

Adventure World

magazine

SUMMER 2021

US VIRGIN ISLAND
ADVENTURES

ADVENTURE WORLD MAGAZINE

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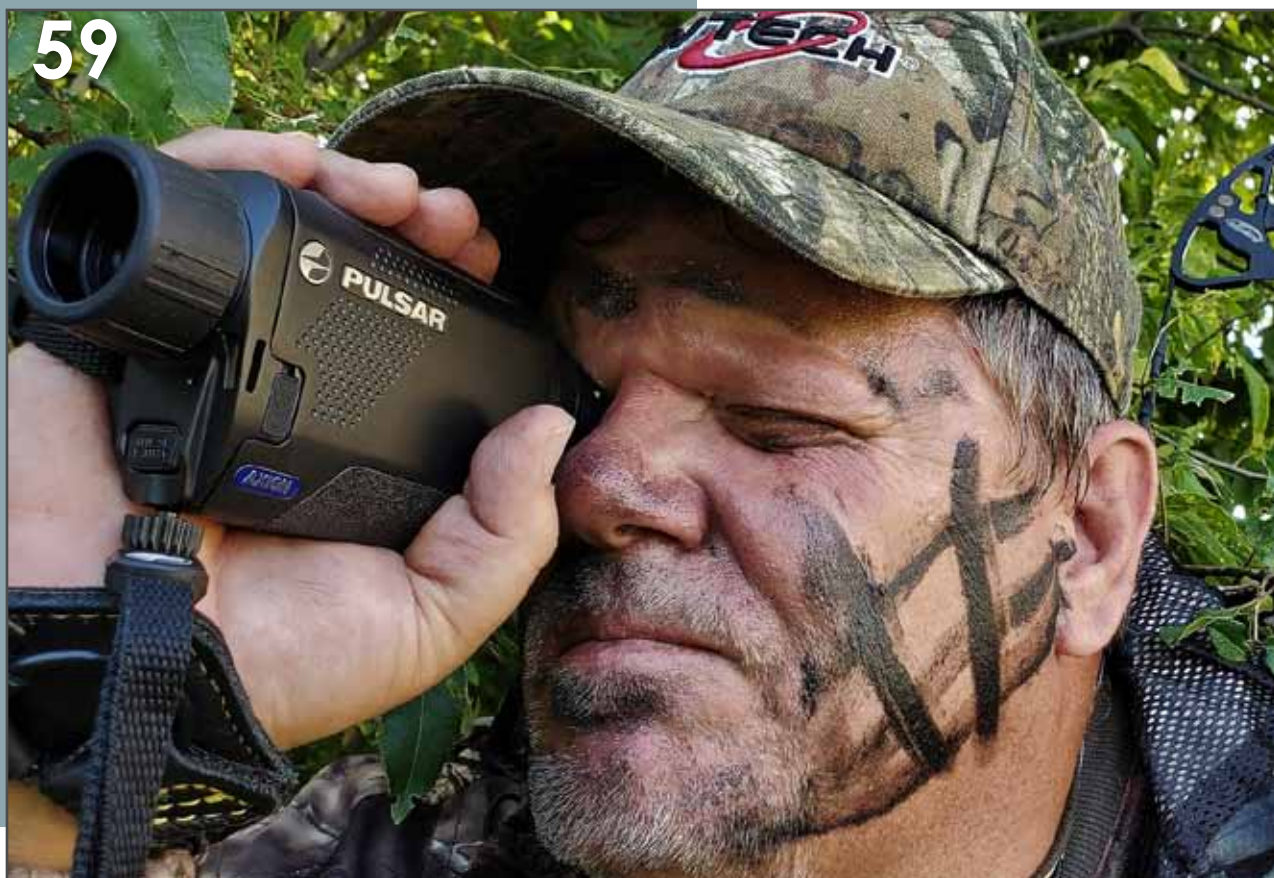
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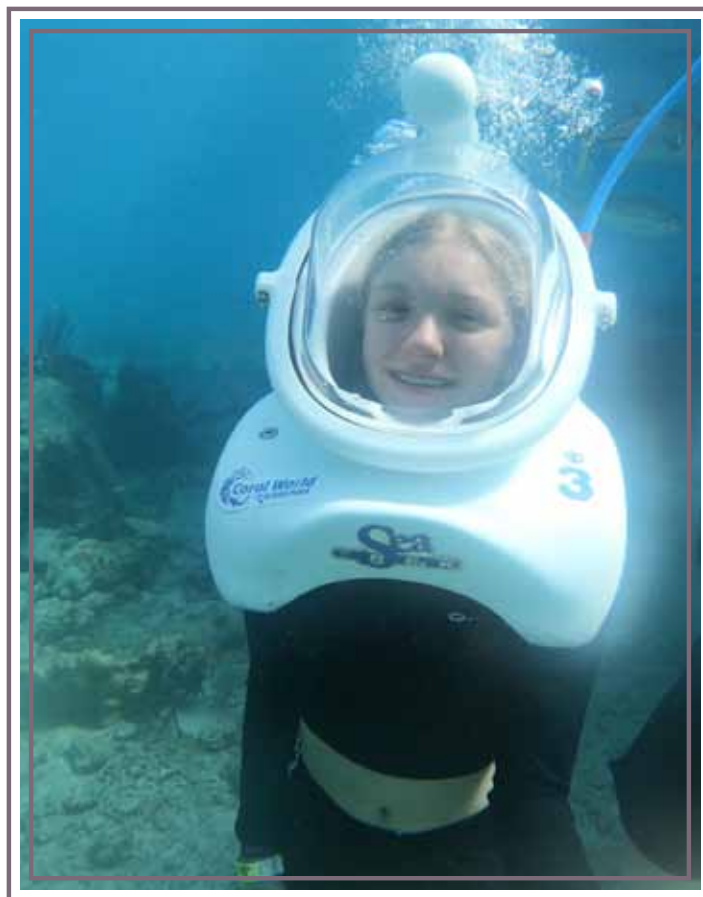
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ADVENTURES WITH *Izzy!*

Swimming with Lions

by Izzy Farrar

This Spring break my family and I visited the U.S. Virgin Islands and Puerto Rico for a week. We had many fun adventures while we were there like jet skiing, parasailing and swimming with lots of different aquatic animals. One thing we did that was really cool in Puerto Rico was a night kayak to a bay with bioluminescent algae. We went during a new moon so it was super dark, and you could really see the algae light up. Puerto Rico is one of the only places in the world with bioluminescent glowing algae, so it was a fun and unique experience. We also got to go on a sunset kayak in St. Thomas. It was fun, we got to see little jellyfish and went to an island with hundreds of hermit crabs, which were both super cool.









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We spent a day on a sailboat, a day on a powerboat and a day beach hopping on a dinghy. One of my favorite activities was snorkeling and we had several chances to snorkel while on the boats. There were so many pretty corals and sea creatures, but the best part was seeing and swimming with sea turtles. Seeing a sea turtle in the wild is a pretty rare experience, so if you get the chance to swim with sea turtles, it is an amazing experience.

Another exciting thing we got to do was swim with dolphins and sea lions at Coral World. One of the sea lions weighed 850 pounds, but we swam with Remo who only weighed 400 pounds. At first it was a little scary getting into the water with such a big predator. Remo had big teeth and weighed four times as much as I do which was a little intimidating. But, after a minute I realized that he was just like a big puppy, who wanted to play. It was amazing to see how fast he could swim. Remo could also jump out of the water just like a dolphin, even though he was such a big animal. I never would have guessed Remo could do that, I learned a lot of new things about sea lions first hand on this vacation.

All in all, it was a really great trip. I got to do so many new things, try new foods, and swim with some amazing animals including sea lions! **AW**





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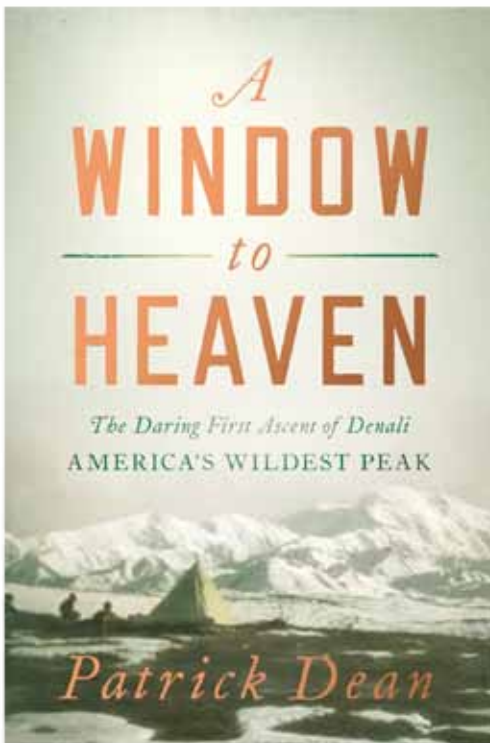
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Product Reviews

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A Window to Heaven

A Window to Heaven: The Daring First Ascent of Denali—America's Wildest Peak will take you back to an amazing journey made by a small band of adventurers in the early 1900s. The quest is lead by Hudson Struck, a missionary who established hospitals, schools and libraries in Alaska while lobbying against exploitation of the Indigenous population. Follow along while Struck - an Episcopal priest, leads a small group with Harry Karstens - a wilderness guide, Walter Harper - a half native Alaskan and Robert Tatum - a divinity student strive to reach their goal of being the first team to climb Denali. A Window to Heaven: The Daring First Ascent of Denali—America's Wildest Peak is more than just the story of first ascent of Denali and will transport you back to the adventurous frontier days at the turn of the century. Available at Amazon and Barnes & Noble.

Yosemite National Park Epic Road Trip Hoodie Sweatshirt

The Yosemite National Park Epic Road Trip Hoodie Sweatshirt fits its description as the perfect road trip hoodie. The fun starts with cool graphics of a VW van with a Yosemite mural inside which brings a smile to every face that views the hoodie. Ultra-soft material will make this hoodie the one you keep wearing day after day on your next adventure. This hoodie has a cause as Wild Tribute donates 4% of all proceeds to support our wild and historic places. So grab your Yosemite National Park Epic Road Trip Hoodie Sweatshirt and get out there on your next adventure. <https://wildtribute.com>



Speaqua Cruiser H2.0

The Speaqua Cruiser H2.0 is a must have item for your next island adventure. The Cruiser H2.0 is a completely water, dust, and shock proof Bluetooth speaker that is small enough to slip into your pocket. The Cruiser comes in 8 colors, features dual pairing capability, has a the built-in mic so you can take speakerphone calls and even has a built in bottle opener! If you could only take 1 thing to a deserted island what would it be - that's easy, the Speaqua Cruiser H2.0. www.speaqua.co

Real Shades Discover Polarized

Real Shades Discover Polarized sunglasses give your kids important eye protection without breaking the bank. The Real Shades provide 100% UVA/UVB protection with shatterproof polycarbonate lenses which eliminate glare and increase visual clarity providing enhanced contrast while reducing eye strain. My favorite feature is the unbreakable, flexible, wrap around frames. Both the lens frames and the ear pieces are flexible and resilient. My kids are rough on sun glasses but the Discover Shades were tough enough to take what they could dish out without any problems. For a great pair of sunglasses that will fit your kids correctly, provide great protection and take their abuse look no further than Real Shades. www.realshades.com



Real Shades Switch

Real Shades Switch sunglasses provide great eye protection with a twist. The Switch start with 100% UVA/UVB protection provided by their shatterproof polycarbonate lenses. Switch also feature tough unbreakable frames that can take the rough treatment we expect from kids. The fun starts when you go outside and the glasses change colors once exposed to UV rays! There are 5 fun colors to choose from and the cool style is great for both girls and boys. So, start protecting your kids' eyes and let them have some fun while doing it with the Real Shades Switch Sunglasses. www.realshades.com



Gator Dry Bag

The Gator Dry Bag is a must have item for your next beach trip. Safely store your phone, electronic devices, wallet, room key or anything else you need to keep dry. The waterproof bag is safe to 900 feet and self-seals using a unique magnetic system that will not harm electronics or credit cards. The clear bag allows you to manipulate touch screens, take pictures & video and even use the phone while safely protected inside the Gator Dry Bag! The Gator Dry Bag comes with a lanyard and is available in 4 sizes and 3 colors which will fit any phone or tablet. Turn your iPhone into an underwater camera and get some great content at the beach or pool with a Gator Dry Bag. www.bluewavedistribution.com

