

Adventure World magazine

WINTER 2024

It is Not Good to be
ALONE

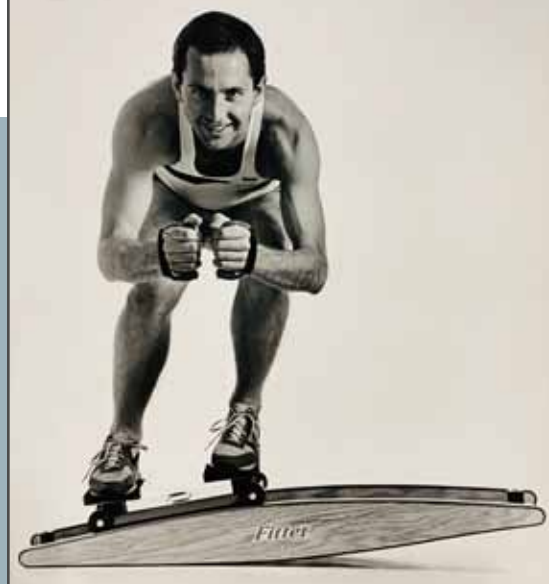
ADVENTURE WORLD MAGAZINE

EDITOR Troy Farrar

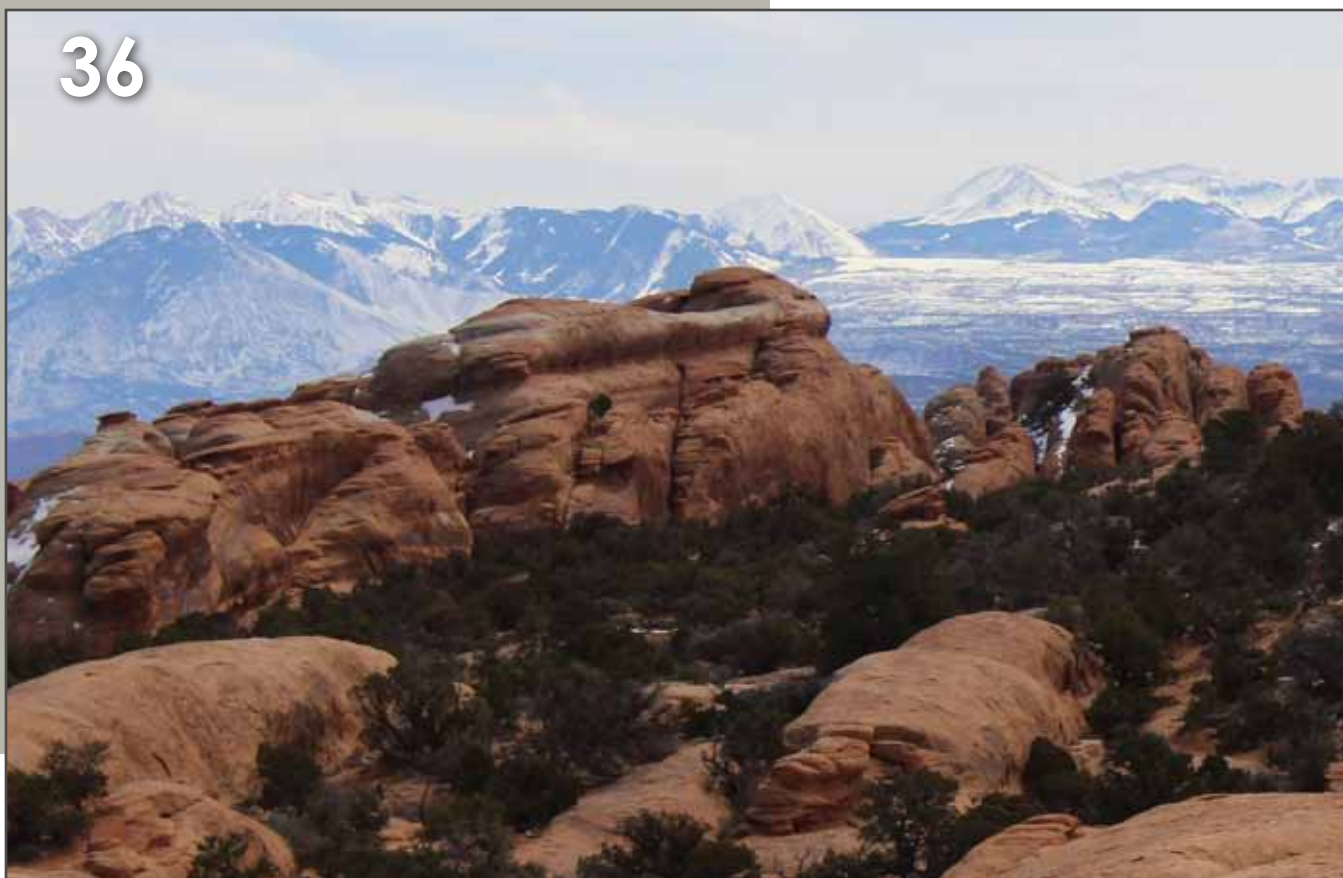
GRAPHIC DESIGNER Rae Zurcher

**CONTRIBUTING
WRITERS** Izzy Farrar
Luke Farrar
Troy Farrar
Eliza Nelson
Kevin Smith
Louis J. Stack

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13.1

by Izzy Farrar

This year I convinced my best friends Abby and Olivia to run cross country with me for our high school team. They both play soccer as their main sport, but joined me so we could spend more time together both during the season and during the summer cross country practices.

Since we were all running cross country, when we saw the sign up for a local half marathon we decided to go for it. We signed up for the race in the middle of our XC season, so a half marathon sounded easy compared to the workouts we were logging daily. What we did not realize was that the race wasn't until December, months after our XC season ended. Originally, we had planned to continue running and upping our mileage after the XC season to train for the half marathon, unfortunately that didn't happen.

I was still in somewhat good shape from XC offseason, but the maximum mileage I was putting in on my runs was 3-4 miles, not what anyone would call a good half marathon training program. My friend Abby, that had signed up to run the half with me had been playing some soccer, but beyond that we were not very prepared.



When race day came, our main goal was to finish since we hadn't really trained for the half marathon at all. The morning was pretty cold, 45 degrees, but we were both excited as we started warming up for the race. We had decided not to wear headphones since we would be running together, giving us the ability to talk during the race.

The beginning of the race was one of my favorite parts. It felt very peaceful because it was early and there wasn't any noise from traffic. An unexpected benefit from not wearing headphones was that I could hear everyone's feet hitting the pavement as we ran, which was super cool. Early on everyone stayed relatively clumped together and I loved the feeling of us all running together combined with the sounds of all of our feet hitting the pavement – one big group with the same goal of finishing the race.

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We were moving at a good pace but decided to take a short walking break at mile 6 since Abby's shins were starting to hurt. I was relaxed during the run and felt good for the first 8 miles. After mile 8, I started hurting a little bit which was understandable due to our minimal training approach. Although we had planned to talk throughout the entire race, I was mainly quiet - not because I was too winded but because I was enjoying the run and the sounds of the group effort.

One of my favorite parts was reading all the signs from supporters, a lot of them were funny which broke up the race and provided a fun distraction. We also had fun taking a picture at every mile to remember our half marathon journey. We even took a quick break to snap a picture with our math teacher who we saw on the course.



At one point in the race I looked down at my watch and was shocked to find we had been running for an hour and twenty-two minutes, it felt like we had only been running for around twenty minutes.

The easy miles went by super-fast and once the run got hard, I was motivated by how close we were to the finish. Our last few miles had a couple of times where we took a short walk break, but mostly we kept running towards the finish. We ended by sprinting the last 100 meters and rang the gong with a finishing time of 2:11:11, not bad for our first half marathon.

After the race we got our medal, finishing jackets and ate free pizza rolls! I had way more fun than I had expected and thoroughly enjoyed the experience. I did take a crazy nap afterwards, but overall it was much easier than I expected - just imagine how it would have been if we actually trained.

Looking back, I had so much fun running with Abby and I loved the feeling of community from everyone who showed up to face this challenge together. **AW**



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Knog Scout

The Knog Scout is a bike alarm and bike finder. Simply mount the 25 gram alarm under the water bottle cage using the supplied anti-tamper screws and download the app for instant security. When mounted the IP66 water resistant alarm looks like part of the water bottle cage and will be virtually unnoticeable. There is also a neon silicon cover to advertise the security device (if desired). When armed, the motion sensor will be triggered if the bike is moved setting off the 85 db audible alarm. A notification will also be sent to the bike owner via iPhone and the bike can be quickly located using Apple's network via the 'Find My' app. The Scout is USB-C rechargeable, has LEDs to indicate alarm and battery status and a single charge will last between 2 to 6 months depending upon usage. Scout owner will receive low battery notifications at 20% and below and the alarm can be armed or disarmed using on the app when in bluetooth range. Get the Knog Scout to protect your bike from theft and locate your bike if it is moved. www.knog.com

Wave Runner Sport Men's High Top Sport

The Wave Runner Sport Men's High Top Sport are a fantastic shoe for water sports. The lightweight, breathable shoes have a front and heel pull tab to help get them on and off when wet. Available in 4 colors, the crossed mid-foot straps help keep the ergonomic shoes in place even when wet and the zero slip grip soles provide traction on just about any terrain. Great for beach combing, paddling, hiking, fishing or just anything else that might get you wet, the Wave Runner Sport Men's High Top Sport will become your go to wet activity shoe. www.waverunnersport.com



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we:boost

Ocoopa UT3 Pro Hand Warmers

The Ocoopa UT3 Pro Hand Warmers are a great way to keep your hands warm and toasty during a variety of activities. The USB rechargeable UT3's will charge in 3 hours and run between 4-8 hours depending upon the heat level. LED lights indicate which of the 4 heat levels is being utilized, with the maximum being 136 degrees F and the warmers can power your phone 3.5 times. The ergonomic hand warmers fit perfectly in your hands, provide double sided heat and have anti-slip sides. Available in 4 colors, the warmers have a handy magnet so they can be stuck together and they come with a pair of silicone wrist straps. Perfect for running, watching ball games, hunting, camping and just about any other outdoor activity, the Ocoopa UT3 Pro Hand Warmers will keep your hands warm on the coldest day. www.ocoopa.com



Knog Scout Travel

The Knog Scout Travel is a safe and secure luggage tag that will insure your bags stay in your possession during travel. You can quickly find your luggage by utilizing the Apple Find My App and the 85 db motion alarm will trigger when luggage is moved while sending a message to your iPhone if you are within Bluetooth range. Luggage owners can be sent an email through the website contact page or utilize the smart luggage tag digital ID and provide any information you care to share with officials by scanning the QR code printed on Scout Travel. The 35-gram Scout Travel is water resistant, USB rechargeable, available in 5 colors and complies with FAA checked luggage regulations. The tag attached using 2 provided lengths of anti-tamper bolt and braided stainless-steel cable and a single charge will last 2 months depending upon usage. Up to 10 devices can be utilized at the same time and the Knog tag has LEDs to indicate alarm and battery status, a remote chime function to find your bag among the masses and owners will receive low battery notifications at 20% and below. Attach a Knog Scout Travel to your luggage and have peace-of-mind that you will arrive with all of your gear. www.knog.com

Wave Runner Sport Unisex Aqua Slip-On

The Wave Runner Sport Unisex Aqua Slip-On is a great water shoe that looks and feels like a running shoe. The light weight Aqua Slip-On features a self-draining breathable mesh upper, non-slip, non-marking flexible rubber soles and is available in 7 colors. Perfect for your next water based adventure, say goodbye to those tacky water shoes and say hello to the stylish Wave Runner Sport Unisex Aqua Slip-On. www.waverunnersport.com **AW**



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Taking a stock truck or SUV and adding cool and useful accessories will transform it into a more functional vehicle with a custom look that fits your demands. We scoured the earth for the best looking, most durable, useful and functional accessories and then we started the build. We tricked out a 2023 Toyota Tundra and took it from a pretty cool truck to an awesome ride that is equipped for just about any adventure. Take a look at the before and after images as well as the reviews for all of the sweet upgrades and we are sure you will soon be transforming your ride as well.



