

## **Adventure Trek 2008, High Desert Challenge**

### **March Newsletter**

Hello and welcome to Adventure Trek, High Desert Challenge. My name is Dennis McGary, Cascade Pacific Council Vice-president of Venturing. I am the adult director of this event. I hope all of you are looking forward to the event of the summer. We will be sending out a newsletter much like this one every month up until the race day. In this month's Newsletter you will find general information about Adventure Trek, basic itinerary, upcoming deadlines, detailed team registration, and preliminary equipment list. If at any time in the next 4 to 5 months you have any questions or concerns, my team and I will be happy to help. You can contact me at the following:

Dennis McGary

Email: [drmccgary@comcast.net](mailto:drmccgary@comcast.net)

Phone: 503-579-3140

### **General Information about Adventure Trek**

Adventure Trek is August 3 (Monday) through August 9 (Saturday). Adventure Trek is a high adventure race event. All race events will be timed. Please plan events with your crew over the next few months to prepare the youth for these race events. During or after each event, each team will participate in challenge events that are designed to help in team building and can assist their overall race time.

Please note that it can be very warm in this area in August. It is important we keep the youth hydrated and that they have plenty of sunscreen. We have the same cooking staff from the 2004 and 2006 Adventure Trek events back with us again for 2008. So, we know the food will be great.

Because of the increased demand this year for Adventure Trek, we have increased the team numbers from 12 teams in 2006 to 24 teams in 2008 for a total of 128 youth). To handle this increased number of teams we are dividing the youth into two groups of 12 teams each and running multiple events each day. Each group will do different events at any one time except for canoeing which is day 1 but completed separately. As an example when one group is doing the two day backpacking trip, the other group will be doing mountain biking and rafting.

We expect that adults attending Adventure Trek in support of their teams will make themselves available to help support the event activities and help the cooking staff. Attending adults will also need to transport their teams to each of events, except biking. Because we have a fairly small Adventure Trek staff and this year a larger then ever number of youth participants, we will depend on the help of the adults there with their teams to support this event.

During Adventure Trek 2008, we will be providing Venturing Kodiak training (youth leadership training in a high adventure setting) to the youth. In 2004 we provided Kodiak. In 2006 we did leadership/team building training because no trained adults were available to teach Kodiak. This year we are fortunate to have four staff members that have attended the Kodiak Course Directors Conference but we need the help of an additional 10 to 12 attending adults to help deliver the Kodiak training to 128 youth. Kodiak is based upon small-group learning with groups of 8 to 12 youth. I am asking each participating crew to provide one adult that can come to a Kodiak instructor training class. The date isn't set yet but is anticipated to be between April and June and will most likely be held on Saturday (or possibly a Friday night/Saturday event). Please let me know the names of adults attending Adventure Trek who would be able to help with Kodiak. Please let me know by March 25. Also if you have a chance to have your youth go through the Venture Leaderships Skills course before coming to Adventure Trek that will enhance their learning when going through Kodiak.

We recommend that teams use large tents for the base camp at Wasco County Fair Grounds so there will be enough room for all the teams to camp at the Fair Grounds. Bring separate backpacking tents for the backpacking overnighiter. We recommend one large tent for all the youth in a team (unless it is co-ed) and one tent for the leaders (unless the leaders are co-ed).

We would like some of the adults to hike the two days of backpacking with the teams. Badger Lake is reachable by vehicles (recommend 4 wheel drive), so the other support adults not hiking can drive there and spend the night with your teams (bring separate tents from those in base camp). A few adults are welcome to ride on the bike ride but many of the adults will be needed to support the race and the challenge events.

Event Tee-shirts will be provided for the youth participants and registered adults. Each team will be assigned a number and the shirts for all members of a team will have that number. Participants are expected to be wearing these shirts during the events, except when on water.

The youth cost for Adventure Trek includes the cost of the Saturday White Water rafting. The adult cost for rafting on Saturday is \$60 and is not included in the \$85 adult cost for Adventure Trek. If you want to raft on Saturday, and I'm sure a lot of you will want to, you will need to let us know ahead of time so our rafting folks will know how many to plan for. One group of 12 teams will raft Saturday morning and the other group will raft in the afternoon.

Bathroom facilities for men and women that include showers are very close to the base camping area. The showers take quarters and 50 cents will do a shower. Please bring plenty of quarters if you want your youth to shower.

## **Basic Itinerary (Kodiak is taught throughout the week)**

### **Group 1:**

Monday Morning August 4: Check in and start of camp setup

Monday late morning/early afternoon August 4: Canoe racing (Pine Hollow Reservoir)

Monday late afternoon August 4: Complete camp setup and start Kodiak

Tuesday: Mountain Bike Race (starts and ends at Wasco County Fair Grounds)

Wednesday: White Water Raft Race (Deschutes River in an area the youth can handle)

Thursday: Backpacking race day 1 (up Badger creek to Badger Lake - no trace overnight campout at Badger Lake)

Friday: Backpacking race day 2 (hike over Lookout mountain)

Friday evening: Race awards handed out

Saturday Morning: Rafting on the Deschutes (at Maupin Oregon). Class 3 & 4 rapids with guides from the group that leads our council white rafting events. This is the fun end to Adventure Trek. Lunch together with the other group in Maupin)

Saturday Afternoon: Complete any needed cleanup at Wasco Country Fairgrounds and head home.

