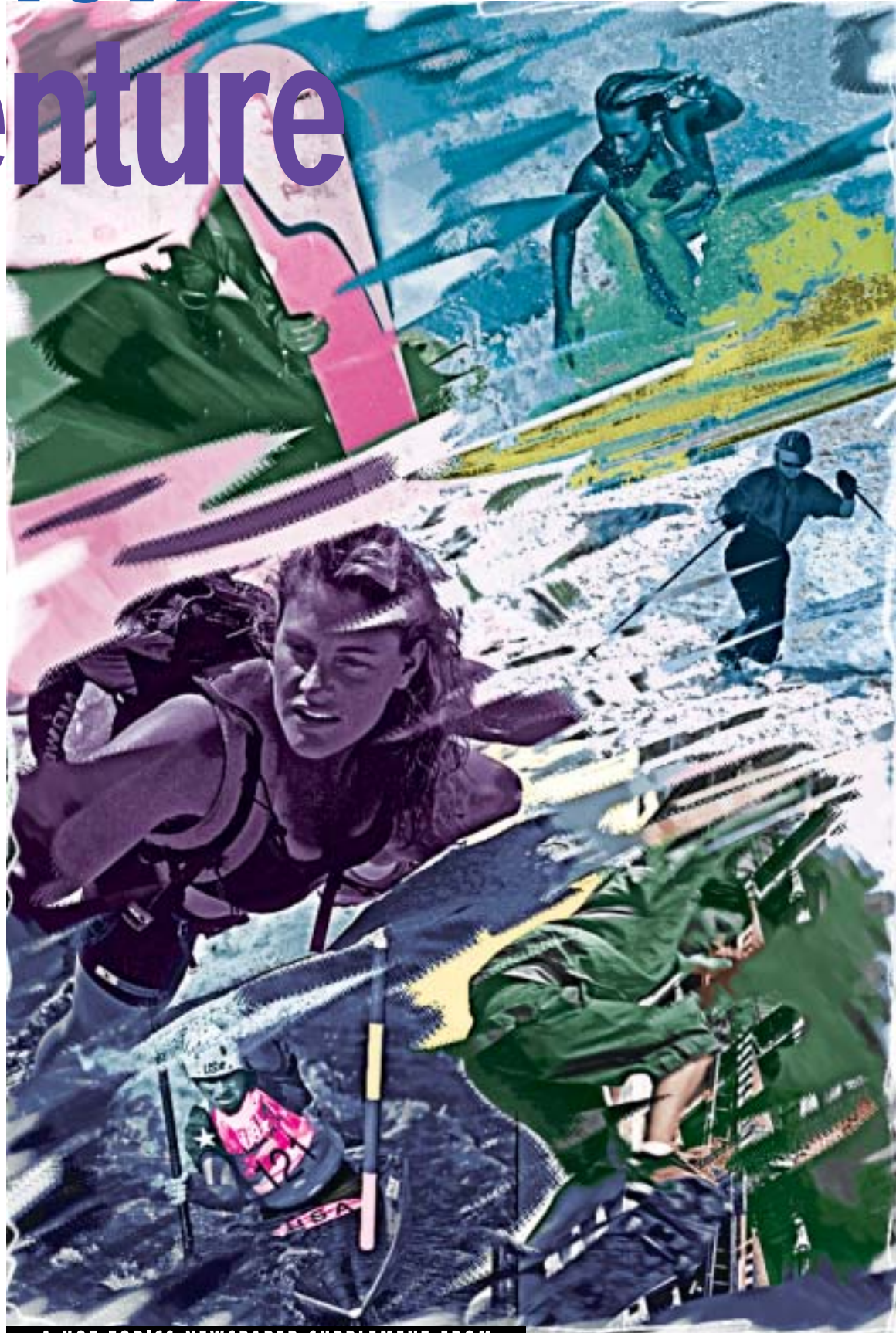




Women *of* Adventure



A HOT TOPICS NEWSPAPER SUPPLEMENT FROM



newspaper in education
Lexington Herald-Leader
winning educational excellence
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Women *of* Adventure

Introduction

This special section profiles women who have excelled in their lives of adventure. The materials have been developed from our one-on-one interviews with each woman. We think you will find their insights motivational as they pursue their own goals.

