

1: Train for your First Adventure Race - A Survival Guide for Beginner Racers

I do like drinking water, just so we're clear. I'm fine with looking at water, and floating on top of it. But being immersed in water is not one of my favorite things.

November 8th – December Jupiter in Sagittarius: November 8th – December Jupiter left intense Scorpio for sunny Sagittarius on November 8, , a planetary shift heralded around the world with the superlatives you would associate with a planet as big as Jupiter entering a sign as happy as Sagittarius. Looking back to Because Jupiter rules Sagittarius its power to expand and open up new possibilities can operate unimpeded by other influences. Jupiter in Sagittarius seeks adventure, prosperity, faith and meaning in life. Jupiter generally takes a full year to go through each sign in the zodiac, and last traversed through Sagittarius in At the time, Pluto obsession, destruction, regeneration was finishing its journey through Sagittarius where it had overseen an obsession with bigger houses, more money, self-help and a relentless optimism that took a dive when Pluto moved into Capricorn in Saturn, that devil of hardship and difficult lessons, bestows strength and the ability to master the physical universe. About Jupiter Jupiter in the birthchart or by transit provides the impulse for us to grow and evolve. It is involved in the realm of faith and the search for meaning in life, and in doing so there is a bit of restlessness since growth cannot take place where complacency resides. Jupiter is bigger than life and this is shown by its astronomical properties: Under the influence of Jupiter we seek a Grand Quest to know the truth and to find meaning in our lives. For Jupiter to be effective, we must be on alert and prepared to receive its bounty. Its gift of new possibilities can only be received when we are aware and open and able to experience gratitude for the gift. There are fascinating stories of people who won the lottery only to have a string of bad luck follow them. The quality that makes the difference between good luck and bad luck is a deliberate openness of the human spirit. A closed heart will never truly experience good fortune. As a social planet, Jupiter is involved in the development of shared ideas and cultural traditions as well as theology. Unlike Neptune, which confers a spiritual experience, Jupiter is instead involved with the mental realm of ideas, such as Truth, Beauty, Philosophy. Jupiter seeks a greater level of understanding through higher education, and seeks to connect people and create cultural ties through theology religion or shared ritual behavior. Jupiter is associated with optimism and confidence, but in its more negative manifestation it is likely to over do these positive qualities. Arrogance and self-righteousness results when confidence has no limits, and unchecked optimism can lead to reckless behavior. As Jupiter travels through Sagittarius we are likely to see the best and worst of this glorious planet. With Jupiter we become the Creator God, bringing thought into manifestation, but the restlessness of Jupiter that inspires us to seek higher realms may become impatience and frustration. A positive viewpoint is more likely to manifest an experience of Jupiterian abundance, regardless of the physical circumstances. What can we expect as Jupiter moves through Sagittarius? As Jupiter travels through Sagittarius with a double infusion of expansive faith and optimism it will no doubt bump up against its nemesis Saturn which is also in its own sign, Capricorn. Where Jupiter seeks abundance and confidence, Saturn is skeptical and can be somewhat negative. Where Jupiter seeks the easy and well-lit path through life, Saturn looks for the highest mountain and attempts to scale it, just like the mountain goat which is the symbol for Capricorn. I expect this first wave of Jupiter in Sagittarius to be enthusiastic and buoyant as this expansive energy begins to make itself known. In early January, Jupiter will form the first of a series of three intense alignments square to Neptune, the planet of transcendence and illusion. This planetary combination is wonderful for creativity as the boundaries of practicality are loosened and our inner selves are more easily able to emerge and connect with our spiritual selves. But this blurring of boundaries can also lead to deception and illusion if we are not careful to practice discernment. This is where Saturn being in Capricorn will come in handy, but we could feel some stress between the two before we are able to find a way to ground ourselves in the practical world in the midst of the expansion taking place within us. In March when Saturn and Pluto begin to form an alliance in serious Capricorn it could cause some trouble for those of us who seek to soar into ever greater expansion under the guidance of Jupiter. How you are personally affected depends less on your Sun sign and more on the general makeup of your chart and personality. If you are a person who tends to favor

