

Volume 1 • Issue 1

April 2012

Welcome!

Welcome to 180 Adventure's first issue of "On Pace..." a newsletter written by our volunteer staff and partners: Zanfel, Brave Soldier, and Get Fit Staying Fit. It's filled with great tips on adventure race-related products, training, and nutrition. Hope you learn something new!

Stubborn Mule Returns June 30

Are you tough enough to canoe, bike and run for 12 hours?!? 30 hours?!? Whether you're a seasoned adventure racer or this is your first race, Stubborn Mule will be a fun and rewarding challenge. With 12- and 30-hour races to choose from, and a multitude of team configuration options, there's no excuse not to come out and prove that you are stubborn enough to tame the mule!



For more information and to sign-up, visit us [online](#).

Zanfel Destroys Poison Ivy

by Zanfel

Are You Allergic To Poison Ivy? Poison ivy, oak, and sumac belong to a family of plants that produce one of the most common allergic skin reactions. Experts estimate that about 85% of the population is allergic to



Leaves of Three

urushiol, the oil found in the sap of these plants. The allergic skin reaction occurs after the urushiol toxin bonds with skin cells after a person's contact with the poison ivy plant, or with gear or clothing that has been contaminated. The toxin remains bonded to skin cells for 2 – 3 weeks after exposure.

Poison ivy grows as a small shrub or climbing vine. The plant has a compound leaf with tree leaflets, hence the old saying "leaves of three, let it be". Poison Ivy leaves can have smooth or serrated edges. These leaves turn bright red in the fall. The plant has green berries in the spring, which turn white later in the year. The poison ivy vine has hairy looking roots it uses to stick to tree trunks and branches.

During the summer months, exposure to poison ivy, oak, and sumac plants cause one

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of the most common summer time health problems - contact dermatitis. Knowing where these plants grow is just as important as knowing what they look like. Please take a look at the plant map to learn which of these plants grow in your area.

How To Remove The Poison Ivy Plant's Oil From Clothing And Gear

The poison ivy, oak, and sumac plants' toxin is an oil, called urushiol. In order to remove this oil from clothing, garden tools, camping gear, etc., one could use a solvent or a soap. Solvents dissolve oils. Washing contaminated items with solvents like gasoline, kerosene, or alcohol would help to dissolve the urushiol oil, but all three are toxic and flammable. A better option is to use soap. Soap doesn't dissolve oils, rather it pulls oils off of surfaces and into water, where they can be washed away. A regular cycle in the washing machine with laundry detergent should be sufficient to decontaminate most clothing. Tools and camping gear can be decontaminated by washing these items with a soap like Dawn liquid dishwashing soap, and water.

Zanfel Poison Ivy Wash – Zanfel is the only product clinically shown to remove the poison ivy plant's toxin from the skin, anytime after



*Eastern
poison
ivy leaves
(left)
& vines
(right).*



outbreak of the rash, while relieving itching in 30 seconds. Zanfel is a safer, more effective option than the steroids or antihistamines commonly prescribed for poison ivy. For

most cases of poison ivy, one application of Zanfel (per affected area) is adequate to stop itching, and help begin the healing process. Zanfel is sold in chain and independent pharmacies nationwide. www.zanfel.com

To locate the type of poisonous plants found in your area, refer to the [Poison Plant Map](#) of the U.S., provided by Zanfel.



*Yamuna balls and
wakers*

A Ball, Your Body, and the Floor Yamuna Body Rolling as Self-Massage

By Megan Renneberg,
Yamuna Body Rolling Student

Adventure racers and endurance competitors are well aware of the value of massage, yoga, foam rolling, and basic static stretching to help relieve muscle tension and strain, as well as prevent injury. Yamuna Body Rolling (YBR) is a great alternative and adjunct to those therapies. Athletes seeking an affordable way to stretch, tone, strengthen, and align their own bodies will benefit from YBR, though you don't have to be an athlete to take advantage of this therapy.

Yamuna Body Rolling is a combination of therapies that uses balls of different sizes and firmness. The weight of your body on the balls acts to massage, stretch, and lengthen your muscles. Other benefits include improved posture, range of motion, and alignment, as well as increased muscle tone, flexibility, and organ function. "We have a saying in Yamuna. It hurts so good!" Mona Melms, owner and fitness instructor at Studio Melt, has repeated this statement in every

YBR class I've attended. She usually states it after a bout of moaning is heard throughout the entire class. It's a nice way to remind us that the pain we may feel at the moment is worth the relief felt after.