The featured women have all overcome daunting obstacles to achieve their goals. They are athletes, survivors, and artists. They perform as best as they are able within their limits, even while they are setting new limits. Because they have expressed their individuality through their outstanding performances, we can all be encouraged to seek higher and higher levels of achievement. By coming to know these women, we can all learn something about pushing our personal performance boundaries outward. Through them, we are reminded of the great satisfaction that comes from trying to do your best.

Women of accomplishment in all fields are finally getting some of the recognition and respect they deserve. They are fitting role models for people who need to know that anyone can set and achieve high performance goals if they are willing to put forth the effort and determination required to train, practice, learn from others, and “tough it out.”

The stories of these Women of Adventure are compelling, true tales that could inspire you in all areas of your life. As you think about them, let your imagination soar and think about your own future. What goals or ambitions do you have? What dreams would you like to achieve? Talk with your class about your possibilities. And, whatever ‘game’ you choose, think of the ways in which you can expand your boundaries and push the limits!



Women of Adventure



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Hot Topics Hot Serials

Cover Photos: Burton Snowboards, Tony Di Zinno,
Dana Chladek, Rookie, Sunniva Sorby, and Billabong



Women of Adventure

Photo: Greer & Associates



Ann Bancroft (left) and Liv Arnesen
Ann Bancroft: Arctic Explorer

About the Athlete

As the lone female on the 1986 Steger North Pole Expedition, Ann Bancroft became the first woman known to reach the North Pole. Then, as leader of the American Women's Expedition (AWE) in 1993, she became the first woman to reach both the North and South Poles. Ann and her partner Liv Arnesen skied 2,400 miles in 100 days across Antarctica, pulling 240-pound sleds across the highest, driest, coldest and windiest continent on Earth.



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Ann Bancroft:

Arctic / Antarctic

Expedition Leader

Antarctica is the most southern continent, capping the “bottom” of the Earth with a surface area of about 5,500,000 square miles. Antarctica is calculated to have 90% of the Earth’s ice. If all that ice melted at once, the world’s oceans would rise by about 200 feet.

Antarctica was first reported sighted by Captain James Cook in his voyage of 1772-75. Many have perished trying to explore this hostile land. The South Pole (called simply ‘Pole,’ not ‘the Pole’) was finally reached by Norwegian Roald Amundsen on December 14, 1911.

The Geographic Pole is a pole in the snow with a U.S. Geological Service survey marker on top of it. It says, simply, “90 Degrees South.” The Geographic Pole is resurveyed every year for two reasons. The ice, which is about three miles thick at this point, slowly moves at a rate of about an inch per day, and also because the earth’s rotation has slight wobbles. The marker posts from one year to the next are some tens of yards apart. Nearby is the Ceremonial Pole, a candy-striped pole several feet high with a shiny ball on top that is about one foot in diameter. This pole is used just for photos with visitors.

Ann Bancroft and Liv Arnesen needed to be mentally and physically fit to function in Antarctica because they felt as if they were at about 10,300 feet – this is called the physiological altitude. Without rigorous training, a person feels exhausted after a few dozen steps – and that’s before pulling a heavy sled! At least they were able to see – the sun shines relentlessly, even at midnight, for the six months between the winter and summer solstices.

The research done at Antarctica has fundamentally changed our understanding of the solar system. Since 1969, more than 20,000 meteorite specimens have been systematically recovered from the East Antarctic ice sheet. These meteorites have revealed that pieces of the Moon and Mars routinely arrive on Earth, bringing us valuable data about the asteroids and the nebula from which our solar system formed. Antarctic meteorites are the only reliable, continuous, and readily available source of new planetary material, and they are revealing the fundamental building blocks of the solar system.

Adventures in Learning

skills: analyzing characters, comparing, contrasting



In the newspaper: Find three articles about people who have accomplished an unusual feat. What characteristics do they share? How long did it take them? What do you think motivated them?

Also: Explorations around ice and snow can sunburn your eyes, causing snowblindness. To make a protective pair of goggles, carefully cut two horizontal eye slits in a piece of cardboard, fabric, or bark and fasten with a string around your head.