optimism over challenge, with lots of fire and air in your chart, you will love the first part of the passage of Jupiter through Sagittarius and find life could get difficult after April and through the summer months. If you are an earthy person who craves security or seeks success, you could do very well throughout the whole cycle as Jupiter will encourage you to expand your view of what is possible, and then Saturn will help you to focus on achieving that vision that Jupiter helped you to create. You might want to consider booking a reading to learn more about how this cycle will affect you personally. How to get the most from Jupiter in Sagittarius Here are some things to think about to help you to prepare for and maximize the benefit of this passage of Jupiter through Sagittarius: Jupiter will open doors of opportunity, but we will need to be awake enough to notice and to take that first step through the doorway. Convert old belief systems of fear and resistance and cultivate faith in the abundant power of Universal Wisdom to help us in the creative process. Cultivate optimism and gratitude. Winter is coming, in the form of Saturn and Pluto in Capricorn, so while you are dreaming big and opening your heart to new possibilities, gather your nuts or cash and prepare for the possibility of contraction and setbacks. When setbacks come, as they must in the ebb and flow of life and in the guise of Saturn and Capricorn, remember that these setbacks provide opportunities to shift our priorities and find meaning in our lives as we wait for the clouds to clear. Enter your email address: By Lynn Hayes T

2: Summer refreshment: friday five - Prepare For Adventure

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The biggest mistake adventure travelers make happens before they get on the plane because they inadequately prepare for the physical and mental rigors ahead. The New You If your body is not at peak efficiency the chances of your back or knee going out on the way up Kilimanjaro, or wherever your adventurous travels take you, are high. Put in the hard yards to get in shape. Months before your trip spend less time on the couch eating bad food and more time in the gym and in the mountains getting aerobically fit. Know your body and where it breaks down and strengthen those parts. Swimming and biking are excellent for buttressing those aging knees and backs. Yoga will stretch your muscles and ease your mind too. Spend time in the mountains ahead of your trip acclimatizing with a full pack so you can breathe more efficiently in crunch time. No booze, but lots of water a month before the trip. Eat more garlic so your skin reeks of it. Bugs will love you less. By introducing different foods you let your natural immune system starting kicking in. Pack the Pepto anyway. Pump Up the Adrenaline Mentally you need to get out of automatic pilot. You can read about what a place is like, but seeing how the locals cope with less than ideal conditions gives you that necessary wake up call. Read travelers blogs on the Internet to see what they experienced and how they coped. Get it into your head that things are going to be different and you need to be flexible enough to adapt. Beyond the Travel Gods There are two ways to prepare for an adventure travel trip. Assume the travel gods are on your side and let the chips fall where they may. Or you can take the trip seriously and prepare for it mentally and physically.

3: Backroads – Prepare for adventure!

Backroads is the definitive trip planning and trip companion app for the obsessive trip planner. Learn more. Now available on Windows 10 and Android.

How to Prepare for your First Adventure Race Preparing for your first adventure race requires a three pronged approach: You must prepare your body. You must learn key information and prepare your attitude. You must learn important skills. Contrary to what most people think, the physical preparation is actually the least important part of adventure race training for a beginner racer. The other two categories will influence how well you do in a race much more than your physical conditioning. The information here is mainly meant as an outline. Links to other areas of this site will flesh out the information that you will need in order for your race experience to be as fun and fulfilling as possible. Speaking of fun, your goal in your first few adventure races should be just that - to have fun. Otherwise you can try to complete against the top athletes after you learn the ropes if you want. You will need to be well conditioned to do so. But to survive a race and even place in the top third does not mean that you must be able to leap a tall building in a single bound. To put it more simply, adventure racing is not primarily a physical sport. And the ones that have the skills and knowledge they need are kicking the asses of some damn good athletes out there. Many of you are probably skeptical of that claim, but think of it this way. On the other hand, there are a lot of really fast bad navigators out there doing adventure races. And one thing bad navigators tend to do is go the wrong direction. In those sports, the best athlete almost always wins. But adventure racing is not like that. What DO you actually need to be able to do athletically to complete a sprint adventure race? You should certainly be able to comfortably hike we often use the terms hiking and trekking interchangeably in adventure racing at least 6 or 7 miles at a fast walking pace. You might cover that much ground on foot in a sprint race but not much more. If you are a runner then even better. You will allow more wiggle room for mistakes the faster you move. If you are a novice navigator then you will need to be a little bit faster. You will cover more ground than a good navigator because you will take less efficient routes, and you will spend more time looking at the map and not moving. Mountain Biking You should be able to comfortably ride miles without taking many breaks on a mountain bike. Even an 11 or 12 mph average on the road will cut it. Slower still on trails is fine. Paddling Most paddling legs in sprint races are fairly short. You should do at least a paddle trip or two of that length before attempting a race. In addition to training the individual disciplines, you should also think about doing some multi-sport training sessions. Run or walk -bike combinations are good to do as these will be the two disciplines you will be spending the most time doing in an adventure race. Ideally before doing your sprint race, you will have undertaken one training session of at least 3 hours of fairly continuous activity. Preparing your Mind This is one of the most important parts of your adventure race training. Part of that will come from simply learning about what adventure racing is. You have to embrace the adventure aspect to have the best experience! Think of your team as explorers going out on an expedition into the unknown or a family in the old Oregon Trail video game. Someone might get dysentery or you might get attacked by Indians. But above all else, you must remain mentally sharp. Preparing your Skills Training your adventure racing skill set is a lifelong process. There will always be opportunity for improvement for even the best adventure racers. Many beginning adventure racers are just starting to develop their technical skills, which is fine as racing itself is a great way to improve your skills, but there are some minimum requirements you should have before attempting a race. This outline will link to other areas of this site when finished where you can find out what exactly you need to learn. Orienteering - The most important skill for adventure racing is also the hardest to learn and master. Keep in mind your team only needs ONE navigator. If not, then make sure you understand the basic concepts of orienteering and topo maps and try to at least take a hike with a map in hand and follow your route on the map. Trail Biking - Many people who own mountain bikes never actually take them out on a singletrack mountain biking trail. You can take your chances here if you want. Bike Repair - Mainly you just want to know how to quickly fix a flat tire. This is something you can easily practice at home so no excuses! Rope skills - Learn the basic idea of how rappelling works. Otherwise, most race organizations are very beginner

