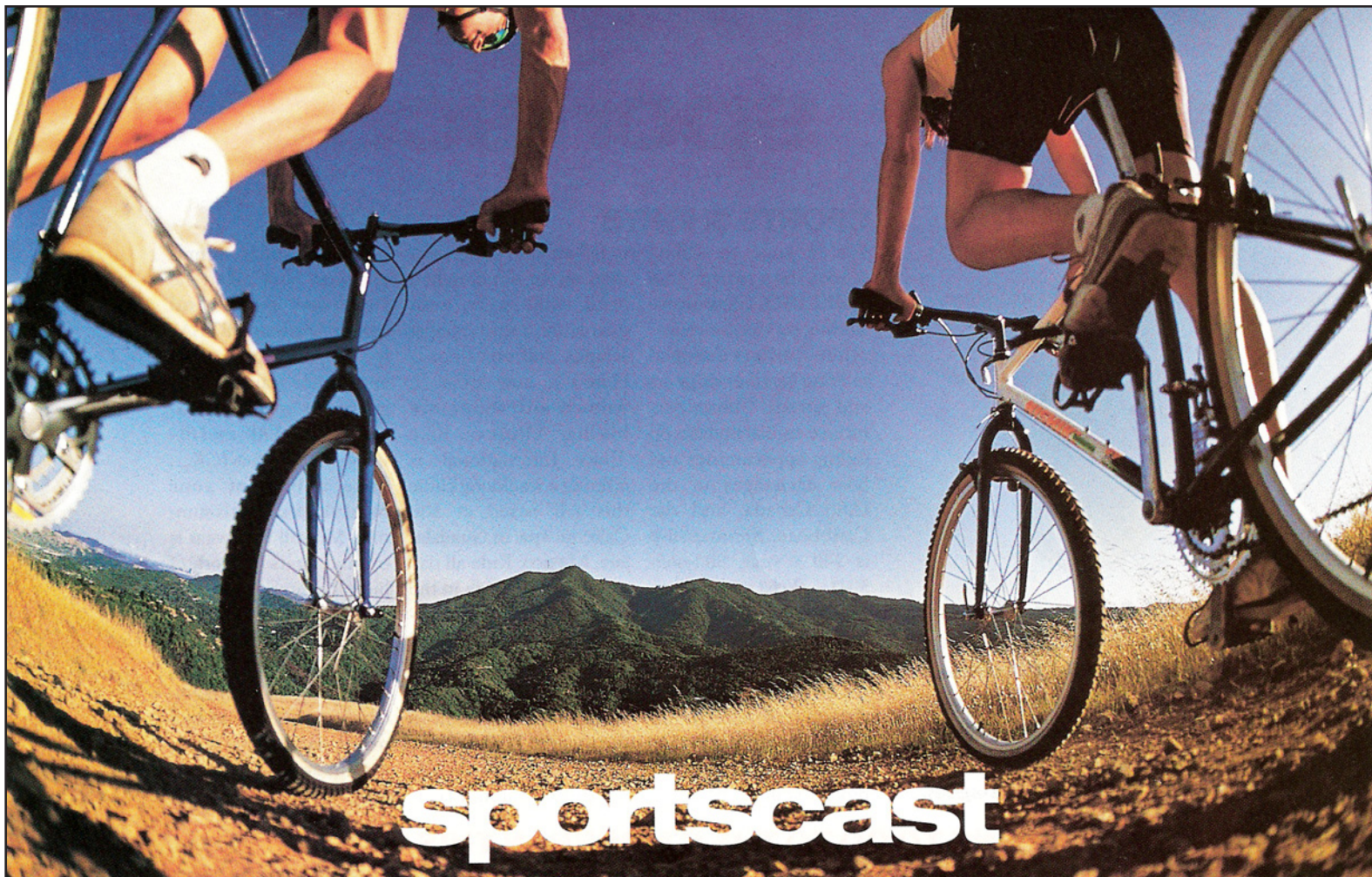




BETH M. HOWARD



NO WHINERS ALLOWED

If you saw the Eco-Challenge on MTV or watched the Extreme (X) Games on ESPN, you know that "adventure racing" is a hot new sport for the 90s. Sort of a competitive Outward Bound, adventure racing typically consists of a team of five doing a combination of sports—mountain biking, kayaking, horseback riding, rappelling, and distance hiking, for example—continuously for up to 10 days. That means no hot meals, no showers, little sleep, and no whining. Not for you? Perhaps a stint at the new Presidio Adventure Racing Academy in San Francisco may change your mind. During the five-day course—the first of its kind—individual adventure sports are taught with the multisport race

mode in mind. Strategies for packing, eating, and dealing with sleep deprivation are also covered by the school's founder, Navy SEAL Duncan Smith (below), and his veteran crew of instructors. (You can catch Smith in action on the X Games June 24–30.) The \$895 course includes a 24-hour minirace, sure to make you beg for more, like the three-day Presidio Adventure Race Smith is organizing Sept. 26–29; 415-292-0678.

—Beth M. Howard



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