Advandura Morile Magazine Sumer 2015









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USARA National Ranking System

USARA National Rankings

Strong Machine	42.00
YogaSlackers	40.00
Journey Racing	36.00
Florida Xtreme	35.00
TeamHalfwayThere	33.00
Checkpoint Zero	30.00
DINO	30.00
Cameco Racing	30.00
Sustainable Athlete	30.00
Team Kuat	29.00

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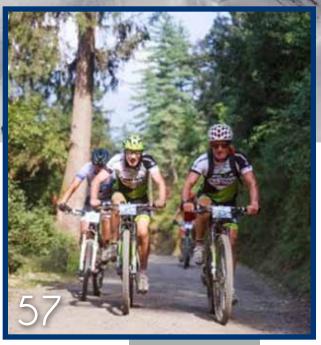
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Chasing Down the Olympian

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NEXICO

by Clare Morin

A funny thing can occur on 4 Deserts Races. The series, named by TIME magazine as one of the Top 10 endurance competitions in the world, reveals the mind-bending reality of just how vast our planet is—by leading competitors into some of the most remote and unexplored deserts on Earth. But at the same time, strange coincidences can play out amid these deserts, revealing how equally small and interconnected our world can be.

This was the case for the 29-year old American competitor Ralph Crowley, who put in an astonishing performance in The Last Desert (Antarctica) in 2014. Crowley first stumbled across the 4 Deserts Race Series back in 2010—when he read an ESPN article about the Boston based competitor George Chmiel who was using these races as a platform to build Running with Luci, which fundraises for children suffering from congenital panhypopituitarism. Crowley says he was so inspired by Chmiel's story that he decided to take on the Sahara Race for himself in Egypt in 2010.

"I had never really traveled outside of the U.S. and Europe so I really wanted to travel elsewhere," he explains from his home in Worcester, Massachusetts. "This just sounded so extreme, not only to travel to Egypt but to go out and run around in the middle of the desert."

He says his first 250 kilometer multi-stage race in the Sahara Desert was a brutal initiation. "I thought I was prepared, but I was totally unprepared. I was vomiting on the side of a trail a mile away from the Day 1 finish line! I probably went out as a typical, 25-year old American; I went out way too quickly. Then, I raced much more conservatively for the rest of the event."

He persevered and then began to improve his game—making adjustments to the weight of his pack, and being sure to choose food that he could actually stomach when out in the field (make sure you actually like the food you're taking with you, he advises). Crowley then took on the Atacama Crossing (Chile) in 2011 and competed in RacingThePlanet: Iceland (the Roving Race) in 2013 where he finished fifth overall. In the next Roving Race, RacingThePlanet: Madagascar 2014, he took third place, not far behind the ultra-running legend from South Africa, Ryan Sandes.









By the time he arrived in the Argentinean town of Ushuaia, the southernmost city in the world on 30 October, Crowley was exhilarated to be finally arriving at The Last Desert and hoping for a strong finish in Antarctica. As he boarded the expedition ship with 69 competitors from 28 nations and a team of staff, volunteers and medics, he realized he would be sharing a cabin with George Chmiel, the very man that inspired the young American to sign up for the Sahara Race four years earlier.

For the next two days, they sailed across the Drake Passage—one of the most notorious ocean crossings in the world because of its huge currents where the Atlantic Ocean and Pacific Ocean meet. "I'd say our meals are the most entertaining parts of the day," wrote Crowley in his 4 Deserts blog on the second day of the crossing. "Glasses are flying everywhere, chairs slide across the dining room, and there is a constant sound of plates crashing coming from the kitchen."

Fortuitously, Crowley didn't succumb to seasickness and when they arrived two days later they found themselves in one of the most sublime landscapes on Earth. "We got there overnight and you wake up in the morning, you look out your little round window and see the snow-covered mountains coming out of the ocean."

The Last Desert is the only multi-day stage race to take place on the Antarctic continent and it only takes place once every two years. You need to have already competed in at least two other 4 Deserts races to get a spot on the ship, so to engage in this race is already an achievement in itself. Unlike other 4 Deserts races where competitors





sleep in shared tents along the way, in Antarctica they sleep aboard the expedition ship and race on various islands and settings around the region, accumulating the highest distance possible in timed stages.

At 07:00 on Tuesday, 4 November, the competitors arrived at Deception Island for Stage 1. The boat sailed through Neptune's Window, an impressive gateway of volcanic rock formations that opens up to a large bay hidden inside the horseshoe shaped island. Competitors were taken to shore in zodiac boats and landed on a black sandy beach with historical buildings from the era of the whalers in the early nineteen hundreds.

The opening day's seven and a half hour stage took competitors on a course that looped around the island, from Whaler's Bay where the volcanic, black sand met the turquoise colored sea and past volcanic thermals that caused steam to rise.

Right from the get go, Crowley sprinted to the front with the favorite of the race, 43-year old Jose Manuel "Chema" Martinez Fernandez. This Spaniard had been making a name for himself throughout 2014, winning the Atacama Crossing and the Gobi March and coming second overall in the Sahara Race. He has twice represented Spain in the Olympics and has a 2:08 marathon time, all eyes were on him to see if his extraordinary performance would continue amid the snow and ice.

But Crowley was born and raised amid the harsh winters of New England, he had experience racing on snow and had been growing into a seasoned 4 Deserts racer, so he put in a strong performance. By the end of the first day, both had competed 61.1 kilometers with Crowley coming in just behind Chema.

The pair remained neck and neck all week. "I pretty much just tried to chase him the entire week," explains Crowley, laughing. "He got a little over 20 minutes on the first day covering the same distance. Then everyday after that it was probably like five minutes. It was a little under 40 minutes by the end of the week as far as overall time goes. That was probably the most exciting thing, making this double Olympian and incredible runner look over his shoulder a little bit."



Vidaraid Adventure Team

There were also many moments where racing took second priority to the local residents; a rule of the race is that competitors have to give way to wildlife and stay a set distance away. "On Stage 3, we were on a switchback trail," remembers Crowley. "We were coming into the checkpoint; it was Chema and I running together and there was a penguin that was rolling down on its stomach. He would stop on all the switchbacks, so we would be running across a switchback and have to wait for the penguin. This kept happening on every switchback, it was hilarious."

By the final day there was an hour separating first and second placed racers and Crowley decided to enjoy the extraordinary setting for his final day. "I did try to push the pace a little, just to see if I could sneak ahead of him," he says. "He's pretty good at running; those Olympic runners are pretty good. But towards the end of the day, it was just taking the time in Antarctica because I was very much locked into my spot and got to enjoy myself as much as possible."

Crowley says that a benefit of these races is how they open up the world in completely new ways to travellers. "I really like being able to see these very remote places in such a different way than you normally would as a tourist," he says. "Like my first race in Egypt: instead of just driving through the Sahara Desert, you're dropped in the Sahara Desert and run 250 kilometers across it. It's just such a different experience. You see a lot of places you would never see doing it the other way."



SERIOUS HYDRATION FOR SERIOUS ATHLETES



Cramps, headaches, muscle fatigue and light-headedness are just some of the symptoms caused by dehydration. Exertion, sun exposure, humidity and high altitude all contribute to the body's loss of water and electrolytes.

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BLACK GUN RISING: TRICKING OUT YOUR AR-15

by Troy Farrar

Building on the article from last issue we have continued the list of accessories available to trick out your AR-15. The light weight AR is easy to use, has low recoil and can be customized in just about any configuration making the AR a great gun for shooters of all backgrounds. Grab yourself an AR, trick it out to fit your needs and start having some fun with America's gun.

LIGHTS

Safariland Rapid Light System

The Safariland Rapid Light System is a durable and functional weapon light that will run for over 40 hours on three easily replaceable AAA batteries. The taped split pressure switch has an 8 inch cord and provides the shooter with a 10 lumen or 190 lumen LED option. The scalloped bezel provides great heat dispersion and also provides an effective striking tool. Designed to fit most integrated handgun rails or rifle picatinny rails, the RLS attaches in mere seconds and also features a pocket or belt clip for easy storage when not attached to a weapon. www.safariland.com



Princeton Tec Switch Rail

The Princeton Tec Switch Rail is a 10 lumen low output task light which provides a reduced operator signature. The Switch Rail mounts directly to a picatinny rail and provides 36 hours of stealthy light. The recessed LED's can provide momentary or continuous IR red, IR white or red / white light with the push of a button. The Switch Rail can be used as a primary light in stealth search, breaching, navigation and makes a perfect light weight back up light as well. The Switch Rail is made in the US and is a durable and functional piece of equipment. www.princetontec.com

Extreme Beam TAC24 SWAT

The Extreme Beam TAC24 SWAT is a durable and tune focusable tactical light that will blast 235 lumens of light up to 400 meters for over 7 hours. The TAC24 is a solid aluminum waterproof workhorse that has Extreme Beams proprietary Anti-Recoil System allowing the light to be mounted to weapons without effecting the functionality. The protected switch can be changed out for the 11" remote switch which feature a silent momentary or click on option. The Extreme Beam mount utilizes dual knurled thumb knobs for quick attachment to picatinny or weaver rails. The Tac24 features SuperLumen reflector technology which boosts the lights effective range and Hikeback which automatically dims the light when the batteries are growing low giving you time to make it back to base camp. www.extremebeam.com

TRIGGERS









Tac - Con 3MR Trigger

The Tac - Con 3MR Trigger is a US made, drop in, 4.5 pound, 3-mode fire control system with the following settings: Safe, Semi-Automatic, and Tac-Con's patented 3rd Mode. Tac-Con's 3rd mode has a positive reset that dramatically reduces the split times between shots. The 3MR achieves this speedy reset by transferring the force from the bolt carrier through the trigger assembly to assist the trigger back onto the front sear providing the fastest reset possible. A little trigger practice combined with Tac-con's 3rd Mode can turn your weapon into a semi-automatic that fires quickly enough to be mistaken as a fully automatic weapon. www.tacconusa.com

CMC Tactical AR-10/AR-15 Trigger

The CMC Tactical AR-10/AR-15 Trigger is a non-adjustable, single stage, US made self-contained drop in trigger module available in multiple trigger weights. Available in flat and curved trigger models the CMC provides a crisp breaking trigger with no creep prior to firing. The positive trigger reset allows for smooth lightning fast follow up shots. This match grade trigger has a simple drop in installation that will have you back in action in a few minutes. Get yourself a CMC and watch your trigger control improve dramatically. www.cmctriggers.com

Geissele Automatics SSA Trigger

The Geissele SSA Super Semi-Automatic trigger is a semi-automatic only version of the Super Select Fire trigger used by many Special Ops groups. This precision nonadjustable 4.5 pound (2.5lb 1st stage/2lb 2nd stage), two stage trigger is certified by the Crane Naval Surface Warfare Center. The SSA is based on the older style trigger design, however the surfaces are precisely ground to create a smooth & frictionless trigger. The SSA's two stage design provides a light trigger for those deadly accurate shots yet forgiving enough for close quarter combat. www. geissele.com

Timney AR-15 Skeletonized Trigger

The Timney AR-15 Skeletonized Trigger is a US made, drop in, single stage, non-adjustable trigger available in 3 or 4 pound pull. The Timney installs in mere minutes using the same hammer & trigger pins. The crisp & consistent release combined with a lightning fast reset provide an excellent trigger upgrade that has plenty of major competition wins to support its pedigree. Timney uses a straight trigger shoe which aids the shooter in pulling straight back, eliminating shooter influence on gun alignment. www.timneytriggers.com

MAGAZINES & MAGAZINE ACCESSORIES

MTM Casegard Tactical Mag Can

The MTM Casegard Tactical Mag Can will hold fifteen 20 or 30 round .223 / 5.56 magazines. The Tactical Mag Can features a carry handle, 3 padlock tabs, an O-ring sealed water resistant design and a double latching closure system. They are built to interlock when stacked and according to MTM Caseguard, strong enough to stack with loaded magazines all the way to the ceiling. www.mtmcase-gard.com

Caldwell Mag Charger

The Caldwell Mag Charger makes loading your magazines a quick and easy process. The Mag Charger is designed for .223, 5.56 or .204 rounds. Load 50 rounds into the charger from your ammo box or a storage box, insert a magazine and stroke the plunger which loads 5 rounds per stroke until the mag is full. Caldwell claims that you can actually load the charger and charge two magazines in less than 15 seconds, so we tested their claim and it is true. www.caldwellshooting.com

C-Mag Beta Mag

The C-Mag Beta Mag is a 100 round, twin drum, high capacity US made magazine. Spend your time loading or get a Beta Mag and spend your time shooting with a 100 round capability. The Beta Mag has optional accessories such as a 5 round personal loader or 10 round speed loader that make loading the magazine a snap. The Beta Mag is available with a black or clear front cover, a carrying pouch that is available in 6 colors, a dust cover and graphite lubricant. Featuring a lifetime warranty, the Beta Mag can store indefinitely while loaded without any performance loss. www.betaco.com