Women of Adventure

Photo: Billabong



Layne Beachley: Surfer

About the Athlete

Layne Beachley is a die-hard surfer who has managed to make her passion her career. She is a native of Hawaii, but called Sydney, Australia her home because of – easy guess – the surfing. She was also an accomplished writer and business person, taking an active role in all aspects of her professional life. She said she had to develop a mental toughness to match her physical stamina to become the world champion. “When you’re knocked down,” she said, “you have to get back up and fight and forget that you need to prove to anyone else that you’re a champion. You need to have the constant self belief and confidence to do it.”

Layne Beachley

Surfer

About the Sport

Every wave is different from the wave before it and the wave after it, much as each snowflake is unique. Waves vary in speed, size, and angle of approach. In this sense, surfing is much like life, with one-of-kind variables converging moment-by-moment.

In surfing, as in life, each wave requires a unique response in order to achieve harmony. Lose your focus or get beyond your depth and you will fail. In the pounding waves of a surf, failure can be devastating.

Surfing is centuries old. It was first reported to Europeans by British navy lieutenant James King in 1779, who saw Hawaiians surfing massive “boomers,” as “most perilous and extraordinary, altogether astonishing.” Over 150 years later, under the leadership of the legendary Duke Kahanamoku, surfing became recognized as an international watersport deserving of respect and support. Surfing migrated to California in the 1950s where it sparked a cultural revolution known as the “beach lifestyle.” The beach lifestyle, characterized by a nomadic pursuit of the “the perfect wave” and a rootless, no-commitment attitude, was chronicled forever in the surf music of the Beach Boys and Dick Dale. Surf movies further glamorized the surf culture. Amazingly, the first surfer movies were produced by inventor Thomas Edison in 1898.



Photo: Billabong

Adventures in Learning

skills: locating diverse places, investigating weather conditions



In the newspaper: If you were to go mountain climbing, kayaking, mountain biking, skateboarding, or surfing anywhere in the world, where would you go? Find those places in the weather section of your newspaper. What is the weather like today? Would today be a good day for it? On the web, go to one of the weather forecasting sites that reports local conditions, such as <http://www.weather.com>.



Women of Adventure

Photo: Tony Di Zinno



Robyn Benincasa: Adventure Racer

About the Athlete

Robyn Benincasa led the only three-women, one-man team in the Discovery Channel Eco-Challenge™ in Patagonia, South America in December 1999. She finished second in the Eco-Challenge™ in 1995 in Utah, the highest-placing all-US team in the history of the race at that time. Robyn also was on the winning team in the 1998 running of the Raid Gauloises in Presidio, Ecuador, making her the first American ever to win the Raid. In her spare time, she became the 1998 national Judo champion. When she was not training or competing, she was a firefighter in San Diego.

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Robyn Benincasa:

Adventure Racer

About the Sport

Adventure racing began with the first Ironman Triathlon in Hawaii in 1978. In a triathlon, competitors race each other as swimmers, bikers, and runners. Adventure races have since been created to draw on many other extreme sports, including climbing, whitewater rafting, and mountain biking.

Contestants say they race up mountains, through swamps, down rivers, and across ice fields to challenge their mental and physical toughness. By turning in a superior performance amidst such hardships, they prove they have not been compromised or softened by a world largely protected from threats to survival.

The Discovery Eco-Challenge™ was held in places around the world from Patagonia in Argentina, to British Columbia in Canada, Queensland in Australia, Borneo and Utah. These teams usually consisted of four men and women combined, and the races were organized to raise environmental awareness. The teams race 300 miles non-stop, 24 hours a day for 6 to 10 days, utilizing only non-motorized transportation such as canoes, kayaks, mountain bikes, whitewater rafts, horses, their feet, and climbing ropes. Only teams that can work together as friends had any hope of reaching the finish line together, so honest communication, compassion, and remaining mission-focused are essential skills. This adventure race provided rigorous training for life improvement!



Photo: Tony Di Zinno

Adventures in Learning

skills: using graphics, understanding the marketplace



In the newspaper: Take a look at various ads in your local newspaper. Critique the ads for visual appeal, for how well they convey a message, and for entertainment value. Use the most effective techniques to create an ad for some adventure sport equipment.

Also: Organize a team with three or four friends. Try to accomplish something together within a short time, such as building a wall out of children's blocks or a bridge out of ice cream sticks. Or try to direct a team member who is blindfolded through an obstacle course. What do you notice about team communication? How important is trust, and what were some of the ways you established it?