Product Reviews

SUMMER 2021

WOW Mega Beach Towel

The WOW Mega Beach Towel is gigantic (35 inches by 70 inches long) making it a great ground covering at the beach. There is plenty of room to sit, lay and even roll over without falling off the towel. The Mega is made from super soft and absorbent 100% cotton and has a fun bright pattern. Big, bright and soft the WOW Mega Beach Towel is everything you could want for your next trip to the beach. www.wowwatersports.com



WOW 2K Tow Rope

The WOW 2K Tow Rope is custom made for towing 1-2 rider tubes. The sixty foot, heavy-duty 3/8" 12 strand rope has a 2375 pound break strength and a minimum stretch design making it the perfect choice for towing a tube. The tow rope features a floating foam buoy which makes it easy to locate the rope in the water and comes with a Velcro strap to help organize the rope for storing when not in use. www.wowwatersports.com

WOW Born to Ride

The WOW Born to Ride is a 1-2 person towable tube that will bring you hours of fun. The tube features an Ultra soft top cover that provides a non-abrasive ride and gives you a soft place to land when you are bouncing along behind a boat. Packed full of features such as a 340-pound maximum capacity, four double webbing foam handles, zippered nylon cover with an easy access zippered valve cover, a heavy-gauge PVC bladder with a speed valve for fast inflation and a reinforced towing system with a built in EZ TOW CONNECTOR. The inflated tube is a whopping 60 x 56 inches and has a tapered design which is higher in the front to prevent the tube from submarining. A one-year warranty and cool dye sublimated graphics that will never peel round out the package. The WOW Born to Ride two person towable tube is a great looking, heavy duty tube that will create immediate smiles and lifetime memories. www.wowwatersports.com



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Product Reviews

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Chaco Lowdown Sandal

The Chaco Lowdown Sandal is a lightweight superstar that was built for island adventures. The low-profile sport sandal uses Z straps and a cinch buckle to ensure the sandals stay on your feet in uneven and wet terrain. Or, wear the Sandals in a more casual manner with the heel strap down as you grab lunch at the local bodega. The contoured LUVSEAT arch-support combined with the high-rebound EVA midsole provide you all day comfort in any conditions and as a bonus – they are easy to clean. Chaco rounded out the features with a non-marking ChacoGrip rubber compound outsole that gives great traction in wet conditions. The Chaco Lowdown Sandal is available in multiple colors and is the perfect companion for your feet on your next island adventure – and that is the lowdown. www.chacos.com



Chaco ZX/2 Classic

The Chaco ZX/2 Classic has been hitting the beach since 1989 and is still going strong. The fully customizable adjustable double-strap webbing with a toe loop, heel strap and cinch buckle ensure the sandals stay in place in all environments. The ZX/2 Classic feature a women's specific podiatrist-certified LUVSEAT arch-support which are comfortable enough to wear all day. The vegan-friendly sandal boasts a non-marking ChacoGrip rubber outsole which is slip resistant in the wettest conditions. Put all of these features together and you come up with a real classic – the ZX/2 Classic. Available in multiple colors and widths, slip into a pair of Chaco ZX/2 Classics and enjoy both the style and comfort on your next island adventure. www.chacos.com



Sea to Summit Ultra-Sil Day Pack

The Sea to Summit Ultra-Sil Day Pack is the perfect traveling companion for just about any adventure. The Ultra-Sil starts small, packing down to the size of a tennis ball and the included stuff sack has an attached carabiner making it easy to hang the pack on just about anything. Once unpacked the Ultra-Sil is a great low profile, ultra-light day pack. Reinforced shoulder straps and bar-tack stitching at all stress points add strength to this pack which features a two-way zipper and a small webbing daisy chain for attaching extra gear. Available in 4 fun colors, the Ultra-Sil is made of tough Siliconized CORDURA, has non-padded shoulder straps and a max load of 15 pounds. Perfect for a day at the beach, a trek through the jungle or an evening searching for treasures in the local markets. For a compact, ultra-light weight day pack that packs down to nothing look no further than the Sea to Summit Ultra-Sil. www.seatosummitusa.com

Tusa Freedom Elite

The Tusa Freedom Elite mask is a technological wonder that results in the most comfortable mask I have ever worn. Tusa starts with Freedom Technology which includes a dimpled skirt surface, varied silicone thicknesses, stability ridges and a proprietary low-friction skirt surface on the fitting line all of which result in a more comfortable and better fitting mask. The Freedom adds a round mold, special cross-sectionally shaped silicone skirt fitting line which is super comfortable and holds a great seal while reducing face creasing. Finally, the 3D Mask Strap fits snugly against the head's curvature while the 5 angle strap adjuster and 180 degree rotating buckles allow you to micro adjust the mask to accommodate any size head. The wide field of view single lens provides an unobstructed view of your surroundings. Available in 16 color combinations, the Tusa Freedom Elite mask is the perfect place to start building your new scuba and snorkeling gear for your next island adventure. <https://tusa.com/us-en>



Tusa Hyflex Switch

The Tusa Hyflex Switch is a light weight, comfortable and powerful fin that looks as good as it performs. The polyurethane blade provides a lightning fast response to the divers input and six performance ridges behind the blade vent create a vortex which reduces resistance providing a buttery smooth fin stroke. Angled Blade Design (A.B.D.) provides maximum efficiency throughout the entire kicking cycle easing the toll on your legs after a full day of diving or snorkeling. The multi-compound foot pocket is super comfortable and increases the power transfer to the fin blade, while the five-position adjustable bungee strap keep your fins snugly in place. The unique Hyflex System allows you to remove the blade from the foot pocket for a compact travel option. Available in 6 colors and 4 sizes, the Tusa Hyflex Switch is a great looking, high performing fin that will enhance your next diving adventure. <https://tusa.com/us-en>

Product Reviews

SUMMER 2021

Tusa Hyperdry Elite II

The Tusa Hyperdry Elite II snorkel is hands down the easiest to use and driest snorkel I have ever encountered and is available in 23 colors. Tusa achieves this with the Hyperdry Elite dry top which keeps the snorkel completely void of water by quickly and efficiently closing a float when the snorkel is submerged or hit by waves. Add a covered, large diameter high flow purge valve which always remains at the lowest point, even when snorkeling upright, which allows water to be cleared at all times and prevents gurgling or sucking water while snorkeling. Rounding out the features are an ortho-designed mouthpiece which reduces jaw fatigue and a comfort swivel which can rotate to the horizontal position and makes attaching the snorkel to your mask a snap. Forget anything you have used in the past, the Tusa Hyperdry Elite II snorkel is a game changer and a must have item for both beginner and advanced snorkelers. <https://tusa.com/us-en>



Teva Tanza

The Teva Tanza is the perfect sandal for your little one's next wet and wild adventure. The Tanza will stay securely on their feet in just about any condition and boasts a rubber outsole which provides awesome grip on slippery surfaces. Featuring ultra-tough quick drying webbing with easy to secure hook and loop closure making it simple for little ones to put on or take off their sandals. Great for beach combing, day hikes, splashing in the creeks or an afternoon on the kayaks, the Teva Tanza is a great all around sandal that will keep your little one's feet protected on their next adventure. www.teva.com

A cyclist wearing a red and black jersey and a helmet is riding away from the camera on a wide, light-colored gravel path. The path is flanked by green grassy hills. The cyclist's shadow is cast on the path ahead of them.

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Product Reviews

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ENO Atlas Suspension System

The Eagle Nest Outfitters Atlas Suspension System is a knot free, tree friendly, hammock hanging marvel. ENO developed features such as a weight saving tapered construction with an increased width to protect the trees, reflective stitching to make sure your hammock is visible at night and an included carry sack. The 400-pound capacity Atlas is a snap to set up and boasts 30 attachment points making it a super adjustable suspension system. Just like Batman would be lost without Robin, your ENO hammock just ain't right without the ENO Atlas Suspension System. www.eaglesnestoutfittersinc.com

ENO DoubleNest Hammock

The Eagle Nest Outfitters DoubleNest Hammock is a big old cocoon of relaxation. Roomy enough for a snuggle buddy, the DoubleNest features heavy duty triple stitched seams, a pair of aluminum wire gate carabiners and a 400-pound weight capacity. After a morning of lounging, stuff the hammock into the attached compression sack and head out in search of your next relaxation spot. ENO uses soft and breathable 70D Nylon for their hammocks which is fast drying in case you get caught in a storm. Whether it is on a tropical island or in your back yard, the Eagle Nest Outfitters DoubleNest Hammock is a must have item for your next outdoor excursion. www.eaglesnestoutfittersinc.com



ENO Islander Blanket

The ENO Islander Blanket is a double threat as a great companion to your hammock or the perfect stand-alone ground covering for your next outing. The lightweight machine washable parachute nylon blanket is easy to brush off after a day at the beach and is equipped with stake loops and 4 stakes for a quick and secure set up. The quick drying blanket is a roomy 6'1" x 6'1", has a zippered stash pocket and packs down to the size of a tablet in the included stuff sack. Perfect for a ground covering or for a light weight blanket while lounging in your hammock, the ENO Islander Blanket is a no brainer for your next beach excursion. www.eaglesnestoutfittersinc.com **AW**

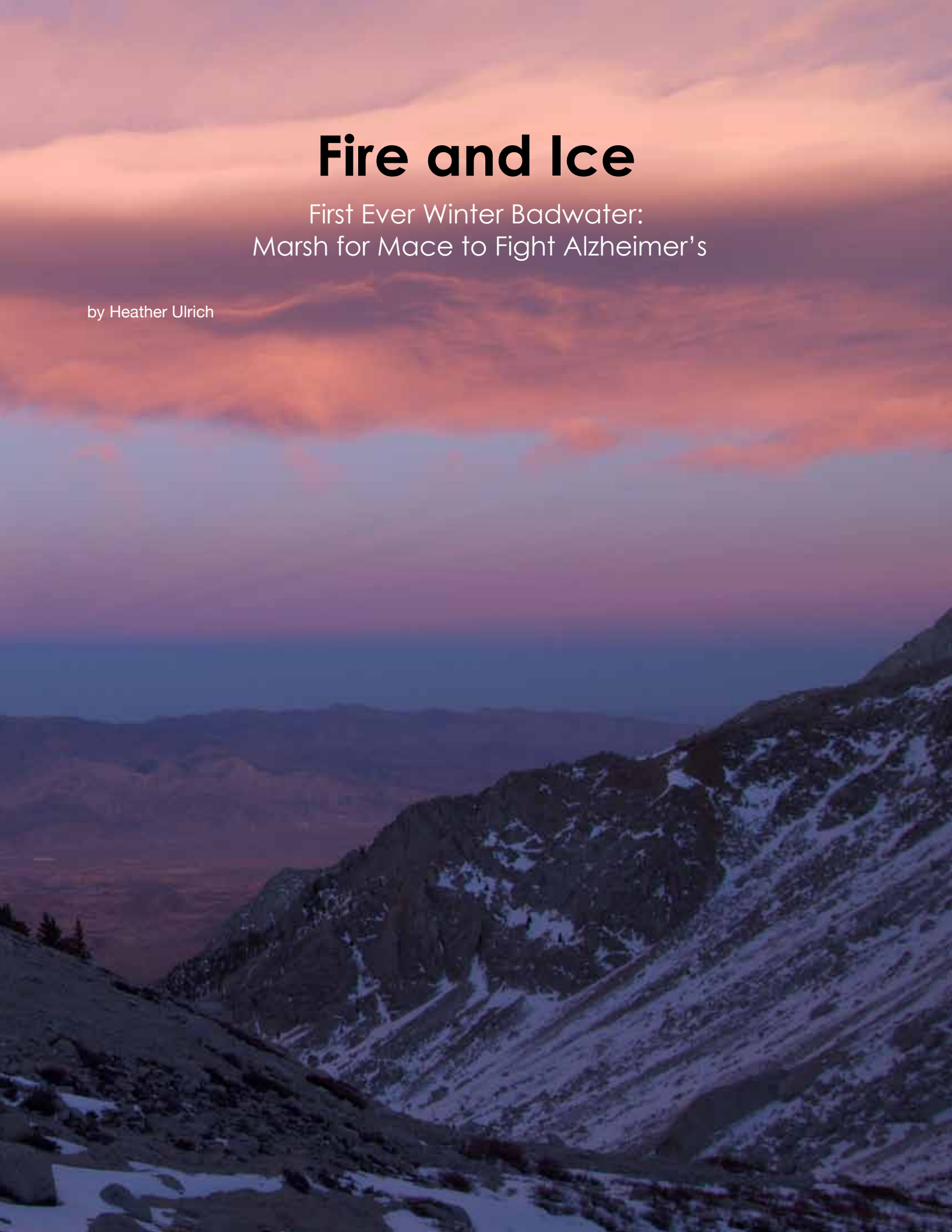


photo by WildIncognito by Trevor Athnes

Fire and Ice

First Ever Winter Badwater:
Marsh for Mace to Fight Alzheimer's

by Heather Ulrich



At 14,000 feet on the side of Mount Whitney, Marshall Ulrich leaned over, putting one hand on his knee, using his ice axe as a cane. He could see down the steep, snow-filled chute they had just climbed, with Iceberg Lake looking small in the distance. The rock and snow path ahead looked daunting, as the icy 30 to 40 mile-per-hour wind stung his face. Looking up at his guide, Trevor Anthes, he saw doubt in his eyes. “It’s just a fuel issue,” Marsh assured him, “I’ll eat this Gu and drink some water, and I’ll be okay.” Trevor didn’t seem too sure.



