome Winter on the African leg of her world tour."

For more information, please visit www.amazingmaasaiultra.org.







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Also May 11: the **MISSION Lite** Beginner Adventure Race welcomes newcomers to the sport in a downscaled version of the MISSION. *MISSION Lite* has easier navigation and a 4-hour course.

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Saturday, May 11, 2013

FOR THE BIKE

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Light & Motion Sololite 250

The Light & Motion Sololite 250 is your go to light for any adventure. The Sololite can be hand held, mounted to a bike helmet or handlebar or even clipped to a pack strap. The 250 lumen, USB rechargeable Sololite will give you 100 hours of usable light on a single charge. Weighing in at 149 grams, this durable water resistant light is a must have for your next adventure.



The Tri All 3 Sports Velo Safe Pro Series ISP case will keep your 29er safe and sound on that next excursion. The ISP uses the same fork mounting system as many bike racks combined with straps that will ensuring your steed will stay in place during transport. Light weight yet tough enough to handle anything the airport baggage goons can throw its way. The ISP has plenty of room for your 29er and a ton of other gear. Tri All 3 Sports will get your bike there safely, what you do after that is in your hands.

Kuat The NV

I remember meeting the guys from KUAT a few years ago at Interbike. They had a prototype bike rack and a beautifully handcrafted wood booth that they had created for the show. The attention to detail on the prototype caught my interest and the attention to detail in their booth triggered a mental note – keep an eye on these guys they are going somewhere.

RIALL.

When you combine creative thinking with attention to detail the results are the ultimate bike rack - The KUAT NV.

- The dark gray paint job combined with orange anodized aluminum make the NV look more like a piece of art than a bike rack.
- The NV will hold 2 bikes (up to 60 lbs. each) I didn't know you could buy a 60 pound bike, but
- this feature makes the NV plenty sturdy. You can even get an add on which increases the capacity to 4 bikes.
- A flip of the pivot lever and the NV tilts down for easy vehicle access or folds up and out of the way when not in use.
- Boasting over 13" of room between the bikes, you don't have to worry about them locking horns as you drive down the road.
- Tire ratchet system make loading after a long ride as easy as pie.
- Integrated locking cable system and locking hitch pin are a stroke of genius, 1 key does it all. But they don't just send you 1 key they give you 6!
- Built in TRAIL DOC repair stand lets you make repairs on the spot and is an awesome feature at races.





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a. Primus Polaris Lantern The Primus Polaris will give you up to 45 hours of warm, soft light. No more fuel spilled on your clothes, just push the button and you are in business. The Polaris has a carabineer hook making it easy to hang in the tent and a packed size of 7in by 3in.

b. Black Diamond Apollo Lantern The Black Diamond Apollo Lantern is a compact, effective work of genius. The legs fold away and the housing slides down to make the lantern amazing small during travel. Once unfolded this bad boy provides 10-80 lumens lasting between 15 – 60 hours on a set of batteries, depending upon the setting chosen. The dimmable lantern also has a battery power indicator. **c. Petzl Zipka Plus 2** The improved version of the tiny headlamp that blazed the way. The retractable band makes this the most compact headlamp on the market. But don't let size fool you as the Zipka Plus 2 provides 70 lumens of light and has 2 power settings which can give you a whopping 185 hours on a single set of batteries. The Zipka also has a red light setting to prevent night blindness.

d. Snow Miner Snow Peak combined a headlamp and lantern in their Snow Miner headlamp. This nifty light provides 80 lumens to 8 lumens depending on the setting. There is also a variable setting which allows you to dial in the perfect amount of light. When used as a lantern the soft silicon dome really provides a nice light.

e. Mammut T-Peak The Mammut T-Peak is small, light and versatile. The T-Peak combines a hilux LED with two definition LEDs to provide a range of lighting options for every situation with a burn time of up to 100 hours. Boost mode gives you increased output when needed and the double click switch prevents accidental turn on while in the pack.

f. Black Diamond Storm The Black Diamond Storm was the brightest headlamp tested providing 100 lumens of LED light. Key features include a water proof housing, red night vision mode and a dimmable lockable switch. The Storm also has a 3 level power meter and a built in heat sink which warms the batteries for longer life in cold conditions. We still have not found the kitchen sink feature but it must be here somewhere.

g. Surefire Fury The Surefire Fury is a compact durable tactical flashlight. The anodized aluminum body is tough enough to withstand the harshest treatment. Providing the versatility to switch between 500 lumens for 1.5 hours or 15 lumens for 46 hours of LED light, the Surefire Fury is a great light.



Blue Ridge, Georgia May 18-19 2013 30 Hour Elite - 5 Hour Sport www.PangeaAdventureRacing.com/atomic

The Last Ascent of Mount St. Helens

by Steve Sieberson

Classic pre-eruption picture of St. Helens, then 9677'. The view is over Spirit Lake to the north side of the peak. The author's climb was over the Dog's Head, the prominent rock buttress on the left side of the mountain. Spirit Lake was obliterated in the 1980 blast. Photo Courtesy Gifford Pinchot National Forest MAY 4, 2012, marked 25 years that Mount St. Helens, version 2.0, has been accessible to mountaineers. I was there in 1987 when the famous peak was re-opened to the public, part of a crowd that eagerly joined in the first authorized climb of the transmogrified volcano.

But there's more to the story. You see, seven years earlier I may have made the original mountain's Last Ascent.

BY the fall of 1979, adventurers had been climbing St. Helens for well over a century. The first known trek to the top was reported by Thomas J. Dyer, founder of Portland's now-venerable Oregonian newspaper. On August 27, 1853, Dyer and three other men reached the summit from the mountain's south side. Fred Beckey describes the



Photo Courtesy USGS

feat as "the first climb of a major snow peak on the Pacific Coast."

