



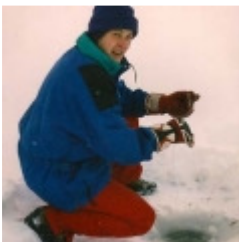
[Sue Heins](#)



[Misako Ishimura](#)



[Marcia Hall](#)



[Shannon Marshall](#)

Edition 2, Number 1

[Adventure Woman Basecamp](#) is bursting with excitement. We are receiving some of the best material imaginable from around the world, and we're passing it on to you. This edition is full of inspiring stories and lessons in adventure. If anyone can do it an Adventure Woman can!

[Adventure Woman University](#) is proud to announce our two new "How To" articles. [Tracy Statt](#) teaches us how to take the plunge in scuba diving, and [Sue Heins](#) gives us an informative barrel racing lesson. There is no better way to get an education in adventure than from *real* women doing *real* adventures.

We are proud to induct four exciting new [REAL Adventure Women](#) in this edition.

(1) [Misako Ishimura](#) is a champion fly fisher and captain of the Japanese fly fishing team and coordinated the first US exposition of Tenkara flyfishing.

(2) After being disabled in military duty, [Holly Koester](#) became the first wheelchair racer to complete a marathon in all 50 states and Washington DC.

(3) [Marcia Hall](#) is the first American to win a Gold medal in the International Tae Kwon Do Competition (1978 & 1979) and is a three-time National Champion.

(4) A survivor of the Holocaust, [Fanny Krieger](#) became a vocal advocate and supporter of women fly fishing, and has been inducted in the Northern California Fly Fishing Hall of Fame.

[Trix's Fishing Tips](#) focuses on Ice Fishing and we're thrilled to feature [Shannon Marshall](#) in our fishing photo. [Trix's Adventure Interview](#) is with [Dawn MacLear](#). Dawn is a fitness guru who has produced numerous workout DVDs and physically defies her 50-years. She gives us valuable tips for staying in 'tip top' shape in 2010.



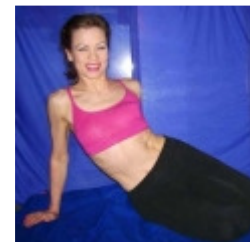
[Tracy Statt](#)



[Fanny Krieger](#)



[Holly Koester](#)



[Dawn MacLear](#)



[The Iditarod](#)

[AdventureWoman.com](#) is exploring the "Last Frontier" in this edition. Our [Adventure of the Moment](#) looks at the "Greatest Race on Earth," Alaska's famous Iditarod. [Retreat to Relaxation](#) takes us on the unforgettable Alaskan Cruise, and [Adventure How!](#) focuses on the "Seven 'Must Do' excursions of an Alaskan Cruise." Check out our [Supplies Tent](#) for savings on Alaskan adventures. These great offers are only available to Adventure Woman viewers. Don't forget to [Post Your Support](#) for our athletes [Megan](#) and [Kaylin](#). [Ask Adventure Woman](#) a question, [Post Your Opinion](#), and check out the [January 2010 Calendar](#).

Looking for a wonderful book? Check out our [Must Read](#) section for books by and about Adventure Women. Join us on [Facebook](#), follow us on [Twitter](#), [Nominate a REAL Adventure Woman](#) or [Share your Adventure](#).

Click the upper right button and forward Adventure Woman's **News Flash** to five women who will love a little more *adventure* in 2010! Safe trails to you.



[Adventure Quiz](#)



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