At 69 years old, Marsh has faced challenges before. He reached the summit of Mount Everest from the northern Tibetan side when he was – what now felt – 52 years young. At 57, he ran across America in just over 52 days, averaging almost 60 miles per day. He climbed the Seven Summits and many other peaks around the world. As a member of Team Stray Dogs, he competed in all ten Eco-Challenge adventure races as well as many other multi-day, multi-sport, over 300-mile events. He and a friend survived a self-supported, 400 plus mile circumnavigation of Death Valley National Park, in August. He completed the



Badwater ultramarathon 20 times, always going the complete 146 miles to the summit of Whitney, and last year he completed his 30th crossing of Death Valley (DV) 30 years after his first race, an event he called the DV 30/30.

This was different. This was his second crossing from the minus 282-foot Badwater basin to the 14,508-foot summit of Mount Whitney – the lowest to highest points in the lower 48 states – in just six months, the latter part of a new effort he dubbed Fire and Ice; a February crossing, including a winter ascent of Whitney via the Mountaineer’s Route. And, this one was for Mace.

In 2018, at the age of 64, fellow Stray Dog Mark Macy (Mace) was diagnosed with early onset Alzheimer’s. Now, the Alzheimer’s Association is conducting a huge fundraising effort called “The Longest Day” and Team Macy Endure, led by Mace and his wife Pam, are raising money to help advance the care, support, and research efforts of the Association to help the millions of people around the world who suffer with dementia. Marsh signed on, using his Winter Badwater, as his own way to support Mace’s fight against Alzheimer’s.

The idea for a winter attempt was born when Marsh asked his daughter Ali if she would ever consider doing a crossing. Ali was out in the desert again, in July, crewing for her dad, stopping at least every mile along the route to provide water, ice hats and bandanas, cooling water spray, electrolytes, food, and anything else he





photo by WildIncognito by Trevor Athnes



needed. “I don’t know. Maybe. But I would have to stop and sleep. And it would have to be in the winter.” Yep, Marsh thought, “Fire and Ice. Why hasn’t anyone thought of doing a Winter Badwater before?”

Marsh had started at Badwater at 7:59 AM on February 21, 2021, “planning” to walk the over 130 miles across the desert in about 48 hours, crossing Death Valley and reaching landmarks like Furnace Creek, Stovepipe Wells, Towne Pass, Panamint Valley, Father Crowley Vista, Darwin, Owens Valley, Keeler, Lone Pine, and the Whitney Portal Road along the way. Then take two days to reach the Whitney summit, with another day to descend.

The desert, the mountain, and his body, had different ideas.

Things started out smoothly. Marsh was walking four-miles-per-hour and was enjoying the cool temperatures. It was only about 70 degrees, compared to over 120 last August! On the top of Towne Pass in the middle of the night it was about 26 degrees, not over 100. His wife, Heather, and Stray Dog Dr. Bob Haugh, who were pulling crew duty again just as they had many times before, including for the Fire crossing last August, appreciated how pleasant it was to enjoy the desert outside the van. This time they did not have the (they now realized) ever-present worry about Marsh wilting in extreme heat during a summer crossing.

After 70 miles, as Marsh approached Panamint, Heather and Dr. Bob were distraught when they saw Marsh badly tilted to his right. They’d both seen it before; the dreaded Badwater Lean. But they’d never seen it in Marsh. The horrendous physical deformity was more than

she could take and Heather actually started crying as she hugged him. Something she never did during an event, keeping her feelings private so he could focus only on his efforts, not her concerns. Heather massaged his back, with no luck. At Panamint Springs Resort they were able to call their friend and master massage therapist Cinder Wolff, who told them it was his psoas muscle in his abdomen/groin. They tried the painful treatment Cinder described, several times, as well as other desperate measures, but Marsh was only able to stagger three miles up Crowley's when Heather said it was time to fall back and regroup.

If it had been anyone but Marsh, Dr. Bob and Heather may have surrendered. But, they'd seen Marsh come back from the seeming dead before. Like Mace always says, "Never quit." It took a 20-hour break, continued and different treatments, and rest before Marsh could get back on the road.

So, almost two full days after he began, Marsh starting walking, very gingerly, at the point where he had stopped, with another 56 miles to go. He felt like he was learning to walk again, with Heather right behind him for several miles ensuring he stayed straight up. Thankfully, he did! The team moved forward and, after stopping to eat a cheeseburger and some chili cheese fries in Lone Pine, Marsh started up the Portal Road. It was incredibly quiet. No other cars or people on the road. The waxing moon lit up the snow-covered Sierras – something they had never seen, with Orion standing guard right over the summit of Whitney. Just before 1 AM on February



photo by WildIncognito by Trevor Athnes

24th Marsh reached his 131-mile benchmark just above the Portal Road closure gate at about 7,000 feet. All was well with the world. Except Mace still had Alzheimer's.

Marsh and Dr. Bob started their ascent of Mount Whitney, with Trevor from Sierra Mountaineering International (SMI), the morning of February 25 with the "plan" of three days on the mountain, including a day for the descent. But the mountain had other ideas.

Marsh started walking up the Portal Road, meeting Trevor and Dr. Bob just below the Whitney Campground at approximately 8,375 feet. Hoisting their 45 pound packs (Trevor's was likely closer to 60!) they walked on foot until the North Fork cutoff, where they had to put on snow shoes. The gulley was a steep ascent in deep snow! They covered the 2.5 miles to Lower Boy Scout Lake at 10,350 feet in just over 5 hours. Marsh said, "It was hard." He never exaggerates or embellishes, so it must have been really difficult! Challenging enough that Trevor convinced them to add another day to the expedition. So, on the 26th they only went about a mile to Upper Boy Scout Lake at 11,300 feet, leaving over 3,000 feet over less than two miles for the summit push.

On the morning of the 27th they started out with crampons, ropes, harnesses, helmets, and ice axes. Dr. Bob turned around early on to return to camp as he felt he would hold Marsh back. As always, the Stray Dogs do what's best for their teammates. The steep climb up the gulley to the Notch at about 14,000 feet took a lot out



photo by WildIncognito by Trevor Athnes



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of Marsh, forcing him to lean over to rest. Looking up at Trevor, he realized that any and all physical challenges he was facing are nothing compared to what Mace and his family, and all of those affected by Alzheimer's, face each and every day.

- Marsh chose this challenge; Mace did not choose to have early-onset Alzheimer's.
- Marsh beat up his body, causing the painful body-bending issue with his psoas muscle; Mace did not choose to start having difficulty getting dressed every day.
- Marsh decided to walk 131 miles across the desert before climbing Whitney in the winter; Mace did not want to have to stop driving almost two years ago, nor did he want to sell his travel trailer that he and Pam planned to use extensively in his retirement.
- Marsh made plans to carry a 45-pound pack on snow shoes, and use crampons and an ice axe to climb the tallest mountain in the lower 48 states; Mace didn't plan to have an increasingly difficult time remembering words or the names of people he's only recently met.
- While Marsh could choose to stop now and turn back before reaching the summit; Mace could not choose to leave Alzheimer's behind. At least, not yet, and that is why they were raising funds to help Mace's "Alzheimer's brother and sisters" and, one day, find a cure.



photo by Amazon Prime Video,
The World's Toughest Race: Eco-Challenge Fiji

Marsh could hear Mace in his head, telling him, "It's all good mental training, never quit." Meanwhile, Trevor was reminding him that they also had to be able to descend, something Marsh knew. Getting to the summit of any mountain means you're only half-done; summiting is optional, returning home is required. "I'll get stronger on the descent," Marsh assured Trevor. Not having seen Marsh return from the seeming-dead before, Trevor still decided to trust his client.

At 11:42 AM on February 27th, Marshall Ulrich stood on the summit of Mount Whitney. The first ever Winter Badwater! It had taken 6 days, 3 hours,

and 43 minutes – two days longer than planned. However, Marsh didn't set out to establish a speed record, but rather to prove that it could be done. And, he'd done it!



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His first call was to Mace. If you've watched the 10-part series "World's Toughest Race: Eco-Challenge Fiji" on Amazon Prime Video, you have an idea how connected the Stray Dogs are. You understand how Marsh could tell Mace, "Man, you look like s#%*," and know it's one of the most loving, enduring things an athlete can tell his teammate. Their bond, forged in suffering and challenges, is unbreakable.

Marsh is grateful for all that he can still do at 69, and his heart breaks watching what Mace can no longer do. But, his heart swells with love and pride seeing that "Mace is still Mace" – which means Mace is still doing for others. Heck, he donated a kidney to a complete stranger! When they're out on the trails and someone recognizes Mace from the Eco-Challenge series, Mace always asks them how they are doing and what their story is. When Marsh and Mace get to the top of Evergreen Mountain, a place Mace has been thousands of times, they often walk over to "Bob's Rock" to call Dr. Bob and catch up. Mace faces his disease with humor and grace. If you ask him how he's doing, he gets that Macy grin and kind of laughs when he says, "Well . . . not too bad for an old guy with Alzheimer's." Mace is only 67.

