

Adventure World magazine

SUMMER 2025

Two Ways to
Actively Appreciate
the Outdoors

ADVENTURE WORLD MAGAZINE

EDITOR Troy Farrar

GRAPHIC DESIGNER Rae Zurcher

**CONTRIBUTING
WRITERS** Izzy Farrar
Troy Farrar
Eliza Nelson
Kevin Smith

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Just a Girl

by Izzy Farrar

I'm just a girl who recently ran my second half marathon, and PR'd big time

Just like my first half marathon, I decided to run the second half with one of my best friends, Abby, and we signed up in the middle of cross-country season while at peak fitness. I was feeling great, running a minimum of thirty miles a week, putting in some 8 to 9-mile-long runs, and consistently hitting the gym. I figured just like last year, cross country season would end and I'd be in great shape for the half marathon. I would train with Abby in the off month between the end of our season and the half marathon and we would be prepared for a really great race.

However, just like last year, cross country ended and we were exhausted. We had planned to hit the race hard, which would require building our training runs so we peaked at the right time – just before the half marathon. But that is not what happened. Instead, we stopped running almost entirely for a few weeks, only putting in a couple of 3 mile runs per week – definitely not an ideal plan. On a positive note, we did train a little more than last year, but I ended up with 6 miles as my longest run in the weeks leading up to our race and I only ran that distance a few times. I realize that this is not what anyone would call a good half marathon training





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program and I was concerned that we were not really prepared for the 13.1 miles that were looming on the horizon.

With our lack of fitness in mind, our plans shifted and we decided the goal for this race would be to run the half without stopping, an improvement from last year's goal that was to just finish the race. My average pace from our first half marathon was right around 9:45 per mile, including the few times we stopped for pictures or a water break. I had no idea what our pace



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would be for this race, all I knew was that I wanted to run the entire thing without stopping.

Race day came and we were excited! We had decided to go all out this year so we got new running outfits and we even woke up extra early to slick our hair back with glittery gel – after all we are just girls. We arrived at the starting line nice and early and warmed up with some of our cross-country teammates. Although it was misty, and even rained later on in the race, the warmer weather was a welcome change from last year's frigid conditions.

The race began and we went out a little harder than I had expected. We clocked an 8:25 mile which was still

relatively conservative, but a big improvement over last year's 9:41 first mile. The adrenaline combined with the race day excitement of competing with thousands of other local runners kicked in and had a good effect on us. We sped up a little more on mile 2, running 8:13, then even more on miles 3-6, hitting 8:02 consistently for four miles straight. At this point I was incredibly shocked by what we had done, especially considering our total lack of preparation for the race.

Once we got to mile 7, we started paying the price for our less than ideal training plan – time to get tough and dig deep. Our pace slowed down a little, logging 8:20 miles



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for the final 7 miles. I finished the race with an official time of 1:49.57, which was a personal record and an average pace of 8:15 per mile - and yes, I ran the entire time. I was ecstatic with my results! I didn't think I could run 13.1 miles non-stop, let alone at an 8:15 average pace – success! Now that I know I can actually race a half marathon, I am even more excited to actually train for my next one.

Running in community races like a half marathon is such an incredible experience. While there are lots of different abilities and goals, there is also a lot of commonality among the runners. Hearing hundreds of feet on the pavement with the same destination and looking around at all the people who love running just as much as I do is such a cool and unique experience. Encouraging each other, suffering together and sharing in the triumphs with these other runners is so amazing. These runners inspire me and I am thankful that we were able to run the 13.1 miles together. **AW**





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Chafed and Cranky

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<https://chafedandcranky.com>



Hobie Hull Float

The Hobie Hull Float are crafted from 100% upcycled Hobie kayak plastic which makes sense for floatable sunglasses. The satin black frames come with a choice of 4 different polarized bio-based lenses that provide crisp and clear detail even on the brightest day. The heat resistant Float feature 100% UV protection and come with a plastic hard case and a microfiber pouch. Grab a pair of Hobie Hull Float sunglasses and know you will be protected on your next outing.