Cammenga Easy Loader

The Cammenga Easy Loader is a portable magazine quick loader that is light & durable enough to carry in the field. Just connect a magazine, load 20 rounds and pull the charging lever and your magazine is loaded. We tested the AR-15 version which will work with .223 or 5.56 but there are 10 different caliber models available. Made in the USA, the Cammenga Easy Loader boasts a lifetime guarantee. www.cammenga.com

Cammenga 30 Round Easy Mag

The Cammenga 30 Round Easy Mag is an easy to load 30 round heat treated steel magazine. This US built beauty has chambered feed lips, a tip-proof steel follower and a stainless steel main spring. The magic of he Easy Mag is the open case design which allows you to slide the front half of the magazine open for fast loading or unloading. Available in 20 or 30 round models, the Cammenga Easy Mag will hold both .223 & 5.56 rounds and significantly increase your loading time. www.cammenga.com



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SIGHTS

Magpul MBUS Pro Front & Rear Sight

The Magpul MBUS Pro Front & Rear Sight are lightweight and durable corrosion resistant all steel backup sights that feature positive detents in both the folded and live position. The rear sight features a windage adjustment and dual apertures that can be easily selected without effecting zero. The MBUS front sight features a simple to use no tool elevation adjustment knob and the narrow width is compatible with most IR aiming laser & light configurations. When stowed the MBUS is tiny and leaves plenty of room for your other important accessories. www.magpul.com

PRI Flip Up Front & Rear Sight

The PRI Flip Up front & rear sights are light weight durable sights constructed of aluminum and steel. The front sight is designed to lay backwards when not in use and will mount to any rail that sits at the same elevation as the receiver. When lifted the post locks into position at a 1.4 inch height from the picatinny rail and a simple push of the detent allows the sight to be lowered. The front circle housing will increase target acquisition. The rear sight also locks into place when lifted and the line of sight is 1.4 inches from the base to the peep. The PRI allows the operator to switch between two sizes of peep apertures without losing zero on the sight and has a windage adjustment. The PRI sights allow the operator to use optics and top rail mounted accessories. www.precisionreflex.com

WM Tactical Tuor Back Up Sighting System

The WM Tactical Tuor Back Up Sighting System is a unique sighting system that can be used as a flip up back up sight and angle sight system in a single platform. The Tuor has a solid detent and can be rotated from the standard sight configuration to a left or right 45 degree angle sight in a few seconds. This unique rotation feature allows shooters to use the Tuor without removing the primary optics and the 45 degree option provide maximum cover when shooting around barriers. The front sight features an adjustable elevation post which is upgradeable and the rear sight features dual selectable apertures that maintain zero along with a windage adjustment knob with detent. The US made Tuor's are hard coat anodized T-6 aluminum with steel picatinny mounts for years of dependable service. www.wmtactical.com

Diamondhead Polymer Diamond Integrated Sighting System

The Diamondhead Polymer Diamond Integrated Sighting System is designed for use as a primary sights or when your main optics fail. The spring loaded foldable polymer sights are light weight, durable and feature NiteBrite Photoluminescent inserts which can be charged by sunlight or a flashlight. The Diamond's rear sight features a windage adjustment and dual plane short & long range diamond shaped apertures that maintain zero when alternated. The diamond shape aperture aids the shooter in placing the front sight post in the exact center of the rear aperture and the rear sights will stow either

the short or long range aperture active. The front sight features Diamondhead's patented diamond housing and along with an elevation adjustment. The Diamondhead Polymer Diamond Integrated Sighting System is an inexpensive, reliable & durable solution that fold out of the way when not in use. www.diamondhead-usa.com





GUN CASES

Nanuk 995

The Nanuk 995 is a fully waterproof & crushproof lockable rifle case that will ensure your weapon arrives in the same condition as when you left. Four powerclaw latches keep the Nanuk solidly closed and four stainless steel reinforced padlock locations keep your contents secure. Dual soft grip folding handles and integrated inline skate wheels make transportation of the Nanuk a breeze. The stackable Nanuk features an integrated lid stay and the ability to quickly remove the lid. The light weight resin case is available in 3 colors and combined with multilayer foam forms a protective cocoon around your contents. www.nanuk.com

Drago Gear 36" Single Gun Case

The water resistant Drago Gear 36 inch Single Gun Case is a heavy duty case packed full of features. The lockable main compartment has plenty of padding to keep your weapon safe. There is a second large compartment that has 2 concealed padded stash areas and a zippered pocket. There are 3 front pockets which feature Velcro, buckle and bungee cord closures to triple insure that your contents stay safe and secure. Dual zippered pockets, Molle webbing, four cinch straps, a wraparound carry handle and padded backpack straps with a chest strap round out this durable and functional gun case. Available in 3 colors the Drago Gear 36 inch Single Gun Case is a durable performer. www.dragogear.com

UTG Combat Operation 38 inch RC Series Gun Case

The UTG Combat Operation 38 inch RC Series Gun Case has a split padded main section that will hold 2 rifles. The RC Series case has a second slightly smaller compartment featuring 2 concealed pockets with MOLLE webbing on the front. Three removable magazine pockets are attached to the front of the rifle case using MOLLE webbing and featuring buckle closures with a bunji band for added security. The UTG has dual cinch straps, a wraparound carrying handle and back pack straps to round out the exterior features. This durable and functional case is highly customizable for your specific needs and is available in black or OD green. www.leapers.com

VooDoo Tactical Deluxe Lockable 42 inch MOLLE Soft Rifle Case

The VooDoo Tactical Deluxe Lockable 42 inch MOLLE Soft Rifle Case is practically a portable gun safe. The lockable case will hold 2 rifles and 3 pistols all in individually padded and lockable compartments. The case also has compartments for six 30 round rifle magazines and eight pistol magazines. The exterior features a carry handle, a shoulder strap, 2 cinch straps and plenty of MOLLE webbing for adding additional gear. The Voodoo Tactical case comes with 6 locks and is available in 3 colors. Made with heavy duty ballistic fabric and completely surrounded with high density foam, this rifle case was made to take anything your environment can dish out and keep your weapons secure. www.voodootactical.net









CLOTHING

5.11 Tactical Freedom Flex Woven Shirt

The 5.11 Freedom Flex Woven Shirt is an all-around operators shirt that will fit the bill from a meeting at the embassy to a trek in the jungle. The perforated sides, and under arms will keep shoulders in any environment and the vou cool dual chest & shoulder pockets are handy for storing small The gear. breathable quick & drying Freedom Flex also features metal snap buttons and a square hem that looks great untucked. www.511tactical.com

Th5.11 Tactical Traverse Pant

The 5.11 Tactical Traverse Pants are moisture wicking, fast drying water repellant pants built to endure any environment you encounter. The Traverse Pants feature stretchable fabric, an elastic waistband & articulated knees providing the mobility you need in any situation. Dual front pockets, dual cargo pockets with integrated elastic magazine bands and dual zippered back pockets provide plenty of secure storage for your gear. These pants are tough enough to take any punishment you can deal out and stylish enough to look great while doing it. www.511tactical.com



ACCESSORIES

BCMGUNFIGHTER Charging Handle

The BCMGUNFIGHTER Charging Handle directs the force away from a small roll pin into the body of the charging handle during support hand only use resulting in a stronger & smoother system. The Gunfighter Charging Handle is hard coat anodized and machined from 7075 T-6 aluminum. Available with 3 optional latch sizes, the durable Gunfighter Charging Handle can take the abuse and will insure you stay in the fight. www.bravocompanyusa.com

The ATI AR-15 Tactlite Stock







Start an Adventure Racing Club

The USARA would like to encourage individual racers, teams, and race directors to consider starting an adventure racing club in their area. Adventure racing clubs provide support that is necessary for a potential first time adventure racer and this support relieves a lot of fears that are often entrance barriers to adventure

racing. Clubs can be a business that charges for professional training or a simple group gathering that helps members corporately prepare for upcoming events.

Adventure racing clubs can provide physical preparation such as training classes and specialized training such as navigation or paddling techniques. They teach the novice adventure racer what type of equipment they need and often pair them with experienced racers for their first event. Adventure racing clubs usually grow into a social clubs where club members race together and socialize together when not racing. This seems to breed growth as club members bring friends or coworkers to workouts and many of them end up joining the club. We have found that adventure racing clubs are the most successful way to grow participation in an area.



To aid in the growth of regional adventure racing clubs, the USARA will provide free Ads in Adventure World Magazine to promote club events. The USARA will also publish club events in the USARA newsletter to help market the events.

New rules for the USARA National Ranking System

The USARA National Ranking System will be adopting a few rule changes for the 2015 year.

The length of events has been adjusted and will be based on advertised time (previously based on winning time). The new advertised race times are as follows: Sprint Adventure Races will be 0 - 9:59, Adventure Races will be 10 - 35:59 and Expedition Adventure Races will now be 36 hours plus.

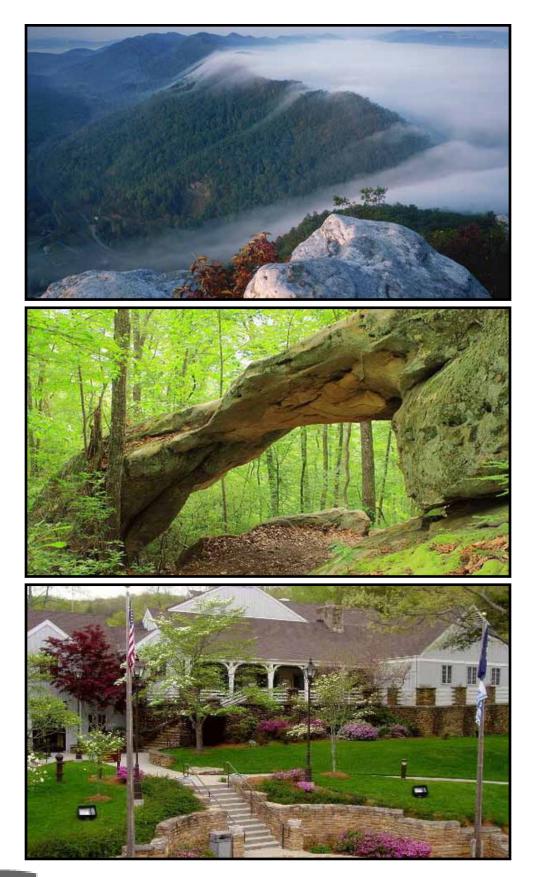
The points awarded for finishing have also been modified for the 2015 year. Visit the ranking page at USARA.com to view all of the updated ranking rules.

News

2015 USARA Adventure Race National Championship

The 2015 USARA Adventure Race National Championship will be held in Pine Mountain State Resort Park in southeastern Kentucky. Stephanie Ross of Flying Squirrel Adventures will follow up her 2011 debut as the race director for the event and her experience guarantees an epic course. Both participants and spectators can expect a memorable event as a result of the great support received from the community of Bell County, Kentucky State Parks and the Kentucky Office of Adventure Tourism.

Describing this year's course, Ross stated, "Well, racers should note the contour interval on the park topo map is 40 feet. I hope they're doing their hill repeats." The area is famous in American history for the wilderness trace through the gaps in the Cumberland and Pine Mountain ranges. "My goal is for racers to have a sense of what that journey must have been like for early Americans. They will be literally following in the steps of Daniel Boone." Ross went on to say her goal is for the National Championship is to be "a pure test of the skills essential to the sport - strategy, navigation, mountain biking, paddling, trekking - where everyone runs the same race. The top teams will clear the course by visiting all of the same CPs. And the first across the finish line will be the national champion." AW



Rebecca's Private Idaho

by Rebecca Rusch

© Linda Guerrette



Idaho is my chosen home. I wasn't born here and didn't discover the majesty of this place until well into my 30's. I came to Idaho to train with my adventure racing teammate, Patrick Harper. He was born and raised in Ketchum and even has trails named after his father, who birthed much of the recreation infrastructure of this place. Patrick honed his navigation, paddling and adventure skills right outside his back door. He invited me to come and train with him and experience his backyard. That was 15 years ago and I never left. My story is not unique. Talk to anyone who's been here a long or short while and they say the same thing: "I came to visit and never left". Idaho puts her claws in you and keeps you grounded between her rocky peaks. Since this is my chosen home and I fell in love so deeply, I felt the urge to share what I knew with other friends and athletes. Just as Patrick invited me here so many years ago, I felt compelled to invite more like minded souls to experience my training ground. That desire was the seed that launched my gravel cycling event, Rebecca's Private Idaho. I've traveled the world with the bike as my vehicle to explore and challenge myself. I've toiled over an infinite number of miles of trail and road and marveled at the world around me. However, no place on this earth pulls me in and inspires me like Idaho. The mountains, the open vistas, my training ground, and the welcoming atmosphere all needed to be shared with my cycling friends.