If you'd like to donate to join the fight against Alzheimer's, in honor of Mace, visit Marshall Ulrich's "The Longest Day" fundraising page: <http://act.alz.org/goto/MarshforMace> **AW**



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RV PRODUCT REVIEWS

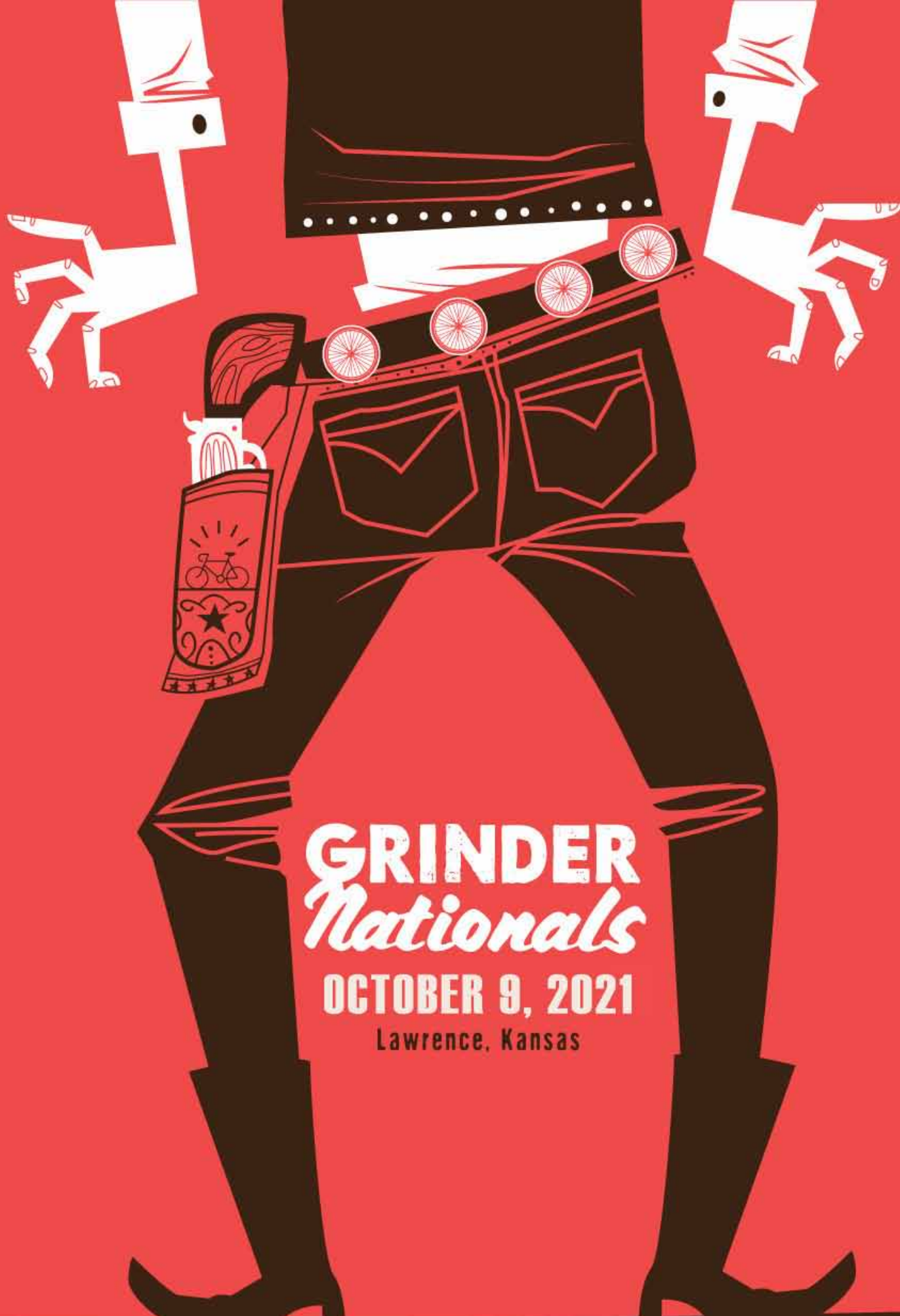
Lippert Thin Shade

The Lippert Thin Shade is a complete window with an integrated shade replacement kit for RV entry doors. I was so tired of the Velcro shade falling off my entry door window every time it got hot, so I replaced it with the Lippert Thin Shade and could not be happier. The integrated shade keeps the interior of my camper cool and gives us privacy. Simply pull the adjustable blind down for privacy or push it up for an unobstructed view. The replacement window is an easy DIY project and came with a tinted glass window, black exterior and interior window frame with an integrated waterproof seal, the horizontal blind and all needed hardware. The Lippert Thin Shade will be one of your favorite all time upgrades to your RV or travel trailer and you will wonder how you ever lived without it. <https://store.lci1.com>



Coletti Boulder

The Coletti Boulder is the Ferrari of French presses. Made from 14-gauge heavy duty ANSI 304 steel, this coffee press can withstand anything you throw its way and is backed with a lifetime replacement guarantee to prove it. The Boulder starts with 1.5 mm walls separated by 2mm of vacuum sealed space which provides enough insulation to keep your coffee hot for over 4 hours. The press also features an air-tight silicone gasket seal which keeps the heat in and prevents spills if the press is knocked over. Unlike most presses, the Boulder completely presses the water out of the grounds and then keeps them separate to prevent bitterness or grainy grinds mixed in your cup. Available in gunmetal black or brushed stainless, the 42-ounce, ten cup Coletti Boulder is also great for cold brew and is dishwasher safe. Perfect for camping, glamping, RVing or a lazy morning at the house. The Coletti Boulder is the last French Coffee Press you will ever need. <https://theboulder.coletticoffee.com> **AW**



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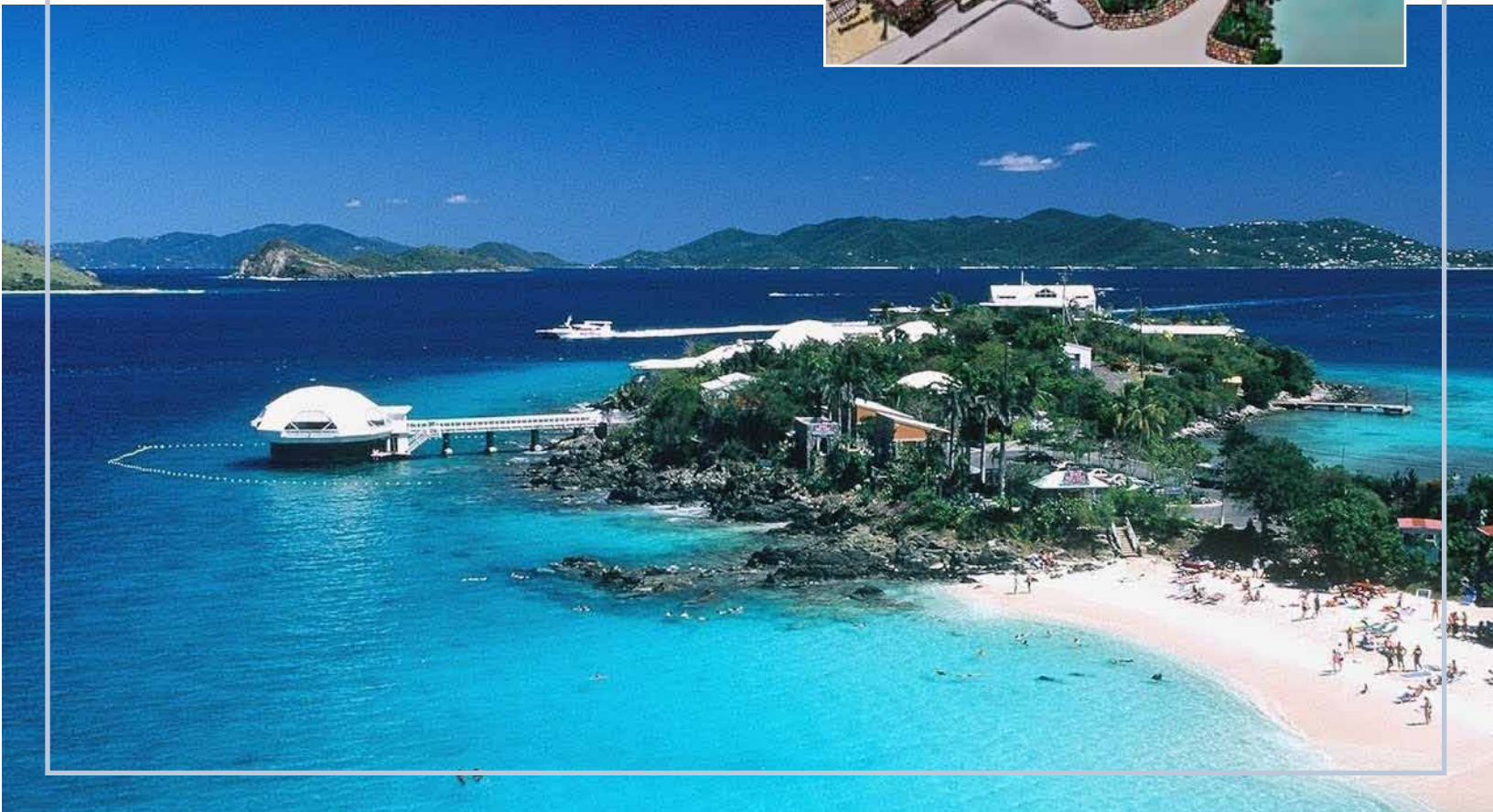
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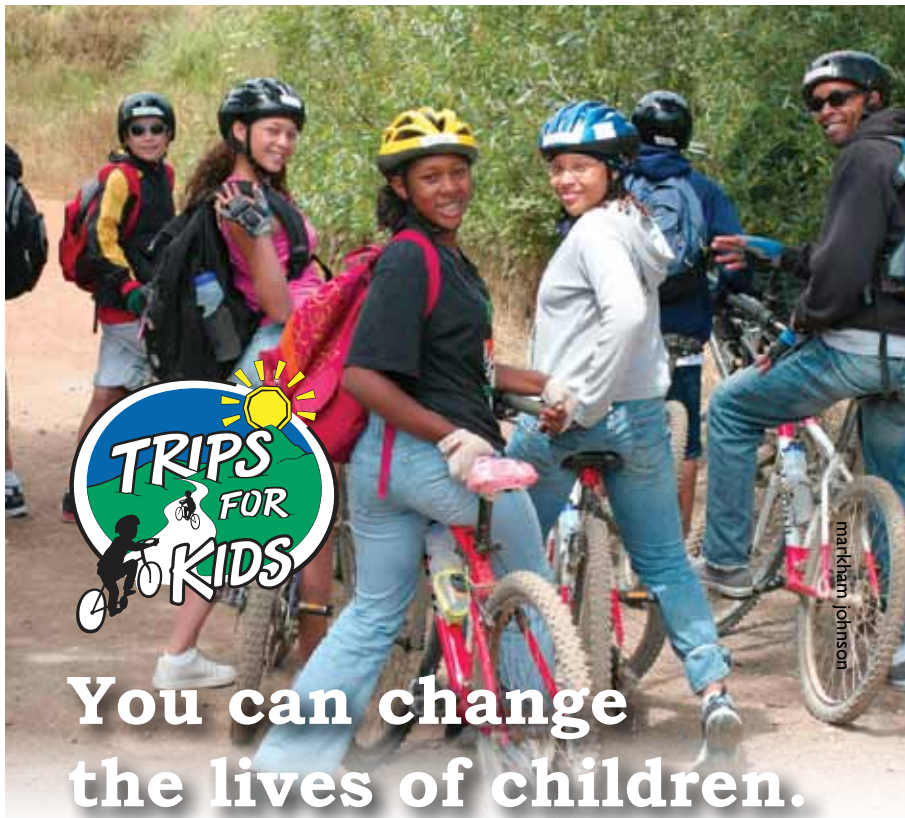


by Troy Farrar

Coral World Ocean Park

Coral World Ocean Park is one place you must visit while in St. Thomas. Spend the day venturing around the park and enjoying close up encounters at the sea turtle pool, shark shallows, stingray lagoon and the dolphin sanctuary. There is an interactive touch pool which is great fun for the little ones as well as the adults. Learn about coral reefs at the reef encounter and then witness a live coral reef without getting wet from the unique undersea observatory. Finally, take a hike on the nature trail where you will see macaws, lorikeets, the tortoise pen and lots of wild green iguanas looking for a place in the sun. There are also lots of presentations throughout the day, such as the shark feeding, so be sure to check the schedule. Coral World has snacks, food and a gift shop where you can pick up a fun souvenir to remind you of your visit. Coral World Ocean Park is a great way to spend the day and will be one of the highlights of your St. Thomas visit.





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Experiences

There are lots of experiences that can add to your Coral World visit and I highly recommend choosing a few of these experiences. The Sea Trek allows you to wear a full dive helmet and walk along a path experiencing a live coral reef and all of its inhabitants without getting your hair wet. The SNUBA gives you the experience of diving without a tank and allows you to freely explore the coral reef around the underwater observatory with no dive certification required. Get an up close and personal experience on the dolphin kayak, a dolphin moment, a dolphin splash & swim and the dolphin trek. Coral World also offers a sea lion encounter or sea lion swim and a shark encounter. The hardest choice will be deciding which of these awesome encounters that you want to participate in, but I guarantee they will all leave you with some great lifetime memories.

Conservation & Rehabilitation

Coral World Ocean Park's mission is to inspire and educate visitors to protect our worldwide ocean by providing meaningful and fun experiences with marine life. Since the park opening in 1977, Coral World has been committed to education, research, conservation and rehabilitation which are where many of the exhibits find their origin. The underwater observatory provides guests with the opportunity to learn and observe coral reefs and their associated organisms in their natural environment. Coral World also tags many of the sharks they release along with a number of wild sharks to help researchers track the shark's behavior and movements. Years of research, experience and marine and terrestrial animal rehabilitation have built a qualified team at Coral World. The team, along with worldwide



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connections and a collection of portable equipment is a valuable resource for the region and is able to guide and assist in marine animal rescues and rehabilitation throughout the region.

