



Volume 4, No. 1

## Features

### Spring Renewal

Whether your goal is to be indulged, recharged, enchanted, or challenged, we've got the ideal spot for you. By Debra Bokur

### Parallel Lives

Is it possible that our bikes, snowboards, and hiking boots give us a more honest account of our lives and experiences than we ourselves do? By Sarah Murray

### Swag Fest

It's getting warmer, which means it's time to put away all that cold-weather gear and start shopping for the action-packed months ahead. By Karina Evertsen

## Departments

### Message from the Founder

### Readers Letters

### The Dirt

People, Places, and Things from Our Outside World  
Beth Rodden frees The Nose, desert camping, backpacking with kids, and more.

### Letters from the Divide

A Series of Other Worlds  
Pam Houston on the constant evolution of adventure

### It's Personal

You Can't Go Back  
You may now be a mom rather than a marathoner, or a career woman instead of an elite athlete, but is that such a bad thing?

### Whole Health

Supplemental Knowledge  
Feel like you're swallowing too many pills? Wondering if a multivitamin is enough? We do our best to solve the mystery of vitamins and supplements.

### Yes, You Can

Find Time for Adventure  
There's no excuse good enough to deprive your life of a bit of adventure.

### Full

Bottoms Up

Beer like you've never known it before.

Musings