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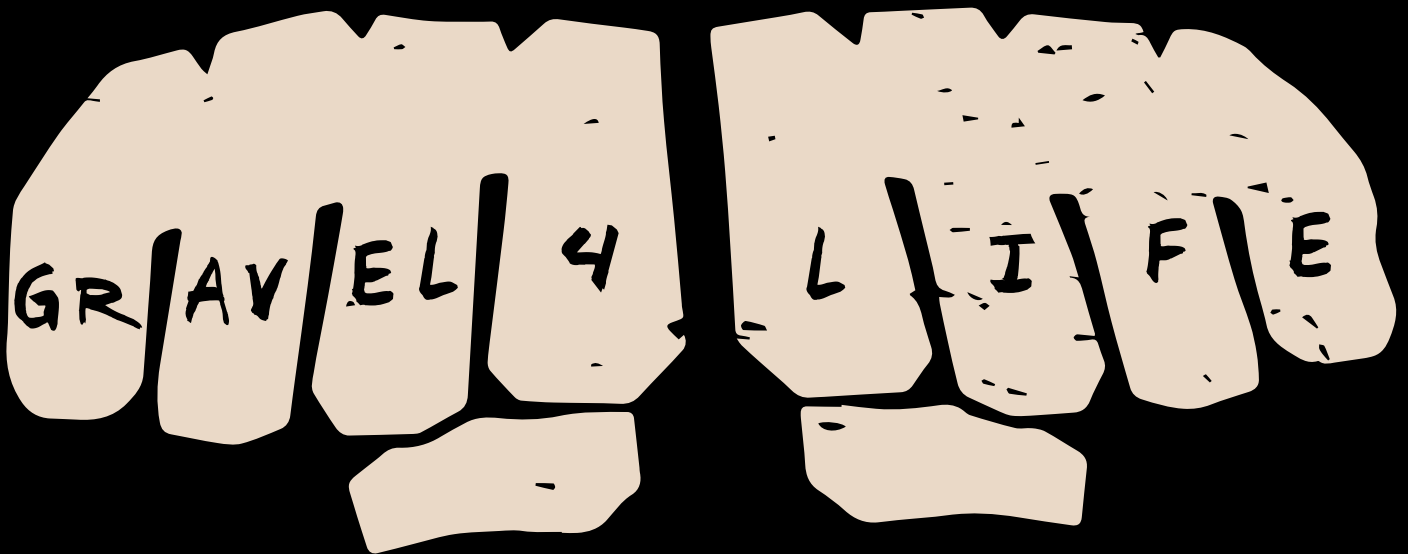
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Putnam County, Indiana
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Putnam County Indiana

