

June 1-3, 2018 Dragoo Adventure Rider Training (DART) with SheADV

Things You Should Know

The training will be located at Taneum Creek ORV area in the Okanogan-Wenatchee National Forest. Click here for link to map: <https://www.fs.usda.gov/recarea/okawen/re-carea/?recid=57859>

Distances from nearest towns:

20 miles (30 minutes) from Cle Elum

18 miles (34 minutes) from Ellensburg

23 miles (40 minutes) from Roslyn

Final six miles approaching the campground is a 25 mph paved country road.

Participants must possess a \$5 NW Forest day pass, if you don't have an annual pass you may purchase a day pass for each day. http://www.discovernw.org/store_national-forest-recreation-epass-national-forests-in-washington-and-oregon-only_20281.html

The event begins with orientation on Friday, June 1, and continues Saturday and Sunday.

The agenda is as follows:

Friday, June 1, 2018, 4 p.m. to 5:30 p.m. Orientation/Meet & Greet/Bike Set-up at Taneum Creek Campground.

Saturday, June 2, 2018, 8:00 a.m. Meet at Taneum Creek Campground ready to ride. We should wrap up between 4:00 and 5:00 p.m.

Sunday, June 3, 2018, 8:00 a.m. Meet at Taneum Creek Campground. Graduation exercises begin around 3:00 p.m. We will try to have everyone on the road by 4:00 p.m.

Camping/Lodging:

The Taneum Creek Campground is a cozy tree-shaded campground with 10 sites. Potable water is available. There are two toilets, and a covered picnic shelter. \$18 per site.

Cle Elum hotel options if not camping:

<http://www.snowcaplodge.com/>

<http://www.timberlodgeinn.com/>

European style lodging in Roslyn:

<http://www.sprucemooseinn.com/>

Ellensburg is a bigger town and has more hotels...the usual chains and AirBnB options.

Contact Steph Terrien from SheADV at 206.915.9367 or Editor@SheADV.com with questions about hotel/motel/camping locations and facilities.

Riding Gear

As with all things related to riding a motorcycle, risk is a personal choice that, ultimately, only you can make.

- A helmet is required and a full-face helmet is recommended.
- Boots are required. They should have ankle and shin protection (hiking boots don't qualify). Something like the Forma or Sidi Adventure dual-sport boot is best for its balance of flexibility and protection. Motocross boots offer excellent protection but are sometimes stiff, preventing adequate ankle articulation and muting brake feel.
- Knee armor and other joint protection is a good idea. (Chances are you will biff now and then, especially in the sand, so err on the side of more protection.) Riding pants with knee pads or knee pads you can strap on over your pants are advisable. The same is true for shoulder and elbow protection. We recommend a jacket with CE-rated armor or chest protector and elbow pads worn over your jersey.
- Gloves are required. Hands are often the first line of defense against terra firma.

Motorcycle Equipment

Please refer to the link below for equipment suppliers we endorse.

<https://billdragoo.files.wordpress.com/2015/04/adv-rider-resource-list2.pdf>

- Knobby tires (50/50) are highly recommended.
- Hand guards to protect levers are also recommended.
- Hard panniers are dangerous and will not be allowed during training. If necessary, you may remove panniers and set them aside during training.
- Soft luggage may remain on the bike during training.
- Tank bags are trouble. A small one perched up high and forward is okay, but plan to remove large ones...even if you have used them for years. Due to the forward body position of some of the exercises you will find them quite intrusive and an impediment to freedom of movement.
- Tail bags and boxes can be limiting if too large or too far forward. Just make sure that you can move freely aft while standing. A small tail bag for snacks or some tools is fine. We would prefer no tail boxes on the bike during training, as a strike to the tailbone can be painful.

Physical Fitness

Fitness is always helpful to successfully completing any adventure, and exertion during this training can at times be intense. Your experience will be much more fruitful if, at a bare minimum, you do moderate interval training three or four times a week. Running, bicycling, stair climbing and rowing are all excellent choices.

Hydration and Nourishment

Please bring \$10.00 for lunch each day as we will collect from each rider for a group purchase or you may bring your own. We will subsidize all over \$10.00 per person for the group meals.

Grocery options are as follows:

Cle Elum, Safeway

Ellensburg has lots of options from Fred Meyer to smaller groceries.

Make sure you have snacks and hydration with you through the course of the day. We will provide water during breaks but because of the exertion involved you may need to hydrate more often. A hydration bladder is highly recommended, as are snack bars for a quick pick-me-up.

Other

Review the DART Liability Waiver and Release at the link below. We will ask you to initial and sign it during orientation.

<https://billdragoo.files.wordpress.com/2018/02/dart-release-and-waiver-of-liability-0717.pdf>

FAQ

Frequently Asked Questions are listed below. If you have questions not covered here, contact Bill at (405) 830-6630.

1. Should my bike be full of gas?

Answer: Make sure you have at least enough to cover 100 miles. Large capacity machines may fare better with a partial tank.

2. Should my tires be aired down?

Answer: You can check tire pressures at orientation. Typically, 25-28 psi is recommended for big bikes and 18-22 on smaller 250-650 cc machines.

3. Do I need bar risers?

Answer: You should be able to stand comfortably, hands resting lightly on the

grips without bending at the waist. If you have to bend, add bar risers of the appropriate height.

4. Are adjustable bar risers okay?

Answer: Riser blocks are significantly more secure, but some riders do okay with adjustable ROX. They are not our preference, however, because they tend to move in a fall.

5. Can a friend come along to take pictures?

Answer: Yes. This is your time to capture all you can from the experience. We just ask that you keep focused on the training and not become distracted.

MORE QUESTIONS? Contact Bill at (405) 830-6630 or bill1dragoo@gmail.com. For questions regarding the location, facilities, attractions please contact Steph Terrien at Editor@SheADV.com