Women of Adventure

Photos: Jorge Visser



Katie Brown: Rock Climber

About the Athlete

Katie Brown was the talk of the climbing world. At 18 years old, she tore up the competition and won 17 national and world titles, including three gold medals in the ESPN X Games. Katie made her mark in the climbing world at age 15 when she won three US Nationals and the X Games. Katie had many stories to tell about her accomplishments both on and off the rocks.

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Katie Brown:

Rock Climber

About the Sport

Climbing a physical obstacle as large as a mountain speaks to a yearning as old as civilization. Attaining the summit of a mountain helps us to understand and respect the mountain, and thereby conquers our fear of it. It's also fun to see if we are up to the challenge of the ascent, and we are by nature curious about what is on the other side! Getting to the top of a mountain under your own power holds a fascination and, when it is successful, a satisfaction that is universal.

Mountain climbing is an individual challenge and achievement, yet it is also a team-only activity.

Serious climbers must work together to get up and down a peak successfully. When you are on a climbing team, you literally hold each other's lives in your hands. The safety of everyone depends on the preparedness of each team member. Beyond the physical and mental rigor, survival skills like first aid and camping are essential for the times when aid cannot be reached for many hours or even days.

There are basically two types of climbing: technical and non-technical. Non-technical climbing requires little more than sheer energy and an honest appreciation of one's

own limitations. Technical climbing is more complicated and more difficult in all respects, characterized by the need for specialized gear and trained companions. Technical climbing is further divided into rock and ice climbs. Ice climbing is generally viewed as the most difficult because technical skills must be combined with painstaking planning and cold-weather survival skills.

Adventures in Learning

skills: writing for fluency, creating dialogue



In the newspaper: Choose a comic strip character. Create your own version of the comic strip where that character gets involved with an adventure sport. Write the dialogue for a short series of strips.

Also: Walk the Talk (or climb if you can!) with this vocabulary:

PITON – metal blade with an open eye at the blunt end, driven into cracks to secure ropes.

CARABINER – snaplink used for connecting rope and other climbing aids.

ROOF – a severe overhanging rock requiring upside-down climbing.

BUCKET – a very good hold to grab.

BARNDOOR – an out-of-balance climber swinging away from the rock.

SMEAR – holding on to the rock using friction from the climber's rubber footwear.



Women of Adventure

Alison Dunlap: Mountain Biker

About the Sport

Mountain bike racers travel downhill over rough terrain at speeds of up to 60 miles per hour, requiring state-of-the-art tires, gears, and protective clothing. Gravity is NOT our friend, they say! This is a far cry from the beefed up and stripped down Schwinn bicycles that were ridden down mountain roads in Marin County, California just prior to WWII by a small and unknown group of thrill seekers. Since those earliest days, mountain bike racing has been a driving force behind advances in technology for all types of bikes.

The first official mountain bike race took place on October 21, 1976. The race was called the Repack because the brakes of the bikes required repacking after each race due to the extreme pitch. By 1983, the Stump-jumper™ was released – it was the first mass-produced, commercially available mountain bike. These bikes could be ridden anywhere, and they were so popular they fueled an explosive growth in new product development. By 1986, sales of mountain bikes surpassed road bikes. Today's best bikes are lightweight designs of space-age ceramic and composite materials with sophisticated suspension and 24-speed gearing.



Photo: GT



Photo: GT

Alison Dunlap: Mountain Biker

About the Athlete

Alison Dunlap began bike racing while getting her biology degree. She was cut from the college soccer team, stopped by a campus cycling club meeting, and was hooked. By the time she graduated in 1991 with her degree in biology (she wanted to be a professor), she had won two national road championships. She was at the top of the World Cup mountain bike circuit, and participated in the Olympic Summer Games mountain bike medals. "I love mountain biking," she said. "There's no cheating and no hiding, like there can be with road racing. We're all out on our own. The strongest rider almost always wins the race."

Adventures in Learning

skills: making predictions, sequencing



In the newspaper: Make inferences based on a photo of someone involved in an adventure sport. What happened just before? What is going to happen next? Where is this taking place? How is this person feeling? What is happening just outside the view shown in the picture?

Also: Mountain bike racing has evolved into several sub-types:

CROSS COUNTRY RACING – Race against competitors and the clock on closed course. Rough, technically challenging terrain. This became an Olympic medal sport in 1996.