BEFORE



AFTER

ELECTRONICS

weBoost Drive Reach Overland

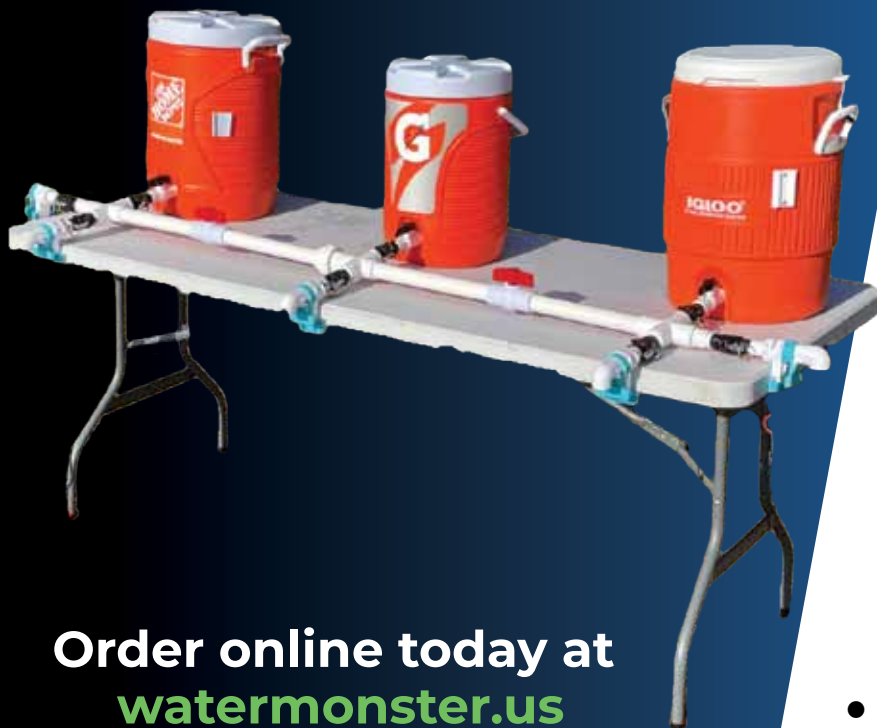
The weBoost Drive Reach Overland provides extended reliable cell service for your vehicle, giving you an extra level of confidence when you are playing off the grid. The weBoost system utilizes 50 db gain (the max allowed by the FCC) paired with 29.5 dbm signal output back to the tower which translates into greater cell strength with your cell phone working when you are 60% further from the nearest tower. The weBoost Drive Reach Overland will provide fewer dropped calls, provide better voice quality and faster network speeds with improved audio and data streaming. The system can boost multiple devices, provide greater hotspot capability and will work with all carriers. The tool less install booster has a 2-year warranty and includes an outside antenna with 180-degree adjustable mounting bracket, a 13" antenna mast, an interior antenna, a red metallic booster and a power supply with an on/ off switch to prevent battery drain. The handy adjustable outside antenna mount that can be folded down for protection when needed on the trail. The antenna bracket can be attached to your vehicle with a T- slot, pole or a fixed mount. The weBoost Drive Reach Overland is a great addition for any vehicle and a must have item for anyone who ventures into the outback, providing reliable cell service for your next adventure. www.weboost.com



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ATHLETIC EVENTS**
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Shiftpower 4.0+ Throttle Response Controller

The Shiftpower 4.0+ Throttle Response Controller will improve your cars acceleration response, eliminating the frustrating factory acceleration delay. The plug and play controller is easy to install; simply unplug your factory male accelerator connector, plug in the Shiftpower male accelerator connector, plug your factory male accelerator connector into the Shiftpower female accelerator port, mount the control button and the install is complete with no modifications to the factory harness and no internal programming. The controller can be adjusted using the included color-coded mode button or with the integrated Bluetooth smartphone App. The mode button automatically adjusts brightness between day and night modes or the brightness can be adjusted manually on the App. The Shiftpower 4.0+ has the following modes: Off Mode – original factory response, Dynamic Mode – green, soft response, Sport Mode – yellow, medium response, Super Sport Mode – orange, fast response and Race Mode – red, aggressive response. The controller also features a blue Valet Mode that limits throttle response to 30% or can be adjusted between 15% - 45% and a flashing blue and white anti-theft Lock Mode that cancels all throttle response. The Shiftpower 4.0+ Throttle Response Controller has a 3 year warranty and will eliminate factory throttle lag, giving you control to adjust the throttle response to your exact specifications. www.beatsonicusa.com



Bolton Velocity Off Road Vehicle Cellular Signal Booster

The Bolton Velocity Off Road Vehicle Cellular Signal Booster will keep you connected even when you are off the beaten path. Bolton Velocity utilizes a durable blade outdoor antenna to capture the cell signal, an amplifier to boost the signal and a lay flat interior antenna to broadcast the boosted signal to the inside of your vehicle. The Off Road Vehicle Cellular Signal Booster provides up to 50 dB gain and up to 29 dBm uplink allowing you to talk, access the web and text when you are a long way from cell towers. The 23" quick disconnect exterior blade antennae is a snap to install using the M8 Rail RAM mount or a Basket Clasp RAM mount. The Bolton Velocity Off Road Vehicle Cellular Signal Booster is an easy to install, must have item that will provide increased cellular connectivity on your off-road adventures. www.boltontechnical.com

Beat-Sonic Encore Alpha Power Amplifier

The Beat-Sonic Encore Alpha Power Amplifier is a plug and play upgrade that will greatly improve your factory sound system. The compact unit fits behind the dash and is easy to install employing a plug and play installation that does not require any wire cutting. The 45 watt x 4 channel amp utilizes the factory head unit and speakers while improving low, mid and high frequencies for a noticeably higher quality sound. For improve sound quality with higher highs, lower lows, more clarity and improved bass look no further than the Beat-Sonic Encore Alpha Power Amplifier. www.beatsonicusa.com





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Wescott Designs 2022-24 Toyota Tundra Preload Collar Lift Kit

The Wescott Designs 2022-24 Toyota Tundra Preload Collar Lift Kit was built for standard factory suspension and there is a version for trucks equipped with Load-Leveling Rear Height Control Air Suspension and Adaptive Variable Suspension (AVS). The bolt on kits includes CNC machined aluminum preload collars, top shim plates and rear billet lift pucks available in raw aluminum or a black anodize finish. The kit will lift factory suspension 3 inches in the front and 1 inch in the rear and AVS/Air Ride equipped trucks will be lifted 2 inches in the front and 7/8" in the rear. The US made Wescott Designs kit does not require new UCAs and it allows you to retain factory ride quality and factory suspension geometry. The maximum tire diameter is 35" without any body mount trimming and 37" is possible with correct wheel size, offset and minor trimming. The Wescott Designs 2022-24 Toyota Tundra Preload Collar Lift Kit is a durable, great looking leveling kit for the new generation of Tundras. www.wescottdesigns.net



Timbren SES Suspension Enhancement System

The Timbren SES Suspension Enhancement System will make your truck haul better while providing a safer, more comfortable ride. The Timbren kit installs in less than 30 minutes and utilizes Aeon rubber springs to provide a progressive spring rate which increases spring push back as the load increases. The Timbren SES System will eliminate squat and reduce dangerous driving conditions such as rear sag, corner sway, and roll that are often created when towing and hauling. Backed by a lifetime warranty, the kit does not require any post installation maintenance. Install the Timbren SES Suspension Enhancement System and say goodbye to unstable loads that create dangerous driving conditions and say hello to a safe, comfortable and controlled ride. www.timbren.com



ReadyLift 2" SST lift kit for AVS/rear airbag

The ReadyLift 2" SST lift kit for AVS/rear airbag provides a nice solution for standard factory suspension and there is a version for Load-Leveling Rear Height Control Air Suspension and Adaptive Variable Suspension (AVS) equipped Tundras. The fabricated steel front strut spacers and rear airbag spacers with shock extensions, brake line spacers, brackets and slotted rear airbag ride-height sensor brackets provides a low cost, easy to install 2 inch lift. The front strut spacer eliminates the need for compressing springs when installing the lift and the rear airbag spacers allow the truck to utilize the full range of use from the factory rear air system. Maximum tire diameter for this kit is 34" and the no-trim maximum tire size for this kit is a 295-60R20 with a 20" X 9" wheel and +18 offset. The ReadyLift 2" SST lift kit for AVS/rear airbag is a durable, well made, cost effective leveling kit that will look great on your new Tundra. www.readylift.com



Must Have Skid Plates & Catalytic Converter Shields



ENGINE SKID



Providing protection to power steering, front differential, engine, oil pan, and front cross member. With easy access to oil drain plug and filter.

TRANSMISSION SKID



A 2-in-1 design concept - protecting the catalytic converters from theft and transmission while out on the trails.

TRANSFER CASE SKID



The transfer case is a vital and vulnerable component necessary for kicking it into 4x4. Prevent hazards with a transfer case skid plate.

All products are CNC laser cut out of 1/4" aluminum or 10-gauge steel and directly bolted on

ABOUT US

Talons Garage was established in 2021 and is owned by Shaun and Crystal out of Houston, Texas. Shaun and Crystal are a husband-and-wife team who both have their Advanced Practice Nursing degrees. Talons Garage was established when Shaun's hobbies and entrepreneur personality became one.

All of our skids plates are fully manufactured in-house in Houston, Texas. Not only are we proudly manufacturing in the USA, but we are also a veteran-owned company. Shaun served 13 years in the US Army as an aviator flying Blackhawks.



TALONS GARAGE

Talons Garage Full Skid Plate Package for 2022-2024 Toyota Tundra

The Talons Garage Full Skid Plate Package has your undercarriage covered from engine to catalytic converter to transmission to transfer case and you can save some cash when you purchase them as a bundle. The CNC Laser Cut skid plates are available in rust proof 1/4" 5052 aluminum or black powder coated 10-gauge steel and do not require any drilling as the plates bolt to preexisting factory holes using the provided Zinc-coated hardware. The 3 skid plates integrate seamlessly for complete underbody off road protection and the 4 Talons Garage Logo Cutouts line up perfectly when installed for an amazing look.



Talons Garage Transmission & Catalytic Converter Skid Plate

The Talons Garage Transmission & Catalytic Converter Skid Plate measures 43 x 3 x 33 inches and weighs 30 pounds in aluminum and 43 pounds in steel. The skid plate features dual sets of cooling vents and a Talons Garage Logo cutout. The full-length Transmission & Catalytic Converter Skid Plate runs from one cross member to the other providing great skid protection while also deterring catalytic converter theft.

