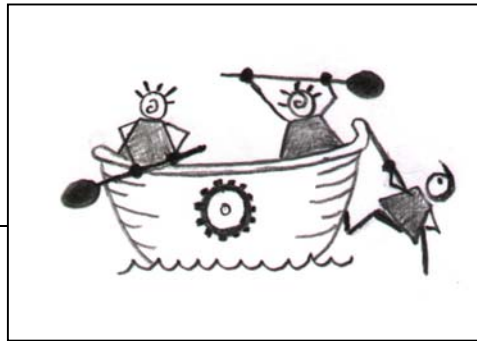


The **BARK**



Sharing
adventure

Cathy Sassin Clinic was great, etc.

Enthusiasm for BARK keeps snowballing. We now have over 60 members. Nearly forty showed up this past month at Pine Mountain Sports to hear Bend's very own world class adventure racer Cathy Sassin share insights and stories about the sport. Cathy was bombarded with questions about how to train, what gear to use and teamwork. Cathy also donated several items from some of her past races for a BARK raffle. Thank you Cathy! Cathy is also a professional nutritional consultant who has set aside some special office hours for BARK members to schedule a free initial evaluation on Monday March 10 and Tuesday March 11 between 4 and 8pm. If you are interested, please call Cathy at 322-6262.

In addition, Mark Flaming, president of Lava Gear, came down from Hood River to be at the clinic and donated items for the raffle as well. From the get-go Lava Gear has been behind BARK and now they are sponsoring our team. Here is their message to our club:

"We at Lava Gear are happy to be a part of the Bend Adventure Racing Klub. We grew out of a group of people just like you in Costa Rica, and I think that story is a good indication of where all of this fun is going.

Costa Rica has a sizeable group of outdoor enthusiasts, many of them professional guides in the adventure travel industry. CR is a small place, so you meet up with almost everyone who is playing outside. Roman Urbina started the *Ruta de Conquistadores*, an epic sea-to-sea bike expedition race over ten years ago. Back in 2000, a guy

named Mike Lapcevic launched a series of races with the *Coast-to-Coast Challenge*, a 200 mile trek, bike, paddle quest across the continent. We all got together and formed 12 teams. The carnage was spectacular. Two teams actually finished, the first in 34 hours. But we had so much fun that Mike kept organizing more events, and we kept running them.

Things evolved. In 2000, the CR team went to the Borneo Eco-Challenge and came home with the *Spirit of the Eco-Challenge Award*. In 2002, two teams went to Fiji. Today, Mike has an impressive series of races you can see at <http://www.adventureracingcostarica.com>. Tinker Juarez came down in 2001 and road the *Ruta*, and took second to a local rider. The *Coast-to-Coast Race* was purchased by Mid-America Xtreme, who now promotes the event in the US. Mike is also the course designer and logistics guy for the CR section of the *Global Extreme Challenge* you see on TV. We got our inspiration for Lava Gear, to make clothing for all that fun.

We never did manage to get organized enough to create a club. I believe that all of the great events, companies and teams that have evolved from Costa Rica in the past few years are just an expression of how much energy and potential there is in a group of multisport outdoor enthusiasts. Lava Gear wishes you all the best, and we look forward to growing with you."

Mark Flaming
President



Team BARK/Lava Gear embarks on racing season

Team BARK/Lava Gear, captained by Dave Schneider, embarks on adventure racing season this weekend. The team travels to Lake San Antonio, California for the first event in the Cal Eco Adventure Racing Series. Besides its fearless captain, the team consists of Tom Schill, Max King and Pam Stevenson and support crew John Kelly. The 12-24 hour race begins at midnight and will involve paddling, mountain biking and trekking/orienteering. The team is currently charging their headlamps... Go **Team BARK!**

If you are interested in joining Team BARK for some workouts or races, please call Dave Schneider at 536-5617.

This Month's BARK Outings

Night Navigation up Tumalo Mountain

Tuesday March 4th 6:30pm

Meet at Dutchman Flat Snow Park.

3-hour (4 mile) hike with checkpoints using snowshoes where needed. Hot chocolate and Peppermint Schnapps provided at the top!

We will use maps to become familiar with topography and route finding. Bring your compass.

Come prepared for winter travel. Use multiple layers of non-cotton clothing that wicks moisture.

Waterproof/Breathable shells are a must. Bring a pack complete with your 10 essentials, snowshoes, trekking poles (optional but recommended), and headlamp with extra batteries. Participants should be in good physical shape with experience in snowshoeing and winter activities.

RSVP to Roger Fox right away to determine if we have enough participants for this to be a go!

Organizer: Roger Fox 385-5605 or foxiron98@yahoo.com

Navigation Noodle in The Badlands

Saturday March 15th 9am

Meet at Pilot Butte 6 Cinema northeast corner of parking lot for carpooling

Bring a Horse Ridge quad, properly folded in a zip with UTM grid penciled in, your adjusted baseplate compass and adventure racing pack with the Ten Essentials.

