

The Summit

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

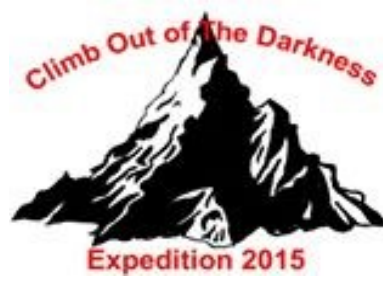
Preview:

- > Team of Seven
- > Updates
- > Sponsors!

A Personal Forward by Matthew Cranston, Team Technical Expert

We've all been there: staring out at the mountains wondering what it would be like to have access to ALL they have to offer. We migrate toward them when the snow is falling, melting, or all together not present. We get our rush of fresh powder, our gently sloping alpine trails, our thousand mile vistas. We achieve our need for speed on a bike, or conquer our fear of heights hundreds of feet above the ground on a rocky cliff. We soak in their hot springs and cozy up by camp fires with friends and loved ones while marveling at the greatness we've just accomplished. We pour over maps of unexplored corners imagining the beauty that exists between the contour lines all while figuring out what it would take to get to that point. We contemplate the impact these magnificent monarchs have had on our lives and strive to learn and grow from every unique experience.

While no human may ever fully understand the power that permeates through the mountains, The Climb Out of the Darkness Expedition is aiming to refine our own perspectives that the impact the unexplainable power of the mountains has on the human mind. I have yet to come across an individual who hasn't been affected in some positive way by getting out of their daily routine, whatever it may be, to breathe in some fresh Rocky Mountain air. We all come from different backgrounds, but are all drawn into the wild in a similar way – to be invigorated and rejuvenated by the wondrous mystery of the unknown. If we come one tiny bit closer to being able to explain that positive feeling and inspire other's curiosities, then our trip will be fulfilling.



Now, the snow is melting and the likelihood of another huge storm pelting the mountains with lasting effects is looking less and less feasible. This means that the excitement factor and restlessness of the group is growing by the day. We have begun to stretch our summer legs and have all started our own individual work out schedules. Some of us are swimming, hiking, climbing, backpacking, orienteering, running, or whatever else we see as a practical work up to the strenuous task we have before us come June 8th. We will become paragons of physical fitness by the start of the expedition, and will be ready to reach our goals.

As always, we appreciate your continued support and enthusiastic touting. The more people we can bring the spirit of this trip to, the better!

Till next month!!

COTD

A Team of Seven

Sadly, we now only have seven team members, as Renee Lupien is following her soul's path toward the accomplishment of the Appalachian Trail this summer. She will be greatly missed and we are forever grateful for her contributions to our Expedition thus far. Throughout life we face many difficult, life impacting decisions, and we don't always know if we make the "right" ones, but at the end of the day, season, year, or decade, we hope to look back with as little regret as possible. We are proud to say that this decision was weighed thoughtfully, and from her heart, and that it is the right decision for her. We wish her all the best and hope that the warmth that comes in the pit of your chest from an adventurous decision gone so very well comes to her again and again.

"We all come from different backgrounds, but are all drawn into the wild in a similar way – to be invigorated and rejuvenated by the wondrous mystery of the unknown. "

Updates:

Website

cotdexpedition.wix.com/cotd

The "Mental Health Information" Tab received tons of content! This is the backbone of the expedition; please take the time to educate yourself about mental health illnesses and how to handle them. Help us take the advantage of the opportunity to make a difference by spreading this knowledge!

Fundraising

gofundme.com/cotdexpedition

Our gofundme profile has reached \$1025! Thank you so much for your help! Our budget represents fuel, transportation, and personal equipment costs. Any assistance you would be able to provide would really help us out!

We Have T-shirts!

Many thanks are sent to Backcountry Banter for creating t-shirts for us! You can purchase these t-shirts at ThruHikes.com. 50% of all profits will go straight to the COTD Team! This is also the first design from ThruHikes.com to be available on a synthetic (moisture wicking) shirt!



Interview with *The Independent*

Our 1st Interview with Fort Lewis College's *The Independent* went extremely well! They wrote an article about us that was available throughout the entire campus! We think that this is amazing progress in reaching out to the people around us.

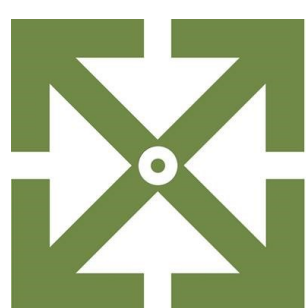
Interview with Mitch Davis

On March 31st, we had an interview with Mitch Davis, who is the Public Affairs Officer for Fort Lewis College. We are extremely excited about this interview, and we will make note of any significant progress that is made!

Say Hello to our Sponsors!



FORGED IN THE ROCKIES...
FORGED FOR LIFE.



DURANGO
OUTDOOR
EXCHANGE

A HUGE shout-out to

Mountainsmith,
Osprey,
Mental Health America of Colorado,
Backcountry Banter ,
and Durango Outdoor Exchange

for supporting our efforts!

Thank you!

Data Counter:

Facebook likes:
471

Website visits since
Jan. 17, 2015:
410

gofundme:
\$1025

Sponsors:
5

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

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