Talons Garage Locking Bolts

The Talons Garage Locking Bolts replace the bolts that come standard with the Transmission & Catalytic Converter Skid Plate. This 5-bolt set comes with a proprietary Talons Garage head that can only be loosened using the included proprietary Talons Garage bit ensuring your catalytic converters stay on your vehicle.



Talons Garage Engine Skid Plate

The Talons Garage Engine Skid Plate measures 29 x 4 x 32 inches and weighs 28 pounds in aluminum and 39 pounds in steel. The skid plate features a cutout for oil filter removal, a removable door for draining the oil and 2 sweet Talons Garage Logo cutouts. The robust engine skid plate looks great and will provide bomber protection for your engine when off roading.

Talons Garage Transfer Case Skid Plate

The Talons Garage Transfer Case Skid Plate rounds out the coverage measuring 36 x 5 x 16 inches and weighing 14 pounds in aluminum and 19 pounds in steel. The skid plate offers great protection and features a Talons Garage Logo cutout completing the full Talons Garage undercarriage protection.



Protect your rig from the harsh damage that can happen while chasing your next adventure. For great looking, custom, bomber undercarriage protection, look no further than the Talon's Garage Full Skid Plate Package. www.talonsgarage.com

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CARGO

Weigh Safe 180° Drop Hitch

The Weigh Safe 180° Drop Hitch is a handy adjustable drop trailer hitch that looks like a piece of art. We tested the super durable black cerakote 6061 aircraft aluminum hitch which will withstand the harshest conditions while making your truck look great. The drop hitch is also available in an all-aluminum finish. The adjustable drop hitch is available for 2, 2.5 and 3 inch shanks with 4, 6, 8, or 10 inch drop lengths and comes with a 1-7/8 " x 2" or 2" x 2-5/16" stainless steel or chrome plated steel combo ball. The Weigh Safe Cerakote 180° Drop Hitch is easy to adjust - simply remove the locking ball retaining pin, slide the hitch to the desired height, replace the locking ball retaining pin, slide on the dust cover and you are ready to tow. The hitch can be used both facing down or inverted and the drops are in 1" increments. Flipping the ball size can be done in mere seconds and when not in use, the balls can be stored out of the way on the inside of the bar. The hitch lock, ball lock and trailer lock can all be keyed alike making it very user friendly and the aluminum and stainless-steel components are rust proof so you can count on your hitch looking great for years. If your vehicle or trailer changes and you need a different sized drop length or you want to switch over to the single ball hitch with a weight gage model, you can purchase the needed components and make the switch as all of the components are interchangeable. The US made Weigh Safe 180° Drop Hitch is a great looking, easy to use, super durable drop hitch that will give you a lifetime of dependable service. www.weigh-safe.com



Charvonnia Design Toyota Tundra Tie-Down Kit

The Charvonnia Design Toyota Tundra Tie-Down Kit is an amazing upgrade for your Tundra. The machined 6061-T6 aluminum tie downs have a radial edge on the inside to protect straps and the center slot was designed to securely hold tie down straps. Charvonnia provides corrosion resistant, Grade 8.8 mounting hardware and the low-profile design has plenty area to attach straps. The US made ties downs are available in 6 cool colors - red anodize, black anodize, blue anodize, silver anodize, red textured powder coat and black textured powder coat. Each kit comes with 4 bed tie downs and 4 rail tie downs which have a flush design that is perfect for tonneau bed covers and camper shells. The Charvonnia Design Toyota Tundra Tie-Down Kit is a functional addition that works great and looks amazing. www.billettie-downs.com



Luno Magnetic Gear & Shoe Storage Bag

The Luno Magnetic Gear & Shoe Storage Bag is a handy storage solution for overlanders, campers, athletes and even soccer moms. Simply attach the bag to the side of your vehicle, overland rack or trailer using the 4 microfiber layer covered scratch-resistance magnets and fill with gear. The water-resistant 330D coated ripstop bag features an easy removal pull loop and a mesh bottom for draining wet gear or airing out stinky gear. The bag is 13 inches wide x 13 inches long x 5 inches deep and will hold up to 6 pounds including 1 pair of hiking boots or 2 pairs of tennis shoes. The Luno Magnetic Gear & Shoe Storage Bag is a handy and unique way to address wet shoes and gear, with an unlimited number of additional uses. www.lunolife.com





Desert Does It Bolt On MMP Magnets

The Desert Does It Bolt On MMP Magnets are a perfect accessory for your overland rack and will firmly hold your steel equipment in place. The pair of 1.2" wide x 1.7" high x .25" deep rubber coated magnets feature stainless steel mounting hardware and each magnet has 7lbs of pull strength. Grab a pair of Desert Does It Bolt On MMP Magnets for a functional solution for both long term and temporary gear storage. www.desertdoesit.com

PROTECTION AND SAFETY

Husky X-ACT Contour Floor Mats

The Husky X-ACT Contour Floor Mats take the fit, feel and function of floor mats to an amazing new level. They are hands down, the best heavy-duty floor mats we have ever seen. The 3D laser scanned FormFit design fit better than your factory mats and feature a FormFit Edge which is a raised barrier along the door jamb that contains spilled liquids, mud and melting snow on the mats for easy clean up. The strong, rubberized, no slip DURAGRIP is soft enough for bare feet and stays flat with no annoying edge curl. Don't worry about your mats sliding around, Husky utilizes StayPut cleats that firmly lock into your factory anchors combined with hundreds of StayPut Nibs that penetrate carpet and keep the mat in place. The US made X-ACT floor mats boasts all of these awesome features plus a no questions asked lifetime warranty. For a tough as nails, fit like a glove, great looking and great functioning set of durable floor mats look no further than the Husky X-ACT Contour Floor Mats. www.huskyliners.com



Iron Truss Fabrication Tundra Rear Debris Shields

The Iron Truss Fabrication Tundra Rear Debris Shields raise the level of protection for your trucks under-carriage. The black 2-piece flexible debris shields are riveted to an aluminum backing plate for increase strength and rigidity and bolt to existing OEM bracket holes. The shields fill the void between the wheel well and the frame of the truck preventing mud, salt and grime from building up and causing premature wear on your truck. Sold as a pair, the Iron Truss Fabrication Tundra Rear Debris Shields will give your truck a great look while protection the under-carriage. www.irontrussfabrication.com

Iron Truss Fabrication Tundra Front Debris Shields

The Iron Truss Fabrication Tundra Front Debris Shields complete your under-carriage protection. The black flexible debris shields are held in place using the provided black push-in plastic rivets and black stainless-steel washers. The debris shields fill the void between the wheel well and the engine bay of the truck preventing mud, salt and grime from building up and causing premature wear on your truck. Sold as a pair, the Iron Truss Fabrication Tundra Front Debris Shields will complete your trucks under carriage protection while providing a much cleaner look. www.irontrussfabrication.com



NEBO Assist Air Jump Starter

The NEBO Assist Air Jump Starter is a great tool to have in your off-road vehicle and can provide the solution to several common problems. Nebo starts with an integrated 3 mode flood light that has a white, red and red SOS mode. Next is the 120 PSI air compressor, which comes with a 24-inch hose extension and an interchangeable air nozzle kit. The 1500 amp jump starter is rated for 8-liter gasoline engines and up to 4-liter diesel engines and comes with a set of NEBO jumper cables and a 12v car charger. NEBO utilizes a smart technology, 3 step process which is safe and makes the jumper cables spark-proof during the connection and disconnection process. The NEBO Assist Air Jump Starter utilizes 20W fast charging so you can fully charge the unit in less than 3 hours. The unit is capable of multi device charging utilizing the USB-A port and the bi-directional USB-C port which is compatibility with quick charging Power Delivery (PD) and Qualcomm Quick Charge 3.0 (QC3.0) standards. The Nebo comes with a 24-inch USB-A to USB-C charging cable, a microfiber storage pouch and can provide up to 22 smart watch recharges, 5 smartphone recharges and 1.3 tablet recharges. A color digital display provides accurate monitoring of the PSI and useful charging indicators such as charging percentages, voltage, charging status and power level. The NEBO Assist Air Jump Starter is a must have piece of emergency equipment that can rescue you from common issues that often leave travelers stranded. www.nebo.acgbrands.com/en_US/



INTERIOR

Bulletpoint Mounting Solutions Rubigrd

The Bulletpoint Mounting Solutions Rubigrd is the perfect way to organize and anchor the command center for your favorite vehicle. Customize the modular dash mounting platform for multiple devices such as phones, tablets, dash cams, radar detectors, GPS, action cameras or radios. The configuration can be quickly changed for differing needs and Bulletpoint's AMPS Mounting Balls, mounting arms and device holders offer a secure mounting solution for all of your devices. The powder coated metal Rubigrd is easy to install and securely nests in your vehicles dash tray while still allowing access to the 12 volt plug. For an amazing looking, tough as nails dash mounting platform that will keep all of your electronics securely in place, look no further than the Bulletpoint Mounting Solutions Rubigrd. www.bulletpointmountingsolutions.com



Bulletpoint Mounting Solutions Carbon Fiber/Kevlar Hybrid Mount Arm

The Bulletpoint Mounting Solutions Carbon Fiber/Kevlar Hybrid Mount Arms are the perfect way to connect your device holder to the mounting base on the Rubigrd. The super stabile matte finish Carbon Fiber/Kevlar Hybrid Mount Arms are available in 1, 4, 7, 10, 13, 20 cm lengths and feature 20mm ball aluminum attachment couplers on each end with thumbscrews. The Mount arms are available in 8 additional colors if you want to add some pop to your Rubigrd system. Bulletpoint even has elbow connectors for connecting multiple Carbon Fiber/Kevlar Hybrid Mount Arms. No matter what terrain is in your future, the Bulletpoint Mounting Solutions Carbon Fiber/Kevlar Hybrid Mount Arms will insure your device holders stay securely mounted to your Rubigrd. www.bulletpointmountingsolutions.com





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Bulletpoint Mounting Solutions AMPS Compatible 20mm Ball with Metal Mounting Plate

The Bulletpoint Mounting Solutions AMPS Compatible 20mm Ball with Metal Mounting Plate provides a secure way to anchor the mount arms to the Rubigrd. Available with a rectangular 4-hole plate for heavier devices, a 2-hole plate for lighter devices and a 2-hole mini for when space is tight, the mounting plates provide a solid base for the mount arms. Each AMPS mounting plate has the standard 30mm x 38mm AMPS pattern, features a 20 mm ball joint and comes with heavy duty bolts and nylon locking nuts for easy installation. The Bulletpoint Mounting Solutions AMPS Compatible 20mm Ball with Metal Mounting Plate will keep all of your devices securely anchored to your Rubigrd. www.bulletpointmountingsolutions.com



Bulletpoint Mounting Solutions CB Radio Holder

The Bulletpoint Mounting Solutions CB Radio Holder will make sure your CB or GMRS microphone is locked down and ready to use on your next outing. The mic holder has an integrated 20mm ball for attaching to a mount arm and a slot for attaching a CB mic. Keep your mic in place and anchored to your Rubigrd with the Bulletpoint Mounting Solutions CB Radio Holder. www.bulletpointmountingsolutions.com

