



[Story time w/ Grant... Portland training](#)

April 16-17, 2005.

Ah, nothing like a good training weekend to make you realize how much pain you will go through in just a month :)

Shibby, Cary and I headed up to Portland to meet up w/ Scott and endure what Scott likes to call fun. He had a great week of training planned for us and he even ordered up some special nasty weather for us to train in.

The "fun" all started on Sat. at 5am when we got up and packed up our bags for a nice 5+ hour hike. Well, we thought it was going to be a five hour hike. We had Shibby do the navigation so that he could get practice before the big race in Sweden. We headed up Eagle Creek drainage towards Indian Mountain and looked up as the rain started. Unfortunately, as you hike up, the weather goes from rain to snow (yeah, good meteorologist I am) and that was a recurring theme. The good news is that the hike up there was awesome.

The good thing about rain is that the waterfalls were just crashing down all around us and it was truly beautiful.

Up we went on a great trail and once we got above snow-line we tossed on the snowshoes and kept on going. The weather was wet, cold and was really good practice. Quick lesson, for those of you that don't know, hiking in snowshoes in a wooded section is not that much fun! You trip, you fall, you end up swearing a lot, and you get to laugh at your friends as they try to figure out how the heck to go down a hill w/out falling on your ass. It's also a lot of fun when one of your teammates falls and then tears a large hole in her pants. I'm not going to tell you who it was (that's not nice) but SHE was a bit embarrassed and Scott, Shibby, and I all had a lot of fun making fun of her. To make it even better, she fell on some mud so now she had a large brown spot on her butt. Yes, we are very mature.

We finally got back down of the mountain, took off the snowshoes and got the running shoes on. So nice to be running and not hiking/snowshoeing as we were cruising along to meet up w/ our "support crew" for the weekend, Graham and Mary. Graham and Mary are kiwis that Scott has met while living out here and they are so nice, so helpful, just great people. Not only that, but they fed us and kept us warm.

We ran down to the checkpoint only to find out that Graham and Mary were not there. After some thought we all saw a lightbulb go off in Scott's head as he realized that he had given them the wrong spot to meet us. Oops. Scott won the "I am so SMRT" award right then and there (if you are curious, yes smart is spelled w/ an A, still not funny? Not even a little?) So, we had another hour of running to do and our 5 hour hike turned into an 8 hour hike



in the rain!!!

After getting fed, and coddled by Graham and Mary, we hopped on the bikes for a quick 1.5 hour ride down to the boats to go out and practice some paddling. Towards the end of the ride, the skies finally cleared and we got in the boats to "nice" weather. Not only that, but sweet views of Mt. Adams.

The paddle was a lot of fun. It was a 2 hour paddle on the Columbia river and we paddled up the White Salmon River (comes off Mt. Adams, very cold) and Scott and Shibby surfed a small wave in the river. Cary and I watched and cheered and were quite happy to go nowhere near the moving water. See Cary and I know that we have to paddle for the race, but we also know that we don't like to paddle, so we're not going to spend extra time playing in the water. Kind of like a kid eating broccoli. They might do it b/c they have to, but they're not going to eat any more than they have to! All in all, the first day ended for us around 8pm.

6:30am on Sunday the next day began. Scott was feeling generous so he let us sleep in. Scott also wanted to get the "I am so SMRT" award for the second day in a row as he looked around for his keys (and had all of us looking) only to find out that they were in his pocket. We headed back out onto the water for an uneventful 2.5 hour paddle and then back to the car to get some biking in. Today we had the Shibata's helping us out (Mr. and Mrs. Shibby if you want to be formal) and they had ferried cars and bikes to the proper location.

Scott's "friend" Shane thought it would be good for us to test out his race course that he has coming up. I'm not sure if Shane is a nice person, but I don't like him. Once again we learned the lesson that if it is raining at lower elevations, it will be snowing as you get high. Only difference is that we were now on bikes, riding uphill. The change from rain, to hail, to snow, to HUGE snow flakes left us all amazed. Not only that, but how cold you can get, and still be sweating at the same time was a good experiment as well. Three hours of uphill climbing later, we were cold, wet and at the top of the mountain. We got a brief clearing and it was awesome. Not awesome enough to make a three hour uphill bike-ride in the rain/snow worthwhile, but still pretty cool. We then got to ride back down the mountain on some really fun single-track. Scott learned that you need to make sure your brakes are working before the downhill and also tested out a theory as to what is softer to land on, bushes or snow (bushes won). The single track was a ton of fun (minus the fact that you could not see b/c snow was in your eyes) and we rode down, and then back up! The total time on the bikes 5:45 minutes. We got back to the car frozen and muddy, but very happy that the weekend was done!!!

Now, after this weather, we feel like we should be ready for almost anything



Sweden has to throw at us. Now that I have said that, I'm sure I will regret it, but the next story time should come after Sweden. If you want to check out the race, go to www.exploresweden.se

Grant

PS If you want photos, I'll have those soon!!!