

westcoastweekend

Get a team together for the Mind Over Mountain Adventure Race Saturday in Squamish (mindovermountain.com).

Pursuing adventure



WEST COAST OUTDOORS
DAVE NORONA
WWW.NORONALIFE.COM

A wave of cool fresh air engulfed me as I stepped from the plane in Inverness, Scotland. I was here with fellow adventurers Frank Wolf, Kevin Vallely and Greg Inkster for the Drambuie Pursuit, a two-day 160-kilometre Adventure Race in the hills of Scotland.

The Drambuie Challenge replicated Bonnie Prince Charlie's escape through the Scottish Highlands from the British. As thanks to the Highland Clans he rewards them with his Mackinnon family secret tonic recipe, known today as Drambuie.

We were to follow these same hills 260 years later with rafts, mountain bikes, runners, powerboats, canoes and dune buggies. We began our



Frank Wolf and Dave Norona slide around the dune buggy track.

quest at Eilean Donan Castle on the evening of May 1 with an epic Archery Challenge.

The next morning our team was paired with a professional Zap Cat powerboat driver for an insane rip around a tight water course at about 80 km/h pulling 3 Gs in the corners. We then traded our sea legs for an arduous uphill running course, rock ascent, repel and mountain bike section. It was here that our team excelled.

After a torturous day we arrived in second position

at the River Ness for a fast canoeing section where we caught the lead team The Coladens. We passed them on the water and distanced ourselves even more on the final run up to Inverness Castle where thousands of spectators and a loud piping band greeted us at the finish. For more info check out drambuiden.ca.

Dave has travelled the world to challenge some of its toughest races. He has raced in over 400 events throughout his career, and hopes his passion will excite you to get involved in your own wild adventures. Visit www.noronalive.com for more info.

» gear guide

PEARL IZUMI WOMEN'S INFINI-T

Description: Run, ride or roll with this awesome ultra sensor flat knit top from Pearl Izumi. Super comfortable, sweat wicking and semi-form fit to make you look as good as you feel.

Price: \$45
Where to find it: pearl-izumi.com



KEEN WASATCH CREST RUNNER

Description: Tackle any trail with this waterproof, breathable trail runner from Keen. Integrated arch and forefoot stabilization plate and carbon rubber 3-millimetre lug sole for awesome grip. **Price:** \$160
Where to find it: keencanada.ca



Going Out Friday



clubs

9 P.M. Nofx with guests No Use For a Name and American Steel. At the Commodore, 868 Granville St. Tix: \$27. Info: ticketmaster.ca

9 P.M. Glitz and Glam. At Crush Champagne Lounge, 1180 Granville St. Tix: At the door. Info: clubzone.com

10 P.M. Hed Kandi featuring Wez Clarke. At Canvas Lounge, 99 Powell St.

Tix: \$25. Info: canvaslounge.ca

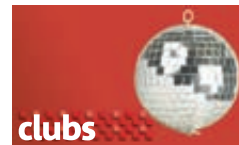


theatre

8 P.M. Tuesdays with Morrie. At the Artsclub Theatre Company's Granville Island stage, 1585 Johnston St. Tix: \$38. Info: artsclub.com

8 P.M. Thomas at Mile Zero. At the Dorothy Somerset Studio Theatre, 6361 University Blvd. UBC. Tix: By donation. Info: origintheatreprojects.ca

Going Out Saturday



clubs

7 P.M. The Dirtbombs with guest Dan Sartain. At Richard's on Richards, 1036 Richards St. Tix: \$15. Info: richardson-richards.com

8 P.M. Trooper with guest Helix. At the Red Robinson Show Theatre, 2080 United Blvd., Coquitlam. Tix: \$44.50. Info: ticketmaster.ca

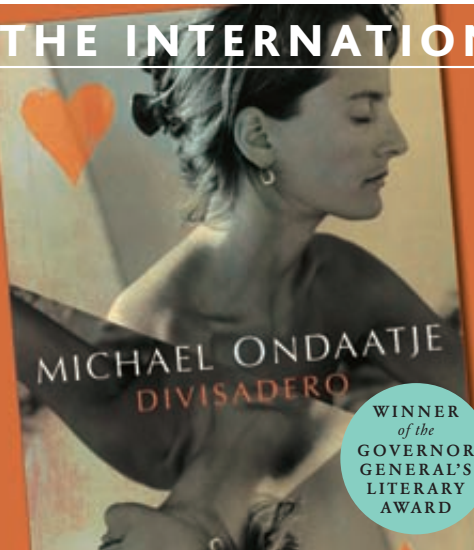
9:30 P.M. The Proclaimers perform live with guest Jeremy Fisher. At the Commodore, 868 Granville St. Tix: \$30. Info: livenation.com



theatre

8 P.M. Vancouver Symphony Orchestra presents A Midsummer Night's Dream. At the Orpheum Theatre, 884 Granville St. Tix: \$20 - 55. Info: vancouver-symphony.ca

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