Bulletpoint Mounting Solutions MagSafe Compatible Phone Holder without Wireless Charging

The Bulletpoint Mounting Solutions MagSafe Compatible Phone Holder without Wireless Charging will securely keep your phone anchored to the Rubigrd platform. The modern looking compact phone holder features a 20mm ball for attaching to a mount arm and a strong magnet that utilizes the MagSafe magnets in your phone case to keep your phone securely in place. iPhone 12 or newer with MagSafe can use the integrated magnet in the phone to secure it to the mount and older non MagSafe equipped phones can use one of the two provided adhesive metal rings to secure the phone to the mount. The metal rings can also be used when off roading to provide additional holding power. The Bulletpoint Mounting Solutions MagSafe Compatible Phone Holder without Wireless Charging allows you to remove your phone with one hand and will keep your phone securely in place on the roughest terrain. www.bulletpointmountingsolutions.com



Bulletpoint Mounting Solutions DiabloM6 Magnetic Phone Mount Holder

The Bulletpoint Mounting Solutions DiabloM6 Magnetic Phone Mount Holder is a great way to mount your phone or radar detector to the Rubigrd system. The DiabloM6 features a CNC aluminum frame that houses a magnet pad comprised of 6 Rare earth neodymium magnets that provide a secure hold on the included metal plates. Attach one of the two provided thin metal plates to your device and you are ready for the road. The Bulletpoint Mounting Solutions DiabloM6 Magnetic Phone Mount Holder is a versatile device holder that will securely anchor your device to the Rubigrd. www.bulletpointmountingsolutions.com

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Cup Grip

The Cup Grip insert is a simple but effective must have addition to your Tundra. The molded Cup Grip slides into your cup holder and prevents top heavy drinks from tipping, rocking or spilling. Cup Grip makes a stabilizer for both the front and rear console cup holders and is a must have item for your Tundra. www.cupgrip.com



AJT Design Start Button Ring

The AJT Design Start Button Ring is a great way to start the chrome delete on your new Tundra. Available in black, red, lunar rock, army green and solar octane, the US made injection molded ABS plastic Start Button Ring installs in minutes and gives your truck a cool custom look. www.ajtdesign-llc.com

AJT Design Center Console Tray Liner

The AJT Design Center Console Tray Liner will keep your items in place on the roughest roads. The US made flexible PP+E/P AJT Design Center Console Tray Liner features OEM styling that matches existing factory trays. The AJT Design Center Console Tray Liner fits perfectly is a great addition to your Tundra. www.ajtdesign-llc.com



Taco Vinyl Steering Wheel Overlay

The Taco Vinyl Steering Wheel Overlay is a great chrome delete for your Tundra. The ABS plastic overlay is available in 16 colors and sticks on with durable 3M adhesive. Grab a Taco Vinyl Steering Wheel Overlay and give your Tundra a custom look. www.tacovinyl.com

Cup Grip Customized Tumbler

The Cup Grip Customized Tumbler is a great addition to the Cup Grip insert and will keep your at the perfect temperature. Customize the insulated tumbler with your vehicle logo, business name, favorite team or anything else you can think of to create your one of a kind tumbler. The 32-ounce tumbler is available in just about any color you can imagine and comes with a removable anti spill lid. The Cup Grip Customized Tumbler will add a personal touch to your cup while keeping your drinks hot or cold for hours. www.cupgrip.com



EXTERIOR

Iron Truss Fabrication Tundra Mirror Covers

The Iron Truss Fabrication Tundra Mirror Covers are a great way to give your truck a custom blacked out look while providing some extra protection to your OEM mirrors. The mirror covers fit over your existing mirrors and are held in place using VHB adhesive. The gloss black ABS plastic covers are sold as a pair and will protect your mirrors from scratches and dings while off roading. Protect your mirrors and give your truck a new look with these cool Iron Truss Fabrication Tundra Mirror Covers. www.irontrussfabrication.com

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Rough Country Brake Caliper Covers

The Rough Country Brake Caliper Covers will give your truck a unique custom look. The 6061-T6 aluminum covers are easy to install, corrosion resistant and feature a high-gloss red coating. The caliper covers do not interfere with brake system operation and reduce brake dust which helps keep your wheels much cleaner. The kit comes with two front brake caliper covers, two rear brake caliper covers and all required mounting hardware. Give your truck an awesome custom look while protecting your wheels with the Rough Country Brake Caliper Covers. www.roughcountry.com

Bumpershellz Toyota Tundra Grille Surround Chrome Delete Overlay

The Bumpershellz Toyota Tundra Grille Surround Chrome Delete Overlay gets rid of the obnoxious chrome grille surround on your 3rd generation Tundra. The sturdy ABS plastic overlay is easy to install using the provided 3M automotive grade tape and will transform one of the most annoying features on the new Tundras. The Bumpershellz overlay is available in 9 colors plus additional OEM color options giving you the freedom to upgrade your truck exactly the way you want without spending a fortune to have a body shop repaint the surround. The Bumpershellz Toyota Tundra Grille Surround Chrome Delete is one of the easiest upgrades to install and the grill surround will immediately transform the look of your Tundra. www.ecoological.com



Iron Truss Fabrication Tundra Door Handle Covers

The Iron Truss Fabrication Tundra Door Handle Covers are a perfect match to the Iron Truss Fabrication mirror covers. The removable gloss black ABS plastic door handle covers fit over your existing door handles and are held in place using VHB adhesive. The 4-piece set of door handle covers are compatible with the OEM lock touch pad on top of the handles and the OEM unlock touch pad on the inside of the handle. Give your truck a new custom blacked out look while protecting your door handles with the Iron Truss Fabrication Tundra Door Handle Covers. www.irontrussfabrication.com

MVP Auto Supplies

MVP Auto Supplies has a unique line of custom replacement door down lights. The 2-piece set of 5-watt LED down lights are easy to install and feature an adjustable angle setting. We chose the TRD Pro down lights and they immediately added a custom flair to the truck that is noticed by everyone who enters the truck at night. Get a set of MVP Auto Supplies down lights and set your truck apart. www.mvpautosupplies.com





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The Peragon Limited HDX

The Peragon Limited HDX is an amazing truck bed tonneau cover that provides great security with some very unique features. The solid aluminum panel cover can be retracted in seconds and folds together without effecting rear visibility, occupying a mere 7 inches when stored against the cab. Need the whole bed to transport a bigger item? The toolless, quick release 35-pound cover folds together and can be completely removed and reinstalled in less than a minute. The Limited HDX features MultiLOK which allows the cover to be locked in multiple partial positions using the keyless dual action lock. The cover also features Peragon's EasyAccess rear opening making access a snap. The HDX has a durable XRP rugged powder coat matte finish, stainless steel hardware, sealed ball bearings and an aluminum track to provide reliable, weather resistant service in any environment. Peragon is so confident that you will love this US made cover that they provide a 100-day easy return policy, a 5-year warranty and lifetime product support. Need the cover partially retracted and locked? 10 seconds later, the cover is partially retracted and locked. Need the cover completely retracted? 10 seconds later, the cover is completely retracted. Need the cover completely removed? 30 seconds later, the cover is completely removed. Need the cover reinstalled? 30 seconds later, the cover is completely reinstalled. Need the most versatile, durable and stylish truck bed tonneau cover ever made? Get a Peragon Limited HDX and you will be covered.



The Peragon Limited HDX provides tons of options and can be quickly adapted to fit the needs of your current circumstances. For a fantastic looking, tough as nails, versatile truck bed tonneau cover, the only choice is the Peragon Limited HDX. www.peragon.com



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OTHER

Fumoto F103SX Oil Valve

The Fumoto F103SX Oil Valve makes oil changes simply and easy, especially if your vehicle has an engine skid plate. The valve allows you to drain the oil without any tools and to utilize a hose when draining so the oil drains into a pan and not all over the inside of your skid plate. The valve will eliminate stripped oil drain plugs that cause leaky messes. The F103SX Oil Valve replaces the oil drain plug and the exit port can be rotated 360 degrees so you can choose the position and oil flow direction. The Fumoto valve eliminates the need of an adapter for most of the recessed oil drain pans and the valve comes equipped with a 5 mm (0.2") short nipple for attaching a hose when draining the oil. The Fumoto valve securely locks when closed and the valve comes with a lever clip which can only be attached when a lever is fully seated in the locked position, confirming the valve is locked and providing additional security from accidental opening. The valve features ergonomic levers making it easy to operate in tight spaces and all valves are leak-tested prior to being shipped. Backed by a limited lifetime warranty, the Fumoto F103SX Oil Valve is a must have addition to your truck and will make oil changes easier and cleaner. www.fumotousa.com



AJT Design AirTag Case

The AJT Design AirTag Case is a cool new way to protect your air tag. The 2-piece injection molded PC-ABS plastic case bolts together and is both impact resistant and IP68 waterproof. The US made AJT Design AirTag Case is available in 9 colors and will be the envy of your friends. www.ajtdesign-llc.com

AJT Design Injection Fob

The AJT Design Injection Fob is a unique key fob that replaces your OEM fob. Available in 9 colors with 6 screw color choices and red or black buttons you can customize the case to match your truck. The 2-piece bolt together injection molded plastic case is impact resistant and utilizes the existing valet key, electronics, battery and seal from your OEM case. The US made fob features a gate and gate/AC button to mirror your existing OEM fob. For a unique, customizable, tough as nails key fob look no further than the AJT Design Injection Fob. www.ajtdesign-llc.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.

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Fumoto UA 3/8SX Ultimate Hose Kit

The Fumoto UA 3/8SX Ultimate Hose Kit is the perfect partner for the F103SX Oil Valve. The kit features 2 straight plastic sockets and 2 L shaped plastic sockets which make it easy to attach the included 2-foot long 3/8" hose to the valve when draining the oil. The kit also has a 3/8" plastic nipple cover, a lever clip, a disposal paper oil funnel, 6 oil change reminder stickers and a Fumoto rag. The Fumoto UA 3/8SX Ultimate Hose Kit completes your Fumoto oil valve system and makes oil changes quick, easy and clean. www.fumotousa.com



KLYMIT WaterPORT 4.0 Gallon Water Tank

The KLYMIT WaterPORT 4.0 Gallon Water Tank is the perfect companion for active adventurers that need a simple way to transport pressurized water. Pressure is added when you fill the 3.85 gallon tank with a garden hose or connect a bike pump or air compressor to the included Schrader valve which allows you to add up to 40 pounds of pressure. You can also purchase a Pump Cap which allows you to pressurize the tank by hand when you are off the grid. The 25.5 inch long x 7.5 inch wide x 11 inch tall BPA-free, food-grade plastic tank is fine for drinking water and weighs 18 pounds when empty and 42 pounds when full. The WaterPORT comes with an 8-foot coiled hose and a 4 pattern, multi-use, high pressure spray nozzle that has a setting for anything you can