At 9677 feet St. Helens did not dominate the landscape like nearby Mount Hood (11,249) or Rainier (14,411), but the smaller peak was lovelier and more sublime. Often referred to as America's Mount Fuji, its elegant cone defined what a volcano should be. To the native Klickitats she was a maiden. To

climbers she was easy, but a prized conquest simply because she was so damned beautiful.

I NEEDED a glacier climb to complete the Seattle Mountaineers basic climbing course, and I talked my way into the club's final snow outing of 1979 – the north side of St. Helens.

On Sunday, September 23, we set out before dawn from a car camp near timberline at 4325'. When daylight came we could see that the lower two-thirds of the mountain had melted out. Late season conditions presented a series of parallel ridges running up and down. Between these rock ribs lay narrow gullies filled with fist-sized pieces of brown and black pumice as light as popcorn balls.

We found it impossible to climb the loose material – it was worse than scree. As a result, we moved onto the spines of solid rock and enjoyed a pleasant scramble up to a prominent buttress known as the Dog's Head. From its high point we moved onto the Nelson Glacier.

At snow's edge we strapped into our crampons, roped up and continued in teams of three. Had it not been an official Mountaineers outing we would have dispensed with the ropes. The crevasses were glaringly obvious.

JUST below the mountain's crown we traversed to the upper reaches of the Forsyth Glacier, where a gap in the crater rim offered an entrance to the summit plateau.

The top point of St. Helens, above a broad and shallow crater, was a snow-covered hump. Nearby were outcroppings of exposed lava rock where we sat to savor the view – Mount Hood to the south, Adams to the east and Rainier just north – even in autumn their icy crowns glistened in the midday sun.

Approximately 25 climbers shared the summit that day. ON the descent we calculated that we could move much more quickly by entering the gullies and negotiating the loose pumice with exaggerated downward strides on our heels. On snow this type of controlled sliding is called plunge-stepping.

To avoid getting in each other's way we separated, and I found myself in my own private ravine. After cautiously trying a few steps to get a feel for the pumice, I discovered the proper technique and with a whoop of joy started sashaying downward. In a series of rhythmic whooshes I moved rapidly and began to pick up speed. I would be at the bottom in a matter of minutes.

Suddenly, just ahead of me I spotted a piece of solid rock protruding from the rubble. It was directly in my path, and I was moving too fast to avoid it. Without really thinking, I decided to land on the nub with both feet and bounce over it. My plan worked, but with one unexpected add-on. When my feet hit the boulder my downward momentum and the spring in my legs caused me to launch up and out, like a diver from a diving board.



After the 1980 cataclysm the ultimate measure of St. Helens' reduced state was the fact that the Mountaineers summarily removed it from their roster of significant peaks in Washington. Many years earlier the Seattle club had designated it as one of Six Majors, along with Rainier, Adams, Baker, Olympus and Glacier Peak. The list was created to recognize the accomplishments of a serious climber, and completion of all six ascents was celebrated with the awarding of a Six Majors pin to wear on your Tyrolean hat.

Following the eruption the Mountaineers dropped St. Helens like a hot cinder – they now bestow a Five Majors award. The same thing happened recently to Pluto, which has been downgraded from Planet to Space Lump. If you were lucky enough to climb St. Helens before the spring of 1980, you are part of a vanishing breed. You can claim your Six Majors pin, but be aware that the icy winds of old age are beginning to penetrate your Gore Tex.

Article by Steve Sieberson

Photo Courtesy Gifford Pinchot National Forest

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I flew into the air and inexplicably turned a forward somersault. By the time I rejoined the slope I was feetdown again, still in tuck position, and I landed with a jolting crunch. My heavy knapsack drove my torso forward, and I heard (and felt) a distinct crack as my lower ribs impacted against my thighs. I was amazed that I hadn't damaged anything except my ribcage, but my sense of relief did not make the last section of down-climbing any less painful. By the time I exited the gully my teammates were wondering what had taken me so long.

SHORTLY after our day on St. Helens the winter storms moved in and the autumn climbing season came to an end. I have often wondered . . . Were we the last to stand on its summit? I think we were.

It is entirely possible that a handful of mountaineers ascended the peak during the ensuing months, although backcountry skiing had not yet become popular, and winter climbing in the Pacific Northwest did not have many practitioners. Few climbers enjoy long approaches in deep snow, short days, foul weather, and the constant threat





Photos Courtesy University of Washington Libraries, Special Collections, WAR0616 and DWA183

of avalanches.

Alpine activity for the sane resumes in March and April as days lengthen, snow consolidates and the sun makes more frequent appearances. However, just as the spring of 1980 was arriving, and just as the climbing community was waking up to another year of weekends in the high country, Mount St. Helens began steaming and rumbling. The Forest Service quickly put up a No Trespassing sign.

THE trouble began on March 20, when seismologists recorded an earthquake near the peak. Then another and another. Then a cloud of ash and steam shot into the sky from the mountain top and a black 250-foot hole appeared in the summit crater. At the same time an enormous bulge began to appear on the north slope of the mountain. The lady was suffering from a serious case of gastric distress. The only thing more effective for fighting dehydration is an IV.^{*}



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On the morning of May 18 all hell broke loose. First, a series of violent tremors caused the north face of the mountain to slide down. Then a lateral blast blew out what was left of the north side, and the summit was launched

heavenward. Every tree within 17 miles to the north of St. Helens was leveled, and a black plume shot 80,000 feet into the atmosphere. The ash cloud was caught by the jet stream, its dust fell across the United States, and remnants circled the globe.

Poisonous gasses moving 300 mph killed every living thing near the



mountain, including 57 people. In all, it was the most cataclysmic eruption in United States history.

EVERYBODY in the Northwest remembers exactly what they were doing on that Sunday morning when they learned of the event. My wife recalls shopping for plants at a nursery near Seattle and looking up to see an ominous black cloud billowing to the south. A friend was sitting in church when the minister announced the disaster in apocalyptic tones.

