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Teams at the 2005 Challenger
World Challenge overcoming a
mental task.

Publishers Note

Ever wish you could put on your own Adventure Race or Geocaching Event? You can. It's not easy, but it's quite rewarding and the more event promoters we have out there, the more people telling others just exactly what it is we're so smitten with.

Warren Wylupski, a race promoter from New Mexico and myself of Sierra Adventure Sports have co-written (he actually did most of it) an article to help you get started. AR and Geocaching are still very much in their growth stage. Once these sports are as big as triathlon, we'll be keeping the secrets to ourselves.

It's our favorite subject, so if you'd like to see more, shoot us an email and let us know.

See ya outside.

Rick Eastman



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On the Cover: Paddling at the 2006 Mad Rush.
Facing page: All business at the RiverRatsAR.com
Kids Adventure Race. Photos by: Tim Coddington, Wildernut Photography.





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The place to share our adventure racing experiences!

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A place for YOU to share YOUR adventure race experiences!

The Adventure-Race-Reports.com Concept
Adventure-Race-Reports is a place where anyone interested in adventure racing, especially those involved in the sport, can go to share real information about a particular race. Not professional press releases, but stories written by the actual racers who have participated in the event -- giving an unbiased look at what the race was like, and providing a great educational resource for future races.

Why Adventure-Race-Reports.com is Different
Adventure-Race-Reports was founded with the idea of making adventure race information easily available to anyone who wants to find it:

- Anyone can easily post their race reports and photos
- You can add to or edit your story at any time
- All race reports are well categorized, by race, location, and year
- The whole set of race reports is easily searchable

The site is entirely free and open, and has become the one-stop source to find race stories, across the USA, from a single location! In short, this site is an interactive exchange forum for the adventure racing community!

Looking for reviews about an upcoming race?
Check out the site to see what happened in last year's race!

Share with Friends and Relatives!
No doubt you'll want to tell your friends about your race experiences. Next time, why not also post story to ARR? Friends and family can easily read and print your story and photos ... and you'll help out lots more adventure racers who are interested in what the race was like!

All reports, stories and reviews are welcome!
Amazing stories have been written by novices and veterans alike. All adventure races involve the struggle to overcome challenges which makes for fascinating reading. In fact, some of the most compelling and inspiring stories come from races where things didn't go quite perfectly! If you've got a story to share, no matter how short, there will be people who want to read it. Post it at Adventure-Race-Reports!

www.Adventure-Race-Reports.com

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The 2006 Mad Rush. Photo by Tim Coddington & Wildernut Photography

The Mac-Daddy Map Plotter

By: Mark Manning

After spending many years working with rally navigators in the UK and Europe I was familiar with the may varied tools that were available for making quick plotting and navigation decisions. When I started adventure racing a few years back I spent many hours searching the local outdoor stores and websites looking for a specific navigation tool for Adventure Racers. I never really found one. What I did find was a number of separate products that had bits and pieces of the functionality I was looking for, but nothing stood out as the must have Adventure Racing tool.

So what was I looking for? Well to start with I needed a UTM plotter and as most races in the US use 1:24,000 scale maps it had to have a suitable UTM grid. What I found were UTM plotters that had a whole suite of UTM grids to help me with all kinds of maps. Great you say! Well no, after 20 hours of hard racing, just when you begin to see sleep monsters, the biggest problem I found was trying to plot UTM coordinates with the 1:25,000 scale on a 1:24,000 map! Turning the tool around and trying to find the right grid in the dark and under pressure became a sleep monster all of its own. I wanted a tool with the right UTM grid clearly visible and easy to find.

The next thing I wanted to do was to be able to easily tell the distance to my next CP without having to guess the number of finger widths to the mile or unfold the map to the scale on the legend. I wanted to measure

distance in miles with the same tool as I plotted the UTM and have the scale clear and readable. All I found were rulers to fill up the map case.

Now when I'm preparing my maps and plotting CP's I like to write the bearing I need to follow for the next control next to the CP. I wanted the tool to have a built in protractor that I could lay over the map and easily note the bearing to follow to the next control or TA. In the past this has meant dragging out the compass, lining everything up and reading off the bearing while doing any necessary conversion for magnetic declination. Magnetic Declination, what's that? Oh, we'll cover that in a minute...

So far I've needed 3 separate tools and I've not even started moving.

Who knew there were 3 North's on a map, that they could all be different AND move around depending on where you were. True North, Grid North and Magnetic North. The difference between True North and Magnetic North is called magnetic declination. Whole chapters have been

written on how to work with these different North's but no one has developed a tool to help. Something that has always scared me is losing my expensive compass that has a magnetic declination adjustment screw. I know it can happen because

I found my expensive declination adjustment compass on a trail while out running one day. Some poor navigator was now trying to use his backup and correct for a magnetic declination of 15.5 degrees East. What would I do if I lost my trusty compass and were forced to follow the simple lightweight backup compass that we all carry but hope we never have to use. Would I remember the 4 different calculations