Coastal Bottle Nose Dolphins

Coral World's dolphins were relocated to the dolphin sanctuary from Dolphinaris Arizona in 2019. Coral World's dolphin sanctuary is one of the largest open ocean sanctuaries in the world spanning almost 2 acres in Water Bay. The dolphins are trained using positive reinforcement and encouraged to repeat behaviors they perform naturally. Coral World's dolphins are never forced to engage in human interaction and have access to areas within the sanctuary where they can retreat if they do not wish to interact with humans.

South American Sea Lions

Three of the South American sea lions at Coral World are rescues from Uruguay. The government of Uruguay was in the process of culling or killing South American sea lions due to pressure from local fisherman at the time. Three of the South American sea lions were rescued and sent to the International Sea Lion Search and Rescue facility in Koh Samui, Thailand. In 2007, after two years at the facility, Romulo, Remo, and Omar were relocated to Coral World Ocean Park.





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BRING YOUR OUTDOOR ADVENTURES TO LIFE WITH AN **AKASO ACTION CAMERA**

Get premium features for an affordable price – why pay double?

Action cameras have come a long way since they first appeared on the market. Designed for the demands of the great outdoors, they have been keenly adopted by a wide range of

outward-bound enthusiasts who like nothing more than seeking a rush of adrenaline in their free time, whether they get it from mountain biking, climbing, cycling, snowboarding, surfing...the only limit is their

imagination! So it's great to know that in a crowded marketplace where there is a seemingly bewildering amount of choice, one leading manufacturer is offering a premium product for an affordable price. And

here's the question: why pay double the price when you can get everything you need and more in an AKASO action camera?

The AKASO difference

AKASO may be a relative newcomer to the action camera sector but in less than five years it has become one of the leading action brands on the worldwide market, with annual sales of more than 500,000 units. By buying an AKASO action camera you're also joining an established community of

outdoor enthusiasts and content creators, and thanks to a partnership between AKASO and Leave No Trace you're doing your bit for the environment, too.

Special edition marks AKASO's Leave No Trace partnership

The Leave No Trace Center for Outdoor Ethics protects the outdoors by teaching and inspiring people to enjoy it responsibly. Founded in 1994, Leave No Trace strives to minimise the impact that humans make on the natural world, and is active in over 90 countries around the globe. AKASO has partnered with Leave No Trace to launch a special edition of its V50 Pro action camera – a portion of every sale of the V50 Pro SE will go directly to support the Leave No Trace Access Fund. It's a great cause to support, and will help preserve our environment for future generations. ●



World-famous rock climber Tommy Caldwell is an AKASO action camera ambassador

“A portion of every V50 Pro SE sale will go to support the Leave No Trace Access Fund”



Find out more about the AKASO V50 Pro SE action camera at: www.akasotech.com

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- www.youtube.com/akaso_official
- www.twitter.com/akaso_official



Green Sea Turtles

Coral World serves as a rehabilitation center for struggling hatchlings and sick or injured sea turtles. Every year, Coral World rescues dozens of hatchlings, eventually transporting them offshore by boat and placing them in floating mats of Sargassum seaweed to help insure a high success rate by camouflaging them from predators. Coral World is currently home to 4 Green Sea Turtles that have been deemed non-releasable by the US Fish and Wildlife Service. Three of the



sea turtles were nest mates in 1997 on Buck Island, St. Croix. That year, nineteen hatchlings could not dig out of the nest on their own and were brought to Coral World as part of a head-start program that was a popular method of turtle conservation at the time. As the turtles grew, many were released and several governmental organizations requested that Coral World keep up some turtles for educational display. Three turtles were chosen from the group to be ambassadors for their species: Chelonia, Tartaruga and Tortuga. In 1998 another turtle hatched on East End Bay, St. Croix and was unsuccessful at emerging from her nest so she was taken to the St. Croix Aquarium for rehabilitation. She was chosen to remain in human care to be a marine ambassador until the St. Croix Aquarium closed in 2002 and she was relocated to Coral World. She was named Duncan after Tim Duncan who was born on St. Croix.

Coral World Ocean Park is a hands-on learning environment that is guaranteed to bring smiles to your faces. Whether it is watching the sea turtle feeding, exploring the coral reef on the sea trek, discovering green



iguanas on the nature trail or swimming with the sea lions, you will leave Coral World Ocean Park with a greater appreciation and understanding of the animals you encountered along with some awesome life long memories.. **AW**

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MOUNTAIN BIKE RACE DAY CHECKLIST

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- ☐ CPSC Certified Helmet
- ☐ Wicking Jersey
- ☐ Bike Shoes
- ☐ Bike Shorts
- ☐ Bike Socks
- ☐ Bike Gloves
- ☐ Rain Jacket
- ☐ Buff/Bandana/Skullcap
- ☐ Arm/Leg Warmers
- ☐ Sunglasses or Clear Lenses
- ☐ Hydration Pack or Water Bottles
- ☐ Performance Food/Gels/Drinks
- ☐ Cycling Computer
- ☐ Heart Rate Monitor
- ☐ Saddle or Handlebar Bag
- ☐ Headlight/Taillight
- ☐ Floor Pump
- ☐ Bike Trainer (Warm Up)
- ☐ Chain Lubricant
- ☐ Spare Tube or Patch Kit
- ☐ Compact Pump or CO2
- ☐ Tire Levers

- ☐ Cycling Multi-Tool
- ☐ Quick Chain Link
- ☐ Insurance Card
- ☐ Photo ID / Membership Card
- ☐ Body Glide
- ☐ Sunscreen
- ☐ Lip Balm
- ☐ Insect Repellent
- ☐ Towel
- ☐ Wet Wipes
- ☐ Toilet Paper
- ☐ Food/Snacks/Drinks
- ☐ Camera
- ☐ Cell Phone
- ☐ Cash/Credit Card
- ☐ First Aid Kit
- ☐ Extra Clothes
- ☐ Camp Chair

This list will insure you do not forget any key components for your next mountain bike adventure.

ROGER WILLIAMS BODY GLIDE PRO TIP

Roger is a multiple mountain bike, cyclo-cross, grass track and road race state champion and has held a top ten mountain bike national ranking.

"One thing I do personally is I have several small plastic bins; one for gravel, one for road riding and one for mountain biking. Each bin has spare stuff like a tire, tubes, CO2 cartridges, duct tape, electrical tape, scissors or snips for cutting zip ties after putting on race numbers and a few tools. I also have a second seat bag packed and ready in case I need to swap it out if I use the tube and CO2s in my current seat bag for a repair."



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Puerto Rico and US Virgin Islands

Adventure

by Troy Farrar

As we scheduled our US Virgin Island adventure, we noticed that our flight to the Virgin Islands had a layover in San Juan, Puerto Rico. After finding some exciting activities, we planned to take advantage of the layover by spending the night in Puerto Rico and flying to St. Thomas the next day. In hindsight, we were so glad that we made this decision as we were able to participate in some fun activities, meet some awesome locals and enjoy some fabulous food in Puerto Rico.



PUERTO RICO

DAY 1

Eat a fabulous dinner overlooking the bay in Fajardo and enjoy a kayak tour to the bio illumination bay.

El Pescador – Fajardo, PR

The El Pescador restaurant in Fajardo, Puerto Rico is the perfect place to grab dinner before heading out on the bio luminescent kayak trip. The open-air restaurant overlooks a park and the beach and has an amazing atmosphere. Magalis runs El Pescador and her husband is a fisherman who brings in fresh fish everyday making this an awesome sea to table restaurant. There are a lot of unique and delicious plates to choose from. We especially loved the fried shrimp, fresh fish and the asparagus cilantro rice. The chicken strips kid's meal was great and you had better come hungry because all of the dishes are large. For a great meal with awesome atmosphere look no further than El Pescador! www.facebook.com/El-Pescador-Inc-Lang-parrilla-rellena-mariscos-25-608971422531607/



Eco Adventures Bio Illumination Kayak Tour – Fajardo, PR

The Eco Adventures bio illumination kayak tour is a must-do adventure in Puerto Rico and Puerto Rico is one of only a handful of places in the world that you can witness this bio illumination phenomenon. You start with a short kayak across a bay, followed by a kayak through a mangrove forest which is truly awesome. Finally, you pop out into Laguna Grande where you can witness the bio illumination caused



by algae. My son even got to hold a jellyfish that illuminated, which was a highlight of his kayak trip. Our guide had plenty of interesting knowledge about the bio illumination as well as a thorough knowledge of the constellations which was very interesting. The night kayaking alone would have made for a very enjoyable evening, but add in the bio luminescent algae and it was transformed into a magical evening. www.ecoadventurespr.com

Day 2

Breakfast in Viejo San Juan translated Old San Juan, Puerto Rico followed by shopping, lunch and an afternoon flight to St. Thomas, US Virgin Islands.

Carthage Express – Old San Juan, PR

The Carthage Express in Old San Juan is a fun and delicious place to grab a meal. Fun because your food is delivered via a model train if you sit at the bar. Delicious because the owner, Headi is a great chef. Headi is from Sousse, Tunisia and when I asked him how he ended up in Puerto Rico he replied, “when you marry a Puerto Rican you usually move to Puerto Rico.” The Carthage Express has a diverse menu with a Tunisian influence and they are known for their amazing breakfasts. We had fresh squeezed juice, nutella pancakes and guava & cheese French toast which was the best French toast I have ever eaten. But don’t just take my word for it, the Carthage Express is ranked as one of the top 10% most popular restaurants in the world by Trip Advisor. Make sure the Carthage Express is on your list for your next trip to Old San Juan. www.facebook.com/CarthageExpress



Chocobar Cortez – Old San Juan, PR

Chocobar Cortez is a great place for a meal or a delicious snack in Old San Juan. They are known for marrying chocolate and cheese, a fact supported by many of their dishes. We were treated to a rainy-day Puerto Rican staple of hot chocolate

with a small piece of cheddar cheese in the cup. The combination resulted in a creamy delicious cup of hot chocolate. We also had the chocolate lava cake with ice cream which was amazing. On the way out, we picked up some hand painted chocolates which were both beautiful and amazingly delicious. Plan ahead because there is usually a line, but don’t miss Chocobar Cortez on your next trip to San Juan! www.chocobarcortez.com



ST THOMAS AND ST JOHN, US VIRGIN ISLANDS

The only thing wrong with our trip to the US Virgin Islands was that it eventually had to come to an end. We packed in a ton of amazing adventures, met some wonderful locals, ate some delicious food and witnessed an ocean of crystal-clear water and a sky full of beautiful sunsets. Our time in the islands was short but the adventures we shared and memories we created will be something we can enjoy for a lifetime.

Still Day 2

Arrive in St. Thomas, check into the condo and have delicious dinner overlooking the sea.

Mims Seaside Bistro – Bolongo Bay, St Thomas

Mims Seaside Bistro is a beautiful open air restaurant located right on the beach just down the road from Red Hook in Bolongo Bay. This hidden gem served amazing food. I had shrimp & crab pasta which our waitress described as “serious business” and she was right on the money with that description. The super friendly staff made us feel like family and the food was amazing. The icing on the cake was the beautiful scenery as we looked out over the sea during our meal. Mims is a romantic getaway spot that has a great menu with unlimited delicious choices. www.mimsseaside.com



Day 3

We had a blast experiencing the calm of parasailing before the exhilarating storm of jet boating. Enjoyed a great open aired lunch and some shopping in Red Hook followed by a sunset kayak and a delicious dinner on the dock.