Meanwhile, a lawyer I know was wrapping up an overnight date by rocking his sailboat in Puget Sound. At their moment of fulfillment he and his passenger were engulfed in the thunderous rumbling of St. Helens and, as he reports it, his companion ran her fingers through his hair and sighed, "That was wonderful."

As luck would have it, I had moved to Europe a few months earlier, and I missed the show entirely.

AS for the mountain itself, Princess Leia had morphed into Jabba the Hut. When viewed from east, west or south its symmetrical cone was reduced to a squat and unattractive mass. Its north side was completely gone, and it emerged from the black cloud as a horseshoe-shaped, hollowed out peak with a crater 2,000 feet deep and more than a mile wide. The 8363-foot high point of the jagged crater rim – the new summit – was 1314 feet lower than the plateau on which I had eaten my lunch eight months earlier. Except for its location on the map, it was literally a different mountain.

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The Solite proves that not all headlamps are created equal. Capturing the spirit of innovation and industrial design; the Solite effectively functions as a headlamp, a flashlight, a lantern, a bike light, and even a helmet light. At a mere 112 grams with up to 40 hours run time, the Solite offers more performance and features than any light on the market: regulated output, battery status indicator, Micro-USB rechargeable - this is the go-to light for your next adventure.



Flashlight

Bike Light

IT took seven years for St. Helens to re-open. During that time there had been persistent rumors of "pirate ascents," but eventually the Forest Service said, "Okay, have at it."

I had moved back to Seattle, and KING-TV asked me to lead a reporter and camera crew to the summit on Opening Day. We joined hundreds of others slogging up the south slopes, and at the top we were rewarded with stunning views from the crater rim. It was only then that I appreciated not just the new mountain, but



how fortunate I had been to climb its earlier manifestation.

Matthew 20:16 says, "So the last shall be first." I may not have been the very last to stand on the old summit or the very first on the new, but I'll stake my claim to a twofer that was, in its own way, biblical. AW





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b. Nemo Astro Air Pad The Nemo Astro Air Pad is a big, soft, bomber sleeping pad that is great for car camping yet light enough to get the nod on some backpacking weekends. The horizontal baffles provide a more stable sleeping surface along with 2.5" of sleeping comfort. Weighing in at 1.5 lbs the Astro also features dual valves for easy deflation. \$89

c. Big Agnes Cross Mountain The Big Agnes Cross Mountain over bag adds great

versatility to your sleeping setup. We have been doing this layering dance with clothes for years and now Big Agnes has added the concept to sleeping bags. You can add an extra layer to your sleeping bag when needed for both warmth and moisture management and leave it at home when conditions dictate. The Cross Mountain is a 45 degree overbag which adds 20 degrees to your sleeping system.

d. Big Agnes Air Core Sleeping Pad The Big Agnes Air Core is a light weight sleep pad that is perfect for car camping and short hiking trips. The Air Core is big, comfortable and features a durable nylon outer shell. The Air Core packs down a little smaller that a coffee can and is a great choice when size is not an issue.

e. Cocoon IST91 100% Silk The secret to the Cocoon IST91 is the silk fabric. Like a magic bean the soft silk will keep you cool

in the summer and warm in the winter. The silk also allows the machine washable Cocoon travel sheet to dry very quickly and pack down to the size of a D battery. Small, soft and lightweight the Cocoon IST91 is that little piece of comfort that you do not want to do without.

f. Big Agnes Air Core Pillow The Big Agnes Air Core Pillow is the final piece to the perfect sleeping puzzle. Packs down smaller than a Twinkie, but provides a nice, comfortable pillow.

g. Sea to Summit Adaptor Liner with insect shield The Sea to Summit Adaptor Liner with insect shield was designed specifically for warm and humid conditions. The stretchy Coolmax material provides perfect moisture management and Permethrin treatment provides odorless insect protection. The Adaptor packs own to 3" x 5" and is machine washable.

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HE-1

EAST COAST ADVENTURE RACING SERIES

Navy team **"Trample the Weak, Hurdle the Dead"** wins 2012 All-Military Wilderness Challenge

by Mark O. Piggott, Public Affairs Officer

YORKTOWN–Representing the U.S. Navy, Team "Trample the Weak, Hurdle the Dead" was named the 2012 All-Military Wilderness Challenge champions, October 6, with a winning overall time of 7:11:13. Defending champions, Team "HT-18B" from Naval Air Station Whiting Field, Milton, Fla., came in second with a time of 7:24:01 and Team "MCAS New River Patriots" from Marine Corps Air Station, Jacksonville, N.C., was third with a time of 7:29:23.

The challenge was sponsored by Mid-Atlantic Region, Morale, Welfare and Recreation (MWR) Department, Naval Weapons Station (WPNSTA) Yorktown and ACE Adventure Resort, West Virginia's largest outdoor outfitter. More than 200 military personnel representing all five branches of the armed forces competed in a series of five outdoor adventure races—52 miles over two days—in the heart of the Appalachian Mountains and on the New and the Gauley Rivers in West Virginia.

Team "Trample the Weak, Hurdle the Dead" was comprised of four Naval officers from four different commands

across the country: Cmdr. Sue Himes, U.S. State Department; Cmdr. Todd Gagnon, Navy Information **Operations Command** (NIOC), Fort Gordon, Ga.; Cmdr. Andrew Cawlfield, Commanding Officer, Navy Operational Support Center (NOSC), Baltimore, Md.; and Lt.(j.g.) Travis Dill, NIOC, Fort Meade,





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TRIPLE SENSOR TECHNOLOGY







Md. Their camaraderie, dedication and determination brought them together for this win.