As Rebecca's Private Idaho heads into year #3, I still marvel that the dream became a reality. Hundreds of riders have rolled into town for my event and left with sore legs, a big smile and a new vision of the unspoiled terrain we have here. My priority with Rebecca's Private Idaho is to challenging you on the bike and also make you feel like family in this small mountain town. If you come here and feel like you never want to leave, then my mission will be accomplished. I think it's one of the best events out there, but don't take my word for it. One rider, Janeen McRae was so inspired by Rebecca's Private Idaho that she wrote a poem about her experience. Read on and I hope it will encourage you to sign up to ride with me in Idaho on September 6th. Giddy Up!

www.rebeccasprivateidaho.com



···· Sawtooth Beasts, They bome Undone ····

Janeen McCrae www.nodirectionknown.com



Slaves to the pursuit myth, servants to the roar The Sawtooth Beasts converge on the nervous town. Fleshy weight on their mechanical backs, the corral swollen and barrier-fat.

With tongues, hungry for rock and lolling in their mouths, they wait. Triggers twitching, they bend the morning shell to their ears. 'Idaho, Idaho' a promise whispered as The Queen surveys her Kingdom. The caller calls. A blood-surge and the herd moves, liquefied. Town bellows heave, loud then quiet, as Sawtooth Beasts roil away.



Raw and wild they rumble on, hooves strike burnished basin Sawtooth Beasts with faith restored, grub roughly at their faces. Lips smudged with coppered scree, Earth snarls her lips and steps, To smack each beast with closed-fist force. A who's boss memo Dictated in a landscape primed for oils. Blood invades unbridled jaws While The Queen's decree fades dimly from their lollipop memories Foaming beasts of lead groups have long since been and gone Registering only their private pain suffered at the hands of this world.



A contour lit, the Trail Creek fuse fluts and sputter-sparks Magnesium-fierce, the herd's atom is cleaved, and cleaved once more. The Queen and her entourage charge hard t'ward the summit While in her wake more Sawtooth Beasts, by ones, by twos, race on Bellies pure kilns of bloated ambition, with lungs pyrotechnic. Too soon. Hearts white hot, they seek to see this rude mountain slain. To kill the burn, the hate. Snuff all pain from this feral gathering. The mountain, bored of its playthings, allows Sawtooth Beasts to pass.



Sawtooth Beasts, they come undone. A fatal turn of vane Throws their bodies mottled, bruised, to the mercy of the wind. Huddled close and pushing on, their minds melted from the strain Of mechanical numbness. Motion stings, mouths hang loosely. The fickle air, howling and megalomaniacal, bullies their playground With prickling, flung-hard sand and graveled insults. Seeking shelter, heads sag forward with eyes set to the task The Beasts riffle through courage chests seeking solace in their wares.

Sunken-sockets and drubbed with grime, a line is crossed As beasts stampede the joyful town. Returning triumphant, The floodgates open to bathe them in relief baptismal. Holy. Collapsing sated, a pool of joy of sweat of tears of glory. Washed in love Their Queen rises, and overcome, sublime. "If a thousand lives were offered me, then this one every time." The Sawtooth Beasts shift in their skins, crack elemental bones They roost their hearts in a Private world: This Kingdom of Idaho.



FOR THOSE OF US WHO LIVE TO RIDE MORE, THERE IS NOW A TIRE SEALANT BUILT BY RIDERS TO DO JUST THAT.



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Summer 2015



Garmin GPSMAP 64ST

The Garmin GPSMAP 64ST is a waterproof, high sensitivity GPS and GLONASS receiver with an integrated quad helix antenna that keeps you in contact even in the remotest of sites. Throw in a 3 axis tilt compensated compass and a barometric altimeter and the Garmin has built something that is much more than a typical GPS. The GPSMAP 64ST comes preloaded with a worldwide base map and TOPO100K that provides complete US coverage. Adding additional maps is a snap with the 8 GB memory and microSD card slot and all maps can be viewed in 2D or 3D. The GPS also includes a 1-year BirdsEye Satellite Imagery subscription, which is a very useful tool. The iPhone compatible Garmin is capable of receiving emails or texts and can wirelessly share information such as waypoints with other compatible Garmin devices. The 2.6-inch color screen is easy to read in the sunlight and you will get 16 hours of use on two AA batteries. Geocachers will enjoy 250,000 preloaded caches that include descriptions & hints. Much more than a GPS the Garmin GPSMAP 64ST is a complete tool that will keep you on track and connected no matter where your next adventure leads you. www.garmin.com

Magellan eXplorist 510

The eXplorist 510 is Magellan's newest waterproof GPS. Packed with the World Edition map that provides the complete US road network (and several other countries), the eXplorist allows for either 2D or 3D viewing. Completely programmable with both customizable icons and hard buttons, the eXplorist also features a user-friendly 3-inch touch screen. Magellan thought of everything as the eXplorist has a 3.2 megapixel camera and a microphone & speaker for recording field notes. Geocachers can download over 20 unique details of each cache making this a game changer in the geocaching world. The eXplorist 510 will give you 16 hours on two AA batteries and even more when using the suspend mode. The Magellan eXplorist 510 will provide all

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of the tools you need for your next adventure. www.magellangps.com





The G Drive ev ATC hard drive is rugged enough to take the rigors of outdoor life making it the perfect computer accessory for the traveler. Billed as an all-terrain drive, the water & dust proof outer case protect the drive from 6 foot drops, has a built in USB Thunderbolt cable and even floats. The light weight G Drive features a TB of storage and makes the perfect in the field back up or storage solution. www.g-technology.com

Granite Gear Cross Trek Luggage Bag

The Granite Gear Cross Trek Luggage Bag is the Ferrari of travel bags. We reviewed the largest model, which provides a massive 8000 cubic inches of space. Weighing in at a scanty 12 pounds, the Cross Trek allows you to use the majority of your airline weight limit on the contents and not waste it on the bag itself. Built tough with water resistant materials & zippers your gear will be dry and safe when you reach your destination. Padded handles, compression straps and hidden backpack straps provide maximum options when traveling with the Cross Trek. There is even a protected pocket for your laptop or tablet in this wheeled luggage bag. Get yourself the Granite Gear Cross Trek Luggage Bag and you will be equipped for anything your trip can throw your way. www.granitegear.com



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If you are looking for the fastest, cleanest, safest and easiest way to light your fire then look no farther then the Bison Airlighter. The portable air driven Airlighter provides a 4-inch flame that instantly ignites charcoal, wood and just about anything else it touches. Once the fire is lit the airflow quickly aids in building the fire. No more nasty charcoal fluid taste on your food or leaky charcoal fluid in your car. A must have item for BBQ chefs, RV owners and car camping, just point and shoot and you are in business. The Airlighter has a USB rechargeable battery and is fueled by butane; users will need to reload the unit after 30 uses. www.thebisoncompany.com



Numinous Globpac 65L

The Numinous Globpac 65L travel backpack is loaded with anti-theft features that will give the traveler peace of mind while on those globetrotting adventures. The integrated TSA lock securely locks your zippers closed and the anti-puncture zip technology is resistant to pen or tool entry attempts. The Kevlar material prevents entry by cutting the material and a built in cable lock insures your pack will stay where you left it. A fully adjustable back pack system is concealed in the back panel and features a comfortable padded lumbar support. The Globpac also features a full length opening with both internal & external compression straps, mesh side pockets and padded top & side carry handles. Providing a spacious 4000 cubic inches and weighing in at 7.5 pounds the Numinous is a light weight pack with heavy weight protection. The Numinous

Globpac 65L is a great looking, functional pack that will serve you well, no matter where your travels lead. www.numinous-packs.com

Summer 2015

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Aquabot

The Aquabot is a simple water bottle top that turns your water bottle into a water cannon. The Aquabot will enable you to spray water 25 feet and has shower, stream and mist spray patterns. Designed to fit standard water bottles such as Nalgene or Camelbak, the uses are endless. Rinse off after a trail run, cool down on a hot day or start a full on water fight with the Aquabot. www.lunatecgear.com

BFF Turbo Electric Foam Roller

The BFF Turbo electric foam roller is an amazing deep tissue massage tool. The vibrating & rotating disc on the BFF Turbo desensitize soft tissue allowing for a pain free deep tissue massage. The rotating foam disc can be used to apply lotion and believe it or not, it is even an effective method of shaving your legs. The BFF Turbo's targeted deep tissue massage feels great and is an effective way to draw out muscle toxins such as lactic acid, minimizing muscle soreness. Get yourself a BFF and enjoy a new easy & relaxing way to recondition your muscles after a tough workout. www.thebff.com



Earinc.com Insta-Mold Earplugs

Insta-Mold earplugs offer the ultimate in comfort because they are custom shaped to each individual's ears. This eliminates possible discomfort usually faced with the common expanding foam earplugs and the constant hassles of bulky earmuffs. The soft & flexible Insta-Mold earplugs are made from a medical grade, hypoallergenic

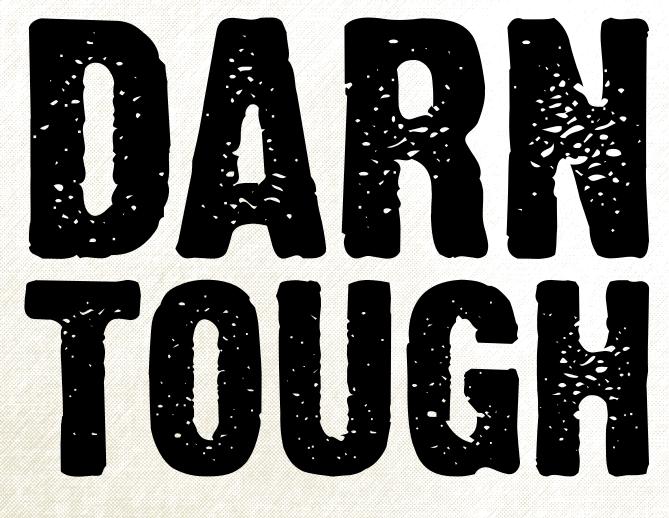


silicone and are coated to protect against dirt & grime. A qualified provider should make Insta-Molds and the custom fit achieves the best attainable NRR rating and provide the maximum in hearing protection. Visit the Earinc website to find a qualified provider. www.earinc.com



Cablz

Cablz are durable, functional eyewear retention straps for sunglasses or prescription eye glasses. Cablz are made from surgical grade steel cable and are designed to handle whatever you can dish out. The newest model Cablz Zipz is adjustable to be worn at a closer fit when needed. Cablz are perfect for fishing trips or keeping your readers close fo easy access. Get yourself a set of Cablz to keep your glasses handy and never worry about loosing another pair no matter what your activity. www.cablz.com



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Summer 2015



Skins A400 Tights

The Skins A400 Tights will improve your performance and look great while doing it. The dynamic gradient compression will turbo charge your engine by accelerating your blood flow to deliver more fuel (oxygen) to your muscles and reduce the lactic-acid build-up for more power and less recovery time. The A400 is packed with technical features such as Muscle Focus, which wraps & supports key muscle groups to reduce vibration resulting in less tissue damage and soreness. No matter what activity you choose, the Memory MX always returns to the original shape and the fast wicking moisture management material combined with 50+ UV protection keep you at the right temperature no matter what environment you are in. Get your skin into some A400 tights and watch your performance peak. www.skins.net



Sierra Designs Backcountry Bed Sleeping Bag

The Sierra Designs Backcountry Bed Sleeping Bag was built to allow you the same comfortable sleeping arrangement as you bed. No more straightjacket feel as the oversized integrated comforter with hand pockets allows for freedom of movement from your back, side or stomach. The bag also features a foot vent pocket that can be opened to allow a draft or to cool off your feet on a warm night. An integrated sleeping pad sleeve secures your pad for a good night's sleep. Available in several models from 1.5 to 3 season or single and 2 person bags there is a Backcountry Bed for any occasion. www.sierradesigns.com

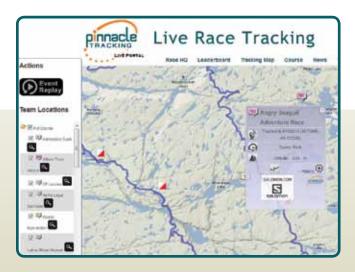


Showers Pass Refuge Pant

The Showers Pass Refuge Pant make a perfect pairing with the Refuge jacket. These waterproof and breathable cycling pants are packet full of features such as thigh vents, articulated knees and a durable reinforced seat. Ample reflective trim keeps you safe & visible and a zippered thigh pocket is easily accessible while riding. Heavy-duty water resistant ankle zips, hook & loop pant leg cinch straps and suspender anchors round out this lightweight but durable rain pant. Super comfortable, super stylish and super function make the Showers Pass Refuge pant a real keeper. www.showerspass.com

Pinnacle Tracking, a Maine based company that was born from the needs of Adventure Racers, is pleased to be the Official Tracking System of the USARA.





Founded by longtime adventure racer and Untamed Adventure Race Director, Grant Killian and professional guide and adventure company owner Russell Walters, Pinnacle Tracking supplies handheld inReach^M satellite trackers, manufactured by U.S. based DeLorme, along with airtime and integrated mapping capabilities for a variety of races and events ranging from 1 - 10 days duration.

Utilizing the Iridium satellite network, the lightweight DeLorme inReach[™] tracking devices provide 100% global coverage and will automatically transmit regular GPS location reports to a **web based event portal**. The portal enables race organizers, supporters and friends to closely follow each team's location accurately on a map from anywhere in the world.

