

The Summit

a newsletter brought to you by **Climb Out of The Darkness Expedition Team**

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A Personal Forward by **Renée Lupien, Team Writer and Photographer**

Ancient Greek philosopher Plato symbolized the vital role that one must actively pursue in one's own life. The [Allegory of the Cave](#) symbolizes the climb out of the darkness that each individual must practice in order to understand what they experience. Instead of a fire projecting shadows upon a wall, the world we live in is a mass projection of shadows. Life has never been more convenient. Our connection to people, places, and experiences is expansive and available, yet we are still lonely, depressed, and suffering. A cave of consuming representations of what we should have; money, to fuel the ongoing pursuit of happiness. This is our darkness. The fruition of our existence is not to have but to feel. What we do makes us feel. To feel joy, the pure, nourishing substance that gives life flavor, is in our nature. Why do we deprive ourselves of what is rightfully ours? Because we are chained to comprehend our survival in terms of the status quo. It is hard to see the light when we are programmed to darkness.

We are a team of eight evolving individuals. We fixate our gaze beyond the shadows and look to the mountains. It is within these mountains that we begin to understand pure form. Climb out of the Darkness is more than a group pursuing Colorado's 14ers, we are a group pursuing light. Our role is to grasp our own mental capacity to overcome. By putting ourselves in the honest and unfor-



giving terrain of nature, we practice understanding of beauty. It is our goal to translate what we feel into light for others. Within the past month, The Climb out of the Darkness Expedition has established its team. Eight people united to climb. The only shadows we will represent will be that of a human ascending. It is our right to fight to see the light and by golly, we are going to fight.

Meet the official COTD Team!

Biographies are available on our website: cotdexpedition.wix.com/cotd

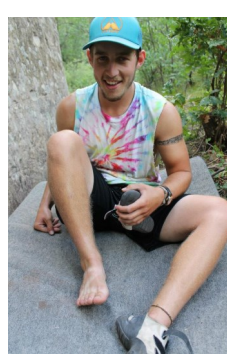
Anthony Reinert
Team Lead



Aaron McDowell
Team Staff Sergeant



Seth Pooler
Team Media and Outreach Coordinator



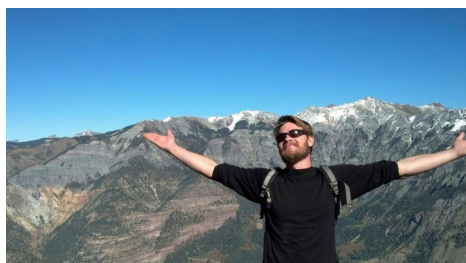
Charly McConaghy
Team Strategist



Ryan McClure
Team Technical Specialist



Matthew Cranston
Team Technical Expert



Renée Lupien
Team Writer and Photographer



Daniel Frauenhoff
Team Front Range Communications Organizer



Updates:

Fundraising

gofundme.com/cotdexpedition

We have created a fundraising profile on gofundme.com! Our budget represents fuel, transportation, and personal equipment costs. Any assistance you would be able to provide would really help us out!

Website

cotdexpedition.wix.com/cotd

The "Mental Health Information" Tab is about to receive tons of content! Please keep an eye out, for this is a lot of important information. Hopefully, in some way, this will become a major and influential source regarding mental illnesses. This is the backbone of the expedition; please help us take the advantage of the opportunity to make a difference.

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Route

Matthew created a rough draft of our route! This shows the order of peaks climbed, trail heads, rest days, and which town we will be at for the rest days, among other details. Later this spring, once the route is finalized, it will become available on our website for you to check out!

Interview

Ryan and Anthony had an interview with Fort Lewis College's *Independent* on February 20th. We should be expecting an article about COTD to come out any time now. Of course, we will provide any resources that become available for accessing this article!

T-shirts

A huge thank you to Backcountry Banter for designing and preparing t-shirts for us! They will be available for purchase very soon (if not right now); you can check our Facebook page, or email us, to see if the t-shirts are available.

In the Process of . . .

- 1) A workout routine. A schedule has been developed, but individual fitness routines will be most important. And wow, it is hard to start!
- 2) Press release
- 3) Team Contract-Final Draft
- 4) Trip Menu—yum!



Say Hello to our Sponsors!



FORGED IN THE ROCKIES...
FORGED FOR LIFE.



A HUGE shout-out to Mountainsmith, Osprey, Mental Health America of Colorado, and Backcountry Banter for supporting our efforts!

Thank you!

Data Counter:

Facebook likes:
455

Website visits since
Jan. 17, 2015:
311

gofundme:
\$925

Sponsors:
4

If you have any questions or comments, please contact us. We would love to hear from you!

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