"Between the four of us, we've all had a lot of experience doing the Wilderness Challenge. Even though we never trained together, we knew what we had to do," Himes said. "We all got along—they were all quality guys with the right attitude—a perfect balance of the desire to win with the desire to have fun while doing it. I couldn't have asked for a better team."

41 teams participated in the Wilderness Challenge, competing in an 8K mountain run, a 12-mile mountain bike race, a 14-mile forced hike through the mountains, a 13-mile whitewater raft race on the Gauley River and a 7-mile kayak race on the New River. For the 12th year, West Virginia has hosted the event and the state is quickly becoming a familiar site for everyone involved.

"It was such a pleasure to be involved in the 2012 All-Military Wilderness Challenge at Ace Adventure Resort, and what an honor it is for West Virginia to host this exciting event year after year," said Keith Gwinn, Cabinet Secretary, West Virginia Department of Veterans Assistance. He attended the challenge to support the teams and represent the state of West Virginia in welcoming the participants.

"For a state that truly embraces military veterans and also offers some of the most extreme outdoor adventures, there couldn't be a better match," he added.



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For some of the challengers, it was not only the spirit of competition, but the chance to compete against the top athletes in the military that brought them to the Wilderness Challenge.

"We are all seasoned athletes who compete on our own in various types of endurance events (triathlons, marathons, Ultra marathons, Half Ironmans, etc.) so we all knew what we needed to do individually to be ready for this endurance event," Gagnon said.

In its 12th year, the All-Military Wilderness Challenge is reaching commands from all across the United States, from as far away as Iowa and even Puerto Rico. Over the challenge's two days, teams had to deal with everything from flat tires to broken wrists in their quest for the title of "most extreme" military team.

"Every team dealt with adversity, whether it was injuries, illness, fatigue, or breakdowns," Cawlfield said. "Our team (Trample the Weak, Hurdle the Dead) possessed a positive attitude which allowed us to pull together and encourage each other when faced with obstacles."

"A positive attitude, a little perspective and the ability to laugh at yourself are attributes our team possessed and it made the entire experience enjoyable," he concluded.

The top teams from each branch of service were also recognized at the awards ceremony. For the U.S. Army, Team "Dog and Pony Show" from U.S. Army Reserve Unit, Ames, Iowa, were first with a time of 8:56:12. For the U.S. Air Force, Team "OL-Q" from Defense Security Service, Quantico, Va., were first with a time of 9:29:18. For the U.S. Coast Guard, Team "Ducky Fuzz & the Master of Rubber" from the Deployable Operations Group, Arlington, Va., were first with a time of 7:44:10. Team "HT-18B" also took top honors for the Marine Corps and Team "Trample the Weak, Hurdle the Dead" for the Navy.

"This event could not have happened without the great teams that competed this year or without the support of Rick Bayes and ACE Adventure or the great staff from MWR Mid-Atlantic," said Mike Bond, MWR Director, WPNSTA Yorktown and the event coordinator.

Even as this year's competition comes to an end, participants and organizers are already preparing for next year's Wilderness Challenge, building on the success of this year to make it even better.

"Congratulations to the winners of this year's challenge and to all who participated. I look forward to seeing you back here again next year," Gwinn concluded.



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The Mad Water Waterproof Action Sport Pack provides 610 cubic inches of back pack, fully waterproof up to 16 feet. The pack includes a three liter hydration system, a padded breathable back, flexible sternum strap, built in safety whistle and tons of gear loops. If you need a little more room, just add the fully waterproof waist pack (275 cubic inches). We were amazed at the functionality of the Mad Water pack, which is actually a waterproof back pack versus the dry bags with shoulder straps we have seen masquerading as back packs. This two piece combination gives the user options galore, protection galore and value galore.



EAST COAST ADVENTURE RACING SERIES

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FOR ADVENTURE

Bellyak Frequency

The Bellyak Frequency is an awesome new body boating design that is half kayak and half surfboard. Designed by hard core river rats, the Bellyak is great for the novice who is afraid to be locked into a cockpit rocketing down the rapids. The Bellyak is also a hoot for those old river rats and allows a totally different experience on the river. Lightweight and sturdy the Bellyak is sure to provide countless hours of river adventure.

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Numa Flash

The Numa Flash are performance wrap around glasses engineered to protect the eyes. The Flash feature anti-fog venting, no-slipgrip rubber temple/nose pads, impact and scratch resistant lenses. All of these features topped off with a lifetime warranty against breakage, that's right you break them and Numa replaces them, make the Numa Flash a winning combination.

Native Trango

The Native Trango feature Ryno-Tuff air frames with side venting to eliminate fogging. The Snap-Back interchangeable lense system is as promised "a snap" and the style is evident.

Great for shredding the slopes or an afternoon on the town The Native Trango are a success.



MARCHING IN JOHN MURA FROM TO SAVE JOSEM JE HETCHHELCHEVALLEY

by Melanie Webber

One hundred years ago this summer, Congress passed the Raker Act, which enabled San Francisco to create a reservoir in America's most iconic national park, Yosemite National Park. This unique and never-repeated piece of legislation did not go unopposed: John Muir fought against it and one hundred newspapers across the county editorialized against it. But it could not be stopped. The Act cleared the way for the building of the O'Shaughnessy Dam, and the clear-cutting and burial of Yosemite's Hetch Hetchy Valley under 300 feet of water. Even those who today oppose the restoration of the valley admit that this extraordinary breach of the very essence of what our national parks are all about could never happen today. Sadly, it is believed that the destruction of Hetch Hetchy, which Muir referred to as "one of nature's rarest and most precious mountain temples,' killed the naturalist. He died just one year after the Raker Act passed.