Parasail Virgin Islands – Sapphire Beach, St Thomas

Parasail Virgin Islands is an amazingly peaceful way to get a bird's eye view of St Thomas and you get to ride tandem so you can share the experience with a friend or family member. The crew was both fun and energetic which added to the experience. They have been doing this for 13 years and their experience showed in both the professionalism and overall quality of the trip. A lot of people think parasailing is scary (like sky diving) but it is just the opposite and the best word I can think to describe it would be peaceful. The parasailing was such a calm and beautiful outing and what we later described as the calm before the storm – but you'll have to keep reading to find out the rest of the story. For an amazing & possibly romantic experience make sure you book an outing with Parasail Virgin Islands. www.parasailvirginislands.com



VI Jet Boat Tour – Sapphire Beach, St Thomas

The VI Jet Boat Tour is a thrilling experience and a great way to ramp up your afternoon. We had the calm before the storm with the parasailing tour and followed it up with the jet boat storm craziness! The Screamin' Eagle is an awesome 750 HP turbo-charged jet boat that will get your blood pumping with amazing speeds, 180 spins, power brake stops and fun fish tails. And yes, you will get wet – very wet but that is part of the adventure. The captain makes it fun and has lots of interesting information about the surrounding area as you see incredible scenery, feel the sun & spray in your face and experience the exhilarating Screamin' Eagle ride. Our 12 year old son said this was one of the funniest things he had ever done, and we would agree. So, grab your friends and get ready for the ride of a lifetime on the Screamin' Eagle Jet Boat Tour! www.vijetboat.com



Tap & Still – Red Hook, St Thomas

The Tap & Still is a laid back open-air sports bar and grill located in the heart of Red Hook, St Thomas. The bar overlooks the marina on one side and the main street of Red Hook on the other side. We had a great assortment from the menu of burgers, wings, hot dogs and amazing French fries. The Tap & Still is the perfect place for a quick meal or to hang out for some libations with your friends. There are other locations on St Thomas and St John and they all have a feeling of being an island equivalent of Cheers. Grab some friends and head down to the Tap & Still for a great time. <http://thetapstillredhook.restaurantsnapshot.com>



Virgin Island Eco Tours Sunset Paddle & Bikini's Dockside – St Thomas

The Virgin Island Eco Tours Sunset Paddle is a perfect way to wrap up your day in St Thomas. You will paddle through bays, mangrove forest and even make a stop on an island where you can witness tons of hermit crabs scurrying around on the beach. Our guide taught us lots of interesting information about the island's history, pirates, sea life and the environment which all added to the experience. The paddle was a blast and was topped off by a beautiful sunset in the Virgin Islands. We followed our paddle up with a delicious dinner at Bikinis Dockside which is run by Virgin Island Eco Tours. What better way to wrap up the day than a sunset kayak trip followed by a delicious dinner on the dock. They have lots of other great activities to choose from on both St Thomas and St John so make sure you carve out some time for Virgin Island Eco Tours. www.viecotours.com



Day 4

A yummy breakfast and a fabulous day on a power boat which included a trip to St John, snorkeling with sea turtles and lunch at a unique restaurant on the water followed by a fantastic dinner overlooking the sea.



Lattes in Paradise – Red Hook, St Thomas

Lattes in Paradise is a great little coffee bar in Red Hook. Overlooking the marina, Lattes has a giant covered area that is the perfect spot to enjoy the morning paper or a cup of joe with your friends and family. Lattes offers a variety of delicious breakfast and lunch items along with juices to complement their full coffee bar. Lattes in Paradise has the perfect name and we can only wish that all coffee bars would have a view like Lattes! www.lattes.vi

Stormy Pirates Empire March – Red Hook, St Thomas

Exploring the area on the Stormy Pirates Empire March is an awesome way to spend a day in the Virgin Islands. Captain Sean knew a ton about the area and is a fun, laid back captain with lots of great stories to tell. We went to several awesome snorkeling spots and snorkeled with sea turtles, parrot fish, ballyhoo and blue tang. Captain Sean even let my 12-year-old son drive the boat on the way back which was a highlight of his afternoon. Captain Sean will custom tailor the day's exploration to your desires and he knows all of the great areas to see in the islands. Spending a day on the Empire March is a definite must do activity for your next trip to the Virgin Islands and will create a great day full of life long memories. www.stormypirates.com



Pizza Pi – Christmas Cove, St Thomas

Pizza Pi may be one of the most unique ideas for a restaurant that I have ever seen. This boat thru (think drive thru - but on the water) pizza joint is located in Christmas Cove on a sail boat and is a fun and quirky way to grab lunch on the water. We called in our order so it was ready when we arrived and just pulled up like a drive thru on our boat. They have something for everyone, offering a great selection



of New York styled pizza, stuffed pizza sticks, desserts and drinks. Make no mistake, Pizza Pi is not just a gimmick – they have really great pizza. As a matter of fact, they are consistently ranked among the top restaurants in the Virgin Islands. So, sail up, power up, paddle up or even float up to the Pizza Pi and get yourself some great slices on the sea! www.pizza-pi.com

Shoreline Bar & Grill – Smith Bay, St Thomas

The Shoreline Bar & Grill is a beautiful place to grab a terrific meal. The owner, Chef Benny, is originally from Puerto Rico but has called the Virgin Islands home for over 25 years. Our table was right on the water with a fantastic view overlooking the sea. We had a variety of awesome meals including mahi mahi, fettuccini alfredo and my son enjoyed a cheeseburger with fries. Chef Benny even has a Puerto Rico night on Thursdays where he highlights some traditional Puerto Rican food. There are a bunch of huge Tarpon that hang around looking for handouts which provides some entertainment for the little guys in your group. For a delicious meal with a beautiful view look no further than the Shoreline Bar and Grill. www.miradorbychefbenny.com



Day 5

A great breakfast and a visit to Coral World Ocean Park which included SNUBA and a Sea Trek expedition followed by jet skiing, lunch at a delicious food truck and an afternoon of shopping in Charlotte Amalie.



Picasso's Coffee Bar – Coki Beach, St Thomas

Picasso's Coffee Bar near Coki Beach has an excellent selection of breakfast bagels, smoothies and of course, coffee. The staff is super friendly and it is obvious that a majority of the customers are locals. It was fun to sit there and watch everyone greet each other and catch up on what has been happening in each other's lives. Picasso's is a great place to start your day by grabbing some delicious breakfast, coffee and meeting some of the friendly island locals. www.facebook.com/Picasos-Coffee-St-Thomas-106376222762058

Coral World Ocean Park – Coki Beach, St Thomas

Coral World Ocean Park is a great place to spend a fun and interactive afternoon. We ventured around the park enjoying close up encounters with the marine life. We learned about coral, marine life as well as some land animals and birds. There are several presentations throughout the day, so be sure to check the schedule as they are fun and informative. Coral World has snacks, food and a gift shop where you can pick up a special souvenir. For more information, be sure to read the in-depth review of Coral World in this issue as well as the Coral World experience reviews so you will be equipped to plan your own unique Coral World Ocean Park Adventure. www.coralworldvi.com

Coral World Sea Trek – Coki Beach, St Thomas

The Coral World Sea Trek will allow you to have an underwater experience without even getting your hair wet. This is possible because you wear a diving helmet that sits on your shoulders and allows you to walk around underwater without getting your head wet. Walk along a trail beside a living coral reef and get a fish eye view of the coral and its inhabitants. You will also experience some of the larger fish including a big school of tarpon that like to hang out around the undersea observatory. The Coral World Sea Trek is a fun and exciting adventure for all adventurers ages 8 and up. www.coralworldvi.com



Coral World SNUBA – Coki Beach, St Thomas

The Coral World SNUBA experience is like scuba diving without the heavy tank. You have a mask and fins and can explore the coral reef while breathing through a regulator that is attached to a 20 foot hose which is connected to a floating tank. Spend your time exploring the reef and the surrounding area with the freedom to search out your own under water adventures. You will see a beautiful coral reef and its inhabitants along with plenty of bigger transient fish. This is a great way to try out scuba diving (no certification required) or a fun way to enhance your visit to Coral World. www.coralworldvi.com



A & R Jet Ski Rental – Coki Beach, St Thomas

A & R Jet Ski Rental is the perfect way to add some adventure to your afternoon. Rent a jet ski from A & R for a half or full hour and have some fun free styling at Coki Point. A & R also offers guided jet ski tours around the cays on the East End of St. Thomas. A & R is a family run business and they gave us some great tips on the hot local restaurants. In the islands you always have sun and water, just add A & R Jet Skis and now you have all the ingredients for an exciting adventure. 340-422-2152



Vinny's Food Cart – Coki Beach, St Thomas

Vinny's Food Cart is a wonderful surprise that is well known by the locals. Vinny was the former catering chef for the Ritz Carlton but decided he wanted to share the local island food and his unique creations so he opened a food cart. Vinny is an



amazing chef and you can try some of his classics such as jerked chicken, pork or ribs. The sides are just as good, and make sure you try his famous mac & cheese and the amazing rice. Besides being a talented chef, Vinny is a great guy who loves to visit with the customers. We have fond memories of spending an afternoon hanging out with Vinny and enjoying his amazing food. Look for the silver food truck with a blue tarp awning, which is located just down the road from Coki Beach. Vinny's Food Cart is the place for amazing food and friendly conversation. Also, make sure you bring your appetite because the portions are huge! www.facebook.com/vinnysfoodcart

Day 6

A fantastic afternoon of sailing followed by dinner at an island styled open-air bar & grill.

Stormy Pirates Sail Pending – Red Hook, St Thomas

We spent an afternoon cruising the waters on the Stormy Pirates Sail Pending, a beautiful 41-foot catamaran. Captain Susannah and Captain Kenny are an awesome team and helped us plan our own unique sailing adventure. They have a great knowledge of the area and can help make suggestions from snorkeling spots to lunch stops which all include beautiful scenery for your sailing trip. Both Susannah and Kenny are experienced captains who really look after you during your day on the water and they have some fun and interesting stories to tell along the way. Just cruising around the islands is a ton of fun and there are plenty of places on the boat to catch some rays or to hang out in the shade depending upon your desires. Spending a day under the sails on the Sail Pending will be one of the highlights of your trip and you can plan anything from a half day to a multiday adventure with the Stormy Pirates. www.stormypirates.com



Sudi's Caribbean Bar and Grill – Sapphire Beach, St Thomas

Sudi's is a fun open-air bar and grill with lots of cool local art on the walls. Make sure to check out the super cool mural painted by a local artist in the bathroom.

Located right next to the pool, Sudi's is the perfect place to grab a drink or snack while lounging or swimming at the pool. Sudi's is also the perfect place to unwind as the sun sets on your day with delicious award-winning grilled cheese, pizza or tacos. Make sure to grab an order of French fries as the salty spicy seasoning is addictive! For a cool pool hangout spot or a laid back evening spot put Sudi's Caribbean Bar and Grill on your list. www.sudisvi.com



Day 7

A red letter day swimming with dolphins and sea lions followed by a romantic dinner.

Coral World Dolphin Splash & Swim – Coki Beach, St Thomas

The Coral World Dolphin Splash & Swim is an amazing experience. You will participate in the Coral World dolphin training session as the trainers teach you fun facts about the dolphins. All of the training uses positive reinforcement and is designed to monitor the dolphin's health as well as keep them engaged. Our dolphin was Noelani which means "Heavenly Mist" in Hawaiian. Noelani is visually impaired but that does not slow her down one bit. Two of the things I remember most about Noelani is that she is very chatty which was a lot of fun and amazingly powerful. It was amazing to see her effortlessly jump 2-3 body lengths out of the water. We started by interacting with the dolphin and our trainer Dillon from a waist deep platform as we went through several fun and exciting activities. Eventually you end up in the water (with a life jacket) and with the dolphin as you continue the interactions and training session. Dillion was a great trainer and he walked us through a bunch of fun activities with Noelani. In the end, spending time with dolphins is an unforgettable, once in a lifetime experience that will create memories you will want to share for a lifetime. www.coralworldvi.com



Coral World Sea Lion Swim – Coki Beach, St Thomas

The Coral World Sea Lion Swim is a fantastic experience and was my favorite activity in St. Thomas. Our trainer Erin was super energetic and it was evident that she really loves the sea lions. You start on the deck with trainer and a really big sea lion, we had the privilege of working with Remo who weighs over 400 pounds. After some exercises on the deck you go into the pool with a lifejacket and continue working with the sea lion. At first it is a little intimidating being in the water with a 400-pound sea lion who has some pretty big teeth. But soon we were smiling from ear to ear as Remo swam around and often banged into us when we swam up to hang out as he loved getting rubbed. Remo reminded me of a big friendly dog as he had a super sweet personality, was somewhat of a ham and he was also amazingly agile. He could effortlessly jump out of the water while swimming around the pool or jump up onto the deck like it was nothing. Remo could even do a hand stand on his front flippers. Needless to say, swimming with a sea lion is a top tier bucket list item and our day with Remo was a true red letter day! www.coralworldvi.com



XO Bistro – Red Hook, St Thomas

The XO Bistro is a romantic spot tucked away in the heart of Red Hook. We had the grilled grouper with chimichurri sauce, bacon wrapped and stuffed chicken breast and chicken alfredo and all of our food was excellent. The plantains and sautéed veggies are really good, but the polenta is out of this world! XO Bistro also has a full bar, but make sure you enjoy some of the delicious food while you are there. XO Bistro has fantastic food and is the perfect spot for a romantic dinner or a fun family outing. www.xobistro.net



Day 8

Exploring the north shore of St John on a dingy which included snorkeling with sea turtles and a fun lunch on a beautiful beach followed by shopping and an excellent Italian dinner in St John.