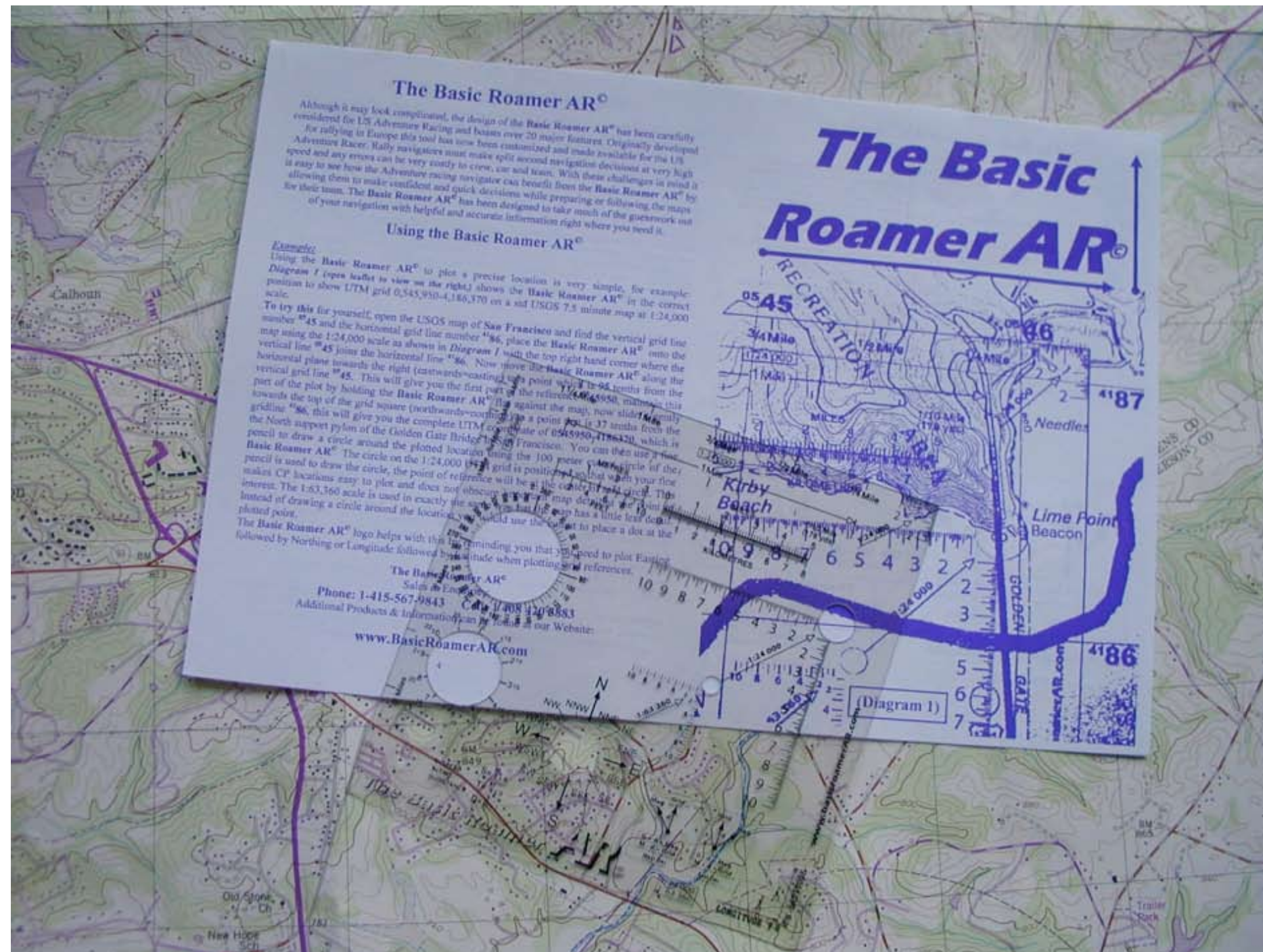
needed to adjust for magnetic declination and which one I had to use at any given time? I wanted my navigation tool to help me with that so I wouldn't have to remember any calculations and I couldn't find a tool that had this simple safety feature built in.

Now to the finer points of what I was dreaming of. We've all seen UTM plotters that have a circle cutout

where the point of interest is. These are great for drawing a circle showing where the CP should be located, but what happens if you need to plot a point that's in the first 100 meters of the grid? The markings on the plotter are lost due to the hole. A great solution to this would be to have a secondary scale on a corner of the tool that allowed you to plot points in the first 100 meters of a grid without having to guess and without having to rely on a separate UTM plotter.

Add all this to the other nice to have items like 24hour clock face, secondary 1 inch to the mile scale, distance conversions, hole to attach a neck cord, convenient reminder that I have to plot across and than up and complete instructions on how to use it all, I felt like I was looking for the Holy Grail.

So where did I find the all in one tool that I was dreaming of? I called The Basic Roamer Company who modified the long trusted Basic Roamer, the same tool that Pro Rally navigators have been using for years to make fast and accurate navigation decisions while moving at high speed. This tool is now available for the adventure racer in the US as the Basic Roamer AR. Check all the features at www.BasicRoamerAR.com/brar.html





Download and listen to Geocaching interviews on your mp3 player

If you love geocaching or just curious and want to learn, check out the PodCacher podcast at www.podcacher.com. We are Sonny and Sandy, a husband and wife geocaching team in Southern California who have created a podcast about geocaching. Podcasting is a way to listen to “radio-like” programs on an MP3 player. PodCacher began in July 2005 and has over 50 shows today.

From the beginning, we wanted to deliver high quality, family-friendly shows that would inform, inspire and entertain! We thought a podcast would be a good fit. Geocachers are adventurous, use computers, and are very mobile; also a good description for podcasters. So we designed a program that

delivers news, tips and tricks, tools of the trade, caching stories, interviews, live audio events, and more.

We have also recorded and released what we believe was the world’s first PodCache. A PodCache is a hidden cache that you find by listening to a series of audio clues in an MP3 file. Cache seekers load the sound file onto a portable player, listen to directions and follow a route that the original hidiers took to place the cache. It’s a fun twist on the geocaching game, and several of our listeners have created PodCaches in their own local areas.

Drop by www.podcacher.com for more information and “Keep on Cachin’!”
Sonny & Sandy

Intelligent Sport

Taking Adventure Racing to the Corporate World

Challenger World is taking AR to the corporate world and building better businesses along the way. Like most adventure races, Challenger Worlds events are well designed competitions with tough physical challenges. What sets these events apart are how challenging mentally they can be.

Along with biking, trekking and paddling, the events unfold with the need to crack codes and complete construction engineering tasks. In the 2006 Challenger World US event, 150+ participants on 31 teams had to first work through a So-Doku puzzle, with the first team finished able to move to the next checkpoint by way of vehicle while remaining teams had a two mile uphill hike. Working together (day and night) teams are tasked with overcoming the course, weather, terrain and other companies as they race against the clock.

Challenger World events take place in visually stunning locations across the globe including the tropical island of Madeira, Citrus County in Florida and Aberystwyth in Wales. This year’s US Challenge will take place October 19 - 21 2006, Roanoke, VA, In the heart of the Blue Ridge Mountains, USA.

Companies from across the globe including Microsoft, IBM, Accenture, Airbus, Cisco Systems and Washington Group International are all past participants of Challenger World events and every year enter teams to compete against each other on the world stage. Tested to the limit emotions and tempers

run high as these top blue chip companies battle it out to be named the best business team.

For more information about Challenger World events or to enter a team please visit www.challengerworld.com





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O Solo Mio: First Adventure Race...Solo

By Lili Spiewak

I've been Adventure Racing for four years now playing the role of "follow the leader" and almost always on coed teams; which really translates into never being the one to 'hold the map'. Through no fault but my own, I never stepped up to this important role. Not confident in my navigation abilities, I figured if I was to get lost, I didn't want to do it at my teammates expense.