by Troy Farrar







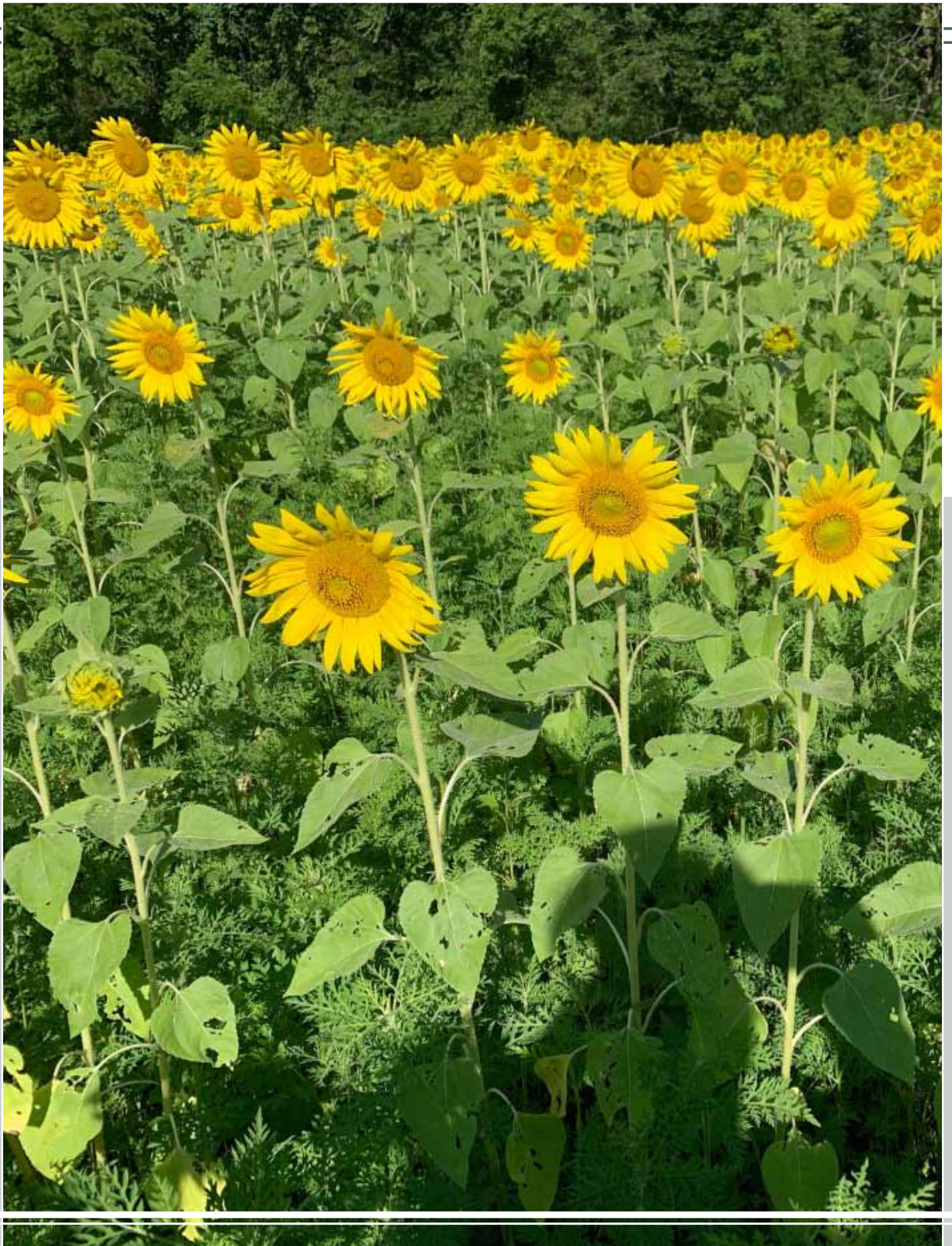
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Putnam County has more land in protected nature preserves than any other county in Indiana making it ideal for hikers, bikers, horseback riders, paddlers, campers, star gazers and plant lovers.

Enjoy a wagon ride to greet nearly 100 elk on a 240-acre farm, visit one of the biggest orchid growers in the Midwest or stop off at the largest equestrian arena in the state. There are over forty 19th century covered bridges dotting the countryside and Cataract Falls is the largest waterfall in the state, making it a definite bucket list destination.

Lieber State Recreation Area is an 8,000-acre park that features Cagles Mill Lake and a state-of-the-art Aquatic Center. The Park also offers boat access to Cagles Mill Lake, hiking trails, a volleyball court, playground, shelters and a nice campground.





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There are dozens of interesting restaurants, candy stores and ice cream shops that offer expansive and unique local food and drink, nestled along tree-lined streets. There are also some nice wineries and local breweries that are a perfect place to relax after a day of boutique shopping. For a taste of the great local flavor, we suggest breakfast at Breadworks By Bridges, lunch at Taphouse Burgers and dinner at Lost Hollow Beer Company.