But John Muir's fight is not over. This past summer I was privileged to join it by literally walking in his footsteps as a participant in the 2012 Muir's March, an extraordinary series of guided backpacking trips and hikes that trek through parts of Yosemite National Park, well-known and loved by Muir, but rarely seen by the public. The march is designed to raise awareness and funds for the campaign to bring the Hetch Hetchy Valley back to life. During the 2012 march, over one hundred marchers traced John Muir's footsteps, covering over a thousand miles of pristine wilderness. Meanwhile, on the back roads from Victorville, CA, to Hetch Hetchy, a peloton of bike riders also joined the quest, covering over 2,400 miles. The 2012 Muir's March/Ride raised nearly \$40,000 – and generated priceless awareness and mobilization – invaluable assets that will bolster the quest to make Yosemite National Park whole

again by bringing the Hetch Hetchy Valley back to life as John Muir knew it.

The march offered 7, 4 and 1-day treks and I opted for the 7-day back country trek, along with 8 other marchers and two guides. I am an experienced tri-athlete and had recently completed the challenging Wildflower Olympic triathlon, and was still in training for the Los Angeles Olympic triathlon. My preparation for the



trek consisted of four three-hour uphill hikes in the Santa Monica Mountains with a weighted backpack – I foolishly assumed that my Tri training would transfer to the trek. It didn't. A valuable lesson learned – you can only train for six and seven hours a day of hiking with 35 – 40lbs on your back...and almost daily 1,200 foot climbs and down and up again ... by hiking consistently and for hours with 35-40lbs on your back. The 47-mile trek turned out to be as



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Find MyTopo maps on iPhone, BlackBerry, and Android apps for fitness and outdoor enthusiasts. Learn more at **mytopo.com/apps**. challenging as it was beautiful -- and was one of the hardest things I have ever done physically.

However, the rewards were beyond measure! I was able to see wilderness in a way I have never seen it before – and in a way rarely seen by the visitors who seldom wander far from the developed areas of the park. Our trek took us through almost all of Yosemite's extraordinarily diverse micro-climates - from crystal clear alpine lakes to whispering, multi-colored grasses across endless meadows; from massive mountain monuments, magnificent



peaks of granite and arid crags to moist, fern-filled woods sparkling with fluorescent lime-green wolf moss; from fields of yellow-petaled echinacea, purpled lupine, blushing priest's buttons and red hot Indian paintbrush to burned out forests alive with regeneration – orange, blue, pink, golden and snow-white wildflowers, with baby pines pushing up through the ground, unfurling their needle-heavy branches – proving nature's resilience and continuing desire for rebirth – and a preview of what we can see in the Hetch Hetchy

Valley...once it is freed from its imprisonment 300 feet underwater.

We made camp each night near water, ending each day by swimming in mountain- and snow-fed crystal clear waters, one of the deep privileges of this march – every drop a reminder of the gift that our natural resources are... and a reminder that we are their stewards and should treasure them. And the wildlife was a constant reminder that we are not the owners of nature, but that we share it with a thrillingly diverse community: brilliantine turquoise dragonflies buzzed us as we swam; kaleidoscopes of butterflies rose out of the wildflowers; a soft, gentle fleet-footed deer sauntered through camp, unafraid...never exposed to the worst of humans; sand-spotted lizards scattered across the trails, and yes, we saw at last, a magnificent, if insouciant, California black bear (who was actually brown) – a fitting symbol ... just a few miles before the end of our march.

It is a cliché to say Yosemite is a spiritual, restorative place, but I found it to be just that.

And I was blessed with wonderful guides and the company of others who share in a passion to see this valley restored.

Our first view of the Hetch Hetchy Valley was on our final day and we saw it from high above, a far more deeply moving sight than the view from the dam: impossibly grand and dramatic – extraordinary even with its reservoir scar sucking the life out of its banks. This stunning vista made this mission even more important to me…because we had just emerged from exactly the kind of terrain that can once again exist in the Hetch Hetchy Valley, giving new reality to our imaginings of its future.



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As we made our way along the trail that circles the reservoir, we were struck by the lack of birdsong, the ghostly silence of the lifeless water. As we completed our trek, we rendezvoused with backpackers from the other routes, including four dads who accompanied their children on the Kids Trip, one of the four-day marches. We were also joined by dozens of hikers who had camped together the night before to make six-mile round-trip from Hetch Hetchy to Wapama Falls along the northern rim of the reservoir.

I was especially thrilled to meet the six cyclists who had ridden for eight days from Southern California to meet us in Yosemite. Organized through a non-profit called The Snowmelt, their route closely followed the California Aqueduct and the water that comes from the Eastern Sierras. Supported only by the gear they carried in panniers and on bicycle trailers, they rode as both a statement of solidarity with those who aim to restore Hetch Hetchy and the principles of The Snowmelt to protect the environment through a spirit of adventure. The energy they brought to Restoration Festival and Picnic celebrating our adventure's finale was so electric that Restore Hetch Hetchy is looking into permanently adding a cycling element to the event.

Jayk Goff, founder of the Snowmelt was as moved by his experience riding as I had been with the trek: "Riding through California we found ourselves so far off the beaten path that there were moments I felt as though our day was actually a page ripped from a Western and our bicycles were nothing less than steel ponies traveling through the wild west. We pushed our bodies to levels I don't think we ever thought was possible, we learned so much about ourselves, but I think what I will remember most will be the things I saw and the people I met along the way. As we





(ENOUGH SAID)



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made our way to Yosemite, we crossed paths with squatters, hobo's, natives, cops, doubters and folks that cheered us on. And in the end we met our new friends from Restore Hetch Hetchy, who can see Hetch Hetchy for what it once was, a valley wild and free from the obstructions of man. In looking back on the trip I see the places we went and the wide, open land slowly being encroached upon as our population grows. And that is what Muir's March and Restore Hetch Hetchy is all about – reclaiming a place for the future, a place meant to be wild and free, a place we can learn from, grow and replant an idea of sustainability, one that future generations can enjoy, grow upon and on which they can write their own story. In the end our journey became a story I can tell to encourage others to see these places: as John Muir said, the only way to protect these places is to inspire others to see it for themselves."