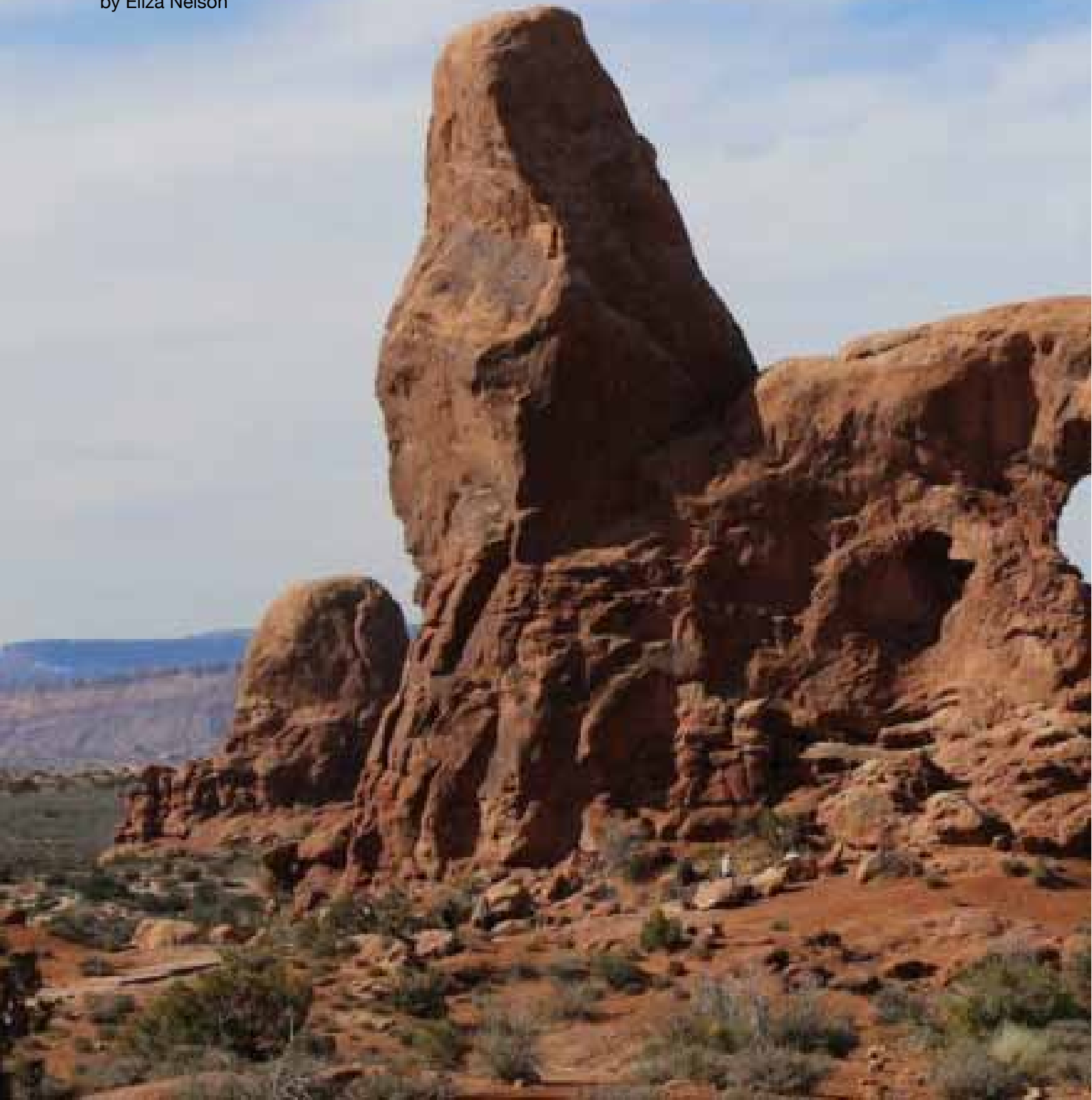


think of. There is a mist spray that is great for cooling off, a jet rinse for cleaning things like muddy mountain bikes, a center spray for more delicate cleaning and a shower setting for cleaning you and your crew. There are 4 mounting options which include hitch mount, platform mount, truck bed rail mount and bar mount which give you the ability to mount the WaterPORT to just about anything. Accessories include a nozzle holder for hands free use and a slip-on neoprene

sleeve that insulates the tank and provides an extra layer of protection. Get yourself a KLYMIT WaterPORT 4.0 Gallon Water Tank and have plenty of fresh, clean pressurized water available at your next outing. <https://klymit.gathroutdoors.com> **AW**

It is Not Good to be **Alone**

by Eliza Nelson







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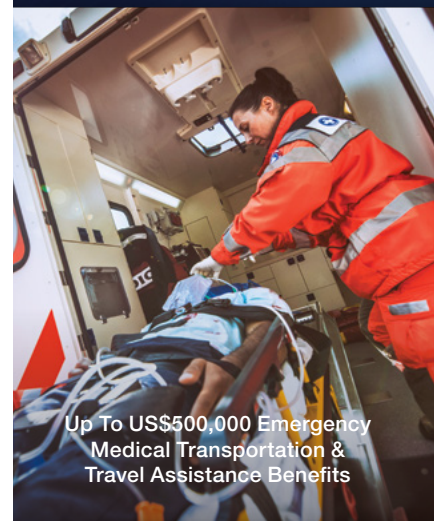
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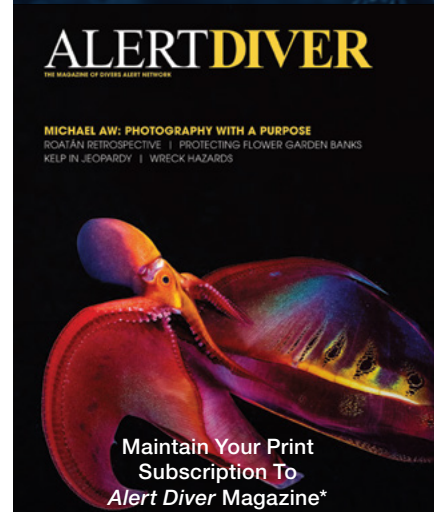
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The wind whips at the rain cover of my tent so violently I fear it's pole will snap in half. I've already gotten up to secure things once but waiting for the weather to die down a second time seems pointless; the wind is simply too loud and intense to ignore. Quickly I unzip my sleeping bag and throw on my boots, afraid the wind will tear the tent's fabric. I move stiffly in the dark, talking to myself as my fingers struggle to collapse the pole. Though I do my best, I cannot seem to separate the poles. I'm almost embarrassed, but the wind distracts me by threatening repeatedly to rip the rain cover from my hands.

Rather than dwell on my frustration, I simply resign to hoisting the entire thing inside my tent. I place it (still completely connected) parallel to my body on the ground, intending to finish deconstructing it in the morning. After getting up to pee one last time, I know I can finally sleep. But now, I am uncomfortably cold. My toes are numb in the bottom of my sleeping bag, my exposed nose and cheeks frigid to the touch. I'm wearing most of my layers already, and don't know what to do besides pull the top of my sleeping bag over my head and curl my body into a tight cocoon to preserve warmth.

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It is March 8, 2023, the night of my first solo camping trip.

When I told people I wanted to camp in Southern Utah by myself for a couple of nights, they looked at me like I had told them I was about to jump off a building. In some of their eyes I sensed confusion mixed with curiosity, but in most I sensed fear, disbelief, and concern. “Why aren’t you going with anyone?” “It’s not a good idea to camp alone as a woman. Aren’t you afraid something will happen to you?” “Won’t you be lonely?”

My entire life I’ve been told humans are social creatures, that we are wired to be around other people. For years I’ve noticed the way society discourages solitude. It is impossible to go more than a few hours without receiving a text or call from someone. It’s difficult to resist the urge to scroll through social media and stay caught up on other people’s lives multiple times a day, and often people don’t go long without interacting with someone face to face. It seems like we constantly feel a need to know what other people are doing, and rarely sit with ourselves and our thoughts as a result. We frequently feed ourselves material, listening to podcasts and music, or even playing white noise so as not to be alone inside our heads. It’s strange if someone goes to a movie by themselves, and out of the norm if they take themselves to dinner. Under the gaze of people observing them is the assumption that something difficult or heartbreaking must have just occurred. Why else would someone be alone? No one chooses that.

Despite solitude generally not being preferred or valued, I’ve prioritized being alone for years. Frequently I leave after family dinners early to walk through my neighborhood. I spend lots of time in my room journaling and exploring my own head, and I enjoy solo hikes. I want to know myself, and sometimes that feels too difficult in the noise of company.





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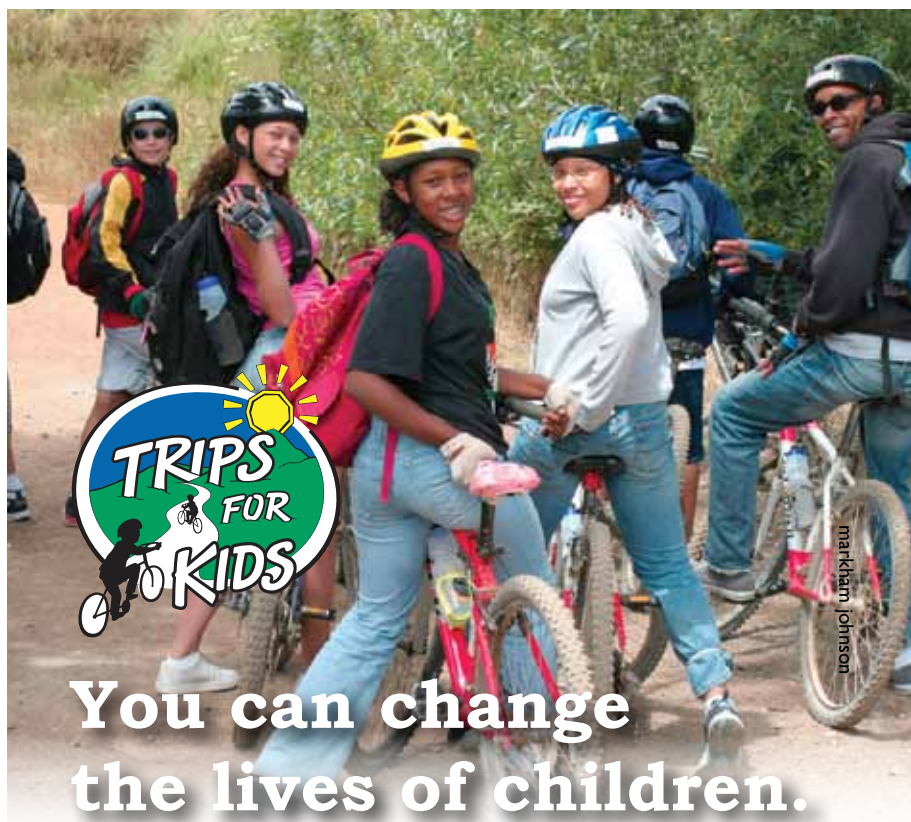


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I've felt a desire to go on a solo trip for years, but it wasn't until last fall when one of my friends asked me a simple question, that I committed to making it happen. "What is the longest time you've been by yourself?" As I wracked my brain hoping for nonexistent memories of solitude to resurface, I realized that I had probably never gone more than 18 hours without interacting with someone else. This fact surprised me; it made me feel embarrassingly dependent. The pull to go on a trip alone increased in strength. I wanted to know what it felt like to exist only with myself for a full 24 hours, if not longer.

On the morning of March 8th of this year, I began driving to Moab at approximately 10:12am. As I sang along to my stereo, I felt comfortable with the precautions I'd taken: having asked locals for safe camping locations, checked the weather, packed extra layers and food, bought pepper spray, and told my family exactly where I was headed. I also felt comfortable with the flexibility of my plans: I hadn't decided on what hikes to do or how exactly to spend my time. I knew I wanted to stay for two nights but didn't have a strict schedule outlined.