In addition to their sophisticated GPS tracking and location capabilities, the inReach[™] devices provide the added security of **24 / 7 SOS** alerts and two-way satellite messaging to racers, enabling teams to communicate in real-time with organizers and emergency personnel without having to carry bulky and expensive satellite phones.

The tracking devices can be programmed to transmit their location at intervals ranging from 1-minute to 8-hour intervals and are delivered to event organizers fully programmed, ready to use.

Already **proven** at Canada's Wilderness Traverse, Untamed New England, the SCI Maine Mountain Challenge and used at the 2013 Adventure Racing World Championships in Costa Rica, let us send you a quote to support your next "off the grid" event.

PINNACKING

For more details see www.PinnacleTracking.com call us at (877) 486-8263 or find us on Facebook at Pinnacle Tracking.

Summer 2015

Sierra Designs Dry Down Better Vest

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in both style & function the Dry Down Better Vest will keep you warm and look good while doing it! www.sierradesigns.com



Showers Pass Refuge Jacket

The Showers Pass Refuge Jacket is a super duty cycling jacket that has useful features tucked into every corner. The fully taped waterproof & breathable Refuge features 2 core vents to prevent overheating. Dual front pockets, a back pocket and chest pocket with an audio port provide ample storage but there are also reinforced shoulders in case you need to carry a backpack. The removable & cinchable hood will fit over a cycling helmet and a snap down tail protects you from road spray or wet seats. The Refuge boasts plenty of reflective trim to keep you visible on the roads and the cinchable hem and wicking collar liner will keep you dry & toasty on the wettest of days. The Refuge jacket was appropriately named and will give you comfortable refuge from whatever Mother Nature can throw your way. www.showerspass.com

Prana Orion 1/4 Zip

The Prana Orion ¼ Zip is a lightweight performance pullover that can double as a dress shirt. Chafe proof seams and a locking front ¼ zipper are just a few of the features of the Orion. The stylish 100% polyester heather fabric is quick drying making this the perfect shirt for running, climbing or a night on the town. Get yourself a Prana Orion as the perfect all around shirt, or better yet pick up a couple. www.prana.com

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Bike Light



The Youngest Extreme Sports Athlete in The UK

by Ben Akhtar

Although I am young, I am living my dreams in the world of Adventure Sports.

For as long as I can remember I have always been fixated on flying. From the age of eight I was designing and creating my own 7 Cell BASE canopies, 3 ring release systems for rock climbing along with paragliding wings and Petrol planes that were bigger than me. I was always outside and always looking for the next adventure.

Growing up I was surrounded by the aviation world. I lived close to an airport and was often walking on the North Downs capturing glimpses of Paragliders. It was at this time I knew that all I was ever going to do was fly. That is what I wanted to do for the rest of my life.

After waiting for what seemed like an age before becoming old enough to begin lessons, I started training in Paragliding just one week after my 14th Birthday with the Green Dragons Hang Gliding and Paragliding Center. It was the most demanding and rewarding experience I could imagine, however the lessons did present a huge hurdle financially. I worked and saved for months, even selling personal items of the past to fund 2 separate courses. All of my training would be funded by me. I'll be honest, it was hard. Particularly for someone so young, slaving away all my spare time to scrape fees together, however my determination and drive pushed me on throughout.



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I knew where I wanted to go and what I wanted to do; I was focused on the end goal. Nothing meant more to me in my life; it was pure dedication and dead straight focus! Qualifying in November 2013 after 11 Months training, I became the UK's Youngest Paraglider Pilot at the age of 14. I was featured in the governing bodies 'Skywings' magazine going out to around 7000 pilots in the UK. This was my first major achievement and I felt all my hard work had paid off.

Since then I'm completely hooked, flying whenever the weather allows. I'm only truly living when I'm in the sky, all the rest of the time is simply waiting to get back up there! Nothing beats the silence, the feel of being in the moment. Nothing else matters. Being in tune with the air and your canopy is a privileged feeling and it really makes sense as all actions become instinctive. To know you are experiencing things only a handful will ever experience in their lifetime makes everlasting memories and in my opinion is very humbling to be able to do so at such a young age.

Since then I have talked to numerous Paragliding manufactures and teams and have a lot in the making to achieve what I am pushing for! Being sponsored by the Green Dragons has really helped and I am very thankful to them for drilling into me the core instinctive roots of flying that make me a safe pilot, reacting without thinking. I was prepared mentally and physically for any scenario by an excellent team with world class safety standards. Led by CFI Andy Shaw, whose support and guidance have made me the pilot I am today. I have just returned from



"Challenging Northwest terrain and professional course design make these great races."-Team Mancation

July 25th-Kulshan Quest AR



Bellingham,WA *Pacific NW qualifier for US Adventure Racing Association National Championships.

September 26th-Island Quest AR

San Juan Island, WA

QuestAdventureRaces.com





competing on the UK Accuracy Paragliding team in Wales (I am training hard with them at the moment) and hope to represent the UK in numerous airborne sports in the future.

This summer (2015) I am beginning training in Skydiving as soon as I can raise the funds. I am aiming to complete in the AFF and begin the journey into a new skill. This is a major step for me as it acts as the foundational link to BASE jumping and eventual wingsuit flying in the future. I am hoping to train somewhere in America or the UK as I attempt to scrape together funds, however it is a massive race against time. I just have to believe it will happen and make it happen! Where there is a will there's a way.

In addition, I am packing in Speedflying (a fast paced discipline of paragliding), as well as training in Paramotoring with a stunt promotional plan for next year. I love to get in the air in any way and so I am also part of the way through my privates pilot's License (PPL) flying out of Biggin Hill (UK).

I find all the extreme sports amazing and have dedicated my life at such a young age to become the best there is as I hope to make a career out of such airborne sports, I live to fly.

Paragliding has risks, just like any aviation related sport, however they are acceptable and learning to manage these risks to the best of your ability is what makes the difference. Using all of your theoretical knowledge, the inputs become instinctive and you become tuned into every action and reaction. The wind runs through you and a wing becomes an extension of your body, it is as simple



LIFE UNTUCKED

as that. Risk and fear are key parts of life; however they can also easily control your actions and affect your path to success. In my eyes, risk can be both a limitation and accelerant depending on how an individual deals with it.

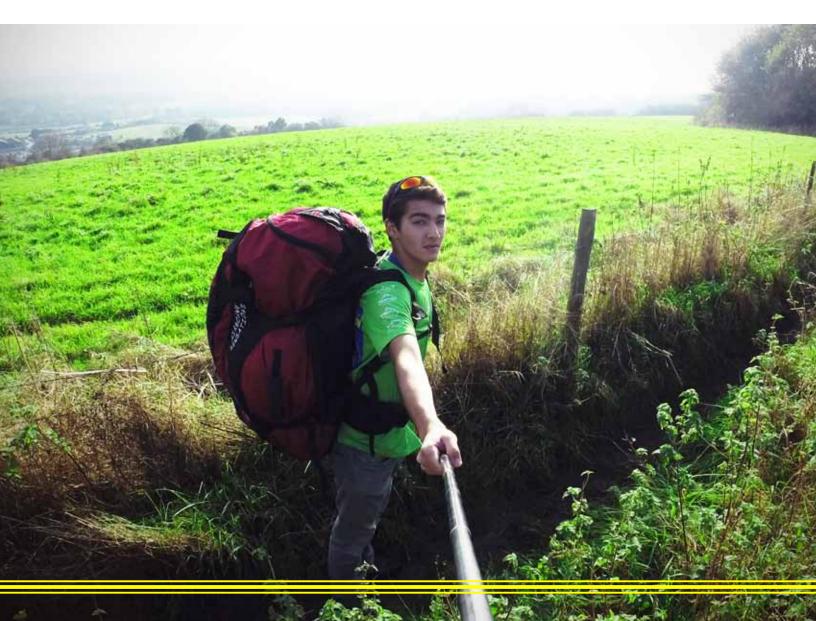
I live and Breathe flying and when I sleep, I dream it.

At the end of the day I want to encourage and inspire others to do what they want to do, what they love doing – whatever it may be! I hope to act as living proof that you can achieve your dreams even at a young age as long as you have the vision, drive, passion, determination, and you are willing to shed a little blood & sweat to get there!

I see myself as an up and coming youngster in the vast world of the adventure sports and hope to one day become the best there is at my sports. I know that it will be a long road. I certainly feel lucky that I have the opportunity to dedicate my life to something that I find meaningful, putting in all I have. One of my strong beliefs is to just "Do what you Love doing" and enjoy it with others.

Fly Far, Fly High, Land Safe.....Blue Skies!

For More information, visit www.facebook.com/BenAkhtarAthlete



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CACHUS DERBY

Phoenix, Arizona October 24-25, 2015

The Cactus Derby is a festival celebrating cycling and the great outdoors, held in beautiful Phoenix, Arizona. The weekend will feature an awesome expo, fun family activities, amazing demonstrations, a concert and even a bike drive-in movie.

But that is just the beginning, the Cactus Derby set in the amazing Arizona desert will be the site of this year's 12 & 24 Hour Mountain Bike National Championship as well as the Gravel Grinder National Championship! The competition will be fierce, but with so many national jerseys on the line, you do not want to sit this one out. Perfect October weather provides the backdrop for an awesome weekend of activities & racing. Epic courses, awesome swag and plenty of fun activities set the stage for so much more than just a race, so be sure to bring your friends and family along to the Cactus Derby.

So grab some friends, build a team and we'll see you at the Cactus Derby! CactusDerby.com

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Gravel Grinder National Championship

The Cactus Derby will host the Gravel Grinder National Championship. There is a category for everyone from high school to those who are a little longer in the tooth and all will race for a coveted National Champion Jersey! See what you are made of as you race in the beautiful Arizona Desert as part of the Cactus Derby at McDowell Mountain Regional Park. There will also be a 50 mile Cactus Grinder for racers who want a shorter course. The awesome course, great swag and a fun festival will make this an epic event to remember.







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12 & 24 Hour Mountain Bike National Championship

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Both the 12 & 24 Hour Mountain Bike National Championship feature categories for everyone from the super competitive racer to the guys that just love turning the pedals and want to enjoy a weekend of riding. There will also be categories for collegiate & high school racers. Held at McDowell Mountain Regional Park which was the site of the historic Cactus Cup in the late 90's which drew 1000's of riders and over 30,000 spectators; this will be a great community event.









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Pine Mountain State Resort Park

HOSTS 2015 USARA ADVENTURE RACE NATIONAL CHAMPIONSHIP

Bell County, in southeastern Kentucky, is one of the most remarkable places you may never have heard of. It lies on the northern side of the historic Cumberland Gap. Its largest town, Middlesboro, lies within the crater left by a meteorite. And perched high atop a mountain overlooking its county seat, Pineville, is Kentucky's first state park, Pine Mountain State Resort Park.

Pine Mountain will host the 2015 USARA Adventure Race National Championship. The race will be directed by Kentucky native Stephanie Ross of Flying Squirrel Adventures.

"Kentucky State Parks was a terrific partner when we held the 2011 championship race at Cumberland Falls," said Ross, "so when USARA tapped us to direct the race again in 2015, there was no question we would team up again." Pine Mountain was selected for the region's natural beauty, rugged terrain and historic interest.

The region is defined by two linear, parallel mountain ranges, Pine Mountain and Cumberland Mountain. Cumberland Gap is famously known as the early pioneers' gateway through the latter range, but also important was "The Narrows," the gap created by the Cumberland River flowing through Pine Mountain to the north.



Pine Mountain State Resort Park

Opened in 1924, Pine Mountain is Kentucky's first state park. Its 15 miles of serene hiking trails escort you into old growth forest painted lush green with mountain laurel and hemlocks. Clear streams wind down and through boulders calved off sandstone cliffs dotted with rock shelters, arches and other peculiar geologic formations. One such formation is Chained Rock, a massive outcropping that appears to threaten the town below with decimation, prompting locals to fix it in place with a chain so massive it can be seen from a mile away.



The park also features some fine examples of the Civilian Conservation Corps' handiwork, including a rustic lodge and a stone bridge beautifully integrated with the cliffs on either side of the creek it spans. The lodge has recently undergone renovation, so guests will enjoy every comfort inside. The rocking chairs on the shaded front porch are awfully inviting and the back porch offers an expansive view popular with photographers.

The aptly named Clear Creek at the base of the mountain is stocked with rainbow trout in the spring for those who enjoy fly fishing, and when

the water is at full pool, skilled paddlers can tackle Class IV – V rapids. Throughout the summer, the tree-lined creek offers a shady spot for a picnic and a short stretch of rail-trail running along its bank makes for a family-friendly walk.

Cumberland Gap National Historic Park

Cumberland Gap is a linear park extending 26 miles along the ridge of Cumberland Mountain as it divides Kentucky from Virginia. The mountain rises sharply 2,000' from the valley floor and is capped by white sandstone bluffs. The gap is a 2-mile wide notch in the otherwise impregnable mountain, and offered pioneers in the 1700s the most suitable path to the West along the entire Appalachian Mountain range from New York to Alabama. The low gap was formed when Yellow Creek eroded a path through the mountain, but Cumberland rose faster than the creek could erode, forcing the stream to change course and leaving the gap dry.