Visit DePauw University, which was founded in the 1830s and enjoy the McKim Observatory, the Peeler Arts Center or the Green Performing Arts Center. If music is your thing, its everywhere - from the Greencastle Summer Music Festival to bands performing in pubs and eateries year-round.



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Putnam County truly has something for everyone and after experiencing Putnam County you will find yourself being drawn back for another visit. Plan your visit to Putnam County and explore the wonders of this magnificent hidden gem. **AW**



Two Ways You Can Actively Appreciate the Outdoors

Plus Three Underrated, Easy Hikes in SLC

by Eliza Nelson







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You might think that spending every day of my childhood staring at the base of Mount Olympus would numb me to its grandeur — that after seeing it so often I would forget to notice it entirely and walk the streets of Salt Lake with my head down and eyes distracted, subjecting this mountain to the unnoticed edges of my periphery. Instead, I find myself constantly marveling at the way the light catches its face during different parts of the evening and noticing the way the snowmelt dyes the trees on the west slabs the deepest green in early June.

It appears I am no more accustomed to the beauty of this peak now than I was the first time I saw it as a kid. Each time I follow the ridgeline up to the sky I am surprised and startled, despite having lived in this area for over 22 years. Growing up with the Wasatch Range in my backyard has been the biggest gift. And it is one I continue opening every time I open my front door.

I recognize, however, that not everyone has the privilege of finding themselves at a trailhead after a mere five-minute drive from their home. In fact, an estimated 100 million of us don't have outside spaces near where we live and roughly one in three Americans don't have easy access to the outdoors.

There are a few things those of us afforded this privilege can do to take action. The first is to get involved in making these spaces more accessible to the people in communities outside of our own. Recently I spent just two minutes messaging members of Congress to encourage them to pass the Outdoors for All Act, a piece of legislation which funds projects expanding outdoor recreational opportunities for people living in low income and disadvantaged communities. You can easily find more information about this act as well as pre-written letters and emails for congress members by googling how to pass the Outdoors for All Act.

Do me a favor and take a couple minutes to do so now. Not in five minutes when you finish this article (or in 10 if you just remembered you forgot to switch your laundry) but right now. Here, I'll even give you some nice space at the end of this paragraph to ease your conscience and demonstrate that now really is a good breaking point.

Glad to have you back.

The second thing you can do to take action is just as easy and I think you'll find it even more enjoyable: actively appreciate where you are. Start small by simply noticing the landscape around you, the way the mountains demand your attention. Talk about it. Point it out to those around you. Help them realize this privilege of ours is one we must refuse to take for granted and one we can never afford to lose.

I said "actively" appreciate where you are because while I think verbally expressing gratitude is powerful and important, there's nothing like saying thank you with your hands. Grab a water bottle and a notebook and go for a hike. Take a couple friends or a furry companion, or better yet, go alone! Say thank you to the mountains by venturing inside of them.

Whatever you decide to do, grab your backpack and car keys and get going. (But maybe finish this article first).

Don't think your outdoor expression of gratitude has to be something huge or grand in order to "count." You don't need to go on a multi-day backpacking trek or find an intense climbing route to appreciate what you have. (Unless you feel pulled to do so, then by all means, don't let anyone or anything stop you). Remember that even just a few minutes spent breathing in mountain air is good for the mind. Find time to get outside and look up and around. Doing so just might help you look inside yourself too.



Additionally, if you're feeling the pull to get outside intensify, don't fall into the trap of thinking you need to be more outdoorsy than you already are before trying all those things you've been thinking about doing. You don't have to be an experienced hiker or climber or have the best mountain bike to enjoy the wonders of the Wasatch. Start with what you have and where you are now, but do start!