While putting together my 'Potential AR race' list for the 2006, the Buff Betty caught my attention. This 'women's only' AR race, is a series in the eastern U.S. designed for women of every skill level. April 23rd, the Buff Betty came to Proud Lake State Recreation Area in Milford, Michigan. Being the closest to my neck of the woods and all female event, I reckoned if I was to try a race solo, this would be the race to enter.

The race in a nutshell: 4 mile paddle, 4 mile run back to the start, 4 bike loops on 4 horse trails and my all time favorite, a freestyle orienteering – Score-O.

Every Adventure Race is a learning experience. This race however, I learned far more than previous AR's. For starters, I started the prologue run to the paddle following a team ahead instead of the orange flags. 2 minutes into the run and already, I became complacent! They ran in the opposite direction before I realized and turned back. Consequently, I was the fourth team to enter the water and begin the paddle. After an hour of paddling hard solo, I was all too glad to finish and left the water and kayak in fourth position.



With life jacket, map and paddle in hand, I ran back to the start. During the 45 minute run, I was feeling good and ever so glad to be using my legs instead of my arms. My lower body has always been stronger than my upper. Along the way, I kept thinking what I was going to do at TA and the order to do them – change wet shoes, load up on water, grab sandwich ...take off.

I hopped on the bike and begun the bike loops on the trails. 5 Cp's were located on the 4 loops. Trails needed to be ridden in counter-clockwise direction to avoid encountering a horse unexpectedly. Riding a section of the first loop, I came across a CP and got signed. This caused much confusion on my part later in the race.

On the second loop, I made my second error of the day. I forgot about the counter-clockwise rule. Reaching the CP (only 2 minutes into) the lap, I was instructed to return and go the opposite way. The more technically difficult bike loop of the day, loop 3 was also where I forgot to keep my eye on the map. Major error #3. It was so easy to ride and ride and soon enough, I essentially had no clue where I could be on the map. There were more trails than those shown on the map. I hit a CP on this loop and hoped this loop didn't have 2 Cp's, I couldn't bear the thought of having to re-ride this loop again!

While riding to the final loop I hit another trail and came across a CP. I looked at my passport and counted I still needed 2 more Cp's. Not so, I had already 4 Cp's signed. My first CP on the bike loop the dear volunteer didn't sign in the CP box but somewhere on the outer edge of the passport. Unfortunately, I didn't verify at the time of signing the correct location. Lesson: Racers double check at the time of signing, where volunteers sign.

So, I rode and wasted more valuable, precious time riding a section of another loop, thinking I may have missed a CP here. Dang, no CP here. Do I go back and re-ride loop 3 again? Instead, I rode over to the first loop, checked into the CP and rode miserably to the start. I knew my race had ended, no top ten finish for me today. Ready to be told, I'd have to find that CP to be considered a finisher, the Race Director gave me wonderful and yet horrible news. I had the 5 Cp's – wonderful but horrible in that I didn't catch this error myself. How could I not recall passing 5 Cp's and solely relied counting on my passport. Ugh, so disgusted. Feeling bummed, for wasting so much time but relieved not having to re-ride the one bike loop, I hit the road



running...and later realized without reloading on H2O. With a little over 2 hours, I knew it would be impossible for me to collect all 12 Cp's. I spent half an hour trying to locate one CP and when I did find it, it was merely by chance. I started to go get another CP, but coming across heavy swamp, I nixed the idea of trying to get this CP with the little time remaining. In hindsight, I should have run a little further got a fairly easy CP but just further vs. trying to make my way across difficult terrain. My next plan was to return toward the start get two more Cp's and then return to the start and wade across the river to get a CP located on the other side. I returned to find my life jacket was already packed in the truck and the truck gone to pickup the kayak. I ran to the livery and didn't see any life jackets lying around that I could grab. I considered for a second getting the CP without one...but still it early in the season and getting that CP would take at least 10 minutes to reach crossing the muddy and cold water. I nixed the idea and decided to hand in my passport and call it a race, with 16 minutes to spare.

I finished the race 6th out of 36 teams and the only solo.

Lessons learned:

- be vigilant and keep eyes on the map...especially when mountain biking
- verify where volunteers stamp/sign the passport
- sticking to a game plan (order of CP attack in score-0's) rather than rethinking and wasting too much valuable time while racing

I experienced the other side of team adventure racing – racing solo and in a comfortable women's only AR. Racing solo, there is no one question your navigation decisions. The decisions made are your own; there isn't another team mate to lean on.

The fact remains, if I want to become a better adventure racer not just for myself but as an asset to the team, I simply need to become comfortable using a map and compass. Like everything else practice-practice-practice.

Despite all that, I could have done better (famous last words), this wasn't my first and last solo race. I will hold the map again...solo.

NG



Hosting Your Own Event

By Warren Wylupski & Rick Eastman

Foreward

Adventure Racing is often called the fastest growing sport in the US, though we so frequently see races coming and going that it's obviously not making any race promoters wealthy. TV coverage is seldom and hard to find. Sponsorship money for the top teams isn't much more than a good full time job. Travel costs are preventing many teams from venturing too far from home.

There is a core group of Adventure Racers that are obviously dedicated as we see the same people at nearly every event. They love this sport, and when they introduce someone

else to it, those new folks are frequently addicted. It's impossible to argue what AR does for it's regular participants grinning ear to ear with every scratch and scrape.

While incredible, this sport has a lot of obstacles that are not found when getting into other sports. Take for instance the need for a team. Most adventure racers will agree that the absolute hardest part of this sport is getting a team to the starting line. For cross-over athletes, the need to learn new skills like paddling or biking off-road is often daunting. The navigation can be challenging, and good navigators are in demand for many teams. The amount of

trust it takes to sign up for a race where you're told almost "nothing" until the race starts is particularly challenging for many people to commit to. Add to this the expenses: travel, gear, registration costs. Travel = gas; need we say more? Gear; is there any gear intensive a sport as AR? And lastly, registration fees. No, it's not just \$95 per person, it's now \$380 for your team of four. That's a healthy chunk of change, especially if one of your teammates is struggling to pony-up.