Large game like bison and elk first started using the gap as a link between the eastern forests and the salt licks and grazing prairies to the west. Native Americans used the game trail to access the fertile hunting grounds, and eventually white pioneers followed the path through the gap to explore the western frontier that would later become Kentucky.

In 1775, Daniel Boone was hired to blaze a trail through the gap, enabling settlers to reach a 20-million-acre plot of land negotiated from the Shawnee. Boone and his crew of 30 marked and cut a 208-mile trail from Kingsport,

Tennessee, to Cumberland Gap in just three weeks – the Wilderness Trail. By 1792, when Kentucky achieved statehood, some 100,000 pioneers had made the trek through the gap to settle in the Bluegrass State. There are some preserved pioneer settlements in the park, as well as Hensley Settlement, which was actually established on top of Brush Mountain in 1904 by a group of families wishing to escape the rapid modernization of the 20th century!

Besides its historic importance, Cumberland Gap is also popular for its 85 miles of trails taking visitors along rocky bluffs to remote sandstone caves and waterfalls. 14,000 of the park's 24,000 acres are managed as Wilderness. The only paved road inside the park leads to the Pinnacle, a rocky outcropping sitting at 2,440' in elevation. Wildlife in the park includes elk, bobcat and peregrine falcons.

The key to restoration of this remote Wilderness experience was one of the most massive tunnel construction projects in U.S. history. Twin 4,600' tunnels were constructed through the base of Cumberland Mountain, eliminating the need for vehicle traffic to negotiate the treacherous 2-lane highway that once snaked over the gap. Traveling from one end of the tunnel to the other, drivers pass through all three states bordering the park – KY, TN and VA. The world-class visitor center, located just outside of Middlesboro, details the incredible natural obstacles encountered over the course of this amazing feat of engineering.

For more information, visit www.parks.ky.gov and www.bellcountytourism.com.

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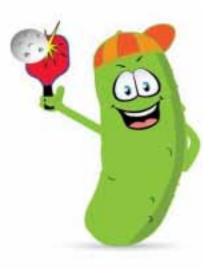


by Debbie Farrar

I recently discovered the game of pickleball while on a retreat at a summer camp and I just could not get enough of this amazing game. The best way I can describe pickleball is a miniature version of tennis or an overgrown version of ping-pong.

Let me start by giving you a little history of how pickleball came into existence. One Saturday afternoon in 1960's after playing golf, Joel Pritchard, a congressman from Washington State and his friend Bill Bell returned to Pritchard's home on Bainbridge Island to find their bored family members, sitting around with nothing to do. There was an old badminton court on the property but Pritchard and Bell could not find a full set of badminton equipment. Being creative dads, they improvised and started playing with wooden paddles and a wiffle ball. They started with the net set at a badminton height of 60 inches but soon found that the ball would bounce well on the asphalt court and the net was moved down to 36 inches. A friend, Barney McCallum, came by the next weekend and was introduced to the game at Pritchard's home.

Soon, the three men created the pickleball rules, focusing on creating a game that the whole family could play together. By 1972 they had created a corporation and in 1975 The National Observer published an article about pickleball followed by a 1976 article in Tennis magazine about "America's newest racquet sport." In 1976 the first pickleball





tournament in was held at South Center Athletic Club in Tukwila, Washington. The players used large wood paddles and a softball sized whiffle ball. Not a lot has changed as many players still use wooden paddles today. There are also paddles made from aluminum and other lightweight composite materials such as graphite available. The balls are a sturdy plastic wiffle ball that travel 1/3 the speed of a tennis ball and there are balls for both indoor and outdoor use.

Fast forward 50 years and the game of pickleball is an international phenomenon. Pickleball is played on dedicated courts, in schools and at camps across the nation. There is a national governing body, the USA Pickleball Association, which list tournaments and pickle ball court locations on their website. USAPA Executive Director Justin Maloof gave us a glimpse of the enormous growth the sport has seen over the past year. There are currently over 400,000 players and 2838 sites for playing pickleball in the US. This number is up 36% from last year and the USAPA reports an average growth of 62 new sites per month. The game is even spreading to other countries and an international federation has been formed.

I wanted to give the history to illustrate how a simple game, made up game to occupy a family's Saturday afternoon has grown to international popularity. I believe that families need more games like pickleball and less electronics in our lives. The game of pickleball is easy to learn and easy to play for pickleballers of all ages. All you need is a flat hard surface such as a driveway, tennis court or basketball court, a net, a ball and some paddles and you are ready to start pickleballing. I encourage you to give pickleball a try and I fully expect that once you step onto a court you will become a lifelong pickleballer like the rest of us!

PICKLEBALL TOURNAMENT DILLER SET

The Pickleball Tournament Diller Set is everything you need to get started playing pickleball. The portable net is easy to assemble and can be used indoors or outdoors. The set includes a carrying case, net with frame, rules, 4 wooden paddles and 4 balls. We had the net set up in less than 10 minutes and enjoyed a weekend of pickleball. This well-made set is the perfect way to get you started and should last for years. www.pickleball.com





PICKLEBALL CHAMPION GRAPHITE PADDLE

The Pickleball Champion Graphite Paddle is their bestselling graphite paddle and is manufactured with a composite honeycomb core. Available with a regular or cushioned grip the Champion Graphite paddle is a little taller and a little wider than the wooden paddle but almost half the weight. This provides increased racquet speed and minimizes arm fatigue during those long grueling matches. www.pickleball.com

SELKIRK SPORT 300A PADDLE

The Selkirk Sport 300A is a lightweight paddle that provides plenty of power. The 300A is built around a light weight aerospace aluminum core and finished out with a laminate coated graphite surface for durability. Great for top spin shots, dropping the perfect dink or finishing the point with a slam, the 300A is Selkirk Sports top of the line offering. The 300A is available in 5 colors and 3 custom sizes. www.selkirksport.com

SELKIRK SPORT 200A PADDLE

The Selkirk Sport 200A is a recently updated aluminum core paddle finished out with a fiberglass & laminate composite surface. The aluminum core will provide the control you are looking for and the composite will provide balanced power is this quiet paddle. The 200A is finished off with the cushioned Pro – Lite Gamma grip tape for a comfortable feel even late in the tournament. Available in 7 colors and 2 sizes, there is a 200A for everyone. www.selkirksport.com

SELKIRK SPORT 200P PADDLE

Selkirk Sport deems the 200P as a serious player's paddle and we agree. Crafted on a polymer honeycomb core and finished out with a composite & vinyl laminate surface, this US made beauty provides the extra power when needed without sacrificing control. Available in 7 colors and 2 sizes and boasting features such as Pro-Lite Gamma grip tape and low profile edge guard make this paddle a winner. www.selkirksport.com

PADDLETEK ELEMENT

The Paddletek Element is unique in that the core has a protective coating without any additional surface treatment leaving this 7.5 ounce paddle as light as a feather. The lightweight Element will allow you to hit amazing top spins without losing any power and the specialized core produces a very quiet paddle. Backed by Paddletek's 5 year no dead spot guarantee the Element is one serious players paddle. www.paddletek.com



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THE CHRONICLES OF HERO MTB HIMALAYA 2014 Through the eyes of a media volunteer

by Nishtha Chauhan

Nestled in the lap of the Himalayas is the summer capital of the erstwhile British Empire, Shimla, where every year since the past decade the MTB HIMALAYA, one of the toughest mountain bike races of South East Asia is held. I was extremely lucky when I got the shot to be a part of their media team. It was a great opportunity to travel, to meet new people, get away far from the madding crowd and be a part of South East Asia's premier mountain biking challenge- the Hero MTB Himalaya.

I arrived eager and excited to the pre-event press/rider briefing at the Woodville Palace Hotel, Shimla. The venue was bustling with activity. There was a swarm of riders around the registration desk, some were hanging out around the reception area while others couldn't wait and were off taking their bikes for a spin! I scurried around eagerly talking to the riders. One of the first riders who caught my eye was Sonia Lopez from Portugal. She wasn't difficult to spot. The moment I looked at her she gave me a big smile like she knew me all along! Sonia also happened to be the official female ambassador of the race. She was on a mission to encourage more women to take up mountain biking as a sport. As I talked to her I thought it was not going to be easy! Sonia knew very little of English. To my surprise Sonia not only understood all that I had to say, she patiently answered all my questions too. She was delighted to be there

and she loved being in the mountains! Her broad smile and expressions were full of excitement. She spoke more with her hands and I could tell she just couldn't wait to start racing in the divine mountains!

Looking around I realized that the hotel's garden looked like a global village! Hero MTB Himalaya 2014 had a very diverse representation. There were a total of 67 riders who had come from 5 continents and 14 countries .The youngest being 20 years and the oldest was 67 years old! Although they appeared diverse, there was one thing that united them, the love for mountain biking! "It's more than just a race" remarks Ashish Sood, Director at MTB Himalaya. "We try to give the riders an experience they will never forget. We make sure we deliver the best services in all segments, be it the route, the camping or the food." I asked what he planned to incorporate in the years to come? "Hopefully some more single track", he affirms.

There is no denying what Ashish said. They did deliver the best in every way! The riders were spellbound by the route that passed mostly through the Himalayan backcountry and looked like it was taken right out of a fairy tale! The riders rode through meandering off tracks cutting through the mountains all set in a backdrop of the majestic Himalayas, thick cedar and pine forests, river crossings and apple orchards.

As far as the campsites were concerned, they were set in heaven! Really! Each one of them, on all 6 days! Be it the clearing amidst the thick cedar forest at Gadakuffer or the grassland at Luhri, the campsites were out of the world! No stone was left unturned to ensure every bit of comfort for the riders and the support team. The food served was delectable! Steaming hot mutton curry, fresh fried trout, juicy chicken, soup, vegetables, rice, roti (Indian bread) - you name it and they had it! At night, the campsite buzzed with life. It was that time when you could put your feet up after a





long and tiring day. Everybody, the riders, officials, and volunteers mixed and mingled, exchanging greetings and their views on that day's race and the days to come! While some riders would huddle up around the bonfire with their beers others went to the rehab specialist for a grueling stretching session and then back to their tents to grab some sleep.

It would be an early morning for everyone. The campsite would wake up to the roar of the motorcycles engine as the bike marshals would leave early to check the route and markings. After a quick and wholesome breakfast the riders would gear up for the long arduous day ahead! They would prepare their bikes and would start the ritual of warming up for the days challenge. All in all they appeared calm, but it was like the calm before the storm. And no one knew how challenging facing the storm would be! The Hero MTB Himalaya is a cross country endurance race. This year the race was divided into six competitive stages with a total distance of 550 km! The maximum elevation reached was 3100 m above sea level and the total elevation gain was 12500m (that's an average of more than 2000m of climbing each day!) This was very challenging for all of the riders as most of them lived and trained at much lesser elevations. Wolfgang Renner, MERIDA Europe's CEO and Multivan Merida Biking Team manager participated on a 2 person team along with Reimund Dietzen a former Tour De France rider and currently the directeur sportif with the Gerolsteiner cycling team. When asked if they were enjoying the race Renner said, "Yes, very much. We did Trans-Portugal and it was tough then we did Cape Epic and thought this was the toughest and then we did Hero MTB Himalaya and this was the toughest of them all!"





The climb to Jalori Pass (3100 m) on day three was a real test of endurance and will power with a 28 km/17 miles steep ascent taking the riders from an approximate elevation of 1300 m to 3100 m! A total of 1800 m elevation change (climbing of more than 2600m)!! The pain was nothing compared to the joy of overcoming one's limits to reach the top. The stage was rightly named- Conquest of the Garh (dedicated to the Raghupur Garh /Fort at the top), the conquest not merely of the Garh but of the continuous battle of the mind vs muscle! I had the opportunity to interview Jack Funk and Michael Mclean right after they climbed Jalori! Huffing and puffing yet smiling they agreed to share their experience on the laborious Jalori climb. "I enjoyed the sections through the forests- it was a very good choice of route. About the last section, I loved the last 5 km.. in a twisted sort of way. It was excellent!" he laughed catching his breath. Michael Mclean added, "It was a technical climb, a difficult test, painful, self-destroying" and then burst out in laughter adding-"It was enjoyable".

Jack Funk (Canada) who could easily steal the Man of Steel title from superman was here for the second time. He won the Open Masters category. When asked on how his experience has been, he beamed, "I just can't get enough of the Himalayas! The Himalayas make it special .I have raced across the world. Have done La Ruta, The Mongolia bike race, but Hero MTB Himalaya takes the top billing! It's as tough as anything we have ever seen!" He also admitted that the race had improved tremendously over the last two years.

Andre Deplechin a true Hero MTB Himalaya veteran agreed and added that the organization has really been revamped and optimized since the last time he was here in 2012. This was his fifth time at the race. "It's my favorite thing to do! I'll keep coming!" exclaimed the French rider.