To help you on your next adventure, here are a few of my favorite underrated short hikes in Salt Lake you can do after work or class:



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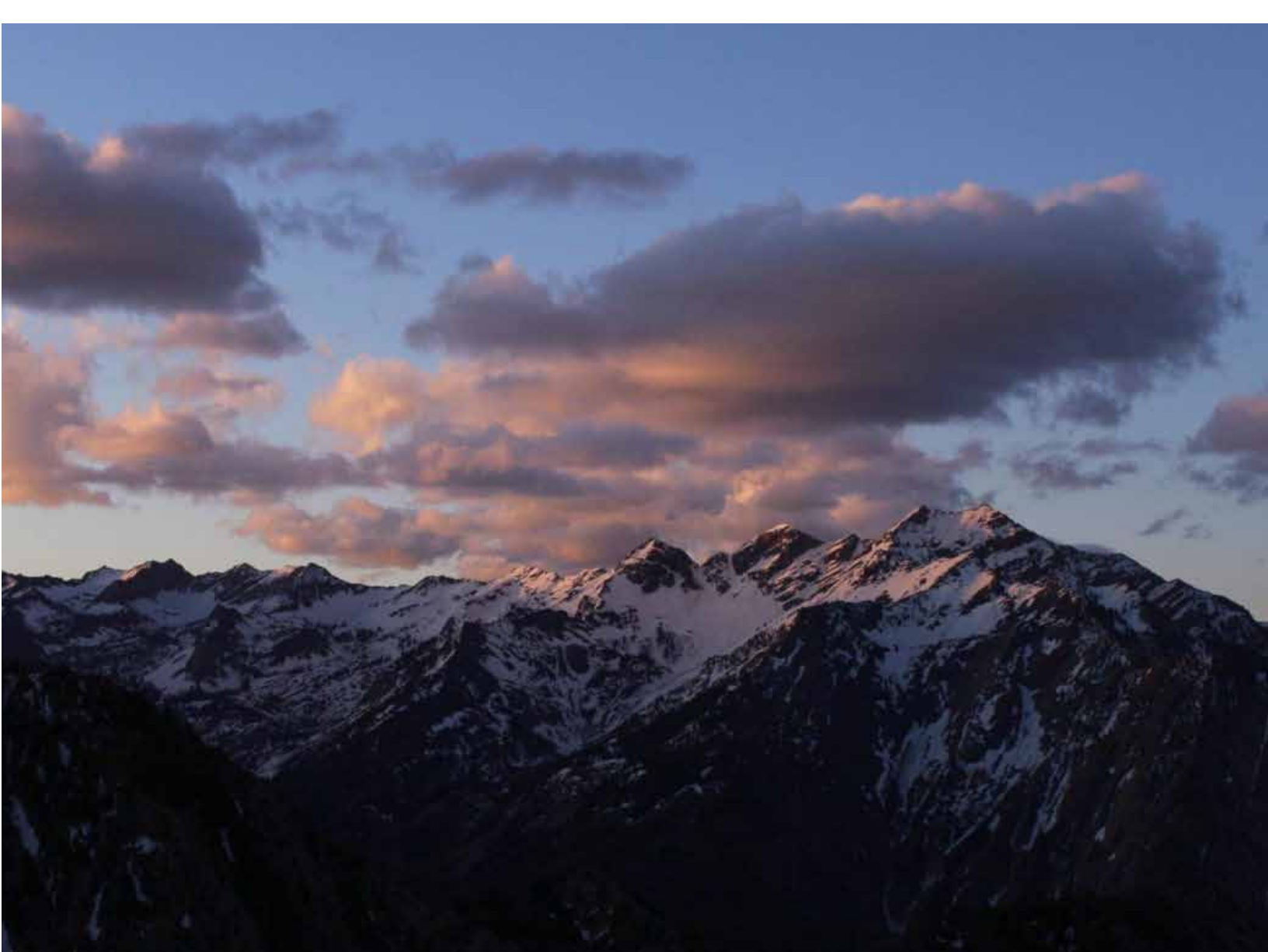
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#1 Rattlesnake Gulch up to Pipeline Overlook in Millcreek Canyon. This trail has gotten me through so many seasons of life. The winding switchbacks present you with beautiful views of the surrounding mountains before spitting you out onto a flat trail perfect for running. Coming in at just under 3.5 miles with only 600+ feet of elevation gain, this easy hike is great for an active and therapeutic end to the day. It can also easily be extended by continuing on the pipeline trail to connect with grandeur peak.