It was strange to feel things change inside my head as I drove. Initially I rejoiced in the excitement of it all, singing along to some



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of my favorite songs, staring at the surrounding mountains in awe, and feeling pumped up to finally be prioritizing something important to me. Later, when the day shifted into a dull gray as a consequence of the overhanging clouds, I turned off the music and just sat with myself and the sound of my mind. As I made my way through the barren landscape of Southern Utah, I reflected on a relationship I'd just gotten out of, talking to myself in the empty space of my car and letting tears fall freely onto the seat. I wasn't sure how to identify what I was feeling, or why so suddenly I was hit with emotion. I just let myself feel.

After arriving and paying for a campsite, I set up my tent. I unrolled my sleeping bag and blew up my pad and just sat inside, journaling and writing for a bit, and mostly just giving myself space to exist. I didn't feel pressure to immediately drive to a hiking spot, to explore the landscape, or do something physically quantifiable with the few hours I had before dark. I liked that I didn't have to consider what someone else wanted or was thinking before making a decision. Instead, I simply did what I felt drawn to do. In this case, it meant sitting softly and silently, watching the patches of sun move on the red sand and thinking about what I was feeling.

I made myself tacos and hot chocolate for dinner before settling in my sleeping bag for the night. Unfortunately, this was the night I couldn't sleep. Initially this was because of the dissonance in my head, then due to the loudness of the wind, and finally because of the temperature. Honestly, it was one of the most miserable nights camping I've ever experienced. I woke up with stiff appendages and somewhat dampened spirits, although I remained grateful to be doing something important to me. I pressed my hands into my cup of oatmeal to warm my fingers, took down my tent, and packed everything into my car. I drove to Arches National Park and intended to drive home to Salt Lake late that night. Though I had originally planned to stay two nights, I realized that an important part of solo trips and adventures is not making them look a certain way in order for them to "count." The only rule I made for myself was that I wanted to be alone for at least 24 hours; other than that, it didn't matter what I did or how I spent my time. If I wanted to come home after one night instead of two, that was fine. If I wanted to pay for a campsite or hike on a designated trail or do none of that, I was fine with that too.

After hiking in Arches for a while, taking some pictures, and stopping to sit on rocks to write, I realized how much I enjoyed being by myself. I didn't have any companions to worry about. Rather than having to multitask by thinking of what their experience was like and what they



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were thinking, I could be fully present, enjoying the landscape in a personal and intimate way. I felt really aware not only of my surroundings, but of myself. Sitting and writing in my journal was a stimulating and enlightening experience. As I asked myself questions and sat in silence, I discovered things about myself I didn't know previously.

A few hours passed before I decided that staying another night would be empowering. I returned to the campsite to set everything up again, this time not even putting on the rain cover, and laying my emergency blanket underneath my sleeping bag to reflect my body heat.

I slept well and warmly, waking up with a grin because I hadn't backed down from staying another night. Not only did solo camping help me feel more competent in setting up and using gear, but it helped me trust my gut and make decisions simply because I felt good about them. It empowered me to think that I traveled alone in safety as a woman. I had lived independently and by my own means even for just a couple of days. Being alone allowed me to explore myself as I explored the landscape, giving me valuable time to exist for me and no one else. It let me sit with myself and really ask what I was feeling and what I wanted and who I intended to be.

More than anything, it made me want to camp alone again. **AW**



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Speed, Balance and Aging Gracefully

by Louis J. Stack

What is success to you?

To me it was skiing at 127.33 miles per hour. That was the speed I achieved in Les Arcs, France while on the Canadian National Speed Skiing Team training for the upcoming Olympic-qualifying World Cup Race. It was 1991, and I had just achieved my personal best time of 127.33mph, or 205.57kph. My overwhelming feeling of success quickly vanished a few days later when FIS race officials threw out the results, due to slight irregularities with the timing system.

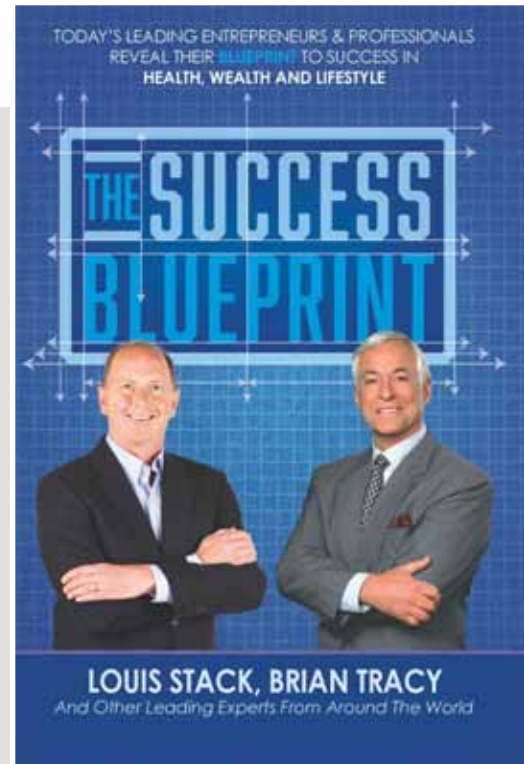
This event evolved into a set of circumstances that prevented me from racing for Canada in the 1992 Winter Olympic games in France. As an athlete, I set a personal best yet the outcome created a very unsuccessful feeling for me. An interesting dilemma - both a personal high and a personal low in the same event.

I feel fortunate that I skied for Canada until 1995. I was again very successful finishing 18th place in the first World Championships of Speed Skiing held in Yllas, Finland. Success is a personal experience.



While many see skiing at 127mph as completely crazy, it was a character-building experience for me, one that shaped my future.

Stepping back to 1985, I felt a huge sensation of success when I, along with my brother, built our first working prototype of the Pro Fitter 3D Cross Trainer. I was 25 years old, just off crutches and dreaming of getting back into my size 13 ski boots and on the slopes again. I borrowed \$3,000 from my single-parent mother which my brother and I used to build our version of





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a ski training device. The goal was to help me regain my balance after knee and double foot surgeries. We successfully designed and built our first two units and I used them intensely to regain my former health.

In the process, I learned that other Canadian ski racers were interested in recovering from their injuries with our Pro Fitter 3D Cross Trainer - ski racing can be a pretty dangerous sport. As history would have it, the Pro Fitter was the first functional, closed-chain training device that integrated total body movement into a single training tool. Our product was often referred to in leading medical journals - the functional fitness revolution had begun! Everywhere I went, physical therapists loved the Pro Fitter and the results it gave their patients. Was I successful? I sure thought so. We had created a product that helped an industry see a new way to achieve successful outcomes for their patients.

In 1988, the Winter Olympics came to my home town of Calgary, and I placed Pro Fitters in all the training rooms - the world was watching. Media was everywhere, looking for great stories to fill the air time between events. To a cameraman, nothing in the gym was as eye catching as an Olympic athlete preparing for their gold medal performance zipping back and forth on this cutting edge balance-training device. We were very fortunate to get the amount of worldwide TV exposure we did - I made my luck and I ran with it!

More success followed with calls and letters from Olympic teams, suppliers and athletes who wanted to use and sell our 3D Cross Trainer. Team Denmark was first on board. It was the beginning of a very successful period for my new company, Fitter International Inc. (www.fitter1.com)

All this excitement and regaining my health lead me from the luge track, where I had been training (good feet were not required for luge racing), to Canada Olympic Park's ski jump in 1989. I was not jumping but instead doing speed runs on skis down the 90-meter jump outrun. I had swapped a Pro Fitter for racing skis with Canadian ski great Todd Brooker - those skis combined with my rubber luge suit had me ready to race. Speed skiing came to me very naturally as I loved speed, had the right body build and the nerve to point my skis straight down the hill. I was invited to join the National Speed Skiing Team the following year.

This began an amazing adventure of traveling around the world to race, representing Canada. I travelled with three pair of skis, two pairs of boots and all my racing gear, as well as a Pro Fitter, a



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pop-up display stand and brochures. I hauled over 200 pounds of gear with me to tradeshow on weekdays and competed in World Cup races on weekends. I remember the looks I got in Holland dragging my 8' long ski tubes, oversized boot bags and a Pro Fitter perched on top. I had wheels on one end of the ski tubes and shoulder straps on the other. I could pull or push the rig wherever I needed to. I would wear my backpack on whatever side of my body that the ski cart was not attached too. I really did not need to train as the load I was carrying was enough to get anybody into great shape. At tradeshow I would demonstrate the Pro Fitter for hours every day. When travelling, people asked me what was that thing I was carrying. I would pop the Pro Fitter off the top of the



rig and demonstrate it right there. Crowds usually formed to see what all the action was. I made my own luck and success by presenting my product every time I could. Success followed me as I drove, trained, bused and flew around the World Cup circuit from 1991 to 1995.

My lovely wife, and now business partner Margaret, was 7 months pregnant when I arrived home from Europe after my last ski race. She was thrilled I was home safe. Together Margaret, myself and my new son Marquess (10 yrs. old) would soon welcome a new addition to our family. Tynan was born that June, and 21 months later his sister Teaghan was born. My goal was to be a great husband, dad and builder of my business.

Our slogan at Fitter is “leading the world to better balance!” This was very fitting as I am a Libra (balance is my sign) and my success in ski racing required immense focus and balance. I settled into my office working role and quickly realized how desperately I missed my prior work environment of mountains, travel and shows. The first ten years of business life was very active and now I positioned myself to be in an office ten hours a day. What had I done?

Fitter was expanded to offering a wide range of functional products including Exercise Ball Chairs, Bongo Boards and tubing products.

Margaret had been ball sitting in our prenatal classes so I began to use one in my office. “Active Sitting” was the term we coined to describe the concept of movement in the trunk and pelvic girdle when



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sitting at a desk. The idea was simple. If you could shift your hips easily in 360 degrees when sitting, then it was natural to keep great posture with your head squarely on your shoulders working in harmony with gravity. The alternative was to sit in a fixed chair until you were so uncomfortable you would start to lean your head, slouch or stand up to give your body a break from the unnatural sitting position. I became a very active ball sitter, kneeling, straddling it like a horse and even rolling down on my back to stretch out my tight muscles. When I traveled I carried a sitting disc that physical therapists used to treat folks with injured backs from sitting all day.

Luckily I was still healthy and traveling extensively to tradeshow around the world, serving multiple different industries. I became a product expert who would find a unique new idea at an athletic trainers show and then cross pollinate it to physical therapists, fitness leaders, sports med doctors as well as the public. At an ergonomics show in the late 1990s, I purchased the power legs to build my own sit-stand desk. I remembered seeing these in Denmark years earlier, and the experience of being able to stand at my desk was game changing. I have ADHD and love to go, go, go until I crash and burn from exhaustion. As soon as I had the option to stand, I tried standing on a balance board. I loved it! I then kicked it up a notch with a Bongo Board - this was so dynamic that it was hard to focus on my work. The key point was that movement while standing at my desk was even better than the movement when sitting on the exercise ball. It became clear to me the goal was not just to sit or stand but in fact to move. The Active Office was born! The goal of the Active Office is to encourage subtle movement around good posture sitting, standing and on the journey in-between!

