

BARE MOUNTAIN ROAR



October 2021



Streak to the Peak 2021 Preview

On September 12th we held our third Streak to the Peak footrace. Albert P had set up an attractive and informational STP website which enabled the runners to register, and even pay for their entry fee, on-line. This was an incredible upgrade from the first year where we had no STP website and had to collect cash or check upon arrival the day of the race. Thank you, Albert, for bringing Bare Mountain into the 21st century.

Unfortunately, the threat of Covid and smoky skies dissuaded many from registering and we even had a few entrants forfeit their entry fees and not show up for the race. Even so we had around 65 eager runners who showed up and enjoyed perfect weather with clear skies, a very welcome outcome after the rainy weather we had for our last race.

The racers started arriving on Saturday afternoon. Fonzie and his volunteers directed them to parking areas. The Registration ladies Joan J, Debbie R, Susan W and Donna L checked them in, and Chuck H assigned those who had paid for overnight camping to their tent sites. At 3:00 Randy B led a group of 20 on a pre-racecourse walk. Some dropped off at Nudes Nest, but many followed him all the way to the top. Several made it a point to compliment the scenic route and manicured trails.

Gary L and his trail minions have been working hard to clean and widen the trails and they are in the best shape they have ever been. (I have to say that what Gary and his Trail Crew have accomplished in the past 10 years, bringing our hillside of overgrown mining roads and game trails to what is now a truly world-class network of hiking and running trails is amazing). Our trail system is an amenity that will pay huge dividends as our club reaches out to attract a new group of younger members.

At 6:00 Anne H and her team served a delicious Lasagna and Cesar salad dinner followed by Pistachio Ice Cream which was appreciated by all. After dinner the common grounds and pool found the contestants and volunteers in good spirits and eagerly anticipating the next day's events.

Sunday Morning... Race day.

As the racers arrived, Fonzie and his crew were able to shoehorn all their cars onto our grounds. The registration ladies checked them all in and Debbie R and Cherie marked their arms with their individual race numbers. It was a bit chilly, but they congregated around the fire on the common grounds for coffee and muffins. At 9:00 Mark W, who had set-up the course with flags and directional ribbons, gave a great talk with race instructions and tips. At 9:30 the starting horn blasted, and the runners were off!

Jay R had organized three separate aid-station crews at strategic locations along the course who dispensed water and enthusiasm to the runners on their way to the peak.

At the sound of the starting horn, Gary, Donna, and webmaster Albert started the timing software and waited at the finish for the runners to arrive. In less than 30 minutes the first

runner crossed the finish and over the course of the next hour the remainder of the runners completed the course. We offered water and Gatorade to the finishers as they cheered on the rest of the runners as they completed the course.

Fortunately, there were no injuries, but we did have one runner who needed assistance coming back down the mountain. Jay R picked him up at the Nudes Nest Aid station and ferried him back down to the clubhouse where our own Doc Jon, who had volunteered to be the on-course medical, administered first aid.

Spirits were high when the runners returned to the clubhouse for the awards ceremony. Some notable accomplishments were our own member Mark W, finishing fourth overall and 1st place in the Masters division followed by Randy B taking the medal for 2nd in Men's Masters. The Women's master's division was won for the second time in a row by Joan J. We were excited to award first place in the women's open division to Laura B who had flown from Baltimore MD with her husband to compete in our race. We even had a 13-year-old boy who raced alongside his dad and was presented with a special medal at the ceremony.

Lunch was then served and the contestants, their support teams, and Bare Mountain volunteers enjoyed another fantastic meal of BBQ pulled pork, Kathy and Brent's Bitchin' Beans, Anne's Macaroni Salad, Joan's Carolina Slaw and Watermelon served by Anne, Kathy, Susan, Nancy, Donna, Debbie, and her sister Jane.

Some runners went home after lunch, but the majority stayed on the grounds enjoying perfect weather and volleyball in the pool.

Overall, it was a lot of work that ended up as a very successful event. An event that was only successful due to the over 20 club members that pitched to do the hard work. In this article I have only mentioned a few of the members that participated but the club's thanks go to each one of you who gave their time, energy, and money to demonstrate what an incredible club we have built here on Bare Mountain.

Jay J

Activities

September 25-26

9am-1pm Need members to bring a rake to rake the needles. After a couple of bad windstorms it looks like spring up on the mountain. A trailer will be here 10-2 for us to load the needles and not have to burn.

1pm – it's time to enjoy the pool the last weekend.

September 27

Cabin closed for visitors – members will be using to close mountain



Pool closing for the year

October 2

10am

Board Meeting

9am- to finish - Finish raking and load the needles along the road.

October 9 10am General Meeting, voting and closing the mountain will begin.
Votes for the new Board will appreciate to give them the confidence of your support

***Remember we are doing a foil dinner that you bring so we can enjoy our last time together for 2021.

Member News:

After 16 delightful years at Bare Mountain, Joan and I are feeling the drumbeat of our next adventure and it cannot be ignored. Before we became landlocked in Idaho, over 30 years ago, we were very active sailors and we want to return to the sea. We will be buying a trawler style powerboat and intend to spend summers in the San Juan Islands, cruising the islands in Canada and possibly as far north as Southeast Alaska. It's been an extremely difficult decision and will miss every one.

Thanks to everyone for our Bare Mountain adventure and the years of friendship.
Jay & Joan

Be Careful on the Mountain

This summer we have seen two different members fall and break their legs on our mountain. It happens in just a half second and ends up with months of pain and healing.

Both Lisa and Susan most certainly didn't plan on ruining their summer with a slip and fall but because our mountain is made up of schist granite it is so easy for an accident to happen. One misstep was all it took. With Lisa, it was dark and she had just been told there was a fire on our mountain. Susan had been up visiting a neighbor and instead of walking back where the road meets the road, she took a four foot short cut and the rest was history.

Make sure you have a flashlight available or don't try to save a few steps ...it just isn't worth it. We need to all be aware of where we put our feet. Both ladies complimented all the help they received after their injuries. We have some awesome club members here on our mountain.

Susan wants to say thanks for the homemade splint that Ron and Pat put on her leg sending her to the hospital so well protected (the nurses at St Luke's loved it); the help she was given getting into and out of the truck those first few days; the meals and treats that were brought in along with visits from so many of our wonderful people. Because of the overwhelming care shown by everyone on the mountain, they decided to stay on the mountain until Dr. Tadge released her to weight bearing in mid October.

Brent's Bitchen Beans –

a number of members have asked for this famous receipe .

4- 14-15 oz cans of beans. I use kidney, black, pinto and great northern

1 1/2 cups Worcestershire

1/2 cup yellow mustard

1 lb bacon

1/2 lb sausage

1 green pepper

1 large onion

1 cup brown sugar

1 cup molasses

Mix together beans, Worcestershire, mustard, brown sugar and molasses. Cook on low for 3-4 hours.

Cook bacon and sausage.

Dice onion and pepper.

Add bacon, sausage, onion and pepper to beans the last hour of cooking.

Feeds about 8-10

Thank you Brent & Kathy for sharing.

Reminders:

If you do not live on the mountain you should sign in at the club house.

- Dogs are not allowed in the club house.
- Absolutely No Smoking or Vaping allowed on trails.
- Smoking or Vaping in designated areas only. Cigarettes need to be **out** when butts are disposed.

The smoking reminders are due to finding half cigarettes on needles and on steps within the campgrounds. After our fire this year it is vital that all cigarettes are disposed of correctly.