It was inspiring to see the riders finish a section. First, look at them -they appeared tired covered in sweat and dust but just the second look confirmed they were very happy and content, like that had been the best day of their lives! I smiled to myself and realized that mountain biking probably ran in their veins, that are what kept them alive and that's what kept them going on!

As the days progressed the going got tough and the tough got going! Ride, Eat, Sleep. Repeat! Before long it was the last day – The Royal Lap, dedicated to the royal apple orchards on this route. As much as I enjoyed my ride in the media van through the rich and blooming orchards, I couldn't stop feeling a slight sense of nostalgia already that my exciting Himalayan adventure was finally coming to an end.

Back in Shimla we gathered at the Ridge Maidan where the winner's podium had been set against the backdrop of the historic 19th century Christ Church. The Ridge Maidan was thronged by the press, photographers and spectators who wanted to catch a glimpse of the champions. Everyone cheered as











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the champions' popped champagne and celebrated their victory. Cory Wallace had been a favorite from the very beginning. He led all stages right from day one. After being crowned the Maharaja of mountain biking he exclaimed, "the last six days I've been on my toes, every decent has been scary and the uphill section has been hard but it's nice to finally finish". Cory Wallace, Manuel Wessenbacher, Andreas Hartman who finished 1st, 2nd and 3rd respectively all agreed that the route markings and the facilities were the best they had ever seen.



Sonia finished first in the women's category. At the end of the race she got teary eyed, "Racing in the Himalayas has been a very emotional and a life changing experience for me. The conversation I had with the sacred mountain made me grow more in seven days, than I have in seven years. I have been closer to sky than ever before, seen the world from above and realized how small we all are" she said.

After the celebrations at the podium stand we all headed back to the hotel for some more festivities at the post race party. We toasted to the exciting past week and the celebrations began! Looking back I realized that the action packed week had passed in a blink! There was not a moment that had passed dull or that had not been exciting and inspiring. Inspiration was all around. Be it the mighty Himalayas who stood tall in all their grandeur or the undying never quit spirit of the riders. I came back a changed person. This has to be one of my most memorable experiences and I can't wait to get back at the Hero MTB Himalaya 2015! The Himalayas are calling, are you listening?



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by Troy Farrar

It's 5:30 am as we head out to our tree stands for a morning of hog hunting. We will hunt until around 10 am and it is very likely that we will see hogs, and lots of them. If we don't bag our limit this morning we will be back in our stands at 4:00 pm for another round. Equipped with specialized bow hunting green or red lights we can hunt past sundown in the quest for our quarry. Another option is stalk hunting and you can be quite effective if you have the patience and skill to master this method.

We are at Hog Wild Adventures, a 1000 acre hog hunting ranch located 45 minutes north of Houston, Texas. Our guide, Billy Reeves has been guiding for 25 years and he has been running Hog Wild Adventures for the past 15 years. Billy also owned an archery store so he is quite adept at helping his hunters with any equipment questions or malfunctions. At Hog Wild Adventures you can use a rifle, crossbow, compound bow, or if you are feeling really adventurous you can even hunt hogs with a spear. Hunters can choose a two hog meat hunt or a trophy hog hunt depending upon their goals. At Hog Wild, hunters have bagged many hogs over 400 pounds and they harvest over 600 hogs annually from the ranch.

Hog Wild Adventures is the perfect name as I have never seen a ranch with so many hogs. Believe it or not, it is not unusual for me to see over one hundred hogs in a weekend. Word has spread as Hog Wild Adventures has been featured by celebrity guests such as The High Road's Keith Warren and Relentless Pursuit's Tim Wells.

This ranch is a working cattle ranch and that presents a unique feeding circumstance for the hogs. The ranch brings in grain & cheese way (a bi-product of cheese making) for cattle feed and the hogs get to dine at the same table as the cattle. I believe the result of this dining arrangement is that these hogs do not have as wild of a taste as hogs that only forage for their food.

Our guide Billy Reeves is very accommodating to both beginners and seasoned hunters and he loves to see kids learning to hunt. Billy commented, "I wanted to have a place with more of the old deer lease feel to it, nothing fancy. A dry place to sleep that is warm in the winter and cool in the summer. A nice fire pit in the ground and where



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you don't have to take your shoes off to come inside. My vision was to have a ranch with a lot of hogs and to keep the prices low. I want people to be able to bring their kids and have fun while teaching the next generation about the outdoors and the hunting traditions." Billy has definitely realized his dream. Novice hunters and kids can have a guide in the stand with them to assist with their hunt or you can hunt unassisted and there is even a skinner for hire on the ranch.

Back to the hunt. There are 4 hunters on our trip and we are testing some of the top of the line archery equipment on this weekend. Our equipment is true to its reputation as we all bag our limit in a fun & efficient manner. I encourage you to book a weekend at Hog Wild Adventures if you are interested in a safe, challenging & exciting hunting experience. www.HogWildAdventures.com

During our time at the ranch we tested some of the top of the line archery equipment available. Four hunting guides really put this equipment through the wringer testing for durability, functionality, and usefulness. The guides used both simulated testing scenarios and actual hunts to test the archery gear. The results are in and we have and compiled a list of the premier gear that we would recommend for both crossbow hunters & compound bow archers.

COMPOUND BOW: The Essential Gear

Mathews No Cam HTR

The 4.3 pound No Cam HTR is Mathews latest approach at creating the most accurate bow every made. Mathews has replaced the time tested cam that made them famous with a set of round wheels, hence the name "No Cam". The first thing we noticed was the smooth as butter draw cycle from start to finish with a hard back wall, there was no build up, bounce or break over typically associated with a cammed bow. This smooth draw cycle provides a huge functional advantage when you have wary prey in close proximity. Once the back wall was hit we felt like we could hold the bow steady and on target for ages. When we released the shot we were amazed at both the lack of sound and the lack of recoil produced by the No Cam, could this be possible? The design of the No Cam put the arrow rest and the control cable crossover in the center of the bow which translates into flat nock travel and produces a forgiving and amazingly accurate bow. The speed of the No Cam will be a little less than the typical cammed bow, but there is plenty of speed and the difference is negligible. The only suggestion we would make is possibly a name change, something like "the smooth as butta, super stable, ninja quiet, ultra accurate, bulls eye maker; but I quess No Cam sort of says most of this as well. The Mathews No Cam is a game changer and a bow that should help you achieve you goals. www.mathewsinc.com

Under Armour Ridge Reaper Early Season Pants

The Under Armour Ridge Reaper Early Season Pants are packed full of technology that will maximize your



stealth hunting experience. The Ridge Reaper camo is designed with coincidental disruption technology which uses irregular shapes and angles making the hunter virtually invisible to their prey. The advanced no background color algorithm also inhibits your prey's ability to see complete forms. These rugged pants feature hand pockets, a buttoned cargo pocket and a zippered cargo pocket that is accessible while sitting giving plenty of storage space. Reinforced articulated knees & seat insure durability protection and without sacrificing comfort in these tough & silent winners. www.underarmour.com

Under Armour Ridge Reaper 23 Jacket

The Under Armour Ridge Reaper 23 Jacket is the perfect multi season jacket and was designed to provide stealthy flexibility & mobility. Under Armour's

4 way breathable stretch fabric provides great comfort & mobility and is ninja quiet, concealing vour movements. The removable hood & sleeves provide the versatility to adapt to changing weather conditions and strategically placed prima loft insulation keeps your core warm in anv conditions. The nylon exterior is soft & durable and the zippered pack accessible hand warmer pockets are very useful. The Ridge Reaper camo is



designed with coincidental disruption technology & an innovative "no background" color algorithm inhibiting your prey's ability to see complete forms. Anti-odor technology round out the stealth features transforming you into the invisible man when donning the Ridge Reaper 23 jacket. www.underarmour.com

Under Armour Ridge Reaper Extreme Hunting Boots

The first thing I noticed when I picked up the Under Armour Ridge Reaper Extreme Hunting Boots was how light they are, it is truly amazing. But amazing does not stop there as the Extreme Hunting Boots continue to build upon the stealth component of the Ridge Reaper line with scent control technology. These welded seamed, fully waterproof & breathable GORE-TEX boots also feature a protective rand that gives 360 degree protection from rocks & thorns. The boots feature an aggressive

traction outer sole that provided great traction in any condition combined with a solid rigid sole for good support. Creature comforts include a memory foam Ortholite sock liner and ClutchFit technology which provides

comfortable ankle support. The Under Armour Ridge Reaper Extreme Hunting Boots will round out your Ridge Reaper kit in function and style. These boots are ultra-light, durable world beaters that are designed to take anything Mother Nature can throw their way and keep going. The Ridge Reaper Extreme Hunting Boots have earned their place as my undisputed favorite pair of hunting boots. www.underarmour.com

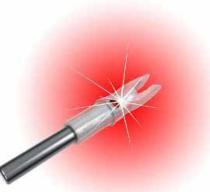
Esky Series 85 Quart Cooler

The Esky Series 85 Quart Cooler is built to handle the tough demands of a hard week of fishing or hunting. Features like the soft grip rope handles, non-skid feet, dry storage basket and integrated cutting board which fits into place on the lid when cutting and has a storage place inside the lid when not in use reveal the true DNA of the ESKY. Add anti-microbial protection, a garden hose threaded drain & a large gate mouth drain, tie down points, lock slots and a fish ruler and you are building a legend. But the key question is how the ice holds up in the Esky cooler. With features like a 2.5 inch insulated lid & floor, an airtight gasket seal and secure rubber latches that will not leak even if the cooler rolls, Esky has answered that question in spades. The Esky Series cooler is packed full of useful features and performs like the champion it is, so stop messing around with the pretenders and get yourself an Esky cooler. www.eskyseriescoolers.com



Nocturnal Lighted Nock

We highly recommend using lighted nocks as they make finding your arrows a breeze even in the daylight and they often aid in tracking your game. Nocturnal lighted nocks are a snap to install and provide over 24 hours of ultra-bright LED light. Nocturnal nocks are activated when fired and are water proof and shock proof for reliable service. Turn them off by simply clicking them back using the tip of another arrow and they are available in 4 colors and several nock styles. www.nockturnal.com





Clean-Shot Nock Out Lighted Nocks

Nock Out Lighted Nocks are equipped with a unique

practice mode that deactivates the LED with a simple quarter turn of the nock collar allowing you to practice without burning any battery time. Nock Out Lighted Nocks also feature a pullback switch that turn off the nock, which is handy and simple to use. Just pull the nock back until you hear a click and it is off. Each pack has 9 sleeves included allowing you to fit them to the 5 most common sized carbon arrow shafts on the market taking the hassle out of figuring out which size to buy. Available in 2 colors, the non-replaceable batteries will light up the LED nocks for 24 continuous hours which is crucial for finding lost arrows and tracking your quarry. www.clean-shot.com

Carbon Express - Maxima Hunter

The Carbon Express Maxima Hunter is the fastest and most accurate camouflage arrow in the Carbon express line. All Maxima Hunter arrows are inspected for straightness down to .0025" and matched with similar arrows providing a set of fast and accurate arrows. The Dual Spine Weight Forward technology provides a straighter flight for increased down range accuracy. Carbon express has also incorporated a Buff Tuff exterior which provides strength & consistency over multiple uses. What this all means is a strong & accurate arrow that packs a real punch, driving deep into the target which should translate into more pass through shots. www. carbonexpressarrows.com

Gold Tip Kinetic Kaos

The Gold Tip Kinetic Kaos Arrows are a durable, hard hitting arrow that has great penetration. The small diameter kinetic shafts are engineered for accuracy in wind and inclement weather and are perfect for larger game. All Kinetic Kaos arrows are inspected for straightness to .0025" and weight sorted to .5 grains providing a matched set of arrows that will produce similar results. They include the new ballistic collar which align your broadheads and increase the strength of your arrow on the business end. Overall we found the Kinetic Kaos to be a reliable and accurate arrow. www.goldtip.com

Rage X-treme

The Rage X-treme broadhead is a well-designed and tough mechanical broadhead that will increase your success rate. Rage utilizes a sweeping blade angle technology paired with a shock collar that maintains the kinetic energy longer producing deeper penetration of your target. The Rage X-treme produces massive entry and exit wounds due to the 2.3 inch cutting diameter, resulting in easy to follow blood trails. The only change we would make is the name, maybe it should be called the Lightning Bolt, because everything we shot dropped like it had been struck with lightning. www.ragebroadheads.com

Muzzy Trocar Broad head

The Muzzy Trocar Broad head pairs a strong, solid steel ferrule with a 1–3/16th cutting diameter for a winning combination. Strong enough to endure solid bone strikes and the thick cutting diameter causes plenty of damage leaving a great blood trail. The Muzzy features an aerodynamic offset helix design which maximizes arrow fight stability and solves the common drift problem associated with fixed broadheads. This stability allowed us to shoot with the same accuracy as a field point at 50 yards. The Muzzy trocar is a great fixed broadhead that will get the job done. www.muzzy.com