DUAL SLALOM RACING – Race against one other rider featuring tight turns.

OBSERVED TRIALS – Race through a course with obstacles and hazards without "dabbing" (putting their feet down for balance).

UPHILL RACING – Timed competition of sustained climbing.

DOWNHILL RACING – Race against the clock for the best descent on closed course.

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Women of Adventure

Photo: Peter Whittaker



Laura Evans: Mountaineer, Cancer Survivor

About the Athlete

Laura Evans ended her seventh week of isolation during a bone marrow transplant while fighting stage three breast cancer. It was then that she dreamed of climbing the highest mountain in the Western Hemisphere. After climbing Mt. Aconcagua (22,841 feet), she went on to found Expedition Inspiration, a non-profit organization dedicated to raising awareness and money for cancer research, education and patient support.



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Laura Evans: Mountaineer

About Laura's Passion

In 1995, Laura accomplished her greatest personal goal when she co-led a team of breast cancer survivors to the summit of Mt. Aconcagua. Because of the overwhelming success of the project, Laura and her team were honored in a private reception by Hillary Rodham Clinton at the White House and by Justice Sandra Day O'Connor at the Supreme Court. Media coverage was extensive, and Laura and her team communicated clearly their belief that "through positive attitude, determination and will, one can live with a life threatening illness and go on to achieve unlimited goals."

Laura continued to climb to focus attention on the fight against breast cancer. She has climbed more than a dozen more mountains, including Mt. Rainier (USA, 14,411') twice, Mt. Whitney (USA, 14,496') twice, and Mt. Kilimanjaro (Africa, 19,340') twice. Laura's message focuses on the belief that every individual has personal mountains to climb which can be achieved with a belief in dreams, overcoming fear, and a desire to dare.

Laura's story became a book, *The Climb of My Life*, and it has helped others deal with the pain and fear of a life-threatening disease and explore personal changes that can lead to a healthier mind and body.



Photo: Peter Whittaker

Adventures in Learning

skills: understanding cause and effect, recognizing the needs of humans



In the newspaper: Select foods from ads in the newspaper and create a cause and effect chart showing how certain foods can affect an athlete's performance.

Also: Contact the American Cancer Society for more information about breast and other types of cancer, and ask your parents if there is a history of cancer in your family. Who is most likely to be at risk? How often should a woman receive a mammogram, and at what age should they begin? What are some anti-cancer actions that everyone can take to promote good health?

Women of Adventure

Victoria Jealouse: Snowboarder

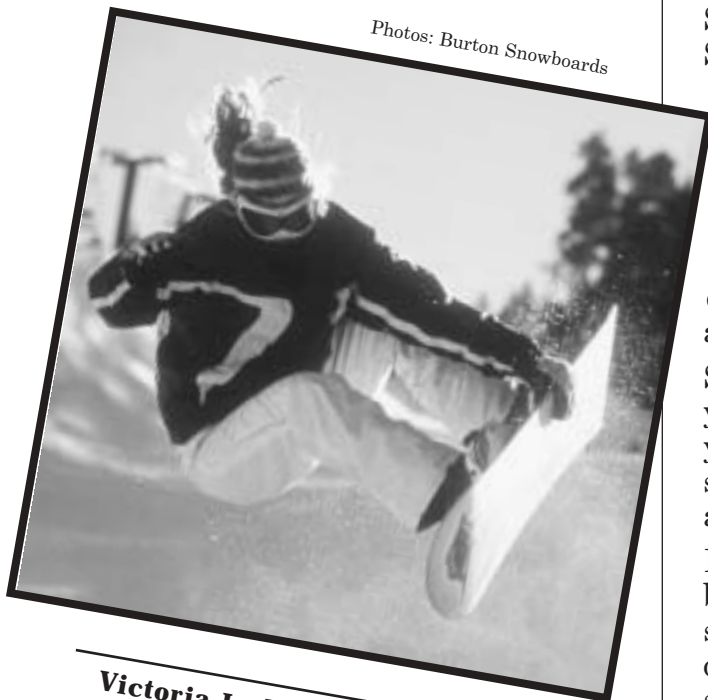
About the Sport

Snowboarding was invented in 1965 by Michigan engineer Sherman Poppen after he watched his daughter Wendy attempting to stand on her sled while sliding on the neighborhood hill. He was inspired to go to his garage, screw a pair of children's skis together with dowels, and offer this modified "sled" to Wendy. She rode it down the hill with glee, and soon Sherman was building a "Snurfer" (snow + surf) for every kid in the neighborhood. He sold millions over the next decade, eventually inspiring snowboarding pioneers to develop and manufacture modern designs.