Well, you can skimp on the gear a bit and you can bum a ride to the course, but you can't get around those race fees. And while necessary given the permits, insurance, food, medics, t-shirts, etc for the race promotion company, you can host your own races in your area for a lot less. While commercial ventures almost invariably require permits, clubs and non-profits aren't necessarily bound by the same rules.

Both of the authors, Warren and Rick, put on races "for profit". In a growth sport like AR, we understand that the more inexpensive "starter" races there are, the more the word gets out. Who hasn't had people stare blank faced when you

Left: A fun neighborhood race put on by Brian Karasek. 12 teams used Brian's driveway as the TA. Photo by: Susan Karasek



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tell them you’re an adventure racer? “What’s that?” they ask. “Well, have you ever seen the Eco-Challenge on TV?” More races equals more marketing which ultimately propagates the sport.

If more clubs and groups are



putting on inexpensive races, more people will be able to become involved, thus, the sport will continue it’s uphill growth cycle. Oh, and we need some races to participate in as well! Ha ha.

There are already a number of clubs doing this, and even individuals like Barrie Adsett and his mock races in San Diego & Gordon Wright’s Marin Baar Brawl. Racelab is a training program of professionals who have bi-weekly training classes, and a couple times a year put on a mock race in the Phoenix area. Orienteering clubs from coast to coast are adopting new formats that feed the AR

hunger. These are just a few of many groups doing this, and we hope with this article that the number grows.

Grab your GPS unit, get out on the trail, and let your imagination run wild. RE

way to put an event together is to draw a preliminary course on a map, and then to go out and do it. Pack up your hiking and biking gear, water, food and supplies, and spend a day hiking, biking and exploring. You will come back with a sense of how long different sections take, as well as what should be fun and adventurous for your racers. Re-draw your map, while everything is still fresh in your mind. When you go back to mark or map the trail, you can then make last minute adjustments as needed.

Type and Level of Race

You decide that you would like to put together a multi-sport race, which will range from two to four hours in length. These events are relatively quick, and endurance is not necessarily a factor, which is why these shorter events are called *sprint races*. Different from a triathlon, events within a sprint race typically include trekking, mountain biking, and paddling. Variation in events can be made as necessary such as replacing the paddling section if water is not available - one race that I held included a rock-climbing wall. A beginner adventure race might be made up of a one-hour trek, a one-hour mountain bike section. The physical length of these sections will depend on the types of trails, terrain, and physical level of the participants. Elite athletes might be able to run up a fairly steep course, while others will hike at a different pace. A beginner paddling section can range from 30 to 45 minutes.

Races can be relatively straightforward with the participants following a well-marked trail. Arrows are painted on the ground (use the ground marking paint or flour that washes away or fades with sunlight), and signs pointing the

racers in the right direction. My first club event I used arrows and directions written on paper plates stapled to wooden stakes available at the local home & garden center. I also gave them



a map and directions for use with this course. Participants need only follow the arrows and directions provided, in order to get through the course.

Races can also focus on orienteering, where the racers use map and compass to navigate to check points. This involves identifying points and marking them on a map. I use a recreational GPS unit as I hike or ride a route, to get map coordinates for points to

be used in the race. Races can also be a combination of signs and arrows and orienteering, depending on the experience of the targeted racers.

Check points can be either manned with a volunteer, keeping track of which racers check in, or unmanned using punches and passports. Some checkpoints can be constructed so that the racers must write down what is written on a flag at the checkpoint, or you can purchase different shaped hole-punches that they must use to punch a race passport that they carry through the race.

If you intend to hold a number of these races, you may wish to invest in controls and punches similar to those used in orienteering events.

The Course

What events do you want to include in your race? If you want to include paddling, trekking and mountain biking, then you need to find a place where there is access to trails and water. A course can be set up with one area as the start/finish and transition, or you can structure the race as a point to point - as long as you have sufficient personnel to watch over the equipment at transition areas. A parking lot next to a lake is an ideal place from which to hold a race. The

trekking and biking sections are then setup as loops, which begin and end at the parking lot. The race will begin and end at this location, and the racers will transition paddling/ trekking/mountain biking here as well.

When putting a race together you should consider the events along with access and constraints. Ownership and permitted use of the land will drive how you lay out your course. If racers are required to stay on marked trails rather than bushwhack from one point to another, signs and arrows might be best for this race. Orienteering becomes more fun/ difficult when racers can cut cross-country to find checkpoints. If mountain bikes are not allowed off-road or on trails, then explore the safety and fun of using gravel roads and jeep trails.

While club and training events might be permitted in parks and on public lands, events open to the public often require formal approval, permits and the payment of fees. It is a good idea to investigate what is required to hold your particular event, which could save you the embarrassment of pulling the plug mid-race. When involved, private-property owners should also be contacted in advance for their permission.

Event Marketing

Depending on who the target audience is for the race, you may need to market and promote the event. Obviously this is not necessary if you are putting together an event for your Boy Scout or Girl Scout troop, but if your thought is to raise awareness of adventure racing in your community, this is something that you probably need to explore. Creating and distributing posters and fliers can give you good exposure, if you can get these into the hands of the right people.

The navigator knows the geography, he watches the stars at night, watches the sun at day; when it is dark and cloudy, he watches the compass

From: Zhu Yu's book Pingzhou Ke Tan (Pingzhou Table Talks) of AD 1117

Compasses were used early on in feng shui in ancient China. They helped feng shui practitioners locate directions because directions are important in the practice of feng shui.
Wikipedia

What is this a picture of & where is it at? Send your guess to Info@NavigationGames.com and add the word "Guess" to the subject line. We'll even send you a prize if you're first!

Picture by Brad Cassagne via Wikipedia.com



Photo by: Murat Cokal



Last month's picture of Delicate Arch in Arches National Monument Utah was correctly identified by Brian Landis of Colorado Springs, CO Brian wins a custom Navigation Games Headsweats skull-cap. It bears noting that we received almost a hundred guesses with a vast majority correct. Guess we'll just have to make it a little harder going forward.

Team Profile

Geocaching team ALAMO

Total number of caches found: More than 13,000, avg daily finds 10+

Number of caches placed: 300+

Number of caches missed: hundreds

Team members –

- Lee: obsessed geocacher. Retired, still dabble in high-tech start-ups. Care giver for at-home elderly parent.
- Maddy: much less than enthused about geocaching. (In fact, she's only done 5 caches without Lee.) She likes the social aspects of caching, the events and traveling around with others. She is an IT Manager for Dreyers Grand Ice cream (now Nestle's Ice cream USA).
- Golden Retriever (aka Caching Casey).
- We both like to travel, but have had to cut back due to elderly parent living with us.