Spot-On Lazer Hogzilla Killa Broadhead

The Spot-On Lazer Hogzilla Killa Broadhead is a unique broadhead packed full of features. The adjustable internal laser aids in acquiring your desired target and is very useful in night hunting. We also found the laser was great for teaching & aiding kids on their initial hunts. The lazer is activated automatically at full draw by a simple bow mounted magnet. The Lazer Hogzilla Killa can be adjusted for use as a 125 or 150 grain broadhead. The 3 fixed blades leave a 1 ¼ inch cutting diameter and the unique hollow tip point cores through the hide leaving an easy to follow blood trail. You can upgrade your Lazer Hogzilla Killa Broadhead by adding a 12 volt charger with 2 rechargeable batteries. www.clean-shot.com

QAD Exodus

COMPOUND BOW

The QAD Exodus is a strong and accurate broadhead that uses simple technology to produce excellent results. The blades sweep back over the shaft creating a short broahead that is the same size as a field point resulting in the true flight of a field point with the devastating 1.25 inch cutting ability of a broadhead. The compact design and steep cutting angle provide for maximum penetration & damage. The stainless steel replaceable blade Exodus broadheads come in 3 weights and 2 different styles of blades. The US made QAD Exodus will help insure you put food on the table after your next hunting trip. www.qadinc.com









Fletcher Archery Fletch Hook

The Fletcher Archery Fletch Hook is an adjustable release that will improve your accuracy. The Fletch Hook is designed to be used with loops and we found the hook makes setting up quicker and easier than a capture style caliper. The trigger includes a removable knurled trigger pin cover that gives the archer options for trigger feel. The trigger can be easily adjusted from hair trigger to a heavy release and the smooth & clean release will produce consistent accuracy. Available in a buckle or velcro version the

Fletch Hook is a durable performer. www.fletcherarchery.com

Primos Chop Sooie

Primos has developed a hog call that appeals to a hogs curious nature and pack instinct. The Chop Sooie produces a squeal that will often bring in other hogs to investigate the sound. This extra loud call will reach out to hogs that are a long way off and the flexible hose allows for variable tones when calling. The Primos chop Sooie lets you call them in and lay them down. www.primos.com

QAD ULTRAREST HDX

The QAD ULTRAREST HDX is packed full of features that will simplify your hunting experience and improve your accuracy. Cock the ULTRAREST into the nock capture position and forget about your arrow once it is nocked as it will remain fully contained until fired. The ULTRAREST drops away and locks into drop away position when fired insuring total fletching clearance and maximum shot accuracy. If you draw back and let off the ULTRAREST remains in the full capture position, which is a very handy feature. The Quad ULTRAREST uses laser cut felt for a silent draw and anti-vibration technology making noise a non-factor. All of these useful features prove the ULTRAREST has the perfect name and this US made work horse has a lifetime warranty. www.qadinc.com



Ripcord Ace Micro

The Ripcord Ace Micro is a fantastic slim line arrow rest packed full of functional features that cover just about any situation that could arise while hunting. The arrow containment system is rock solid and will keep your arrow safely on the rest even if you tilt, bump or let down after a draw. The fall away optimization actually supports the arrow for few inches and then provides a speedy fall away combined with a brake system that totally eliminates interference from bounce back which can affect your accuracy. The Ace features a replaceable external cord, an easy to use thumb cock launcher, micro adjustability for ultra-tuning, soft over molding to cradle your arrow and an internal dampening system making the Ace a whisper quiet rest. Built in the US, the Ace Micro is Ripcord's premier arrow rest and is backed by a lifetime repair or replacement guarantee. www.ripcordarrowrest.com

Bee Stinger Pro Hunter Maxx

The Bee Stinger Pro Hunter Maxx will improve your shot control and minimize after shot vibration. The Pro Hunter Maxx features a stiff carbon rod that is equipped with a Sims internal harmonic dampener and de-resonator for maximum vibration reduction. The fully adjustable weight system features 3 removable weights which can each be adjusted in 2-10 ounce custom configurations. Available in 5 colors the Bee Stinger Pro Hunter Maxx is a great addition to any bow set up. www.beestinger.com

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ECOMPOUND BOW

IQ Bowsight Pro 5 Pin

The IQ Bowsite Pro 5 pin bowsight has a unique retina lock technology that helps eliminate torque or anchor point changes that effect accuracy. Simply center the tunable dot in the outer ring and you are guaranteed the perfect shot. The Pro 5 pin bowsight is equipped with easily adjustable and locking windage & elevation adjustment knobs that do not require any tools. An adjustable second axis, built in sight level and available sight light accessory to reduce pin glare



at dawn and dusk round out the IQ Bowsite Pro 5 pin bowsight as an amazing piece of equipment. www.iqbowsights.com

Spot Hogg Hunter 5 pin

The Spot Hogg Hunter 5 pin bowsight is an all-around winner that is packed with features. The Spot Hogg Hunter features second & third axis leveling, a built in sight level and a vertical aiming wire to reduce the chance of torque or anchor point changes that effect

accuracy. The wrapped fiber optics are bright and the solid pins conceal & protect the pins in any situation. The solid aluminum

Hunter is hard mounted to your bow and it would be hard to damage this

sturdy work horse that will built for the toughest environments. www. spot-hogg.com

Sniper Hog Lights 30LR bow light

The Sniper Hog Lights 30LR bow light is the ultimate bow hunting light. The 30LR is available with a ton of options such as fully adjustable spot to flood beam with interchangeable red, green, white 350 lumen or white 800 lumen heads. The Sniper Hog Light also features a remote wired low/high switch and a 2 mode tail cap switch. The two rechargeable batteries will each run 3.5 hours before dimming and the rapid charger comes with both an A/C & D/C plug. Backed by a lifetime warranty on the LED bulbs & housing this is one tough light. Extend your hunting

times past sunset and into the late night. We were very impressed with the Sniper Hog Lights 30LR bow light and feel it is a must have item for the bow hunter. www.sniperhawglights.com

Rhinehart Rhino Block XL

The Rhinehart Rhino Block XL is a self-healing, durable & versatile 6 sided target. Four sides feature 40 high visibility target zones that are easy to see even in low light. Two sides feature large targets and 2 sides feature small targets for fine tuning your arrow placement. Want to shoot 3-D, just turn the Rhino Block XL to one of the two textured 3D deer vital sign targets. Arrow removal was a snap and the weatherproof foam target has a handy rope handle. www.rinehart3d.com

X Factor ME 6

The X Factor ME 6 is a stealthy silent harmonic stabilizer. The X Factor ME6 integrates a Mathews harmonic stabilizer and is available in light 8.5 ounce or heavy 10.5 ounce weight or move up to the ME8 which is available in 10.5 or 12.5 ounce weights. The X Factor ME 6 provides superior sound and vibration dampening and is available in a multitude of color combinations. www.xfactoroutdoors.com



The Doinker 6EH Hunter Elite features a suppression mount main body making it one of the most vibration free stabilizers available. The aluminum chamber contains an adjustable internal Doinker supreme which allows you to tighten the stabilizer weights and limit their movement. What this means in layman's terms is you can tune the stabilizer to your desired amount of shock reduction and weight movement. Available in black or silver the Doinker 6EH Hunter Elite allows for maximum c u s t o m i z a t i o n . www.doinker.com







REBECCA RUSCH IS THE QUEEN OF PAIN, relentlessly fast on her feet, on the water, or racing a bike. But before she became one of the world's great endurance athletes, she was a normal person like you and me—just tougher, more determined.

Climbing El Cap, trekking through Borneo, mountain climbing in Patagonia, navigating the rivers of Vietnam, racing bikes across the Andes—every challenge forced Rusch to reinvent herself and grow stronger.

RUSCH TO GLORY is set in the exotic locales and extreme conditions that forged an extraordinary athlete from ordinary roots. Known today as the Queen of Pain for her incredible perseverance against all odds, Rusch tells her story of transformation to inspire anyone to discover their own greatness.



AVAILABLE in bookstores, bike shops, and online. PREVIEW the book at velopress.com/rusch.

DVENTURE, RISK & TRIUMPH N THE PATH LESS TRAVELED

REBECCA RUSCH with SELENE YE

SKB iSeries 3614 Parallel Limb Bow Case

The waterproof SKB iSeries 3614 Parallel Limb Bow Case provides superior protection, especially when travelling. The layered foam interior with velcroties downs will protect your bow from impacts and there is even a custom cut arrow holder that can handle a dozen arrows. The injection molded case features a molded in hinge, a trigger release latch system and several reinforced padlock locations. Add cushioned grip handles on 3 sides, an ambient pressure equalization valve and inline skate wheels and you have the ultimate in bow protection. SKB is so confident in this cases ability that it has included a lifetime warranty and a \$1500 airline content coverage. Available in several colors, the SKB iSeries 3614 Parallel Limb Bow Case is a must have item for any serious bow hunter. www.skbcases.com/sports

Bushnell Scout DX 1000 ARC

The Bushnell Scout DX 1000 ARC is packed full of features that will help ensure the success of your next hunt. The 6 times magnification and handy diopter adjustment allow you to adjust the waterproof Scout for crystal clear viewing and range finding from 5-1000 yards. The Scout will allow you to slide back and forth between targets adjusting the range in scan mode or you can set the rangefinder to bullseye or brush mode depending upon your environment. My favorite feature is the built in inclinometer which provides ARC or Angle Range Compensation mode for shooting at inclined or decline angles. ARC is useful for tree stand and up or downhill shooting compensation for us laymen. The Scout will display the line of sight distance, your degree of elevation and then the true horizontal distance to target. The true horizontal distance compensates for being at an angle such as a tree stand and provides the



correct distance for your target. ARC eliminate will rangefinding errors when shooting at an angle that commonly causes archers to completely miss target. The Scout provide dual functionalityasitcanalso

be used in rifle mode. Available in black or cammo and packaged with a case

and neck strap the Bushnell Scout DX 1000 ARC is a great rangefinder that will improve your success rate. www.bushnell.com

PSE Premonition HD

TFor 2015 PSE has introduced the Premonition HD equipped with HD (Hyper Drive) cams which provide a smooth stable draw cycle and a cam stop that sets a very solid back wall. We all considered it to have a moderate valley, and when paired with the 80% let off the Premonition HD produces a forgiving bow for those inevitable long holds in the field. Weighing in at 3.9lbs and measuring just over 30 inches from axle to axle, PSE has produced a very compact and maneuverable bow that is designed for those tight quarters you will encounter during tree stand & blind hunting.

The Premonition HD features a 24-30 inch adjustable draw length, draw weight options at 50, 60 & 70 pounds and is IBO rated up to 345fps. Numbers are great but we decided to see what the Premonition HD could do under real world hunting conditions. Our test bow was a 30" draw set at 70 pounds shooting a 420 grain hunting arrow and produced an average of 310fps. The PSE may not be the fastest bow available on the market, but it has more than ample speed and power for your big game hunt. We all agreed that one very enticing feature of the Premonition HD is the price. Retailing at \$599 the Premonition HD is a really great all around hunting bow with upper end performance that won't break the bank. www.pse-archery.com

PHYSICALLY STRONG

ADVENTURE RACE

faukenauk Seout Reservation

Date: Saturday March 14, 2015 Location: Saukenauk Scout Reservation – Mendon, IL Cost: \$90.00 Per Team Member or \$15 Per Scout Team Member Race Details: 8 Hour Adventure Race including canoeing, mountain biking, climbing, zip lines, orienteering and special Scout skill challenges! Contact for Questions: David Lane, 217.224.0204 or <u>david.lane@scouting.org</u> www.mississippivalleybsa.org/adventurerace

> Return completed forms to: **Physically Strong Adventure Race** 2336 Oak St. **Quincy, IL 62301**

PHYSICALLY STRONG CHALLENGE TEAM REGISTRATION FORM

FEAM NAME:	NUMBER OF MEMBERS:	CO-ED:
TEAM CONTACT:	PHONE:	
ADDRESS:	CITY:	ST: ZIP:
EMAIL ADDRESS:		
NUMBER OF TEAM MEMBERS: X \$90.00 = TOT	AL ENCLOSED: \$	

\$15 per person for Scout Teams – NOTE: Scout Teams are considered to be registered youth of the Boy Scouts of America

Legend Archey Nock On 106

The Legend Archey Nock On 106 is a durable and functional compound bow case with virtually unlimited storage possibilities. The main compartment is padded for protection and comes equipped with 6 velcro straps to keep your bow secure. There is a second smaller zippered compartment designed for an arrow case. The Nock On 106 features 7 interior pockets and an organizer pouch, 5 exterior front pockets and 1 large exterior back pocket for a whopping total of 14 accessory storage areas. The ripstop fabric, metal buckles and oversized zippers will keep the durable Nock On 106 in service for years and the neoprene carry handle & shoulder strap make transportation a snap. The Legend Archey Nock On 106 is a great looking, well built functional compound bow case that has unmatched storage possibilities. www.legendarchery.com

Scott Mongoose XT

The Scott Mongoose XT has a single caliper head design with an adjustable trigger release that will ensure you are consistently accurate. The Mongoose XT features a spring loaded shutdown selfclosing jaw which aids in string loop engagement. The combination of a buckle wrist strap and a solid swivel connector featuring a 5 hole length adjustment provide ultimate adjustability so you can achieve the perfect fit. The Scott Mongoose XT is available in black or Realtree Xtra and will provide a crisp and accurate trigger release that will keep you slinging arrows exactly where you want. www.scottarchery.com