Snowboarding was reviled by skiers and the ski industry for years. Snowboarders, it was believed, were just reckless youngsters who posed a danger to "civilized" skiers on "their" snow. Culturally, snowboarders were to clash with skiers around issues of apparel, snow slope etiquette, and tradition.

Eventually, snowboarders were accepted as equals with skiers because of their obvious skill and shared respect for the snow sliding experience. Most ski areas now welcome snowboarders, often providing long half-pipe runs similar to those used in skateboarding. Some ski industry observers say snowboarding saved the sport of skiing by re-energizing it with complementary equipment that attracted a younger generation to the slopes.

Victoria Jealouse was among those attracted to the extreme aspects of the sport, always pushing to go faster, steeper, and longer. It is common for snowboarders to go deep into mountainous backcountry by helicopter or snowcat in order to enjoy tens of thousands of pristine vertical feet during a day. Snowboarders who are also boardsailors are adapting their snowboards to accommodate sails that allow them to sail up the hills, thereby eliminating the need for lift rides or treks uphill. Though in its infancy, wind snowboarding is building a loyal following. In the upcoming decade, many more technical and skill innovations are expected to be tried.



Photos: Burton Snowboards

Victoria Jealouse: Snowboarder

About the Athlete

Victoria Jealouse carved some of the fastest and most powerful snowboard lines down majestic peaks in Alaska and other exotic locations. Her images, both in film and stills, were favorites amongst the many acrobatics that fill television screens and pages of snowboarding magazines each winter. She was a frequent visitor to the World Championships of Extreme Snowboarding, called "the King of the Hill" (the women's title goes to the "Queen"), held each year in Valdez, Alaska.



Adventures in Learning

skills: comparing price, quality, and features of goods, solving mathematical problems



In the newspaper: Find ads for used adventure sport equipment. Compare the prices of the various items. What sport would be the most costly?

Also: Visit a snowboard and ski retailer. Talk to a knowledgeable salesperson about the differences between types of boards. What design features make a snowboard behave with certain characteristics? Ask about the differences between skiers and snowboarders.



Women of Adventure

Sy Montgomery:

Adventure Author

About Sy's Passion

Sy Montgomery had unique insights about the other living creatures that share our planet. As an internationally honored nature writer and conservationist, she considered it her privilege and mission to make their stories known to all of us.

She routinely took personal risks just to get closer to her subjects. She modeled her approach on the three women primatologists she profiled in her first book: Jane Goodall with her chimpanzees in East Africa, Dian Fossey with her African mountain gorillas, and Birute Galdikass with her orangutans in Borneo.

She also found that these three dedicated scientists had broken the cardinal rule of biological science: don't get attached to your subjects. These women had, in fact, become very attached to the apes they studied, even to the point of desperately trying to protect them. In the process, they had revolutionized the field of biology. Fossey paid the ultimate price for protecting of the mountain gorillas she studied—she was murdered in 1985 by poachers.

These are the stories Montgomery told, of courageous scientists finding animal secrets in remote areas. To tell the stories, she often had to put herself in uncomfortable and sometimes dangerous circumstances.

Her most dangerous assignment? "Studying the orangutans in the jungles of Borneo through swamps in the dark. There are tons of leeches, which are not as nice to find in your underwear as snakes," she said. "The trees had poisonous sap and spikes that could kill you if you slipped and fell on one. One of our group nearly died when a poisonous caterpillar dropped on her back from above."

Why does she risk life and limb to tell her stories? "I want people to care about the animals and their habitats," she said. "People will protect what they care about. If I can get people, especially kids, to care about animals even though they fear them, they can protect them."

Photo: Nic Bishop



Sy Montgomery: Adventure Author

About this Outstanding Woman

Sy Montgomery has been chased by an angry silverback gorilla in Zaire and bitten by a vampire bat in Costa Rica while researching her books. She spent a week working in a pit with 18,000 snakes while writing *The Snake Scientist*, been harassed by an orangutan in Borneo and hunted by a tiger in India. She also swam with piranhas, eels, and dolphins in the Amazon. Sy writes inspirational books for young readers too.