Where are you from?

- Originally from NY metro area, we've been in the SF Bay Area for last 10 years.

Equipment

GPS unit - Garmin, mapping software
- GPS Map 60CS & Mapsource, PDA - Palm Tungsten. Other - Cachemate, Gsack

Please tell us about your favorite cache. Better said, tell us about that "one" cache that really made your day –

[ANX: The Angle of Eternity](#) by workerofwood (GCK1CC)

- WorkerofWood makes very creative caches. In this case it is a multi-puzzle that requires several people and about ½ a day to complete. It starts with a coin that he made out of clay. You need a microscope to read a number buried in the coin, then the adventure begins...unbelievable!!! Each stage is more creative than the last.

Why do you "Love" caching? What drives you to do it to the extent that you do?



- I originally started caching because I was hiking in the local parks with Caching Casey. Caching gave me an excuse to be on the trails with a destination in mind.
- It is a great excuse to get out of the house and go somewhere.
- I love the camaraderie of caching. We have made many many friends, people that we rely on and that rely on us. I communicate with many on a daily basis. Rumor has it, that I have the largest caching rolodex....
- I love the sense of accomplishment when I finish a day of hiking or megacaching.
- I like trying to find a well thought-out well-placed cache, one where some serious thought had been placed in its implementation and everything is site appropriate.
- Geocaching takes us to neat places that we wouldn't have otherwise visited (we were in HI last week, and saw many things that we wouldn't have

otherwise).

Favorite areas to cache in?

- Palm desert

What distant places have you traveled to in order to cache?

- The Big Island of Hawaii, just last week
- Alaska with DavidT21&Fisherwoman last year
- Maui a few years ago
- Banff
- Last year
- One cache in Mexico
- Nashville for GW2
- Jacksonville for GW3
- Cached cross country (FL-CA) with dgreno and bthomas last summer
- BTW I have found over 1500 caches in Florida
- Palm desert twice
- Las Vegas
- The median cache location for all my finds is in eastern Nevada just north of Vegas about 30 miles west of Utah.

What kind of caches do you like best and why? – Traditional, puzzle, virtuals, etc.

- In general I like well constructed traditional caches. Those where the cache owner took time to construct and place an area-appropriate cache, one that make you think rather than a filthy bush hide.
- I also like to hike to caches that have a scenic vista.
- Generally like to cache with others whenever possible. It helps reduce the boredom and there is always something to

chat about. It also greatly improves the efficiency of the day, That way, responsibilities can be share in planning, driving, navigating reading cache listings, and extra eyes in the search.

- o I have found over 5K caches with bthomas
- o Thousands with dgreno
- o Thousands with Fisherwoman (of DavidT21&Fisherwoman, currently #6)
- o Over a thousand with 4-wheeler
- o And many others

Have you ever participated in any Geocaching or other navigation related competitions or events? Which ones?

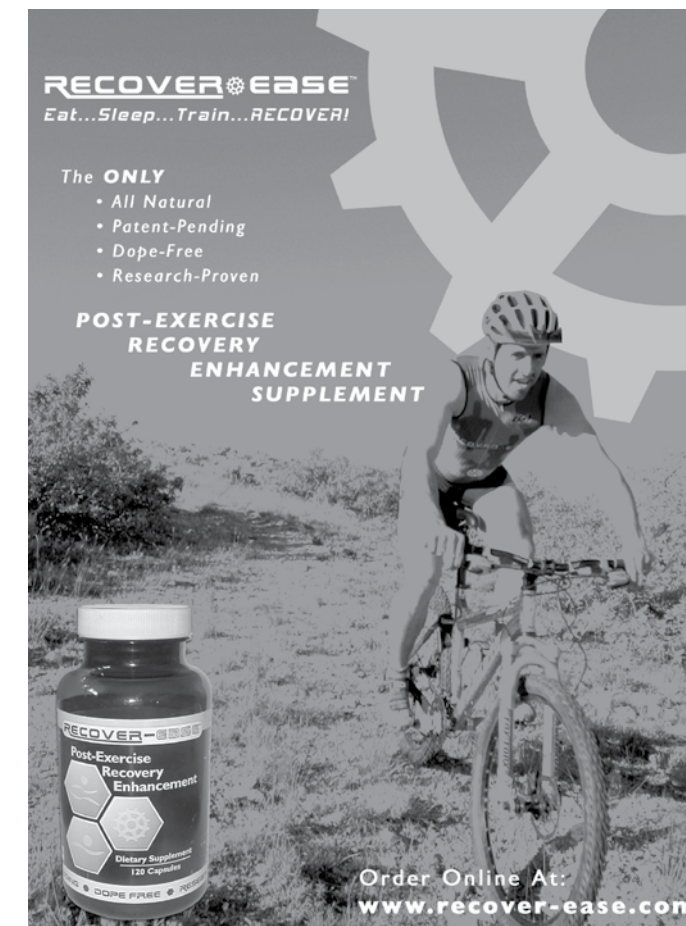
- GBES off-road Rally 2004. We will be manning a check point at this year's event near Carson City, NV.

Anything else you'd like to mention??

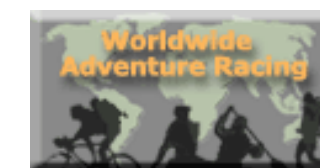
- I've teamed up with geocachers #3-#5 to issue the ultimate in geocaching coin collections called The Obsessed – we need a plug, please
- www.kabongo.net/obsessed.html
- It turns out that I have found more puzzle caches (~800) and more earth caches (19) than anyone else.

Any favorite Geocaching sites?

- www.cache-stats.com (note sure of web site, Grand high pobah)
- www.thegba.net
- www.boulter.com/geocaching (he has some great tools, some of which are publicly available)




SleepMonsters[®]
an eye on adventure racing
www.SleepMonsters.us



 **WeCeFAR**
West Central Florida Adventure Racing Club
www.wecefar.com

Create or update current maps with the same tool Orienteering clubs use. Ocad 9 demo version is free at: <http://www.Ocad.com>

Hydration in your PFD

Only a couple manufacturers have yet tackled the endurance paddling niche, though one stands out above the rest. Check out <http://hydraulics-nz.com>. Their Race Pro PFD offers a 2.5litre bladder and is easy to get on (over your head) and fast to get off (side zip).