Native Ward

The Native Eyewear Ward in Real Tree Max 1 Camo are light weight, interchangeable lens sunglasses that were built with the adventurer in mind. The Rhyno-Tuff frames are extremely durable which feature cam-action hinges that lock into place and integrated cushinol non slip grip to keep them in place during rigorous activity. The interchangeable N3 polarized lenses block up to 4X more infrared light than regular polarized lenses and the N3 deliver high contrast, crisp definition, and peak visual cuity. Backed by Natives lifetime warranty, the Ward will become a regular for your hunting & fishing excursions. www.nativeyewear.com

Trophy Ridge Whisker Biscuit Sure Shot Pro

The Trophy Ridge Whisker Biscuit Sure Shot Pro has a new aluminum casing making it the strongest and most durable Whisker Biscuit yet. Once attached to your bow, the Sure Shot pro automatically lines up with the arrow rest and the micro windage & elevation adjustments with laser engraved markings allow you to dial in perfection. The Whisker Biscuits rubber boots eliminate any noise while loading an arrow and the full capture feature keeps the arrow in place and on the rest until fired. We found the Whisker Biscuit to be durable, reliable & accurate arrow rest that will insure success on your next outing. www.trophyridge.com









CROSSBOW: The Essential Gear

Ten Point Titan Extreme Crossbow

The Ten Point Titan Extreme Crossbow is a great all around crossbow and offers a ton of features at an exceptional value. The Titan Extreme features a light weight stock, smooth power touch trigger, 180 pound limbs and tunable yokes equipped with XR wheels allowing the crossbow to shoot arrows up to 311 fps. The dry fire inhibitor is a great safety precaution, preventing

the havoc an accidental dry fire can wreak on a crossbow. We strongly recommend adding the ACU Draw 50 which tucks away neatly in the butt stock using powerful magnets and makes cocking a snap for users of any age. The Titan Extreme Crossbow comes with a detachable 3 arrow quiver and 3x Pro View optics. We had a lot of fun testing the Titan Extreme and found the Crossbow to be well built, easy to use and deadly accurate. Made in the USA the Ten Point Titan Extreme Crossbow is the perfect crossbow for a beginner or experienced crossbow user and will provide years of reliable service. www.tenpointcrossbows.com

Rage 3 Blade

The Rage 3 Blade broadhead promises increased penetration due to 6 independent cutting blades and KORE technology. The Shock Collar blade retention system allow these broadheads to fly like field tips and using a rear deploying slip cam design the 3 Blade releases the razor sharp stainless steel blades at just the right time. We found the KORE technology produced large wound channels resulting in massive blood trails as a result of the 1.6 inch cutting diameter. We also found that the knock down & stopping power was fantastic. The Rage 3 Blade broadheads come with a practice head and are a great choice for the crossbow & compound bow hunter. www.ragebroadheads.com

Nocturnal X-Bow Lighted Nock

Nocturnal X-Bow lighted nocks are a snap to install and will fit any crossbow bolt. Providing over 24 hours of bright LED light, Nocturnal nocks are activated when fired and are water proof and shock proof for reliable service. A crucial piece of equipment, Nocturnal light

nocks aid in tracking you quarry and finding pass through or missed shot arrows. Nocturnal's are easy to turn off using the tip of another arrow and they are available in red & green and several nock styles. www.nockturnal.com

Clean-Shot Nock Out Lighted Crossbow Nocks

The Clean-Shot Nock Out Lighted Crossbow Nocks have a unique pull back switch feature which turn off the nock, that is handy



and simple to use. Just pull the nock back until you hear a click and it is off. Nock Outs are also equipped with a practice mode that deactivates the LED with a simple quarter turn of the nock collar. Each pack has 9 sleeves included allowing you to fit them to any sized crossbow bolt on the market. Available in 3 colors, the non-replaceable batteries will light up the LED nocks for 24 continuous hours which is crucial for finding lost bolts and tracking your quarry. www.clean-shot.com

Morrell Yellow Jacket Crossbow Broad Head Target

The Morrell Yellow Jacket Crossbow Broad Head Target is designed using multiple layers to take the abuse from heavy hitting crossbows and still allow for easy broadhead removal. The 18 x 18 x 16 inch waterproof target is light weight and has off set bulls eyes to extend the life of this 4 sided target. We found the Morrell Yellow Jacket Crossbow Broad Head Target was equally as effective for both fixed and mechanical blade broadheads. The Morrell Yellow Jacket Crossbow Broad Head Target from boning up in the backyard to shooting contests at the hunting camp. www. morrelltargets.com



CROCCBOW

Ten Point Pro Elite Carbon Arrow with Omni Brite Lighted Nocks

The Ten Point Pro Elite Carbon arrows are accurate, durable and reliable. Featuring advanced carbon fiber construction, the Pro Elite Carbon arrows are laser-inspected for straightness to within .003" and hand-sorted for precise weight. We were impressed with the accuracy as we were able to consistently shoot groups within a 3 inch circle from 40 yards. Ten Point Pro Elite Carbon Arrows are 425 grains and come equipped with 68 grain brass inserts. We choose to use arrows that were equipped with Omni Brite lighted nocks. The Omni Brite lighted nocks are easy to use and make tracking your quarry or finding a pass through arrow a cinch both in daylight and night shooting conditions. Ready to shoot right out of the box, with everything you need in a high quality arrow you cannot go wrong with the Ten Point Pro Elite Carbon arrows. www.tenpointcrossbows.com

Gold Tip 425 Ballistic Bolts

The Gold Tip 425 Ballistic bolts are a strong & durable bolt that will provide superior penetration. The 425 Ballistic bolts are inspected for straightness to .005" and weight sorted to 2 grains combined with the 100% carbon technology you can expect consistent straightness & durability from these bolts. Packaged with both flat & moon nocks the 425 Ballistic bolts provide a great balance of speed and knock down force that will insure positive results. www.goldtip.com

Primos Tall Bi Pod Trigger Stick

The Primos Tall Bi Pod Trigger Stick is a light weight, durable & adjustable shooting platform that is packed full of features. A simple one handed squeeze allows you to adjust the height from 24 to 61 inches and a flip of the trigger lock keeps the stick at your desired height. The legs are independently adjustable for use while sitting or standing on uneven ground. The Primos Trigger Stick comes equipped with a 360 degree rotating nylon V yoke crossbow or gun rest which is removable for use with cameras or spotting scopes. We found the Trigger Stick was light enough to carry on any outing and it was perfect for stabilizing our shot and even extending our range, guaranteeing a perfectly placed kill shot. www.primos.com



Primos Pig Stick

The Primos PIG STICK is an accurate boar or sow call that can attract hogs from long distances. The adjustable reed mature sow or boar grunt can be used for loud or soft calling that will get the desired results when hog hunting. Add hog calling to your bag of tricks and increase your percentages the next time you are at the lease. www.primos.com

QAD Exodus Crossbow

K. LOCKERS HILL

The QAD Exodus Crossbow is a strong and accurate broadhead that uses simple technology to produce excellent results. The compact design and steep cutting angle combined with a 1.25 inch cutting diameter provide maximum penetration & bone smashing damage resulting in pass throughs and easy to follow blood trails. The blades sweep back over the shaft creating a short broahead that is the same size as a field point resulting in the true flight of a field point and eliminating the drift often experienced with broadheads. The stainless steel replaceable blade Exodus Crossbow broadheads come in 2 weights and 2 different styles of blades. The US made QAD Exodus Crossbow will keep you on target due to the perfect field point like spin on these broadheads. www.qadinc.com

Realtree® Numa Frames

With our proprietary eye soothing, high contrast Mandarose[®] hunting/driving lens

TACTICAL

ATHLETE INSPIRED SOLDER TESTED

As Seen On: Wingshooting USA Backwoods Bloodline The Scott Martin Challenge

www.numaoptics.com

Numa was founded by a Special Forces soldier and triathlete who saw that all of his gear was rugged and tough except for his sunglasses. Numa fills that need and sets a new standard for rugged and dependable high quality eyewear. All Tactical Series Eyewear by Numa exceeds ANSI 287.1 high velocity impact protection and optical standards.

CROSSBOW

Native Andes

The Native Eyewear Andes boasts all the quality features we have come to expect from Native in a Realtree Camo pattern for the outdoorsman. The replaceable wide angle N3 polarized lenses block up to 4X more infrared light than regular polarized lenses and the N3 deliver high contrast, crisp definition, and peak visual cuity. The Andes also feature lateral exhaust vents that prevent fogging when you are stalking you quarry. The wrap around Andes will stay put no matter where your adventure lead from climbing a tree stand to jumping down into a gully. The Native Andes are top notch eyewear ready to assist in your next outdoor adventure. www.nativeyewear.com

Kryptek Dalibor Lightweight Soft Shell Jacket

The Kryptek Dalibor Lightweight Soft Shell Jacket is perfect for early season or active hunting. The Dalibor is water resistant and features dual zippered chest & arm pockets for all of your must have gear plus dual hand warmer pockets. Kryptek really nailed it with the Dalibor as the stretch fabric provides a comfortable jacket with the flexibility for just about any activity and the Highlander Camo pattern will insure your invisibility. The light weight Dalibor is a perfect layering jacket and is built tough to take whatever Mother Nature can dish out. www.kryptekstore.com

Kryptek Alaios Pants (Gen II)

The Kryptek Alaios are a great mid-season hunting pant that are packed full of features. The moisture wicking, fast drying stretch fabric provides awesome flexibility and comfort for just about any activity. Articulated knees with knee pad pockets protect you when kneeling on hard surfaces but it does not stop there, Kryptek added bonded laminate to keep your knees dry when kneeling on snow or wet ground. Like to carry gear on your outings? The Alaios has you covered with 10, that's right we said 10 strategically accessible pockets for storing all of your gear. The Alaios has both belt loops & suspender loops and the Highlander Camo will keep you concealed from your quarry. The Kryptek Alaios are a fantastic all around pant that will keep you covered in just about any situation. www.kryptekstore.com

X-Factor Split Limb Crossbow Dampening System

The Split Limb Crossbow Dampening System is the leading crossbow noise dampening & shock reduction accessory designed by the experts at X-Factor. The Split Limb Crossbow Dampening System installs in a couple of minutes and will reduce your sound by as much as 38 decibels and recoil by as much as 30%. The difference is amazing. The X-Factor is a must have modification for all

crossbow owners who are tired of the noise signature they produce with every shot and want to go silent when hunting! Available in 5 colors to match your crossbow setup the US made Split Limb Crossbow Dampening System is backed by a 100% satisfaction guarantee. www.xfactoroutdoors.com







USARA Adventure Race National Championship

Pine Mountain State Resort Park, Kentucky - October 1-3, 2015

Off Road Rage **Rev 3 Shenandoah Epic AR** Smith Rock Spring Sting **MISSION AR** Blue Ridge Mountain AR Uwarrie 18 AR All Out 24 Run, Row, Rock and Roll Plot, Pedal, Paddle AR The Jersey Inferno Cradle of Liberty Stubborn Mule **Expedition Alaska** The Cauldron Gold Rush **Rev3 Casper Strong** Jurassic Adventure Race Sheltowee Extreme Kulshan Quest Krista Griesacker State Games of America The Bitter Pill Pisgah 26.2 AR The Hogback Thunder Rolls Hellbender Adventure Race BendAR **Chesapeake Headwaters 12 Tomahawk Challenge** Longest Day & Night AR Howl at the Moon Tahoe Big Blue For 2016 **Coosa River Challenge** Sky Island Challenge Bartram's Wildwood Epic **Unbridled AR- The Fig**

4/18/15 4/18/15 4/26/15 5/92015 5/30/15 6/6/15 6/7/15 6/13/15 6/13/15 June 6/20/15 6/27/15 6/28/15 7/11/15 7/11/15 7/12/15 7/18/15 7/18/15 7/25/15 8/1/15 8/1/15 Auaust 8/8/15 NC 8/8/15 8/22/15 8/28/15 8/29/15 8/29/15 9/12/15 9/13/15 September 9/28/15 10/3/15 11/7/15 11/7/15 11/7/15

Salina, KS Front Royal, VA Bend. OR Brownstown, IN Blue Ridge, GA Troy, NC Bishop. CA Fairbury, NE Dixon. IL Northern, NJ Wagontown, PA Tomahawk, WI Eagle River, AK Hawthorne, FL Sonara, CA Casper, WY Glen Rose, TX Laurel City, KY Bellingham, WA Hamburg, PA Ashland. NE Bolton,VT Ocee, TN Mt. Carroll, IL Central Missouri Bend. OR Bear, DE New Harmoney, IN New Paltz, NY Hobe Sound, FL Lake Tahoe, CA Wetumpka, AL Tucson, AZ Columbia. GA Slade, KY





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The first place coed team from each regional qualifying race will receive a \$400.00 sponsorship, provided by the regional qualifying race, to be applied to the team's entry fee for the 2014 USARA Adventure Race National Championship[™].

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