Like Jayk and my fellow Muir's Marchers, I hope that one day this valley will be alive again, with wildflowers and loping pines and firs and the sound of birdsong that has long been missing from the valley's corridors - and accessible to all of you and your children and grandchildren... and just as John Muir described it:

Hetch-Hetchy Valley...is a grand landscape garden, one of Nature's rarest and most precious mountain mansions. As in Yosemite, the sublime rocks of its walls seem to the nature-lover to glow with life, whether leaning back in repose or standing erect in thoughtful attitudes, giving welcome to storms and calms alike. And how softly these mountain rocks are adorned, and how fine and reassuring the company they keep --their brows in the sky, their feet set in groves and gay emerald meadows, a thousand flowers leaning confidingly against their adamantine bosses, while birds, bees, and butterflies help the river and waterfalls to stir all the air into music -- things frail and fleeting and types of permanence meeting here and blending, as if into this glorious mountain temple Nature had gathered her choicest treasures, whether great or small, to draw her lovers into close confiding communion with her.

Muir's March 2013 will take place from July 21 to 27 and will offer seven, five, four and one day options. For more

information: www.muirsmarch.org. It's an experience you'll never forget! AW

FOR THE BODY

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The Ecco Yucatan Sandal features Velcro adjustments and a sturdy design that makes it a good shoe for any warm weather outing. The Yucatan is fast drying and provides great support even when running. Available in multiple colors, you get both style and functionality from the Yucatan sandal.

Woolrich Encounter

The Woolrich Encounter shorts are made from a stretch nylon which is designed to get wet and dry quickly. Featuring UPF 40+ sun protection and a zippered cargo pocket, these are the perfect short for traveling or just beating around the neighborhood.

Harken Eco

The Harken Eco Shorts are made from a 4-way stretch bamboo-charcoal blend which is durable, moisture wicking and fast drying. The UPF 50+ UV protection and extra deep pockets make them perfect for traveling or sailing. The Ballistic version feature a removable, ventilated foam padding in the seat or all of those sailing adventures.

Body Glide

POPELIDI

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56



The Right Stuff

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Darn Tough Merino Wool ¼ cushion sock. This sock is comfortable on day 1 and a great all around sock. It provides enough cushioning for the trail or just beating around town. Darn Tough socks have been developed over 30 years of frigid Vermont winters and humid summers. The result is a Darn Tough sock that will keep your feet warm in the winter and dry in the summer. These socks are so Darn Tough that they are backed by a near extinct commitment – a lifetime guarantee. Quit fooling around with pretenders and get yourself into a pair of Darn Tough socks.

Ecco BIOM Hike 1.1

The new BIOM Hike 1.1 by Ecco uses Natural Motion technology which provides flexible, natural support. The boot is positioned low to the ground and is more streamlined than the traditional hiking boot. This translates to a comfortable, sturdy hiking boot that is flexible enough to handle any terrain it encounters. Featuring comfort combined with a great look, the BIOM Hike will find its way onto your feet for those epic adventures in the outback as well as those mini adventures at the local coffee house.

Tecnu

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The Unit

The Unit by Tru Fit will add an extra challenge and dimension to your workout. Featuring portability and quality, they actually use climbing grade hardware; The Unit will handle any abuse you throw its way. The varying exercises and strength gains you will get from the Units body weight resistance training are unlimited. Great for kids, novices and hard core gym rats the Unit is a must have piece of training equipment.



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Cycling the Earth

by Sean Conway

Sean Conway set off on February 18th in an attempt to become the fastest person to cycle around the world. With no real cycling experience Sean was going to have to average 180 miles (290km) per day through all 6 major continents, solo and unsupported – a huge leap forward from the 30 mile ride he couldn't complete just 6 months before.

Sean went off with a bang and headed through Spain and Morocco averaging over 200 miles per day.

"Those first few days were just getting me into the swing of things while I worked out a system for food, sleep, and where everything lives on the bike. The real adventure awaits me in South America. I cant wait." said Sean.

The 'South American adventure' Sean refers to was the bone-dry, scorching Atacama Desert. The 600-mile (1000km) stretch of nothing but sand seemed an odd choice for a record attempt but Sean insisted he didn't want to sacrifice adventure for a line in yesterday's newspaper.

"Records get broken or forgotten, I'll never get this opportunity again. I want to make it count." said Sean.

Sean reached Santiago and after the airline mislaying his bike, he eventually hit the Pan American Highway, heading northwards into nothingness.

Over the next two weeks Sean battled up the coast through the Atacama and on to Lima. Sean's alarm was set for 3:20am and he'd cycle through to 9:30pm, only stopping briefly for food and water 3 times a day. As he neared Lima he started to get hassled from gang kids in cars so had to get 12 police escorts in order to get some good miles





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in after dark. By the time Sean reached Lima, the end of his South America Leg, his average was still well over world record pace. His next stop was North America, where good roads and high calorie food would surely mean some big days on the bike.

"South America was tough but I loved it. I seem to thrive in harsh conditions, probably because I know my Blog would look better. Ha-ha." said Sean.

Sean then flew into Miami and headed north towards Missouri before heading back towards Texas. Things were going well and he was pushing out 200 miles per day – a pace well ahead of world record pace. Then on one Thursday morning in Arkansas, Sean was hit by a truck doing 50mph, suffering a fracture to his spine, torn ligaments in his leg, whiplash, concussion and chipped teeth. Sean now faced a very different challenge. Would he be able to carry on? Surely these injures would mean the end of his lifelong dream?