PREPARE FOR ADVENTURE pdf

friendly in races when it comes to climbing skills. My first rappel was actually done in an adventure race and the ropes course staff was very friendly in quickly teaching me what to do.

4: Prepare for adventure at Explore Britain! | BBC Countryfile Live

Legacy of Dragonholt is a narrative adventure game that takes one to six players to the remote village of Dragonholt. Players build their characters, embark on noble quests, and hopefully foil the plot of an evil overlord!

5: Preparing for Adventure | Xenoblade Wiki | FANDOM powered by Wikia

This is a very interesting way of looking at this prepping thing. I will tell you this much, its a good thing to prepare for fun instead of the end of all things.

6: How to Prepare for Adventure Travel Trips | Tusker Trail

During the day we explored the hotel grounds and nearby beach while spending time learning about the local birds from the Weekapaug's Naturalist Mark.

7: How to Have an Adventure: 15 Steps (with Pictures) - wikiHow

Jupiter in Sagittarius: Prepare for adventure! November - December Jupiter left intense Scorpio for sunny Sagittarius on November 8, , a planetary shift heralded around the world with the superlatives you would associate with a planet as big as Jupiter entering a sign as happy as Sagittarius.

8: Prepare For Adventure - Prepare for life.

Prepare for Adventure. This blog is a copy of an article I wrote and will be published in the November Avalanche Journal, the professional journal for avalanche workers in Canada.

9: Stop Preparing For Emergencies, Prepare for Adventure

Some people like to say "I wasn't born in Texas, but I got here as fast as I could." I am the opposite: I left as fast as I could because I am Not a Summer Person.

Extraordinary Cases of Sherlock Holmes Commonwealth Caribbean Public Law 3/e Practical time series forecasting with r Jonathan Edwards at Home and Abroad They Call Her Dana Human Capital Analytics Sisters of the heart Life and adventures of Signor Blitz Melville on Iapetus Urgent Deficiency Appropriations for the Military and Naval Establishments, 1916 Treatment of late-life disordered behavior, agitation, and psychosis Dilip V. Jeste, Jeremy A. Sable, Car European Securities Markets The Investment Services Directive and Beyond Lewis Henry Morgan and the Invention of Kinship, New Edition Advanced Black and White Photography (Kodak Workshop Series) The book, by M. Irwin. Theology from the perspective of a living adept by Herbert D. Long Long term financial planning Chocolate hearts from the New World Theory of relativity explained simply The art of approaching francais Philosophers and the Jewish Bible 87 Generator G-3/TRC-7, wiring diagram 149 Thats Only the Downpayment The washington manual of outpatient internal medicine Sydney (Great Cities) Henry Moore Complete Drawings 1916-86 British Lorries, 1945-1975 The China Question Yellowstone Fishing Guide Visit Sesame ST Zoo Computer technology and the law Leni Leoti Or Adventures In The Far West Rome reborn on western shores Project management book knowledge pmbok 2009 mitsubishi eclipse manual The 2007-2012 World Outlook for Manufacturing Snack Foods Excluding Roasted Nuts and Peanut Butter It apps book for class 8 Dingle born and proud of it! Stabilize tool advanced avid manual Drafting professional negligence defence