It comes equipped with a whistle and a handy knife pocket with a lash tab (mandatory gear on most races) as well as a strobe light clip point on the back. At 864 grams, this bad boy can be yours for just \$270.



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navigation competition

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Phoenix 11-4

Finale: Las Vegas 12-2



Women's Races

Los Angeles 9-9

Phoenix 11-18

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Countdown to Primal Quest

23 Days

A few teams to look for...

We expect to see Nike, Merrel, Buff & GoLite finish well, but what about those teams who'll be filling out the top ten along with them. There are always those surprises that come up. Who will it be this year?

Team Sole has been doing a lot of their racing outside of the US, though they've faced some of the toughest competition and done well. This could end up being the year of Karen and Paul.





Silly Rabbits

The Rabbits brought in 8th place overall in Last years PQ. They also had one of the most amazing records outside of the PQ of any team racing. Can they keep it up? In just the first few months of 2006 they've already taken 1st place at Cal Eco Auburn, California and 2nd Place at the Mighty Mo Expedition, Missouri



is on FIRE

DART-nuun leads the Explore the West adventure race series, places 4th at Mighty Mo, a 3-5 day expedition race, and seizes the US Rogaine National Championships!! Here comes the Primal Quest!



Cache Clash 06'



With impressive finishes and continuous top rankings including being a distant first in the USARA points system, Team Mighty Dog could very well finish in the top 10.



Six teams started and finished Cache Clash 2006 on May 21st. At 7AM, teams began a scavenger hunt for 20 hidden geocaches throughout the Dreamy Draw Park area of the Phoenix Mountain Preserve. Cache's were hidden under rock cairns, in washes, in tree roots, etc. Two hours after it began, soloist Debra Allen, aka Team MailLady had collected 10 caches for first place. A blast was had by all, one of who'd never before gone geocaching before.

Team	Total	Time
Maillady	10	1:59
Geocrackers	9	1:54
Lost Chollas	9	1:52
Which Way Did They Go?	7	1:56
Desert Heat	4	1:54
Rock Climbing Anywhere	3	1:55

Use email to contact targeted people, such as the officers of the local bicycle, running, and triathlon clubs. Meet with the managers of local fitness, outfitter, running and bicycle store to see if you can get onto their calendar of events. Many specialized stores now have a monthly email blast to their customer base, which would give exposure to people with similar interests. Lastly, contact the local chamber of commerce and newspapers to see if you can get listed on their calendar. Newspapers often print a list of upcoming events, as well as making it available on their web page. Create a press release and send/fax it to the local media outlets. See if your community, city or state has an office of sports or athletic promotion - in New Mexico it is called the New Mexico Sports Authority - and send them a press release as well.

Make sure and announce your events on Yahoo Newsgroups that are setup specifically for AR. Go to Yahoo.com, click on "Groups" then do a search for "Adventure Racing" and see what groups come up that your familiar with. Sign up and send out announcements about your events to the whole AR community...it's free.

Contact your local outdoor store and see if you can hold an AR beginners clinic. Stores like REI, EMS, Summit Hut and others are often very open to this and will happily provide you a room to meet.

Liability and Insurance

It is a good idea to minimize your liability for each event that you hold. We like to think that our events will be flawless, the skies will be a perfect shade of blue, and the temperature will hover in the mid-70's. In reality we cannot predict the future or control for every variable. While trail

running and mountain biking, spills happen, and injuries can occur. Should something happen, you will want to minimize the liability to you and your organization. You should work with your organization's insurance company to identify and acquire adequate coverage. The insurance company will also help you to draft a waiver that each racer must then read and sign prior to their participation in the event. You can also draw upon the knowledge of your organization's attorney to review your documents and provide guidance.

If you are an individual looking to hold these types of events, you should seek the advice of your attorney and insurance agent for how best to protect yourself. Check out <http://www.ARresources.com> and <http://www.USARA.com> for sanctioning info. Both offer access to AR insurance.

Safety Considerations

If you are putting together a training event, mock race or club event, hiring paramedics will likely be beyond your budget. The simple truth is that After putting on 30+ events for Sierra Adventure Sports, we've had a minor concussion, a rolled ankle, a couple cases of dehydration and plenty of scratches. All told, that's not a bad record considering what it is these athletes are doing. However, we never take this for granted and realize that the day will come when someone will hurt themselves even worse.

Keep this in mind, and see if you can find volunteers with medical experience like EMT, Paramedic, Wilderness First Responder and the like. Consider allowing racers to take a cell phone with them in the "off" position. Have a course sweeper following the last team through. Nothing is more important than your racers safety, and that has to be your

number one consideration both before and on race day.

Another good idea is letting racers know the intensity of activities as far in advance as possible. Without telling them the course, make sure they understand for instance that they will be mountain biking on steep trails, paddling on a river or rappelling off a cliff.

Last Thoughts

One good thing about Adventure Racing is the element of the unknown for the participants. If in the directions you miss giving out a clue, the racers will do what they think is right in order to finish the race, and might not even notice that there is a problem. There is a large degree of latitude in setting up a course, so equitable adjustments can be made for problems should they arise. I feel that the most important thing is to set up a course that meets the needs of your event, and is realistic and fun. You can take a simple approach to setting up your events, using a can of ground-marking paint and some arrows on stakes, or produce maps that the racers will use to navigate to controls and punch their passports.

After each training event I supply lunch and bottled water to the racers - or I should say that I rely on my fiancée to help me out with this part of the event. Volunteers are good to help with checkpoints and miscellaneous tasks, so I make sure to give them food and drink as well.

Interested in having more written on this from experienced race directors? Let us know at Info@NavigationGames.com



The Gilmore Adventure Race started as a small race designed by and for a Prescott, AZ Venture Scouting troop and has grown into one of the premier AR's in AZ. Below: Local race company MtnRacingSports has put together a 3 race series with the help of a local gym in Flagstaff, AZ.



Great Shots
By Michelle Kelly



Adventure Xstream Moab
For info on race: <http://GravityPlay.com>

Night & Day Challenge

Photos by Esther Heller



Metrogaine: an athletic event of long distance navigation in which teams of one to five members visit as many checkpoints as possible in a given amount of time. Teams travel entirely on foot, navigating by map and compass between checkpoints. A central base camp called a hash house often provides hot meals throughout the event and teams may return at any time to eat, rest or sleep. The Urban Challenge was an early example of a commercial metrogaine.

