

# Limited sleep, rough terrain didn't deter this mom

**A Fort Worth woman completes a 10-day adventure race in Montana.**

**By ERIC RANSOM**

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Her knees got bruised, and her feet blistered, but Fort Worth mom Kim Dunkin made it through the world's longest adventure race in one piece.



Dunkin

Dunkin completed the 10-day Primal Quest as part of team Intrepid, which came in 37th last week in Montana. Her journey called for sleepless nights, 90-mile hikes and 200-mile bike rides among the adventure race challenges.

Dunkin attempted Primal Quest two years ago with a dif-

ferent team but had to stop because of severe foot injuries. This time around, she suffered a few bumps and bruises, but nothing would hold her back from the finish line.

"It was an emotional journey," Dunkin said. "I went to the celebration party last time, but it wasn't the same. Now I could enjoy it. And this race was a lot harder than the first one I tried, and on much deadlier terrain."

Flooding on the rivers caused several water challenges to be canceled, as 13 teams had to be rescued from the river. That meant a 71-mile kayak portion, set to be sandwiched between two bike rides, was replaced by one 200-mile bike ride.

Her team had hoped for a top-25 finish but ran into some navigation problems. Primal Quest teams were al-

lowed to use global positioning systems this year, although it would cost them a time penalty. Team Intrepid opted not to use the devices.

"At least twice we had big setbacks because of navigation mistakes," Dunkin said.

The team's sleeping plan was to nap along the trail between 3 and 5 a.m. After a few attempts at this in the snow, Dunkin and her team switched to sleeping two to three hours in the transition tents. Intrepid lost some time that way, but Dunkin said the team's three-person support crew was one of the best in the field.

The support team read Dunkin e-mails from her friends and family, even putting her on the phone with her husband at one point along the race.

Dunkin said the mountain-

eering proved to be the toughest portion. The course called for 1,200 feet of ascending by rock climbing, and at one point, Dunkin fell off the rock.

"The safety harnesses do work," Dunkin said. "And thank God they do."

Primal Quest was also the first race for all four Intrepid members to work together. Some different racing styles mean Dunkin may use a different team when she does it again in two years.

"We hadn't raced together, and we found out we had some very different racing styles," Dunkin said. "We never had any real problems."

Still, the four-member team crossed the finish line together, and was able to celebrate with a big dinner. Now Dunkin is back in Fort Worth, already planning for the 2010 Primal Quest.