

Westcoast OUTDOORS

Super
Dave
facts

Grab your friends and take part in the famous Haney to Harrison Road Relay Run this weekend. More details available at: bcathletics.org. Dave's hot sites this week are: australia.com, gunbarrel.com.au, ayers-rock.com.



Ayers Rock, Australia, is the finish line for the Gun Barrel Challenge. Dave caught a virus and was found on the side of the road during the race.

Dangerous adventure

Dave runs into trouble in the Australian desert

By DAVE NORONA
for Metro Vancouver

FAILURE IS A PART OF life no matter what you do. I actually hate to use the word as I learned long ago that life is all about experiences and some of those experiences have to be bad to show you how good the other side can be.

Just a few days ago I left the town of Laverton, Australia, with 40 other cyclists from around the world to tackle the Great Northern Highway to Ayers Rock. A distance of more

than 1,200 kilometres with nothing more than the open desert to keep us company.

The roads are as sandy as they are rough and brutal headwinds ensured that our legs would be tested. As I cruised along at 30 km/h on Day 1, I was startled by a giant kangaroo that bounced along side me before darting across the road right in front of me. Wow!

Later that day, after a lunch stop, the brutal hot weather turned and I found myself riding in a hail storm. So much for the hot desert weather. After a couple of days I was sitting in second position with two Europeans sneaking up on me in the

overall. I had to keep reminding myself that it was early and to keep a good pace that I could hold for the entire event.

Even though I kept at an easy pace my body was revolting. It seems that riding in the 35 C heat of the desert was not such a good idea. Just trying to keep up with the water my body was sweating out (1 litre per hour) was near impossible.

It was no surprise when my body caught a slight virus and I was found on the side of the road by the event organizer. I was close to passing out and a problem like this can cost you your life in less than an hour in the desert. Hard to imagine but it did not take

me long to realize the danger I was in as they cooled me down and got me into the back of an air-conditioned police vehicle.

The next day I flew out of the desert on a private plane belonging to Warren Strange who came out of the event due to sickness the day before me. I did not want to leave but I was out of my element in making any smart decisions. Once I was out, I realized that had I not gotten out when I did, I would have gotten into deep trouble further along the route.

Adventures may go bad every now and again but the important thing is to keep healthy and alive to experience more in the future.

GEAR guide

ADVIL C™

Description: There is no better pain manager during a long event than Advil Liqui-Gels. They help prevent cramping during long hot days in the saddle and then aid in recovery overnight so you can do it all over again.

Price range: \$8.35 **Where to find it:** www.ayers-rock.com



RACE FACE DEUS CRANKS

Description: This Race Face all aluminum cross-country crank set is one of the lightest and strongest on the market. Fully CNC machined, I-Beam profiling for improved stiffness and built right here in BC to stand up to our hardcore riding.

Price range: \$430 with Chain Rings

Where to find it: raceface.com



SHIMANO M225 SHOES

Description: The M225's are Shimano's top of the line mountain bike shoe. They are light, stiff and very comfortable. The secure fitting micro-adjust buckle and reinforced straps ensure a perfect fit.

Price range: \$245 **Where to find it:** shimano.com

WTB ROCKET V TI SEAT

Description: Having the wrong saddle can make riding a bike impossible. The WTB Ti Rocket V is light, flexible and very comfortable. Kevlar corners, titanium rails and DNA padding under a leather cover.

Price range: \$89

Where to find it: wtb.com



Most teens travel as far as the shopping mall...

These teens travel to the Namibian desert in search of serious adventure.



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