Night & Day Challenge is a 16-hour urban rogaine that is held annually in both San Francisco (June 3-4 this year) and Seattle (July 22-23).

With a 4:00 pm start time, teams experience the city from afternoon through dusk, night, and dawn. Night & Day challenge began in 2003 in Seattle. It is organized by Seattle orienteer Eric Bone and his Bay Area girlfriend Terry Farrah in conjunction with their local orienteering clubs.

Night & Day Challenge can be done on foot or bicycle, or in a duathlon format -- first half foot, second half bike. There are also 7-hour and 3-hour options. Control features include famous landmarks, parks, viewpoints, and little-known points of interest. At each control, rogainers answer a simple multiple choice question to prove they were there, such as, "To whom is this fountain dedicated?"

Urban rogaines, also called metrogaines, have been popular for quite some time in Australia, often with a 6-hour daytime format. The first urban rogaine in the U.S. was held in Bremerton, Washington, in April 2003. The first Seattle Night & Day Challenge followed 3 months later.

Registration is open for both Night & Day Challenge events at www.nightanddaychallenge.com.

Left: A bike team answers a question at the USF Law School during the 2005 San Francisco Night & Day Challenge.



Michelle Kelly is a nutrition consultant in Phoenix, AZ.



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Adventure Racing

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AZ Adventure Racing Buddies
<http://sports.groups.yahoo.com/group/aarb/>

CA
SCARABS
www.ARbuddies.com

CO
Front Range Outdoor Groupies
www.coloradofrog.com

FL
Trailblazers
www.TrailblazerAR.com

WeCeFar
WeCeFar.com

IL
Chicago AR Associaton
ChicagoAdventureRacing.com

MI
Southern Michigan Adventure Club
www.smacworld.com

VT
Green Mountain AR Association
www.gmara.org

Geocaching

MD
Maryland Geocaching Society
www.mdgps.org

NM
Cache New Mexico
www.NMGeocaching.com

TN
Great Smoky Mt.s Geocaching Club
www.gsmgc.org

Orienteering

US
www.us.orienteering.org

AZ
Phoenix Orienteering Club
PhoenixOrienteeringClub.org

Tucson Orienteering Club
TucsonOrienteeringClub.org

CA
San Diego Orienteering Club
<http://www.geocities.com/Yosemite/Trails/9636/>

ID
City of Trees Orienteering Club
www.ctoc-boise.org

New England
New England Orienteering Club
www.neoc.org/

OH
Orienteering Club of Cincinnati
<http://ocin.org>

WA
Cascade Orienteering Club
CascadeOC.org

Races/Promoters

AZ
Sierra Adventure Sports
www.SierraAdventureSports.com

FL
S.O.A.R.
www.SOARteam.com

IA
Soar Adventures
www.soar-adventures.com



Mad Rush Adventure Race by Tim Coddington



Cal-Eco Kernville

BY Mark Manning

Cal Eco Kernville 2006 Race Report
By: Mark Manning

After a good night of sleep and a very large breakfast we drove to the race start on the banks of the river Kern just north of Lake Isabella, CA. When we arrived we were treated to 90 degree temperatures and high winds. As we drove past the lake we could see white tips on the waves all across the lake. This was going to be an interesting kayak section to say the least.

At race sign in we were told to show up at the race briefing ready to go with PFD and crash hat on. We were also told to cross the bridge and check the rapids so as we would know the correct route to take on our way downstream.

We would have to throw a Frisbee closest to a pole to get our start seeding. This was great for us as my teammate Grant had been to ultimate Frisbee nationals in a former life and was the perfect pick for getting us a good start. We were a little disappointed with second seed but Grant blamed it on pre race nerves. The teams would go off at 30 second intervals to spread the carnage through the rapids.

We were lined up at the start behind a four-person team and ready to race. To say we were scared was an understatement. When Dan started counting down 30 seconds we climbed into the boat. It took us about a minute to get the skirts on and into the water. The third seed solo team of Mike Moffett passed us before we even left dry land.

From looking at the river we’d decided that once we got onto the water we would paddle out to the middle and line up to take the center line downstream. We paddled as hard as we could and lined everything up just as planned. I’m now looking at huge boiling waves in front of me and I’m thinking I’m gonna get wet.. Grant was yelling “PADDLE” as loud as he could and we went into the first rapid. The waves hit me square in the face as the boat bucked and pitched over the first rough water. Then I was up in the air and Grant was still yelling “PADDLE” even though I couldn’t actually

reach the water as the front of the boat was so high.. We made the first part and in front of me I could see the bottoms of two boats and people swimming for the shore.. After we made the first part of the rapid we had to get over to the left into a calmer eddy to negotiate the turn in the river. Grant was yelling something at me again, I think it was “PADDLE” but I’m not sure, anyway we went into the eddy and the boat spun around now facing upstream. We’d made it, things were calm for a minute. We looked around and saw the first two teams trying to pull their boats to the side. We decided it was now or never to continue on and turned the boat back into the main flow. As we did this we saw the next set of rapids, which seemed larger than the first!! No one mentioned these at the start. We went into them with the same plan of just paddling as hard as we could. I spent a bunch of time completely in and completely out of the water as the boat rode the waves and we were now leading the race with the words “PADDLE” ringing in my ears.

The lake paddle was just a straight shot almost directly south. Dan had dropped CP 1 due to the high winds on the lake which was fine with me. As we got out into the open water there were 2-3 foot swells tossing the boat around. We had a direct head wind to paddle the next 6 miles in. We settled into a rhythm and laughed at what we had just been through. We wondered if anyone else had made it down the river behind us because we couldn’t see anyone following.. For the next hour and a half we made slow progress and chatted about the race so far. We were getting close to CP 2 and TA1 when we saw our crew person Hailey on the shore with the camera.

When we hit the shore we left the boat for the crew and ran to the truck. There was the most amazing spread of food I’d ever seen. Grant couldn’t believe his eyes. All the race food he’d ever wanted laid out in little baggies ready for him to take.

While Grant messed with food and his bike I started plotting our route to the next CP in the back of the truck. I looked at the rules of travel and it said we couldn’t use Hwy 178.. The next best route was across the dam and



onto the trails that headed south. I marked the route and off we went riding. Dan the Race Director was jumping up and down in the TA as the two solo guys who came in behind us had just ridden out onto Hwy 178 clearly against the rules. It looks like they’ve got their first penalty right there. One did come back and cross the dam but the other was riding south at high speed with Dan watching him through the Binoculars.