#2 Bear Canyon Bridge via Bonneville Shoreline Trail in Draper, Utah. The day one of my close friends shared this spot with me changed me forever. I've had so many meaningful conversations with friends and family on this easy trail. This hike is short and relatively flat, but the views are wonderful. You'll find the trailhead adjacent to a church parking lot just east of Wasatch Boulevard. After walking on a paved trail for a few hundred yards, turn left to dive into the trees for a few minutes before things open back up to give you a view of the valley. The suspension bridge at the end is big and a bit shaky for some, but holds a great sunset view. You can easily finish this 3.3 mile trail in less than 90 minutes, or continue past the bridge for more.





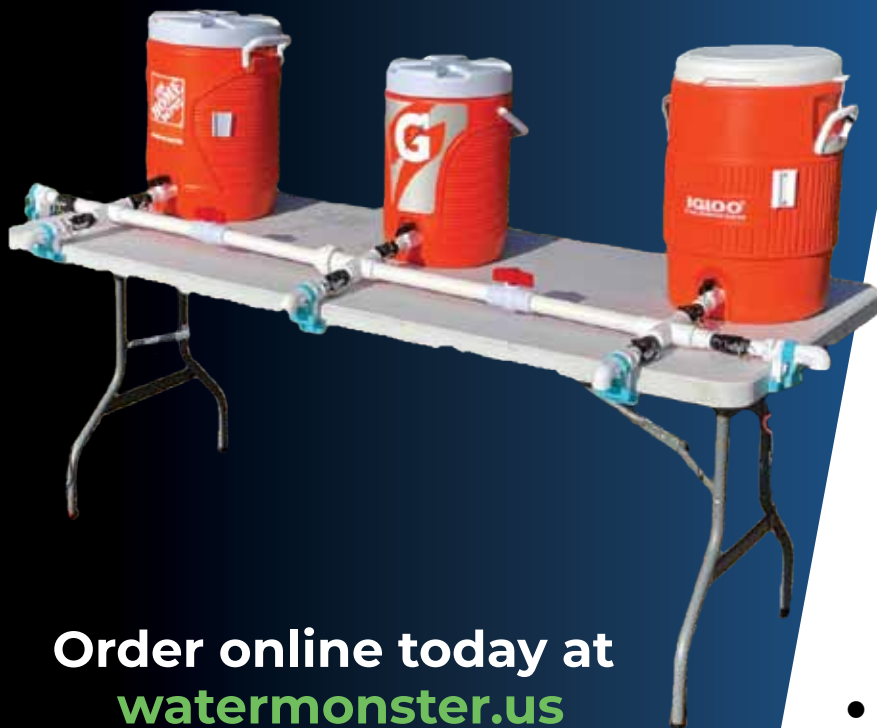
#3 Neffs Canyon! This place is unreal. Nestled in a neighborhood adjacent to Millcreek Canyon, Neffs offers you a stunning front row seat to Mount Olympus from the parking lot. (The kind of view I mentioned at the beginning of this article). If you only have 15 minutes to get away, wandering around the loop and bringing a blanket to sit on in the basin is for you. For years I've loved driving myself up to Neffs to watch the light from golden hour ignite the face of Olympus. It consistently amazes me how accessible this jaw-dropping view is. Depending on when you go, plan a few extra minutes to find parking because the lot is small and crowded during warm evenings. If you have a few hours and want a more strenuous hike, follow the trailhead up as far as you like for a more challenging route. This hike is also great for snowshoeing in the colder months. **AW**



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Al Mar Knives



Boasting over 40 years of quality and innovation, AL MAR KNIVES has an interesting background that shaped the company while leaving it's mark in the history of US knife design.