Yamuna Body Rolling is becoming increasingly popular these days, but it has actually been around since the mid 90s. Yamuna Zake developed Body Rolling from her therapy system called Body Logic, which is a hands-on therapy she created over 25 years ago to recover from her own injury. YBR routines start by rolling the body over the ball, progressing along the muscle from origin to insertion. The pressure of your body on the ball helps to create space between the joints and elongate the muscle, which in turn relieves tension and pain. During the class, Melms has us lie on our backs after each leg routine to feel the difference in our bodies. After rolling out the first leg, most participants can see that one leg is longer than other before rolling out the other one.

Melms suggests purchasing the unique Yamuna balls and practicing it two to three days a week. However, before you decide to purchase your own balls and practice it on your own, you may consider taking a class. The other benefit of taking her class is practicing Yamuna Foot Fitness for the first 10 minutes of class, which helps "wake-up" the feet, but that's a whole other topic to discuss. Studio Melt is located on State Street in Madison, WI. A drop-in session is \$15. To find a practitioner in your area, visit http://yamunabodyrolling.com/practitioners/find_a_practitioner/.

For more information on Yamuna Body Rolling and Foot Fitness, visit <http://yamunabodyrolling.com>

\$1000 Cash Prize, 1st Basis Consulting Adventure Race Series

New in 2012: An adventure racing series sponsored by [1st Basis Consulting](#). The winning team will take home \$1000! Series includes: 180's Stubborn Mule, [WARS' SKMC](#), and [Ya Mule's MAFF](#).

1st Basis Consulting Adventure Race Series rules:

1. Open to any 2-, 3-, or 4-person co-ed teams.
2. All teams compete against each other in the series, regardless of team configuration.
3. Teams must keep the same configuration: same team members and team name throughout the series.
4. Each team may use an alternate team member ONCE in the series.
5. Scoring: 1st place = 1 point, 2nd place = 2 points, 3rd place = 3 points, etc. If there are 50 teams, the last place team will receive 50 points.
6. If a team misses a race completely, they will score after the last place team. For example, if there are 50 teams in the race, any team that does not race will score 51.
7. The winning team (team with the lowest score) after all three events will win \$1000.
8. Teams racing Stubborn Mule will automatically be entered into the series.

New Card Game Makes Fitness Fun

Press Release

[Get Fit Staying Fit](#), a Madison, Wisconsin based company for fitness equipment and personal training, today, announced the release of GetFitsu, a multi-level workout card game that takes a lighthearted approach to strength training.



“GetFitsu is a convenient, portable, no equipment needed, body weight workout card game that can be played by anyone over the age of five,” said Matthew Poster, owner and lead motivator at Get Fit Staying Fit.

Designed to be played individually or in a group, GetFitsu uses progressive levels of difficulty in the following categories: pushing, legs, core, full body, pressing, and pulling.



The GetFitsu card game is available online at www.GetFitsu.com/equipment. A deck retails at \$14.99. With the purchase you get access to online workout videos that explain each exercise and suggest techniques for increasing and decreasing the level of difficulty.

Let Brave Soldier Clean Your Wounds

by Brave Soldier

Rather than allowing a wound to dry out and a scab to form, moist wound healing is creating and maintaining a moist environment throughout the healing process. Though the common method for treating acute, minor wounds has always been to cleanse, treat, heal and protect, some health care professionals suggest how we perform these steps should change to incorporate moist wound healing techniques.

It seems counter-intuitive to keep a wound moist to promote healing. Conventional wisdom states that a wound should dry out, breathe, and a scab allowed to form. After all, scabs are commonly referred to as “nature’s band-aid.” However, recent studies have shown these assumptions to be false, and that dry healing isn’t as beneficial as moist healing.

The purpose of a scab is to protect the injury from environmental contamination and infection, but the scab also stands in the way of new tissue generation. Therefore, with scabbing, a wound takes more time to heal, and the risk of scarring is greatly increased. With moist wound healing, the moisture prevents a scab from forming, and epithelialization occurs twice as fast as dry healing environments. Other benefits of moist wound healing are decreased pain, prevention of cell death, and the ability to break down dead tissue.