St John Dinghy Rentals – Cruz Bay, St John

St John Dinghy Rental is a fun and adventurous way to spend the day. They provide all of the gear and a map so you can bounce from beach to beach exploring the northern shores of St John. We snorkeled with sea turtles, ate lunch on Honeymoon Beach and did lots of donuts in the sea which my kids thought was a ton of fun. St John Dinghy Rental is a great way to see St John and allows you to create your own adventure along the way. They are a very professional outfitter and made sure we had everything we needed for a fun day on the water. St John Dinghy Rental has several boats to choose from so they can outfit you with the perfect dinghy for your fun day on the water. www.stjohndinghyrentals.com



Bikini's on the Beach – Honeymoon Beach, St John

Bikini's on the Beach, located on Honeymoon Beach in St John, has a little bit of everything to offer. Let's start with great food from sandwiches, salads or pizza and drinks including their famous "pain killer." Perfect for lunch during a day spent at Honeymoon Beach or to swing in from a day on the water in a dinghy or powerboat. Bikini's has a large covered area with tables and chairs so you can take a break from the sun while enjoying your lunch. They also have rentals ranging from chairs, cabanas, hammocks, stand up paddle boards, kayaks, snorkel equipment and a whole lot more. You can even get a pass that gives you a full day's access to all of these items. Make sure you visit Bikini's on the Beach on your next excursion to St John. <https://viecotours.com/bikinis-on-the-beach>



Café Roma – Cruz Bay, St John

Café Roma is located in the heart of Cruz Bay and the place you want to dine on your next trip to St John. Chef Marylyn is from St Lucia but has been in the Virgin Islands for over 20 years and learned to cook from her mom. Well, her mom must have been an amazing cook and Chef Marylyn is following in her footsteps, which has earned Café Roma the award of the best Italian restaurant on St John for 10 years straight. We had the chicken marsala which had a delicious mushroom sauce and the veal parmesan which was to die for. The plates are huge, so you had better come hungry or ready to share with a friend. Our waitress, Stephanie, was super friendly and really knowledgeable about the area. For great food and friendly service in a place that feels like home make sure you visit Café Roma. www.stjohn-caferoma.com



Day 9

Scuba diving and a tropical treasure hunt followed by a terrific lunch at an open air shack and a fantastic dinner overlooking the sea.

JJ Divers – St Thomas

JJ Divers is an experienced dive shop that will help create life long memories of your Virgin Island vacation. You can literally dip your toe in the water with an intro class that gives you the diving experience before getting certified or take the open water class and get certified. If you are already certified, JJ Divers has lots of amazing trips to choose from ranging from 2 tank boat dives to lobster hunting adventures. Our crew of Captain Jacob and Dive Master Cloee were a lot of fun and made sure everyone had a safe and enjoyable trip. We dove on Legends of Little St James and the Cow Reef and saw lots of pretty coral, reef fish, tarpon and a barracuda. JJ Divers has 5 boats and has been running daily dive trips for over 11 years in the islands. Whether you are venturing out for your first dive or have lots of dives under your belt, choose JJ Divers for your Virgin Island adventure. www.stthomasscubadiving.com



Tropical Treasure Hunt Co. – St Thomas

The Tropical Treasure Hunt Co. is a fun way to spend a few hours searching for your own hidden treasure. There are programs for kids, corporate groups or families and friends and they can customize your hunt to meet all of your desires. Tropical Treasure Hunt Co. can even add a nautical twist by designing your treasure hunt to go on the water or even to another island. My family had a great time exploring the island and some of the local establishments while we cracked codes and unlocked clues in search of the final treasure. We learned some history as we solved problems that led us to an actual buried treasure chest on the beach. The Tropical Treasure Hunt Co. is a fun and exciting way to spend some time as a treasure hunter on St Thomas. www.tropicaltreasurehunt.com



Duffy's Love Shack – Red Hook, St Thomas

Duffy's Love Shack is a fun, open aired bar and grill with great food. Duffy's has a laid-back island atmosphere which makes it a great place to hang out with friends. They have a variety of unique glasses shaped like parrots, sharks and monkeys so you can take home a souvenir of your time in the islands. The grub, as they put it, is fantastic. Choose from amazing salads, tacos, sandwiches, burgers and appetizers. Perfect for a night on the town with some buddies or a family dinner, Duffy's Love Shack has some love for everyone! www.duffysloveshack.com



Outriggers – Red Hook, St Thomas

Outriggers in Red Hook is a fantastic outdoor restaurant with a tranquil view that overlooks the marina. There are so many great entrees to choose from but one of our favorites was the coconut shrimp. You also have to order the coconut risotto – it is wonderful. Besides serving great food in a beautiful setting, we noticed that customer service is a high priority at Outriggers. This was reinforced when they created a kid's slider meal for my son, something that was not on the menu. Looking back, I have to say that the food is amazing, the atmosphere is amazing, the service is amazing, I guess that means that Outriggers is amazing. www.outriggersredhook.com **AW**





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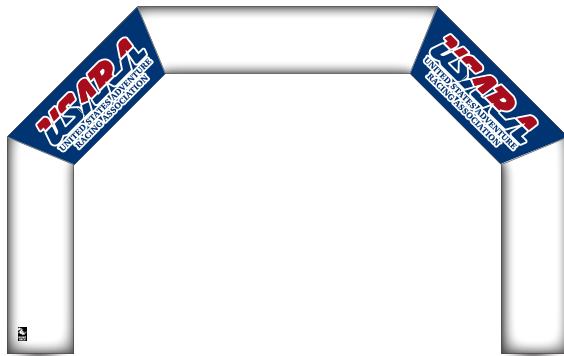
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Benefits of Thermal Imaging

Rifle or Bow, Thermal Imaging Heats Up Your Hunt



by Kevin Reese

With nearly two hours before daybreak, I headed down a trail lined on both sides by 10 foot tall bloodweeds. The problem with a trail like this, especially in a dark environment, is two-fold. First, you automatically assume there are beasts capable of ruining your day within feet of the trail but you can't see them. Second, they actually are there and occasionally come out and threaten to do just that. A stand off with a 250 pound boar in the dark just 20 feet away is enough to make anyone's neck hair stand up.



On this particular morning, the air was crisp. As the boar faced off, the heat from my breath chopped into the air like smoke sputtering from an exhaust pipe. It wasn't the cool air, it has him. If anything, I was hot, especially behind my ears and down the back of my neck. Cold had nothing to do with my situation, danger did. As in previous stand offs, my pending action could only be determined by his actions. Armed with only my bow and facing a hog at 20 feet, I would not get a shot off if he charged. I suspected charging or going away were equally weighted chances. Either I was going to get hurt... or hunt.

Feral hogs are notoriously unpredictable, and sure they are apt to run, but they are seemingly just as prone to charge. Such thoughts, especially the latter, are crystal clear when something with noticeable large cutters is just feet away... barking, groaning and popping its jaws at you. My level of comfort has never improved in those moments. In fact, I'm older, fatter and my knees are worse. So if anything, I am potentially in more danger.

As luck would have it, freezing mid-stride during our face-off worked. While he warned me, I had remained frozen while awaiting his next move.

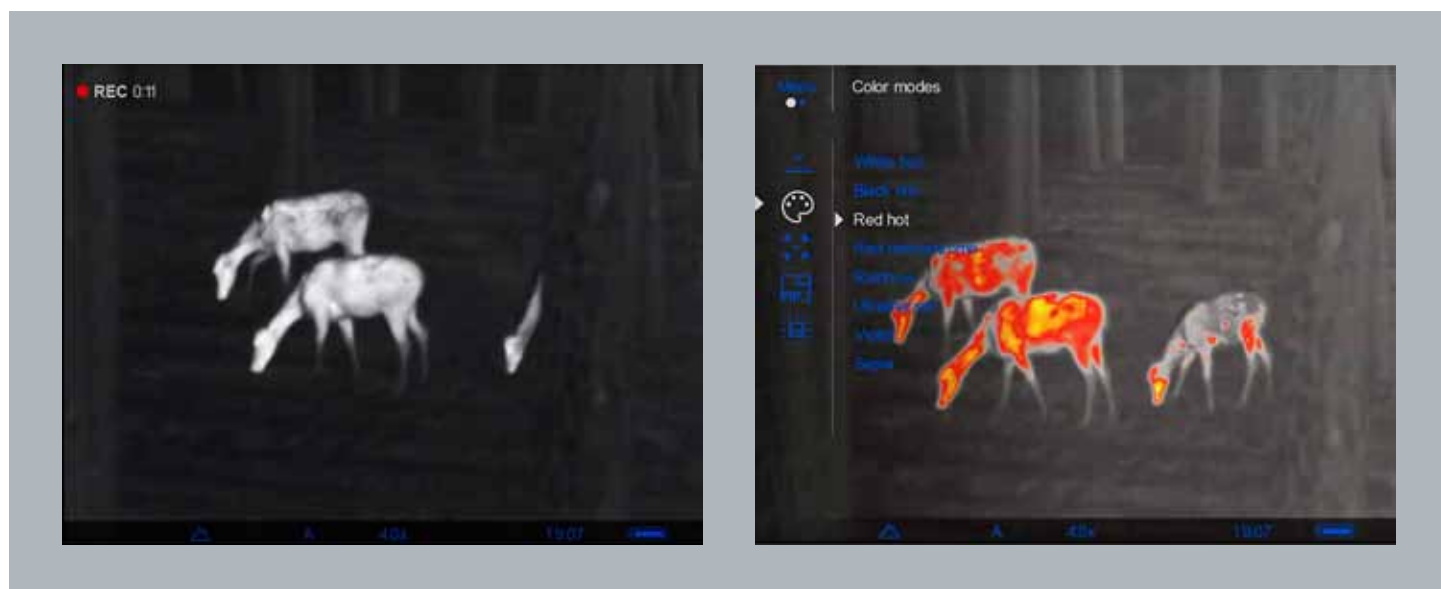
Finally, he drifted into the darkness to keep tabs on me from cover. Realizing he may still be just as close, but no longer having an advantage of him telegraphing a move, did little to calm my nerves. I pressed forward while he groaned and barked his disapproval of my presence for at least another 50 yards. Finally, the darkness quieted and after another quarter-mile or so I happily ascended the tree to a stand some 20 feet up.

It is worth noting that most of my feral hog stand off experiences over the past 15 years of hunting hogs have occurred while the world is cloaked in darkness. Taking place in the early morning or after sunset, and in fact, the vast majority of my bowhunting is at nighttime, specifically in pursuit of hogs. Of course, I also deer hunt and have been caught by blow hard does more than I care to count—it can be maddening.

All that said, navigating and hunting in the dark can be troublesome, and even a bit unnerving when you know what's out there and what it is capable of doing to you. So I have also upped my game with a healthy dose of thermal imaging. Yes, even while bowhunting. The moment I used a thermal monocular while on a bow hunt, my stick and string world changed for the better.

Nowadays, I carry a thermal imaging monocular in my pack for all of my local bowhunting. In the past, slipping into my hunting spots undetected was a crapshoot and if I was running a little late, the odds stacked up against me. The ability to walk a little, scan hundreds of yards out in complete darkness and then walk a little more and glass again until I reached my blind or stand was a game-changer to be sure. Since employing a thermal monocular I have never been busted by the animal I was hunting—not even once. Even better, I have used the monocular in the dead of night to stalk to within shooting range of hogs rooting crops in open fields as well as feeding in heavy thickets. The first step in any hunting adventure, especially in the dark, is finding them and thermal makes it easy.