The Badlands east of Bend is a 32,221 acre parcel of often trackless natural desert terrain that is a wonderful place to wander and explore off the beaten path. This backcountry navigation seminar is designed to unlock this wilderness for adventure racing navigation with map, compass, altimeter and optional GPS. It takes 5 hours and 9 minutes of which 3 hours and 3 minutes are spent hiking. This special class involves an easy team competition back to the rigs. Details of the class can be studied at www.TraditionalMountaineering.org/Current.htm.

Limited to 10 people who have reserved in advance.

Organizer: Bob Speik 385-0445 or speik@bendcable.com

Snow Climbing/ Ice Axe Arrest

Sunday March 23rd 9am

Meet downstairs at Mt. Bachelor's Nordic Center

Bring your adventure racing pack with the Ten Essentials, mountaineering Ice Axe and helmet. Wear light mountaineering boots. Carry wind pants and top or old Gore-Tex for fast sliding in the snow.

This 6 hour technical clinic is offered by member Bob Speik who has personally taught over 200 people and supervised the training of 2,000 more while serving as a Leader and Chair of the Sierra Club's Los Angeles Mountaineering Training Committee. Recently, he has instructed ice axe arrest training at COCC. Details of the clinic can be studied at www.TraditionalMountaineering.org/Current.htm

Limited to 10 people who have reserved in advance.

Organizer: Bob Speik 385-0445 or speik@bendcable.com

Next Month's BARK Outing

PPPaddling Practice

Saturday April 19th 10am

McKay Park

Bring a boat, a paddle and a PFD.

We will review forward stroke technique, practice on the river and discuss "the line" for PPP.

Organizer: Pam Stevenson 389-5599 or pam_stevenson@hotmail.com

Volunteer

The enthusiasm for BARK has been tremendous. To build BARK into a great club, we need people to get involved. If you have a particular skill that you can share by organizing an outing or helping out in some other way, please volunteer by contacting me at pam_stevenson@hotmail.com 389-5599.

- Organize a trek
- Organize a mountain bike ride
- Organize a paddle
- Organize a snowshoe trek

- Organize a cross country ski
- Organize a trail run
- Organize a multisport outing
- Organize a ropes clinic
- Organize an orienteering clinic
- Organize a headlamp workout followed by a debriefing at the brewpub!

BARK OUTING FORM

Outing Name:

Date:

Time:

Place to Meet:

Activity Description (length, gear to bring, skill level, special comments):

Organizer's Name:

New members Welcome!

Please encourage your friends and other crazy people you know to join BARK. No experience required, just an inability to lie on the couch eating Ring Dings while watching All My Children. Charter memberships are free right now. We will probably institute dues in 2003 to support club activities. A membership form is at the end of the newsletter.

Bend Adventure Racing Klub (BARK) Membership Application

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____

Phone(home) ____/____-____ Phone(work) ____/____-____

E-mail _____

Are you willing to have your name, address, phone number and e-mail address published in the annual BARK membership list? ____ Yes ____ No

Activities I am interested in (circle any):

Group Training Clinics Racing Race Support Race Organization

Trekking Orienteering Mountain Biking Paddling Ropes

Snowshoeing X-C Skiing Nighttime Training Newsletter Organizing Outings

Other _____

BARK Charter Membership Dues : **FREE for now**

Membership dues may be charged in 2003 to support club operations including information dissemination, events and social activities.

Bend Adventure Racing Klub
501 NW Riverfront
Bend, Oregon 97701

PLEASE READ AND SIGN WAIVER ON OTHER SIDE----->

Assumption of Risk and Liability Waiver

Outdoor adventures by their very nature are inherently dangerous and involve some degree of risk. I am aware that participating in any Bend Adventure Racing Klub outings may expose me to certain risks and dangers including, but not limited to the hazards of mountainous, aquatic, or wilderness terrain, accident, illness, the forces of nature, and travel to and from the trailhead or point of departure. I am aware that it is not possible to foresee all of the potential hazards of outdoor activities. Each participant in a BARK activity is responsible for his or her decisions. To the best of my knowledge, I feel physically and mentally able to assume full participation in the activities in which I will participate. I understand that BARK is a volunteer organization. In consideration of voluntarily participating in these outings, trips, or activities, I have and do hereby assume all the risks inherent in these activities and hold harmless the Bend Adventure Racing Klub and its agents, tour leaders, officers, and instructors, from and against any and all claims, liability, and demands of any nature, for the acts or omissions of the Bend Adventure Racing Klub or its agents, tour leaders, officers, or instructors.

I HAVE READ AND UNDERSTAND THE ABOVE STATEMENTS CONCERNING THE BEND ADVENTURE RACING KLUB.

Each member must sign the BARK Liability Waiver. A parent or guardian must sign the form for members under 18 years of age.

Signature: _____ Date: _____