The time we spend hunched in front of a screen is a real health liability. The paradigm shift we face is how to turn that time into a healthy asset. We get 24 hours a day in life - it is best to use them all wisely. Incorporating functional movement into the work environment is so easy and the health gains are massive. Better core stability, balance, confidence and up to 46% increase in work place productivity. (Texas A&M). When you leave an Active Office your energy is higher, you feel more confident, rejuvenated and ready to take on the world.

As my friend Joan Vernikos, PhD and author of *Sitting Kills – Moving Heals* says, “Just be aware you are moving less than you used to. The





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best kind of movement to correct this condition is to stimulate your balance organs in your inner ear by changing your posture often. The key is to just keep moving.”

My life journey lead to the four pillars that Fitterfirst is built upon. Each of these pillars were developed to help me succeed through the various chapters of my life:

I. Injury & Prevention – In my 20s I was injured. My goal was to regain my health.

II. Athletics & Training – In my 30s I pursued ski racing. The goal was to do my personal best as a national team athlete.

III. Family Fitness – In my 40s I wanted to help my kids to grow up healthy, active and make the most of their own skill sets.

IV. Active Office – In my 50s, I applied all I had learned to my workplace that helps me stay active and enjoying a great quality of life.

Each of us have different wants, desires and goals in our lives. One thing we take for granted is the need to maintain balance in our daily lives. Not just between work and home life, or kids and personal time, but the innate balance that allows our body to function successfully within the gravity-based environment we live in. I encourage folks to “master the art of aging, gracefully!” - the alternative is to age ungracefully or to be dead; neither are very attractive options.

There are many important things we will learn in the future about the process of aging. I feel the simplest lesson we can all learn is to watch the movement of a mother with a baby. Hips shift from side to side and the head remains upright square on her shoulders. I call it the human way - maintaining a good relationship with gravity is like a golden rule of life. Stand up straight, move often - if you use it you will not lose it!

In closing, I will introduce my best friend, S.A.M.

Practice **Stability** in daily living

to improve **Agility** at play and

to enhance **Mobility** for life.

The fact is that time and gravity will have its way with us. To maximize your success, create a daily blueprint that incorporates as much movement as possible into your routine. With the benefits of a stronger core, better balance and more confidence, you will be better equipped to take on and enjoy more of life’s wonderful opportunities now and in the future!

From graceful seniors to professional athletes, a consistent routine to strengthen your stabilizing muscles will help increase and maintain your balance. This gives you the ability to continue to spend time exploring just about any environment. Below are a few products that will help keep you on the trails exploring the great outdoors.

Fitterfirst Professional 20" Balance Board

The Fitterfirst Professional 20" Balance Board will take your balance training to the next level. The $\frac{3}{4}$ " birch plywood Rocker Board can freely move in all directions and is available in a basic 20" version or an advanced 16" version which has steeper angles and requires a narrower stance. The round Balance Board can support 300 pounds, has a non-slip surface and a single, easy to adjust, tri-level sphere that can be adjusted to steeper angles for progressive balance training. Use the Balance Board to increase your balance, coordination and agility, improve core strength, strengthen leg stabilizing muscles in your feet, ankles and hips and improve your Kinesthetic sense. The Fitterfirst Professional 20" Balance Board is a challenging way to build balance and lower body strength and will become one of your go to pieces of workout equipment. www.fitter1.com



Fitterfirst Professional 20" Rocker Board

The Fitterfirst Professional 20" Rocker Board is the perfect board for introducing newbies or seniors to balance training. The Rocker Board is a single plane board which means it can be used front-to-back or side-to-side but not in both planes at the same time. The durable round plywood board can support 300 pounds and features a non-slip surface and 2 adjustable tri-level spheres that can be adjusted to provide steeper angles for progressive balance training. Use the Rocker Board to increase your balance, coordination and agility, improve core strength and strengthen leg stabilizing muscles in your feet, ankles and hips. www.fitter1.com



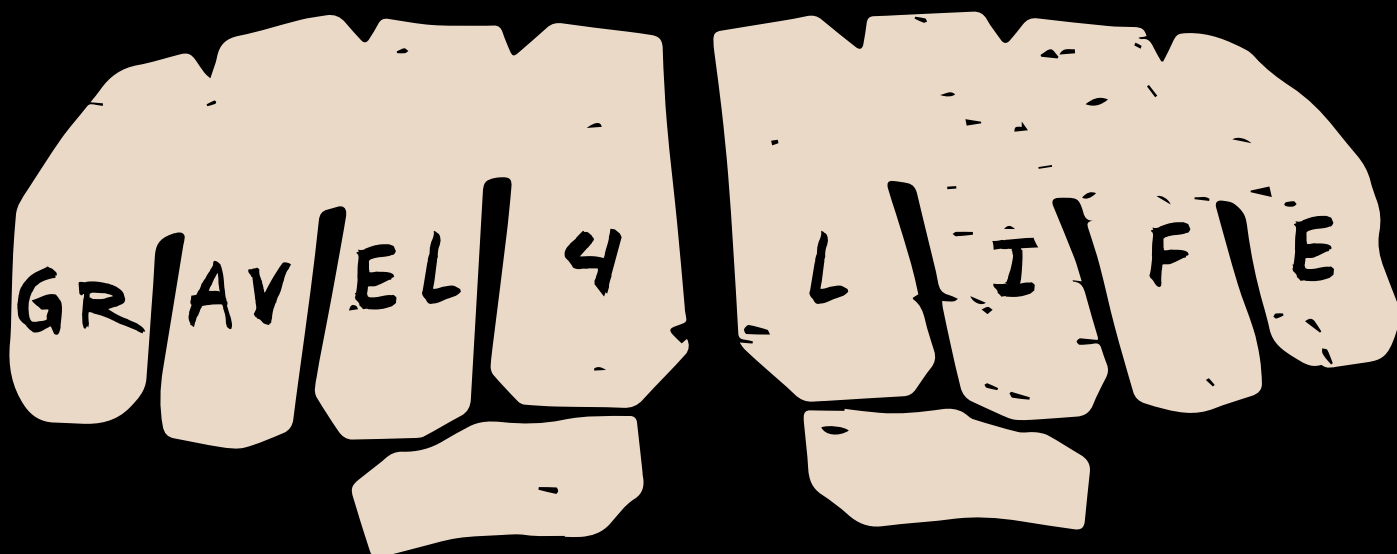
The Bob

The Bob Is the perfect lower leg stretching and strengthening solution. The US made Bob can be utilized in several different positions and movements, all designed to maximize your lower leg strength and flexibility. Frequent utilization of The Bob can increase your vertical jump and speed, strengthen your lower leg ligaments, eliminate plantar fasciitis, increase your balance and your flexibility. Perfect for athletes to the elderly and everyone in between, The Bob is the ultimate lower leg solution and an effective tool that everyone should have in their arsenal. www.exercisebob.com **AW**





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Camp-Zero 48 Premium Cargo-Tool-Equipment Case

The Camp-Zero 48 Premium Cargo-Tool-Equipment Case will protect your gear in the harshest environments. The 48-liter, roto molded polyethylene case is tough as nails sporting a 250-pound puncture resistant shell combined with a reinforced lid that features Secure-Fit protrusions for securely stacking multiple cases. The water-resistant Camp-Zero case weighs in at 13.01 pounds and features a heavy duty coated stainless steel locking latch system, a commercial grade sealing gasket for keeping out dust and a pair of comfort grip handles. Available in burnt orange, black or grey, the 48-liter case has an outside dimension of 22.3 L x 13.1 W x 14.1 H and is backed by a 5-year warranty. Camp Zero also has 78, 118 and 148 liter cargo cases. From overland excursions to ammo or tool storage, the Camp-Zero 48 Premium Cargo-Tool-Equipment Case will protect your gear and make sure it arrives at your destination in working order. www.camp-zero.com



Magpul MBUS 3 Sights

The Magpul MBUS 3 (Magpul Back-Up Sight) is a hybrid sight that utilizes the best features and values from the previous MBUS sights combined with some new features. Magpul started by reducing the size, the 25 gram front sight is 0.47" high when folded and 1.38" at its widest point and the 30 gram rear sight is 0.55"

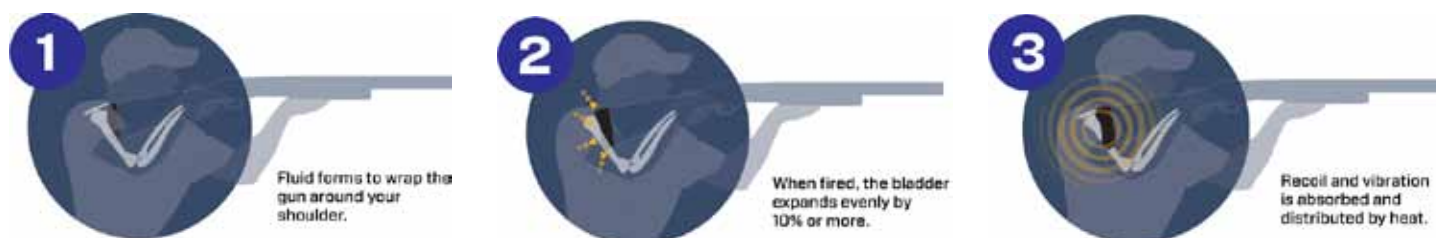
high when folded and 1.38" at its widest point. The front sight features a tool-less elevation adjustment for the dual width enhanced front post and the rear sight features a windage adjustable, rapid-select aperture system. The impact resistant polymer MBUS 3 is available in Black, Flat Dark Earth, and OD Green and deploys by pushing a spring loaded ambidextrous push-button. When deployed, the US made MBUS 3 Sights sit at standard AR-height. For a light weight, durable and dependable backup sight, look no further than the Magpul MBUS 3. www.magpul.com **AW**





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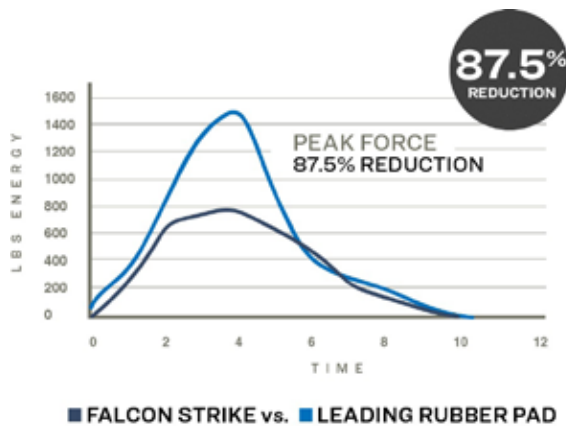
The elastic bladder expands by 10% or more to spread the energy from recoil around a larger surface area.

The energy conversion dampener (found on aircraft landing gear) further works to reduce recoil energy by converting peak force into heat - that ultimately gets distributed evenly at the point of contact.



The FalconStrike Hydraulic Recoil Reduction System reduces the punishing effects of recoil to produce a more enjoyable shooting experience. Recoil does all kinds of nasty things when you are shooting and Falcon Strike Hydraulic Recoil Reduction System is the remedy to these problems. Let's start with the obvious, flinching that reduces accuracy due to the feeling that an angry donkey is kicking you in the shoulder every time you pull the trigger. Falcon Strike reduces the recoil energy by 80%, resulting in less flinching, pain and soreness, which produces improved accuracy. Shooter rock back and muzzle lift also effect accuracy and Falcon Strike reduces both of these by 35%, producing increased accuracy. Finally, Falcon Strike reduces peak force by 25%, making your shooting experience much more enjoyable and lengthening the time you can spend behind the gun.