Adventures in Learning

skills: writing creatively, investigating the characteristics of living organisms



In the newspaper: Select a photo of an animal in the newspaper. Write your own story about the animal and an unusual encounter in the wild. Write a detailed description of your adventure and how you felt about it.



Women of Adventure

Photo: Jeff Cooper



Sunniva Sorby: Arctic / Antarctic Expedition Leader

About the Athlete

Sunniva Sorby made history on January 14, 1993 as one of the four team members of the American Women's Expedition (AWE) who reached the South Pole on foot, covering 660 miles in 67 days. Sunniva has run in 8 marathons and also kayaks, bikes, and skis.



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Sunniva Sorby:

Arctic / Antarctic

Expedition Leader

About the Adventure

Pulling the 200-pound sled lashed to her waist caused Sunniva shooting pains down her arms and severe muscle spasms in her neck. The bitter air hurt her lungs and caused a bad case of bronchitis that could not heal outside of the sleeping bag. But day after day, fighting against 70-mile per hour winds and 40-below-zero (F) temperatures, she persevered mile after mile because the three other women in her team depended on her.

The American Women's Expedition (AWE) was slowed by Sunniva's injuries, but she did not let her team members down. With team leader Ann Bancroft and team members Ann Dal Vera and Sue Giller, they became the first women to reach the South Pole by human power alone.

While reaching the South Pole was a success, the team's original goal was a Trans-Antarctic crossing. But, according to Sorby, only Bancroft was in any condition to attempt the second half of the journey, so Bancroft called a team meeting just prior to the Pole and they decided to stop there and fly out of the ice desert.

Her training was not just a hike in the park. Near her home in San Diego, she hauled several tires behind her on foot to simulate the pull of the sled on skis. She also has done a training mission across Greenland that was "a big confidence booster."

Adventures in Learning

skills: understanding cultural differences, writing fluently



In the newspaper: Look in the obituary section for hobbies of people who died recently. How have hobbies and interests of people changed over the years?

Also: Look at a map and find Antarctica. Did you know that no one country lays claim to this continent, but instead it is jointly administered and protected by a multinational commission? Use the Web to find out more about this land of ice and share five or six surprising facts with someone else. Check out <http://www.cia.gov/publications/factbook/geos/ay.html>

Women of Adventure

Jesse Van Roechoudt: Skateboarder

About the Sport

Skateboarding has an uncertain beginning — some say surfing, others say push-scooters — but it unquestionably embodies an outlaw, extreme culture. It has led to the snowboarding, inline skating, street luge, and wakeboarding sports.

Skateboarding is either "street" or "vert." The objective is always the same — to test your limits of skill by successfully landing a trick, staying on the board, and continuing to skate.

Streetstyle skating is extremely difficult to master. Street tricks are performed on any, and every, available obstacle that looks like it can be ridden over, on, or jumped. Park benches, hand rails, loading ramps, garbage cans, and even monuments are fair game.

Vert skating — so-named because the skater moves from a horizontal to vertical plane — takes place in a pool, basin, or half-pipe. A half-pipe resembles a big 'U' and the skaters go up and down inside of it.

Skateboarding has its detractors because so much of street skating is done in public spaces. It has become more accepted, however, as people come to appreciate the superb skills of the top skaters.



Photo: Billabong

Jesse Van Roechoudt: Skateboarder



Photo: Rookie

About the Athlete

Jesse lived in San Francisco where the city's many hills have provided her with a rich base of "street boarding" experience. She said she will compete anywhere, anytime, with men or women. She was an outspoken advocate for increasing the opportunities for women to compete. The street boarding has paid off — Jesse has skated in the World Cup.



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Adventures in Learning



skills: understanding safety rules, organizing information

In the newspaper: Find a story that describes an accident. Could it have been prevented? Create a flow chart showing how.

Also: A new sport, a new language. Some of the terms for the cool skaters:

TRUCKS — steering and axle assemblies, each of which have two wheels mounted to them. The trucks are mounted to the **DECKS**, which are either **STUNT** boards (very agile) or **CRUISER** boards (longer, more stable at faster speeds).

CAB — skater spins 360 degrees without grabbing the board. Named after Steve Caballero who invented it.

