

EXCLUSIVE

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Outside

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ULTRAMARATHONER
DEAN KARNAZES
AT DUNTON HOT
SPRINGS, COLORADO

» X GAMES
SMASH
PRIME TIME
How Sick
Is That?



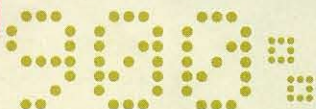
THE TRAVELING WET BAR: Burton's Liquid Lounger
Wanna See Something Really Scary? (TURN TO PAGE 82)

8. RIO CALIENTE

>>>> LA PRIMAVERA, MEXICO

THE VIBE: Some of us design vacations as jam-packed and stressful as our daily routines. Luckily, there's Mexico. Rio Caliente, tucked into a pine-oak-and-mesquite forest an hour northwest of Guadalajara, has done away with sweaty weight rooms, Jacuzzis, and loud aerobics studios in favor of au naturel surroundings in the Primavera Mountains. These days, Rio Caliente emphasizes fresh food, spa treatments, water aerobics, yoga, and tai chi. But the main attractions on the 24-acre resort are the four pools, fed with 120-degree water captured from the nearby Rio Caliente, a near-boiling river. Most guests lounge around the two coed plunges or bask in the men's or women's pool. Or they hike along the Rio Caliente to add one of the area's 100 bird species, like the Inca dove, to their life lists. Rio's guests stay in cottages decorated with handmade tiles and locally crafted furniture.

FLOW FACTS



INCREASE in calls from men to Spa Finder, a spa-travel-and-marketing company, between 1998 and 2001

GUEST LIST: For a spa, Rio is inexpensive, attracting gringo bargain hunters.

AWE FACTOR: Chill in the underground natural steam room, scented with eucalyptus leaves, which is open 24 hours a day.

TO-DIE-FOR TREATMENT: Plug yourself in to bioresonance therapy, a popular European treatment that sends electromagnetic oscillations through the body to purge organs of harmful magnetic fields.

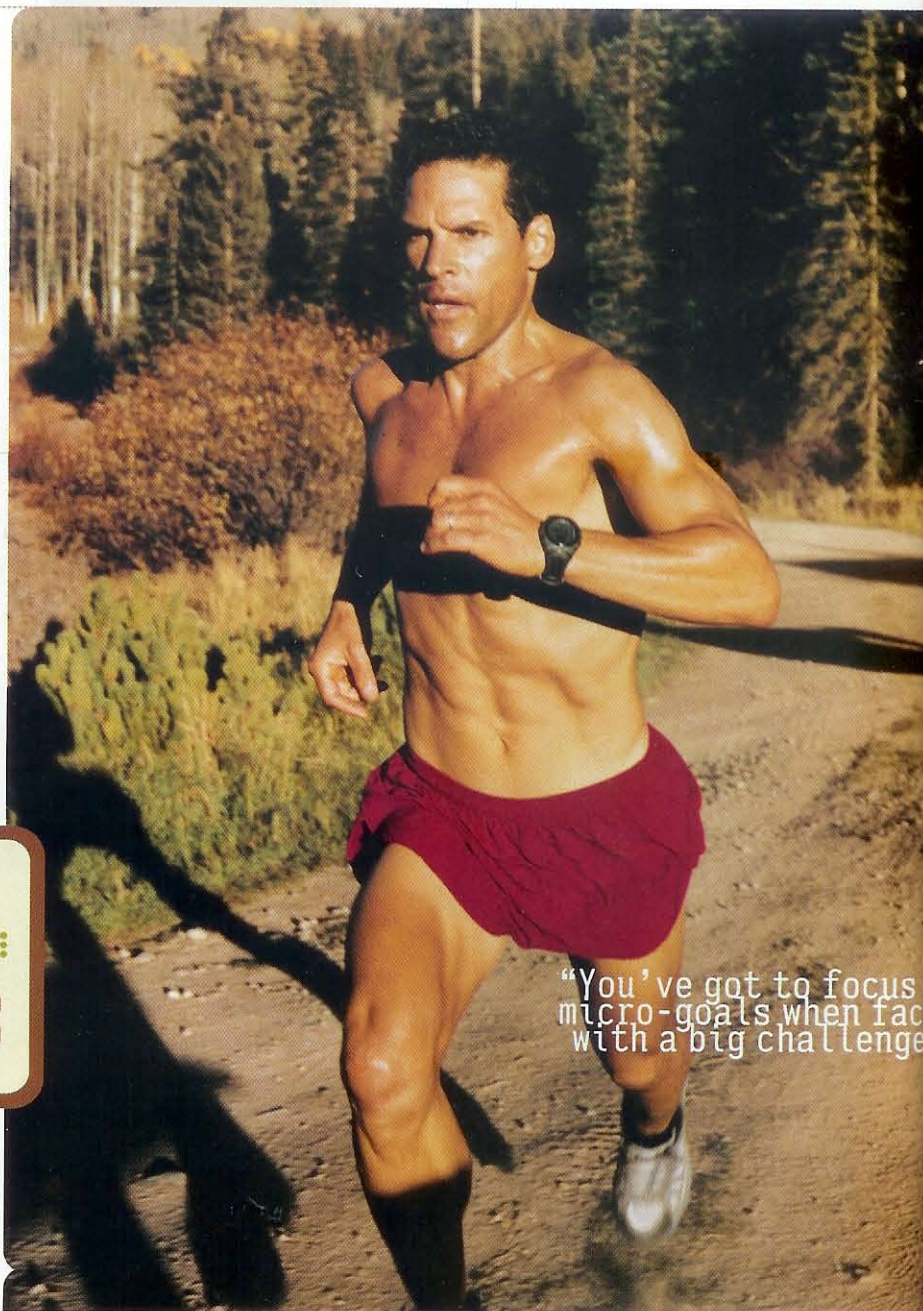
MENU: Some of the ingredients for Rio's all-vegetarian menu are grown on-site. The buffet-style meals include homemade tortillas, scrambled eggs, and vegetable soup with rice.

HE-MAN RATING: One grunt—this spa is about taking it easy. The outdoor program is relaxed and optional.

PRICE: From \$120 per person per night, double occupancy, meals included

CONTACT: 800-200-2927, www.riocaliente.com

—J. D.



"You've got to focus on micro-goals when faced with a big challenge."

Dean Karnazes//38//ULTRAMARATHONER

At his 30th-birthday bash, Karnazes, then a professional windsurfer living in San Francisco, ran out of the party and didn't stop until he had jogged to Half Moon Bay, 30 miles later. Since then, he's worked up to a 226.2-miler around the Bay Area in 5 and a half hours. His next goal is to run the Sierra's Western States 100 route, in the middle of winter.

The quintessential ultramarathoner, Karnazes takes exquisite joy from the fundamental act of the sport he describes as the zenith of endurance. "There aren't any distractions," he says. "You're focused on the goal of reaching the finish, and you either get there and succeed or you don't and fail."

To get to the finish line, he employs a simple strategy: Think only about the present. "You've got to focus on micro-goals when faced with a big challenge," says Karnazes. "If you can't stand anymore, you say, 'OK, just get up.' When you get up, you say, 'OK, just make it to that stop sign up the road.' When you reach the stop sign, you say, 'OK, I'll get to that tree up the street.' That's how you run 200 miles."

—B