Al Mar was the son of Chinese immigrants and a member of a US Army Special Forces Reserve Unit. Al volunteered to serve in a Special Operations Group that was made up of all Asian Soldiers in Vietnam. After serving in Vietnam, Al completed his college education by earning a master's degree in industrial design from the Art Center College of Design in Los Angeles. After earning his design degree, Al worked at Gerber Legendary Blades under Pete Gerber, concluding his tenure at Gerber as the Head of Knife Design.

In 1979, Al founded AL MAR KNIVES. His mission was to blend mass production methods with custom knife quality. Al took pride in his heritage and his family chop, which is a personalized seal, contains a horse, forest, city and a citadel which is a fortified refuge making his chop a perfect seal for AL MAR KNIVES. Owing to his background in Spec Ops, initially Al focused on knives that were designed primarily for police officers and military personnel.

Al wanted to design a modern Samurai Sword for special operations soldiers and that is where the idea for his SERE (Survival-Evasion-Resistance-Escape) knife began. The AL MAR SERE was the very first knife accepted by Special Forces Colonel Nick Rowe for use at the SERE Instructor School in Camp Mackall North Carolina. The AL MAR SERE also holds the distinction as the first knife produced in the US to cost over \$100.



Colonel Nick Rowe was an American hero. He was a highly decorated veteran and United States Army officer who spent 5 years as a prisoner of war in Vietnam before eventually escaping. After that experience, Nick developed the US Army's Survival, Evasion, Resistance, and Escape (SERE) training program. He also designed one of the most difficult obstacle courses in the world, the "Nasty Nick", which is still in use at the SERE training school.

As AL MAR KNIVES grew, the offerings expanded to include hunting, fishing and everyday carry knives. Al is credited with developing the first multi tool (the 4x4) as the line was expanding in scope. Al had collaborations with Kershaw, Benchmade & Spyderco and the company continues this tradition announcing an upcoming collaboration with Tops for a US made, high quality version of the SERE knife. AL MAR KNIVES continues the legacy of quality knives for operators which is highlighted by partnerships with The Sawmill Training Complex, a facility that trains Spec Op soldiers from around the world and Born Primitive Tactical who make some of the best tactical clothing for operators.



Al Mar was a reserve deputy sheriff and a member of both the Special Forces Association and the Special Operations Association. Al was inducted into the Fighting Knives Magazine and the Blade Magazine Hall of Fame. Al Mar lived the American dream and we can still enjoy the fruits of his labor by owning one of his unique knives.

A majority of AL MAR KNIVES that are still in the catalog were designed by Al Mar and there is a price point for everyone. Today, AL MAR KNIVES continue his mission to create innovative, custom, quality designed knives – Al Mar knives. **AW**

SERE 2020

The AL MAR SERE 2020 is a robust and versatile everyday carry knife with several options to fit your specific needs. Designed by Al Mar for the U.S. Army's SERE school, this is the knife that put Al Mar on the map. Available in a 3 inch or 3.6 inch locking blade with an OD Green or Coyote FRN handle or a Black G10 handle with a flipper tab and a ceramic bearing opening assist making the blade easy to deploy. Weighing in at 3.1 or 4.7 ounces and with a closed length of 4 or 4.8 inches, both sizes feature a left/right reversible deep carry pocket clip. Choose the AL MAR SERE 2020 that matches your budget and needs and know that you have a proven reliable knife that was designed for more than you will probably ever need.



SERE T 36

The AL MAR SERE T is the ultimate everyday carry knife. The 8.4 inch knife features a locking 3.6 inch Super S 35 V steel blade with a black matte titanium nitride coating. The SERE T was designed by Al Mar himself and features an easy to use flipper tab with a ceramic bearing assist making deployment a snap. The 5.1 ounce knife has a G10 handle, a closed length of 4.8 inches and a left/right reversible deep carry pocket clip. The SERE T is a great looking, functional knife that will become your favorite EDC. Just be careful when you loan it to a friend as they will probably not want to give it back.