Of course, the same can be said for daytime pursuits, especially in spot and stalk situations where movement is par for the course. Thermal is not night vision, thermal is thermal and night vision is night vision. The technology and the imaging are completely different. Thermal can and is used 24/7 - whether day or night, a thermal imager's only concern is variances in temperature. With Pulsar's latest thermal, we're talking a variance of just .4 degrees. The image you see is simply a map of these temperature variations throughout the field of view. Heat signatures literally glow on the display and imaging is crisp, leaving no questions unanswered with respect to location, movement and most importantly, identification—again, this is true day or night.



Thermal monoculars come in a variety of shapes and sizes with a robust array of feature and imaging options. For over a year, I carried a Pulsar Quantum thermal monocular, but like all things high-tech, technology improved and I moved into a Pulsar Helion—good thing since the Quantum is no longer available. Today's advanced, high-resolution thermal imagers come standard with 320, 384 and 640 microbolometer resolution sensors. They generally have a 12-micron pixel pitch for improved imaging, even in less than desirable weather conditions—the lower the number the better the pixel pitch.

Many of today's thermal imagers boast color display palettes, high-resolution AMOLED or LCOS displays, variable magnification, digital continuous and step-zoom, onboard video recording and Wi-Fi connectivity to your tablet or smartphone for remote control, streaming, firmware upgrades and more. Some devices even include picture-in-picture, using 10 percent of your field of view at top-dead-center to 2x magnify the central focal point. Considered easier and lighter carrying, Helion thermal monoculars are smaller and lighter than older Quantum models. The new Pulsar Axion lineup is quite a bit more compact and lighter than any Helion offering. In fact, the Axion's size and weight is akin to a pocket sized rangefinder. For Helions and now Axion's, attaching them to lanyards makes them even more readily accessible while bowhunting.

Whether hunting with a bow or rifle, thermal imaging provides another invaluable benefit—game recovery. Advanced thermal monoculars and riflescopes feature contrasted imaging for temperature variances clear down to .4 degrees or better. This means easy blood tracking at least until the temperature of the blood reaches the ambient air temperature. Still, blood tracking is often not needed since the animal's body glows for hours after the shot. The last feral hog I shot with a bow was found in less than 15 seconds and before I even climbed down from my treestand. I simply stood up in my stand and began scanning the wooded ground below me as I turned. Before making a single full rotation, I found my hog lying motionless and glowing just 30 yards away—no tracking needed.

Consider how valuable a thermal imager could have been the last time you struggled to locate a game animal you shot. While some states may not allow tracking with dogs, they may permit tracking with thermal. Food for thought...

Heck, rifles and bows aside, thermal imagers can even heat up your duck hunting. On a duck hunt last season, I learned quickly just how easy it was to locate them as they headed in—a topic for another day. The list of thermal imaging benefits continues to grow! **AW**



Shooting Reviews

SUMMER 2021



The Axil TRACKR Electronic Ear Muffs

The Axil TRACKR Electronic Ear Muffs are compact workhorses that will help you hear what you need to hear while protecting your hearing from loud noises. The adjustable volume allows you to tune in 40 dB of clear gain/amplification to your desired level while the autoblocker technology shuts off all sounds over 85 dB with a 0.02 second reaction time. The sweat and water-resistant Axil TRACKR will reduce wind noise while providing a clear enhanced sound with a 25 dB Noise Reduction Rating (NRR). The Axil TRACKRs are compact enough to store in your hunting jacket pocket and featuring an easy to adjust metal wire headframe with an audio input jack. For a sharp looking, super comfortable, ultra-compact and light weight electronic ear muff, look no further than the Axil TRACKR. www.goaxil.com



McFadden Lightnin' Grip Loader

The McFadden Lightnin' Grip Loader is the best 22 loader I have ever used. First, choose the correct adapter for your magazine (they have 25 adapters for just about any gun you can think of). Second lock the adapter and magazine into the loader. Third pour up to 50 rounds into the loader's reservoir. Fourth squeeze the trigger to insert a round into your magazine - it is that easy! The Lightnin Grip Adaptable 22 Mag Loader is fast, easy to use and best of all adaptable. It will work on just about any magazine you have as long as you have the correct adapter. Say goodbye to sore thumbs and frustratingly slow magazine loads with the McFadden Lightnin' Grip Adaptable 22 Mag Loader. www.mcfaden.com



Butler Creek Featherlight Sling

The Butler Creek Featherlight Sling is packed full of features with feather lightness leading the pack. They started with a lightweight closed cell foam inner which provides comfort while absorbing the shock of a long day of hiking with a rifle in rough terrain. The cut-out slots release trapped heat and prevent trapped moisture that can rub your shoulder raw in the field. The 3 inch-wide sling is adjustable from 22 – 36 inches in length and features 2 built in cartridge holders, metal swivels and a large thumb loop to help you keep the sling securely on your shoulder in rough terrain. Upgrade to a Butler Creek Featherlight Sling and be assured that your rifle will stay comfortable and on your shoulder on the longest day in the roughest conditions. www.butlercreek.com **AW**



by Troy Farrar

History

High Caliber Targets opened in 2012 and is a family owned business in Broken Arrow, Oklahoma that has grown from 3 to 12 employees in the last few years. They create a ton of targets. They actually go through over 5000 pounds of AR500 steel per year and all steel has a verified mill test to ensure that it is AR500 steel.

AR500 steel is a special high carbon steel hardened to withstand repeated shots. When used following the guidelines, bullets just bounce off or vaporize upon impact giving you a target that will last forever. AR500 steel also makes a nice ringing sound when hit, giving you an audible confirmation.

High Caliber specializes in targets, but they also manufacture armor plated doors and they are in the process of expanding to body armor. They use a high definition CNC plasma Table which has very tight tolerances and they are looking to add a high definition laser in the near future.

All that being said, High Caliber Targets' main business is providing above and beyond customer service. They love to work with customers on custom projects and offer free custom designs – that's right, free custom designs!

They can create any custom creation up to 5 foot x 10 foot and offer a free return policy on all of their work. But wait, it gets better. They offer a lifetime replacement policy on all hooks and brackets even if they are damaged by being shot. In a world that has less and less customer service, the guys at High Caliber Targets are a refreshing change. High Caliber Targets offers discount pricing for shops, gun clubs, ranges and large purchases and can help you design the perfect range - contact High Caliber Targets directly for the best pricing. High Caliber Targets name says it all as they truly make an awesome selection of "High Caliber Targets." www.hctargets.com

Thickness Chart

High Caliber Targets has created a very helpful thickness guideline chart that will help you choose the correct thickness of your targets for the calibers you intend to use. The chart also has some useful rules that will ensure your High Caliber Targets last a lifetime.

High Caliber™ - The Best in AR500 Targets					
Guidelines for your target thickness selection					
Pistols	3/16"	1/4"	3/8"	1/2"	
22	✓	✓	✓	✓	
25	✓	✓	✓	✓	
32	✓	✓	✓	✓	
380	✓	✓	✓	✓	
9mm	✓	✓	✓	✓	
357		✓	✓	✓	
40		✓	✓	✓	
44		✓	✓	✓	
45		✓	✓	✓	
454			✓	✓	
50			✓	✓	
Rifles	3/16"	1/4"	3/8"	1/2"	
22	✓	✓	✓	✓	
17Hmr	✓	✓	✓	✓	
223			✓	✓	
7.62x39			✓	✓	
243			✓	✓	
260			✓	✓	
30-06			✓	✓	
7mm				✓	
300wm				✓	
338lap				✓	
50bm				✓	
Shotguns	3/16"	1/4"	3/8"	1/2"	
410 Slug-Buck		✓	✓	✓	
20g Slug-Buck			✓	✓	
16g Slug Buck			✓	✓	
12g Slug Buck				✓	

AR500 Steel Target

- ✓ Sounds off when hit, never guess if you've hit again!
- ✓ Lasts forever when used as recommended, bullets vaporize on impact!
- ✓ AR Steel helps you get better with every shot and makes shooting a lot more fun!
- ✓ TRUSTED! Thousands of positive reviews from customers just like you!

Rules for shooting AR500 Targets

- ✗ Never shoot Steel Core ammo at AR500 Targets.
- ✗ Shoot no closer than 100 Yards for rifles and 10 Yards for a Pistol
- ✗ To Avoid Pitting, keep the speed of the bullet below 3000fps at the point of impact
- ✓ Always wear proper eye and ear protection
- ✓ Use common sense - Be Safe, Be Careful, and have fun!

Target Stands and Mounts

All of our targets are designed to be used with our target stands and hooks! Please see our eBay store for mounting kits and targets!



Hardware

High Caliber Targets offers 2 different styled brackets for building target stands, 2 variations of target hooks in 4 different lengths and a Gong Target Hanger Bracket Kit for 2 different diameters of pipe.



1 Inch Pipe Leg Brackets for Target Hanging Hook Assembly Stand

The 1 Inch Pipe Leg Brackets for Target Hanging Hook Assembly Stand is a sturdy and simple to use stand. Each bracket has 2 nubs which slide into 1" diameter pipe for the 4 legs, and you can even bolt the legs to the bracket. The ¼ inch thick brackets have a hole which slides over a piece of 1" diameter pipe so the pipe becomes the top piece of your stand. The stands are quick and easy to assemble making them portable and they pair with the Pipe Hanging Hooks to complete the target stand assembly.

Target Hanging Hook for 1" Pipe Target Stand Assembly

The Target Hanging Hook for 1" Pipe Target Stand Assembly features a 1-inch hook and is available in 4, 6, 8 & 10 inch shaft lengths. The ¼ inch thick hook slides onto the horizontal 1" diameter pipe which serves as the top of the stand. Simply slide the hanging hook onto the 1" diameter pipe and hang your target. You can use pieces of PVC or collars to keep your hooks from moving on the horizontal pipe.



2x4 Leg Brackets for Target Hanging Hook Assembly Stand

The 2x4 Leg Brackets for Target Hanging Hook Assembly Stand is similar to the above pipe brackets except it uses a 2 x 4 for the top of the stand. The ¼ inch thick stand still uses 1" diameter pipe for the 4 legs, but it does require the 2x4 Hanging Hooks to complete the target stand assembly.

1" Target Hanging Hooks for 2x4 Target Stand Assembly

The 1" Target Hanging Hooks for 2x4 Target Stand Assembly feature 1-inch long hooks and are available in 4, 6, 8 & 10 inch shaft lengths. The ¼ inch thick hooks slide onto the horizontal 2x4 which serves as the top of the stand. Simply slide the hanging hook onto the 2x4 and hang your target.



Gong Target Hanger Bracket Kit

The Gong Target Hanger Bracket Kit is available for ¾ inch and 1 inch OD pipe and feature a ½ inch bolt hole for connecting the bracket to your target. The gong brackets are available in 3 thicknesses.



Shape Targets

High Caliber Targets features 8 different shapes available in 3 different thicknesses and multiple sizes for each shape.

Gong Target

Just like all of the High Caliber Targets, the Gong Targets are made to last a lifetime. The hardened high carbon steel gongs can handle repeated shots in a superman fashion by causing bullets to bounce off or vaporize upon impact. Available in almost 20 different sizes and 3 different thicknesses. All gong targets come with 2 mounting holes.



Animal Targets

High Caliber Targets features over 20 different animal targets available in 3 different thicknesses and multiple sizes for each shape.

Gobbler Turkey Silhouette Target

The Gobbler Turkey Silhouette Target is a detailed, life-like cut out of a gobbler. Available in multiple sizes and thicknesses, hone your skills as you get ready for turkey season or just have some fun shooting arcade style with the Gobbler Turkey Silhouette Target.



Novelty Targets

High Caliber Targets features 7 different novelty targets available in 3 different thicknesses and multiple sizes for each shape.

Big Foot Target

The Big Foot Target is just how it sounds, a fun cut out of Bigfoot cruising through the forest. Available in multiple sizes and thicknesses, choose the size and thickness that is the best fit for your range.



Head and Torso, Human Body Slaymaker Silhouette Target

The Head and Torso, Human Body Slaymaker Silhouette Target is a fun and highly detailed target that will enhance your shooting. Choose from multiple sizes and thicknesses of the Slaymaker Silhouette Target and get to shooting. **AW**





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bob@headsweats.com

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