"It was a dark time for me but there was no way I was going to give up. I was taken in by an incredible family in America. Martin and Missy looked after me and brought me back to good health. Without them I'd never have been able to carry on. I owe them everything." explains Sean

So three weeks after the accident that could nearly have killed him, Sean carried on cycling with the aid of a neck brace. (Not recommended by the way) His record attempt may have been shattered but his clear drive to finish what he started was evident. His average dropped to about 150 miles per day and although Sean says that's 'rubbish' it's still quite a feat of endurance, especially if you don't have a fully functioning body.

He pushed on, getting chased by tornados in Oklahoma before conquering the Rocky Mountains.

"I loved cycling in The US. I got really unlucky and I don't want people to be deterred. Americans are the friendliest people in the world, especially if you aren't American. Ha-ha. I did work on my Hugh Grant accent before I got there!" jokes Sean!

Sean's ride then took him from Sydney, north along the coast before heading right into the middle of the outback. "It was pretty bare. There was one section that was 300 miles (450km) with only one stop for food and water."

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Sean. You need that sort of mind to cope in tough conditions like The Outback.

From Australia Sean did the; in Sean's words: "Short sprint" from Singapore to Bangkok. Although this section was fairly flat, Sean had another challenge to overcome.

"Thai food is just too damn healthy, a huge



bowl of noodles is only 200kcal or something daft. My stomach wasn't big enough to take in enough calories."

Sean dropped down to 60kg and lost a lot of muscle mass, and therefor strength in the process.

From Thailand Sean flew to Kolkata and rode across India to Mumbai. Because of Sean's accident he reached India nearly 4 weeks after he had planned. India was at its hottest as the monsoon hadn't come to cool things down yet. It was 45 degrees C and Sean battled heatstroke nearly every single day. Even tap water was warm so Sean had to use cold bottled water to pour over his head to stop his body from overheating.

"I felt really bad buying bottled water, something that is a bit of a luxury in India, and then pouring it over my head. I got some funny looks, but I needed it. I felt really ill."

From Mumbai Sean flew into Istanbul and worked his way through as many European countries as he could.

"I was originally going to go through Greece and then across to Italy but then saw how close Kosovo and Bosnia were and just had to go there. I am so glad I did because they were incredible."

After zigzagging through Eastern Europe, Sean went up Croatia, around Italy and then along the South of France.

"I remember seeing a ferry to Algeria at one point. I was very tempted but realized it was time to go home. I'd

had a great adventure and thought I should get home and get my spine checked out."

Sean arrived back in London 16,000 miles later just in time for the Olympics. Sean may not be the fastest person to cycle around the world but his courage and determination to carry on is something else. Sean has just finished writing a guide on how anyone can cycle around the world. It details everything from training, route planning getting the right equipment and more. Also it has the coolest front cover of all time.

Sean is heading back to America in 2013 for a team RAAM record attempt. AW





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4/27/13

4/27/13

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August

August

8/09/13

8/11/13

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8/24/13

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9/14/13

9/28/13

10/10/13

11/02/13

Sunshine Sea to Sea The Frigid Infliction Eco Lonestar **Lightning Strikes** Backpacker Bushwhacker AR Blue Ridge Mountain AR The Breakdown **Rev3 Epic AR** The Boonecrusher Yough Xtreme Adventure Race **MISSION AR** Amped Up AR Wild Wonderful AR Atomic AR Longest Day and Night AR The Jersey Devil Sprint AR Crux and Crucible SCAR 12 Hour Adventure Race Run, Row, Rock and Roll 24 Hours of Untamed New England Plot, Pedal, Paddle AR Equinox Traverse Adventure Race Sheltowee Extreme 5 Alaska AR Regional Championship **Rev3 Cowboy Tough** Greenridge Adventure Challenge **Odyssey One Day AR** Krista Griesacker The Bitter Pill Tahoe Big Blue DAS Series Championship **Expedition Idaho** Lionhart/ECARS Championship **Thunder Rolls** Warrior Challenge The Muster Sprint Adventure Race San Juan Island Quest Wilderness Challenge **Unbridled AR - The Fig**

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Celebrating 10 years of the Tour D Afrique bicycle race and expedition is a visually stunning history of a great African adventure that will inspire the reader. The reader will re-live the suffering, the joy and everything in between of the brave souls that have participated this in African adventure over the past 10 years.



Monkey On The Wing

When the magazine received an e-mail from the author of this book, Steve Adams, I agreed to read it with some chagrin. I don't usually read biographies, especially if it's about an unknown. I also don't read adventure books, which, according to Mr. Adams, this book was. It was also described as a book about travel. Okay, you've got my attention. Then, the last line of his polite e-mail said it also fell into the Aussie Larrikin genre. I'm sorry, but... What?

Aussie Larrikin, for the equally uniformed like me, is a genre of book in Australia that embraces an entire culture, Larrikins, and their willingness to have a total disregard for authority, even if it's their second back and the induced

it's their own. In short, what I might jokingly call a rapscallion .

Based on this, I had decided I wasn't going to read the book and went to my e-mail to write him back with a polite, "We appreciate your contacting us with your press release, blah, blah, blah..." when something jumped out at me from his initial e-mail. One line - great adversity that caused me to become totally blind. Well, shoot – now I have to read it. I mean, who knows how difficult it was for this man to write me the e-mail, much less an entire book. I contacted Mr. Adams and he supplied me with a copy in eBook format.

I approached this book with apprehension. If this book didn't grab me fairly quickly, I was done. A second point to make is: I have

preconceived notions about Indie (self-published) books. To me, "Indie" generally means poorly written, bad grammar, spelling, punctuation and even worse editing. After downloading Monkey on the Wing to my tablet for e-reading, (and what's with the name of this thing? Really?) I opened it and got started; 120 pages and several chapters later, I looked up to realize not only had about an hour passed, but I was thoroughly engrossed Steve Adams has written a beautiful, funny, touching and inspirational book that should be a must-read for anyone from the Beat Generation and beyond. Indicative of Life on the Road by Jack Kerouac, Mr. Adams lives a life the rest of us dream about, beginning at the age of about 15, when his mother finally tells him she's allowing him to drop out of high school as long as he gets a job, and that he never blames her later. And so the story really begins.