Rescue Assist

The AL MAR Rescue Assist was created with 1 purpose – assisting in rescue operations. The 8.5 inch lock blade knife is packed full of useful features such as a carbide glass breaker, a built in O2 tank wrench and a separate folding safety seat belt blade. The spring assisted open combined with a flipper tab and thumb stud make 1 handed deployment easy in any conditions. The Rescue Assist has a 3.5 inch D2 blunt tipped combination serrated and smooth blade with a matte black titanium finish. The high visibility safety orange G10 handle has a deep grooved textured handle assuring a good grip in wet conditions. Weighing in at 5.1 ounces the durable Rescue Assist has a closed length of 5 inches. The AL MAR Rescue Assist was designed for paramedics, firefighters, law enforcement, operators and everyday Joes who need a tool that can get the job done in just about any emergency.



B-21 Fixed Blade

The AL MAR B-21 Fixed blade knife is a quality hunting and fishing knife that is perfect for your next adventure. The 8.05 inch knife features a 4.25 inch D2 modified clip-point style blade and a smooth G10 handle with grooved thumb and index finger slots that insure a solid grip. The B-21 comes with a composite sheath that features a rotating adjustable locking belt clip, a ceramic knife sharpener and a friction fit blade lock that keeps your knife securely in place. The AL MAR B-21 Fixed Blade weighs 6.1 ounces and was made for outdoorsmen from hunters to survivalist who demand a quality knife.



Operator 40

The AL MAR Operator 40 fixed blade knife was designed for the demanding environments of tactical operators. Designed by Al Mar, the 4.2 ounce, 8 inch fixed blade knife features a beautiful 4 inch D2 talon-style blade. The sleek G10 handle has 3 unique holes that give it a mean tactical look combined with a 4th hole for securing a lanyard. The Operator 40 comes with a composite sheath that features a rotating adjustable locking belt clip and a friction fit blade lock that will keep your knife securely in place even when running or traversing rough terrain. The sheath has 5 holes for securing it to your leg or a backpack when not using the belt clip. Tactical operators, outdoorsmen and survivalist will all reach for the AL MAR Operator 40 fixed blade knife when they have tasks that demand a quality blade.



QuickSteel

The AL MAR QuickSteel is a 9 inch lock blade that resembles a butterfly knife. The Quicksteel features a razor sharp 4 inch D2 talon blade combined with a Titanium Coated 420 Stainless Steel handle that make a sleek and elegant knife. The .61 inch thick QuickSteel only weighs 4.3 ounces and comes equipped with a reversible deep clip making it perfect for securing in a pocket or boot. Need to open the knife in a hurry, use the flipper tab combined with a ceramic bearing assist opener for smooth and rapid deployment. For a functional, well made knife that has a great design, look no further than the AL MAR QuickSteel.



Stinger

The AL MAR Stinger is a handy little tool with tons of uses. The Stinger features a 1.3 inch D2 blade and a TPR over-molded grip and sheath. The .7 ounce knife is available in 4 colors, measures 3.1 inches when sheathed and has an attached key chain. Push a button to unlock the sheath and pull out the Stinger for simple tasks like opening boxes or cutting rope. Great for camping, everyday back packs or your key chain, the Stinger is perfect for tons of chores.



SUNEX Magnetic Strip, Mat and Tray

The SUNEX Magnetic Strip, Mat and Tray have a million uses including holding your knives as a convenient way to keep them organized. The 2 x 12 inch strip, 8 x 10 inch mat and 10 x 10 inch tray use rare earth magnetics which provide an astonishing weight holding capacity, the mat can actually hold between 35-40 pounds. They have a durable fluid resistant PVC covering that will not scratch surfaces and will hold up to heavy use. Perfect for working on cars, holding parts in a shop or storing your knives, the SUNEX Magnetic Strip, Mat and Tray are great all around product that should be in every garage and work shop. **AW**