INVERT — skater jumps and sets one hand down and balances while upside down holding the board with the other hand.

STALE FISH — skater jumps frontside and grabs the back rail with his back hand.

McTWIST — skater jumps and spins 540 degrees with the board with an inverted twist.



Women of Adventure



Web Links & Resources

Burton Snow Boards

<http://www.burton.com/>

Check out the "Riders" section. Burton has a lot of women of adventure tearing up the slopes.

Billabong

<http://www.billabong.com/intro/main.htm>

If you are looking for the coolest surf, snow and skate site on the Web, look no further!

Outside Magazine Online

<http://www.outsidemag.com>

Check out this site where you can design your own adventure and maybe even get it paid for through an adventure grant.

Outward Bound Wilderness

<http://www.outwardboundwilderness.org/>

Explore the wilderness adventures that are offered in the United States and throughout the world.

MountainZone

<http://www.mountainzone.com>

Here is a great source for activities in the mountains.

The Raid

www.theraid.org

The Raid is a non-stop, long distance adventure race involving a variety of sports

Ginette

<http://www.shivacharity.org/ginette.html>

Read about Ginette Harrison who lost her life climbing Mt. Everest.

Please note that web sites frequently change.



MESSAGE: WOMEN OF ACTION AND DARING
1. WHITEWATER 2. JEALOUSE 3. CLIMBING 4. BEACHLEY
5. ARNESEN 6. MOUNTAIN 7. BANCHOFT 8. KAYAKING
9. VAN ROECHOUDT 10. COMPETITION 11. KATIE BROWN
12. SKATEBOARDING 13. BENINCASA 14. BIKE RACING
15. DUNLAP 16. PADDLER 17. CHLADEK 18. ECO-CHALLENGE
19. SORBY 20. EXPEDITION 21. EVANS 22. MONTGOMERY

Solution To Message Tube on page 16

A "Message Tube" Puzzle for You to Solve

This is a type of word find puzzle. Each word or phrase is hidden in one of the 22 numbered horizontal rows below. You will notice that in each row one letter of the hidden word is missing. When you have printed the missing letter from each of the 22 words, read the added letters from top to bottom. They will spell a phrase that summarizes the topic of this newspaper supplement.

Here are the words to look for:

ARNESEN
 CLIMBING
 JEALOUSE
 SKATEBOARDING
 BANCROFT
 COMPETITION
 KATIE BROWN
 SORBY
 BEACHLEY
 DUNLAP
 KAYAKING
 VAN ROECHOUT
 BENINCASA
 ECO-CHALLENGE
 MONTGOMERY
 WHITEWATER
 BIKE RACING
 EVANS
 MOUNTAIN
 CHLADEK
 EXPEDITION
 PADDLER

solution found on page 15



1.	O	W	H	I	T	E		A	T	E	R	N	Y
2.	T	I	J	E	A	L		U	S	E	M	B	A
3.	Q	U	E	C	L	I		B	I	N	G	A	M
4.	B	E	A	C	H	L		Y	A	R	N	S	O
5.	D	R	U	M	A	R		E	S	E	N	T	L
6.	S	M	A	V	E	M		U	N	T	A	I	N
7.	B	A	N	C	R	O		T	R	O	L	I	M
8.	R	E	F	K	A	Y		K	I	N	G	E	W
9.	V	A	N	R	O	E		H	O	U	D	T	E
10.	A	C	O	M	P	E		I	T	I	O	N	D
11.	Z	E	L	K	A	T		E	B	R	O	W	N
12.	S	K	A	T	E	B		A	R	D	I	N	G
13.	R	U	B	E	N	I		C	A	S	A	L	T
14.	A	B	I	K	E	R	A	C	I	N	G	C	Y
15.	P	E	L	A	D	U		L	A	P	D	A	K
16.	N	O	W	P	A	D		L	E	R	M	O	R
17.	V	E	C	H	L	A		E	K	A	L	I	N
18.	X	E	C	O	C	H		L	L	E	N	G	E
19.	U	M	B	E	S	O		B	Y	T	E	R	N
20.	R	E	X	P	E	D		T	I	O	N	S	A
21.	L	O	N	E	V	A		S	T	I	D	E	R
22.	B	E	M	O	N	T		O	M	E	R	Y	T