### **Group 2:**

Monday Morning August 4: Check in, camp setup and start Kodiak

Monday afternoon August 4: Canoe racing (Pine Hollow Reservoir)

Tuesday: Backpacking race day 1 (up Badger creek to Badger Lake - no trace overnight campout at Badger Lake)

Wednesday: Backpacking race day 2 (hike over Lookout mountain)

Thursday: White Water Raft Race (Deschutes River in an area the youth can handle)

Friday: Mountain Bike Race (starts and ends at Wasco County Fair Grounds)

Friday evening: Race awards handed out

Saturday Morning: Break camp (team equipment and help the staff in camp take down)

Saturday Afternoon: Rafting on the Deschutes (at Maupin Oregon). Class 3 & 4 rapids with guides from the group that leads our council white rafting events. This is the fun end to Adventure Trek. Lunch together with the other group in Maupin). Go home after rafting.

## Up Coming Deadlines

The first deadline is for registration fees. As stated on the on-line registration and the Requirements document, all total fees (minus the deposit already paid) for each team is due by May 30. Any cancellations after May 30 and before June 27 will forfeit the deposit. Cancellations after June 27 will forfeit all fees paid. If all fees are not paid by May 30, the deposit will be forfeit and the team slot will be made available to another team.

The second due date is for medical forms. The Scouting requirement for medical forms is nothing new to any of you. We are asking that a copy of the class 3 medical form be sent to us for each **youth** and **adult** by July 21<sup>st</sup>. We require a class 3 medical form because this is a high adventure event. A class 2 medical form, typically used by Scouts at camp, can become a class 3 by filling out the medical history portion of the class 3 and putting it together with the class 2. While we can accept medical forms when arriving at Adventure Trek, please understand that without a medical form, participation will not allowed in this event. We will tell you in a future news letter where to send copies of the medical forms. Also remember that each unit is responsible for completing trip permits and youth permission slips.

## Detailed Registration Information

Attached to this news letter is a team registration for (in Excel spreadsheet format) requesting detailed information on each of the team members and the adults. This spreadsheet will need to be filled out and returned no later than May 23. There are 6 rows for team members so fill out rows 4 though 6 depending on the size of the team. If you have multiple teams coming, then fill out one sheet for each team. On the sheet you can give the team a name (make it appropriate) but we track the race results by team number (which is also on the race shirts).

We need to know shirt sizes for the registered youth AND adults. If anyone has any special medical needs please let us know. We need to know if you have a co-ed Venturing crew, and how many young women and women leaders are coming. We also need to know if anyone on your team has any special dietary needs or restrictions. Please complete and return this detailed registration form to Pat Mead, at the address shown on the form, Pat Mead is our quartermaster and will be handling the registration. You can do updates to this sheet after the turn in date. Let me know if you can't do an Excel spreadsheet. Pat can be reached at:

Pat Mead

Email: [pmead72@comcast.net](mailto:pmead72@comcast.net)

Phone: 503-614-1119

## Equipment

The following is a list of general equipment that will be needed. We have broken down the equipment in to what is needed for the different race legs.

### Base Camp Gear

- Mess Kit or equivalent (no paper goods at Adventure Trek (think no-trace)
- Something to hang mess kit in to dry
- Tent(s) (for the team)
- Sleeping bag
- Sleeping pad
- Pillow
- Personal gear

### Clothing

- Convertible Pants
- Wicking Jersey
- Hat
- Light waterproof jacket
- Polar fleece Jacket
- Hiking boots
- Something Warm for night time

### Boating

- Swim suit
- Water shoes
- Water gun (optional)

### Cycling

- Mountain Bike, Fitted correctly
- Two bike water bottles and cages (or water backpack)
- Flat Tire repair kit
- Frame pump
- Fitted helmet
- Bike Bag/backpack to carry lunch & other items
- Cycling shoes, etc (optional)
- Cycling gloves (optional)
- Compression Shorts (optional)

### Backpacking

- Fitted backpack
- Two water bottles
- Water filter or purification tablets 1-2 per team
- Backpacking Stove 1-2 per team
- Pot
- Pan
- Stirring Spoon/cooking utensils
- Mess kit

- Backpack Tent (not the tent used in base camp) – you can also sleep under the stars and not use a tent if you wish
- Sleeping bag & sleeping pad
- Space blanket
- Whistle
- All ten essentials • Pocketknife • First Aid Kit • Extra Clothing • Rain Gear • Canteen or Water Bottle • Flashlight • Trail Food • Matches and Fire Starter • Sun Protection • Map and Compass

### **Support Team Equipment**

- Bicycle Carrier, trailer, etc for transporting bikes to the event
- Vehicle(s) that can seat the team plus the adult support crew

### **GPS:**

If your crew has access to GPS that can be used hiking, please let us know. We are looking at having each team using a GPS during parts of the backpacking event.

I am looking forward to the race and meeting all of you. Remember if you have any questions or concerns contact me. Another news letter will be sent in April.

### **Dennis McGary**

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