FalconStrike vs Rubber Pad



The Butt Pads job is to act as a buffer that reduces the felt “kick” of a rifle that can push up to 2,200 pounds of force on your body and shoulder within thousandths of a second. Rubber Butt Pads have air chambers that do little to reduce the total energy from recoil that negatively affects your whole body and accuracy.

FalconStrike vs Muzzle Breaks

Muzzle Brakes can reduce recoil but they are expensive, produce ear damaging noise levels, cause blow-back and add undesired length to the barrel of your rifle. Falcon Strike reduces recoil without any of these negative effects.



Installation

Measure your stock and order the easy to install FalconStrike Hydraulic Recoil Reduction System that fits you gun with no grinding necessary. To install simply remove your old butt pad, install the FalconStrike baseplate with the 2 included screws and fasten the FalconStrike to your gun using their unique attachment levers. Total install time was less than 5 minutes. FalconStrike weighs in at 5.5 – 6 ounces and will add 1 3/16” to your length of pull.

The Verdict

The FalconStrike Hydraulic Recoil Reduction System provides enhanced recoil energy reduction through hydraulic dampening. Perfect for shotguns, rifles or AR platforms, the custom sized hydraulic recoil pad will reduce felt recoil, flinching, pain, shooter rock back, muzzle lift and peak force producing increased accuracy and a more enjoyable shooting experience.

www.falconstrikeusa.com **AW**



Whitetail Hunting

with a Crossbow

by Luke Farrar

My dad, sister and I have been hunting hogs with crossbows for years. I shot my first hog with a crossbow when I was 9 years old and have shot several more hogs with a crossbow since then. Fast forward 5 years and this would be my first year to hunt whitetail deer with a crossbow. I was ready and excited for the new hunting experience. Barnett sent me one of their new Hyper Raptor Crossbows which was a lot more compact and powerful than what I have used in the past, just seeing the Raptor unboxed got me excited to test it out.



The Barnett Hyper Raptor Crossbow is a compact, fast, and really cool looking bow. It shoots very hard and is perfect for taking down deer and even hogs. I was presented the opportunity to hunt with this beast of a bow, but had to practice first, which is when I found it was extremely accurate. We could only shoot 2 arrows and then had to retrieve them because we were stacking them so tightly I was afraid I would hit another arrow if I shot more than two at a time.

Nomad also sent their Harvester NXT Jacket and Pants for the season, which I wore on my hunting trip. The Harvester NXT set was really warm and very comfortable. Most importantly, the NXT is quiet when brushing up against limbs, allowing us to easily walk through the woods without making any noise.

Muck also sent a pair of Edgewater Classic ankle boots which are perfect for hunting or any other outdoor activities. The boots were very comfortable and kept my feet warm and dry, which was great because wet and cold feet can spoil a hunt and end your day early. The Muck boots fit great and I could even run in them, which is an important feature when you are a kid.

Youth season arrived and I finally got to hunt with the Barnett Hyper Raptor Crossbow. It was a great morning and we saw lots of deer, 21 total, but unfortunately all of them were too far out of range for a shot. That evening we saw a few more deer, but once again none of them came within range for a shot. We did get to watch 2 young bucks butt heads and push each other around for over an hour, it was really cool. Seeing those 2 bucks reminded me of my high school buddies, I guess all teenagers like to wrestle whether they are deer or people.

The next morning was cold and rainy and nothing was really moving around. I know this is not the dramatic successful ending you were expecting with me shooting a nice deer, but that s hunting. Sometimes you are successful and sometimes you don't get a shot. I still think it was a successful hunt - I got to hang out with my dad and go hunting. I also know that I will keep practicing with the Raptor and there will be other chances in the future.



Barnett Hyper Raptor Crossbow

The Barnett Hyper Raptor Crossbow is a light weight, compact, wicked little crossbow that delivers lethal performance. The Hyper Raptor can shoot standard diameter moonnock arrows or the included .204 small diameter 20" HyperFlite arrows and it sends them downrange at a staggering 410 fps while delivering 142 ft. lbs. of kinetic energy for maximum penetration. The 7.1 pound crossbow has a width of 7.25 inches when cocked and features pivoting limb pockets, a step-through riser, self-timing infinity cams and a new Halo System which eliminates cable crossover and cam lean to create perfectly balanced string travel for consistent accuracy. The Hyper Raptor features continue with a TriggerTech frictionless release trigger, an anti-dry fire trigger system, a CNC machined aluminum flight track, a soft-lok floating bristle arrow retainer, pre-installed string dampeners, continuous fiber molded limbs and a lightweight composite riser. The Hyper Raptor includes Barnett's new Rope Hold Roller Ball Technology that keeps the RCD rope in place as you attach hooks to the string for consistent cocking, the Hyper Raptor Adjustable Length-of-Pull CCD Butt Stock and a Pass-Through Forend with a fold down Verti-Grip Palm Rest to insure your hands are safe. The crossbow comes with a 4 x 36 illuminated multi-reticle scope with flip-up caps, three 20 inch hyperflite arrows, lubrication wax and a quick release side-mount quiver. The lightweight Barnett Hyper Raptor Crossbow is loaded with features, but the most important thing to know is this crossbow is a super accurate, hard hitting tack driver that will provide exceptional performance. www.barnettcrossbows.com



Barnett 20" Hyperflite Lighted Arrows

The Barnett 20" Hyperflite Lighted Arrows are a .204" small diameter arrow designed specifically for use with Barnett's Hyper Raptor crossbows. The 20 inch small diameter arrows produce a greater penetration and have an amazing .001" straightness. The Hyperflite Lighted Arrows feature a lightednock which makes them easy to find after they have slammed through your target and the arrows have amazing repeatable accuracy. Made specifically for the Hyper Raptor Crossbow, Barnett's 20" Hyperflite Lighted Arrows will insure your hunt is successful. www.barnettcrossbows.com





Nomad Harvester NXT Jacket

The Nomad Harvester NXT Jacket is the perfect jacket for your next hunting excursion. The wind and water-resistant Nomad Harvester NXT has a stealthy brushed fleece exterior combined with a warm high pile sherpa fleece-lined interior to keep you protected for hours. The 4-way stretch breathable jacket is flexible and features fleece lined hand warmer pockets, a zippered chest pocket, Silver-Z scent suppression, gusseted underarms and a built-in safety harness port. Throw on your Nomad Harvester NXT Jacket and know that you are protected on your next hunt. www.nomadoutdoor.com

Nomad Harvester NXT Pant

The Nomad Harvester NXT Pant is the perfect companion for your Harvester NXT Jacket. The 3-layer Harvester NXT pant has a wind and water-resistant middle membrane sandwiched between the quiet brushed fleece exterior and the warm and toasty high pile sherpa fleece interior. The Harvester NXT pant features an ever-adjust waistband, a crescent cuff hem, Silver-Z scent suppression and a gusseted crotch. The zippered leg openings make it easy to get the pants on and off and the dual lined hand pockets keep your hands warm. The Harvester has plenty of room for your gear with a pair of easy access sherpa fleece lined cargo pockets on the top of each leg and 2 secure zippered rear pockets. Keep warm and toasty on your next hunting adventure with a pair of Nomad Harvester NXT Pants. www.nomadoutdoor.com

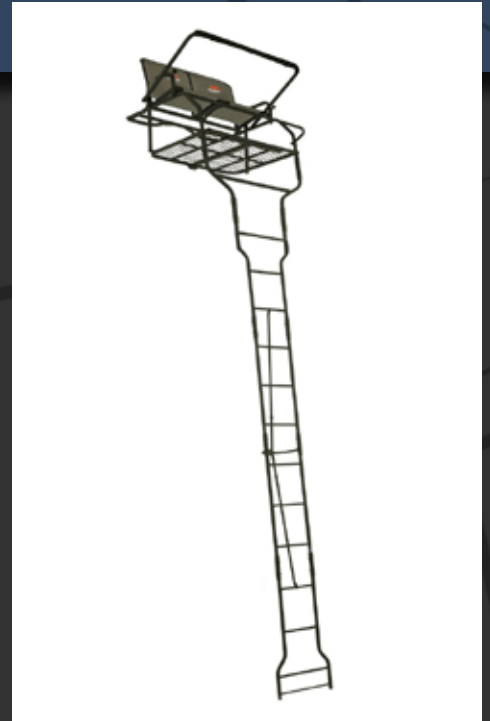


Nomad Short Sleeve Pursuit

The Nomad Pursuit Short Sleeve is perfect for beating around or as your base layer on that next hunting adventure. The Pursuit blocks UVA and UVB rays with +UPF 30 sun protection, has an anti-microbial treatment and is stain-resistant. The quick drying, light weight, breathable Pursuit is perfect as a base layer on a cold day or as your shirt on a warm day and is the ideal shirt for both active and passive activities. www.nomadoutdoor.com

Millennium L 205 Double Ladder Stand

The Millennium L 205 Double Ladder Stand is the perfect choice for hunting with a child, partner or for the hunter who wants a little extra room in the stand. The durable powder coated steel tree stand features an adjustable padded shooting rail, padded arm rests, a 500-pound capacity and a folding foot rest which is particularly helpful for stabilizing youth hunters. The L 205 has waterproof, UV and mold resistant polytec seats that will keep you comfortable during long stints in the stand. The height adjustable stand weighs 110 pounds and can be easily adjusted between 7 and 18 feet by adding or removing ladder sections. Safety features include a 35-foot Safelink safety line and stabilizing straps combined with the anti-flex bridge support system which make the stand super stable. For a durable, roomy, comfortable and stabile tree stand look no further than the Millennium L 205 Double Ladder Stand. www.millenniumstands.com



Muck Edgewater Classic Ankle Boot

The Muck Edgewater Classic Ankle Boot is a great boot for most outdoor adventures. The waterproof boot features a 5mm neoprene upper paired with a rubber self-cleaning outsole which provides great grip in any condition. The Edgewater Classic has a breathable mesh lining, a bioDEWIX Dry Footbed Insert Topcover with NZYM for Odor Control and Moisture Management and double heel and toe reinforcement which provides comfort and protection for a long day in the muck. Available in black or green, the light weight Edgewater Classic is a great slip on boot for your next adventure. www.muckbootcompany.com

Muck Wetland Pro Certified Snake Strike Boot

The Muck Wetland Pro Certified Snake Strike Boot will keep you safe on your next back country outing. The waterproof boot features full height snake strike resistant rubber construction to protect against snake strikes, pokes from sticks and scratches from rocks. Available in Brown or Realtree Edge the Wetland Pro has a loop for easy donning and removal, a 5mm CR Flex-Foam neoprene liner with 3D Airmesh linings for breathability and a comfortable, lightweight, cushioned EVA midsole. The aggressive MS-1 molded outsole can handle any environment and the stretch-fit topline binding snugs calf to provide heat retention while keeping water and snow out of the boot. Keep your feet warm and dry with the added bonus of snake strike protection with the Muck Wetland Pro Certified Snake Strike Boot. www.muckbootcompany.com **AW**

