

# E is for Extreme

*An Extreme Sports Alphabet*



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*For anyone who has ever scampered up the dunes, canoed to the light-house, paddled a playak, run the Luck of the Draw race, hiked through Pictured Rocks, braved a Big Trip, competed in pushball or speedball or Rindy ball, gone orienteering, windsurfed, skished or played archery golf at Camp Nebagamon in the North Woods of Wisconsin.*

BRAD



*For Gerry.*

MELANIE



# Aa

An adventure race is a nonstop, multisport event in which teams of one to five people travel through some of the most remote and challenging places in the world. Some races take only a few hours, while others last more than a week. The racers move along a series of checkpoints where they can replenish supplies, but they are expected to carry their own gear. Sports featured in adventure races have included running, rappelling, horseback riding, mountain biking, swimming, sea kayaking, whitewater canoeing, even scuba diving.

Many adventure races also require an element of orienteering, which is the ability to navigate using a map and compass in the wilderness. Several races—with exotic names like Eco-Challenge, Primal Quest, and The Raid—have become world-famous events held in places ranging from Morocco to Madagascar. But not all adventure races take place in remote wilderness. Some races through cities, like the Wild Scallion Race in Chicago, require skills ranging from scootering to stair climbing.