The dedication in the book is magnificent and filled with warmth and love for not just his wife and children but for his mother. He makes it clear were it not for her, he'd never have been able

> to make his way back from his being run over by a lorry (large truck, semi, really). However, from the first page of chapter one, I had to wonder where that love came from. At one point, I actually e-mailed the author to tell him, "You're much more forgiving than I'd ever be."

> Steve Adams begins his book with his earliest childhood memory at the tender age of three, and grows into an embittered, self-loathing young teenager whose favourite hobby is lashing out and skipping school to enjoy his "smokes" in the bush with his friends. Along the way, his parents divorce and his father, abandons the family.

> Without giving too much away, Steve starts working on farms and ranches, called stations in Australia, that are thousands, if not millions of acres in size, earning money as a jack-of-all

trades, earning just enough money to take him towards his next big adventure where funny, bizarre and, in some instances, dangerous things happen to him and around him. He has his wallet and all his money stolen in the middle of the Australian Bush. He finds himself, after a rather blurry night of drinking with his "mates", in a jail cell with no memory of how he got there (but it's a funny story and one I read aloud to my family).

Anything Worth Doing



Anything Worth Doing is a nonfiction narrative set in the wilderness West in the late 20th century. It's about two men whose friendship grows from their shared love of rivers. "Anything worth doing is worth overdoing" becomes their shared motto, and it leads them into a series of journeys that span a decade.

Some are idyllic, like the 900-mile, month-long sojourn in a handmade dory from the headwaters of Idaho's Salmon River down the Snake and Columbia to the Pacific. Other adventures seem merely strange, like the grueling marathon the men called the '5X5' -- five 100 mile whitewater river segments run in five consecutive days.

One heartwrenching day the odds catch up with them. Their dory capsizes in icy, floodstage waters. Before the men's desperate swim ends, one will face the fact that, although he has never failed at anything important, he cannot save his friend.

But this book delivers more than knuckle-biting adventure. As author Jo Deurbrouck points out, happily ever after hinges on where a story ends. Deurbrouck chooses neither to ignore nor focus on the book's central tragedy. A former whitewater raft guide herself, she opens the book near the end of her rafting career as she prepares to "move indoors." The readers listens over her shoulder as she interviews colorful characters, studies private journals, and pieces together the book's parallel journeys—-journeys through friendship, down rivers, and past death to redemption. *Reviewed by Chris Dombrowski*

Eventually, he ends up in London, selling stereo speakers out of the back of a van, where his sense of adventure nearly gets him killed more than once.

Throughout the book, it's evident Steve Adams, filled with contempt for himself, believing he's unlovable, and has a death wish to the nth degree. At times, I'm left wondering how he makes it to the age of 25 relatively unscathed. Which is why, after he's hit by a truck, it's completely disarming that he fights so hard to come back to life from a coma, where dreams and images he compares to an acid trip dance through his mind.

It's from these dreams he finds the title of his book, Monkey on the Wing.

Determined to move forward in life, Steve manages to not only leave his convalescent hospital in just under a year, he manages to do so under his own steam; a year after that, he's in college, reading, studying and earning his degree towards social work. The high school dropout has come full circle and is now qualified to help others.

Monkey on the Wing is an extremely well-written story. Mr. Adams describes his landscape, surroundings and world so well, I could see them in my mind's eye, living each moment as he lived them, holding my breath when he lost control of a pickup truck in some Canadian mountains and fell over the side of the road to a 300-foot drop. When he was bucked off the back of a rather cantankerous horse and tells of falling on his backside so hard it jarred his teeth, I felt the pain of landing too hard on the ground. And when he was dragged by the truck that finally ran him over, I had to stop reading for a moment, so great was the pain as he describes what he can remember of the accident in excruciating detail.

In the end, it comes as absolutely no surprise to me that Mr. Adams has recovered almost completely from his accident, sans his eyesight (which is explained in the book), and that it probably never occurred to him he wouldn't. And his mother, not painted in a very flattering light in the beginning gains, by the end, a great deal of my admiration and respect for how easily, quickly and thoroughly she steps up to the plate for her son, no questions asked.

This is a book that is inspirational on several levels, most of which being his ability to rise above being blind and making a life for himself, not because of his blindness but in spite of it; it's as though he approached his recovery and blindness with the same aplomb with which he approached everything else in life – it is what it is. Let's move on.

The chapters in Monkey on the Wing are short, in some cases only five or six pages, which, in my opinion, make it a perfect read for travellers. At times, the story does seem to drag on a little and the urge to skip ahead is strong. But don't, because I promise you, it gets better and it's through the telling of the numerous stories readers learn where the fortitude to come back from his life-threatening injuries started.

Not only does the book leave you with a strong desire to visit Australia, but the shorter chapters, each one standing on its own, while still melding seamlessly with the ones before and after, means you can pick it up and put it down at will. Who hasn't waited for a plane and been frustrated by being called to board in the midst of an interesting part of a book? And when you return, how many times have you had to go back several pages to figure out where you were in the story? That doesn't happen with Monkey on the Wing.

Whether it's travel, adventure or the hi-jinks of an overlyintelligent, easily bored, precocious child/young man you're looking for, Monkey on the Wing comes highly recommended for both the inspiration and for the pleasure of reading a book that tells it like it is and tells it well.

For more information about the book and to order a hard copy, for yourself, visit his website, www.monkeyonthewing.com or Smashwords.com for a copy in eBook format.

Reviewed by: Nancy M. Dickinson, Editor, Exploration Travel Magazine

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