After about 150 yards of riding Grant started complaining about problems with the new pedals he’d put on his bike so we had to stop and get the wrenches out. The first mechanical problem was taken care of. Remember the old story of never using something for the first time during a race??

We ended up riding with soloist ‘Mike’ for the first 3-4 miles laughing and chatting about the kayak section. On one of the up hills Grant dropped his chain so we had to stop for a minute with that Mike saw his opportunity to lead and rode off at a high speed. Grant was pushing hard trying to catch him but I told him to hold back as I felt Mike couldn’t hold that kind of pace for the whole race. He would eventually blow up or make a nav error from pushing too hard, he’d already made a few wrong turns before

he left us. Turns out he did both and didn’t finish. I know how that happens because I’ve been there as a solo. He did look really strong while we were watching him ride away.

So now we followed Mike’s tire tracks for the next 5 miles looking for a small trail

that Dan had made us draw on the maps. We eventually found it but not before ending up in a small parking lot by the highway, we’d missed the trail entrance by about 100 yards. As we decided to climb over the fence to get to the trail we saw that someone else had taken the same route as us from the highway side of the fence, the grass was all freshly trodden down. When we hit the dirt trail we were now following 2 sets of bike tracks in the dirt.

We were looking for CP 3 at a location called Greenwood Cave. This was basically a secluded spot at the bottom of a hill. Dan had left a camera there with instructions for us to take a team photo when we punched the CP. We took the picture and ran away due to the number of flies buzzing around, I’m sure something must have died nearby.

As we were climbing out from the CP we saw 3 teams coming down the hill towards us, True Grit with Oliver, Rabbit Fire with Jason Quinn and one other 2 person team. We said hi as they were walking down and we were pushing our bikes back up. We should have left our bikes at the top. Duh! Still we were fast going down.

Big ascents and descents to CP4, but it was all downhill to CP 5 and TA 2 where we would drop the bikes and Hailey would have ravioli waiting for us. When we hit the CP we were told that Mike and Kent had been there a couple of hours earlier. I guess they biked fast!

After more fantastic food we headed out on the trekking and orienteering section. I was feeling good and we were in good spirits. Grant was showing me the Ultra Marathon trick of peeing while still moving. Seems



he could do it while walking backwards and forwards. Nice trick. I tried it and ended up peeing on my shoe.

We found the first two O checkpoints without much trouble but the third was proving more difficult in the dark. After 30 minutes we decided to quit and take the 30 minute penalty. We later found out that none of the teams found this CP so I’m glad we didn’t spend any more time on it. As always with Dan’s O courses the CP’s are generally well hidden under bushes and rocks. I’m sure they’re easy to see in the daylight but nighttime is a whole different issue.

Now we had a monster trek of about 12 miles in front of us that took us back to the top of the ridge and across to the Kern River Valley. To me this proved to be the toughest part of the whole race. When we hit the top of the climb we found the dirt road, sat and had some food while we looked at the view. Once we started moving again we were making good time. I stopped to adjust my shoe at one point and as I knelt down I saw the biggest bear print I’d ever seen in the dirt at my feet. When I looked around I saw a whole bunch of them. They were about 5 inches across with 1.5 inch claws!! I showed Grant but he was denying the existence of

anything dangerous out there in true ostrich style burying his head in the sand. I was now walking much faster and trying to look large. Like 5’6” looks large in any light. I knew Grant was a faster runner than me so I ruled out that option if we encountered the owner of the huge paws.. Luckily we didn’t see anything.

We kept moving until I ran out of water again and stopped by a stream to fill up. Grant just lay down and started to sleep. With the bladder full we continued till we hit a paved road. The sun was just starting to come up and it was getting colder. Now we had to keep moving to stay warm, we even

saw patches of snow in the woods. Grant had pulled his arm warmers down and tied knots in the end to use them as gloves while my hands just went numb. After another 3 miles we found the dirt trail that would take us back across the ridge and down to the Kern River.

The trail started out really clear and easy to follow, we were doing well and were making good time. The sun was coming up and we were getting much warmer. As we moved along the ridge the trail suddenly started to fade and became difficult to follow. We were able to pick it up but then we came to a tree with a trail symbol on it that just sent us off the cliff. We looked down and could hear the river below us. I decided that we should just head down the side of the mountain until we reached the river and then make our way along till it hit the intersection with another stream and the trail we wanted crossing the river. This was a fine plan in theory but not as easy in practice. There was a lot of bushwhacking and sliding till we hit the river.

Once we were at the river it was more difficult to move due to the amount of water blocking any path along the shore. We eventual came to the intersection and easily found the trail that we needed. Now all we had to do was cross about 2 miles of fairly easy terrain to get to CP 6 and TA 3. It was a long slog and took another hour and a half, but when we crossed the bridge to the main road we could see the CP ahead of us. And there jumping up and down in the middle of the road was Hailey!! I almost cried. When we punched the CP we were told that the only person to have come through was Kent. Mike was still out on the course lost somewhere. We were also told that we didn't have to use the trails to get to the finish we could just ride straight down the road. Dan had shortened the course, as he was worried about finishing times for the teams.

We had a quick lunch and jumped on the bikes for the 14 mile scenic road ride back to the finish at downtown Kernville. This was the best part for me, I was cruising along really happy. Hailey passed us in the truck and took photos of us riding down the road.



We arrived at the finish line and Dan was there looking very relaxed. We'd finished second behind the monster solo team of Kent Ryhorchuk. He had beaten us by a couple of hours for a fine first place finish. We won the 2 person division and took 2nd place overall and were very happy with the days events.

This was the first outing for us as a 2 person team and it went really well. ARNavSupplies.com/Team Nomad put in a great showing at this fantastic event. Grant's preparation for Primal Quest is going really well. He showed no signs of fatigue and was very relaxed throughout the whole event.

Thanks to Hailey for her wonderful support and food selection. Also thanks to or sponsors Salomon, Clif bar ArNavSupplies.com and anyone else who helped Hailey during the event.

Kernville is a great place to race and Dan put on a spectacular event. I'll be back for that one next year.

Cheers,

Mark.
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The 06' Mad Rush by Tim Coddington

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