To avoid infection and chances of scarring, take immediate steps when the injury occurs. First, stop any bleeding and evaluate the injury to determine whether any nerves, tendons, ligaments, joints, bones, or internal organs have been injured. If so, emergency medical attention may be required. Clean the wound of dirt and debris using an

antibacterial soap. Showering is recommended, as running water will help flush out dirt and grit. If you're outdoors where no clean water is available, First Defense from Brave Soldier is a great product to use immediately after an injury occurs. First Defense cleanses away debris with powerful, yet soothing, antiseptic wash that doesn't sting. The wound can then be showered clean when you get home. Keep in mind that you don't have to attempt to scrub out every last piece of grit or dirt in the wound. Most of the grit will "float" out of the wound on its own if a moist dressing is used.

After cleansing, dab the wound with an antiseptic solution, like Brave Soldier's Antiseptic Healing Ointment, a unique blend of healing botanicals and powerful pharmaceuticals that heals wounds up to forty percent faster and greatly reduces the chance of scarring. An ointment like this will keep the area moist once the dressing is applied. Cover the wound with a moist dressing that is porous enough to allow water vapor to escape, but airtight enough to prevent bacteria or water from getting in. A good choice is a nonstick, tefla pad coated with antibacterial ointment. The moisture level of the wound should be checked and remoistened three times a day with petroleum jelly or an antiseptic solution like Brave Soldier's Antiseptic Healing Ointment. First Defense can also be used intermittently for cleaning.

The main goal of moist wound healing is to allow the body to heal itself naturally by giving cells the moisture they need to proliferate, and to protect the wound from outside contamination. Athletes trust the wound healing products provided by Brave Soldier. Everyday, they face road rash, and other serious, or uncomfortable injuries. Our

products are also useful as part of your standard first aid kit, and for performing beneficial moist wound healing techniques. By keeping Brave Soldier Antiseptic Healing Ointment and First Defense on hand, you can protect you and your family from wound complications and disfiguring scars.

Brave Soldier is a proud sponsor of Stubborn Mule and has graciously provided a limited time discount. To take advantage of this great offer, shop at [Brave Soldier](#) and use the following code at check-out.

Coupon code: AYV0K578G
Discount: store-wide 15%
Expiration: Jan 1, 2013



Brave Soldier Challenge

Brave Soldier has teamed up with Set Up Events to create a new type of athletic challenge in the Brave Soldier Challenge. Participants will navigate various challenges that will test endurance, strength, agility, and speed. The six events are scheduled for May-September of 2012 and will be located in Wilmington, NC, Charleston, SC, Washington, DC, Virginia Beach, VA, Atlanta, GA, and Pensacola, FL. For more information view their [Flyer](#) or visit their website: [Brave Soldier Challenge](#).

Would you like to get published in the next 180 Adventure newsletter? We want to hear from you. Race reports, gear reviews, photos, nutrition and exercise tips. Email info@180adventure.com with your newsletter contributions or story ideas, and you could be included in the next issue.

Trail Bites

Tasty & Healthy Recipes to Satisfy Trail Hunger

by Carol Johnson

Looking for a more natural, healthy alternative to power bars on race day? Typical processed energy bars contain added sugars like fructose that can spike your blood sugar, take longer to digest, and lead to an upset stomach.



Almond Coconut Chewy Cookies

Naturally occurring sugars found in fruits and vegetables have a low glycemic index but still provide needed carbohydrates for race day energy. Here's my favorite quick-energy "bar" recipe that also contains the anti-inflammatory power of chia and flax to help in muscle recovery.

ALMOND COCONUT CHEWY COOKIES

1 1/2 C soft Medjool dates, pitted (pack them down in the measuring cup)
1C raw almonds, processed into chunks or chopped
1C walnuts
1/2C shredded, unsweetened coconut
2T brown rice syrup as needed
2T ch-ch-ch-chia seeds
2T ground flax seed

Using a food processor, process almonds first, then add walnuts, dates, coconut, chia, and ground flax. Process until chunky and batter sticks together easily. If needed, add brown rice syrup to help the batter hold together. Form into round balls with your hands, and store in freezer until race day.



Notes from the Race Director

by Paula Waite

With the mild winter and early spring, it's been easy to get a jump start on Stubborn Mule planning and scouting. Early season scouting does present its own challenges, though. Riding Wisconsin gravel and two-track just after the frost is out can be like riding in quicksand. That's still better than Michigan sand, though, right?

The course is coming together nicely. Look forward to scenic canoe sections, plenty of remote biking, and a good variety of land nav/trekking. Watch for distances to be published in our next issue.

Finally, we have a new start/finish area for this year's race - complete with showers! Hopefully this isn't too disappointing for those of you who enjoyed the alfresco garden hose shower at Nine Mile last year.

See you out there!

Please support our partners

