



Climb to Beat Breast Cancer ~ Ben Lomond Challenge

Dear Friend:

If challenging yourself physically and mentally appeals to your adventurous side and being part of a team making a real difference inspires you, consider joining the St. John Providence Health System Foundations *Climb to Beat Breast Cancer ~ Ben Lomond Challenge* team. The team of climbers will attempt to reach the summit of Ben Lomond in Utah on Saturday, June 25, 2011.

The *Climb to Beat Breast Cancer ~ Ben Lomond Challenge* is the St. John Providence Health System Foundations' effort to once again form a team of climbers to raise funds for the St. John Providence Breast Care Program.

One in every nine women has a chance of being diagnosed with breast cancer within her lifetime. The statistic is startling. From the minute you learn that you have breast cancer, you want someone you can trust to help ease your worries and help you find the answers you need. You'll want the most comprehensive breast care available -- and you can find it within the St. John Providence Breast Care Program. Here, treatment focuses on the individual, with treatment options geared to each woman's unique needs. The skilled and caring professionals are ready to surround you with support, and provide you with unparalleled breast cancer care, including:

- A complete approach to care
- Many experts, one focus
- Access to research and clinical trials
- Healing the body, mind and spirit
- Genetic counseling to protect your family

I encourage you to join us in this important work and help us continue the vision of our founder Francesco Lucarelli. He views climbing mountains as a wonderful metaphor for his conviction that -- like working to prevent breast cancer -- anything is possible if taken one step at a time. As a climber, you will follow in the footsteps of Francesco who has climbed Mount Kilimanjaro, Africa, in 2007; Mount Aconcagua, Argentina, in 2008; Pikes Peak, Colorado, in 2009, and Mount Washington, New Hampshire, in 2010.

Apply today to join an inspirational team of people and share an experience of a lifetime.

Yours very truly,

A handwritten signature in cursive script, appearing to read "Lorraine Owczarek".

Lorraine Owczarek
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Detroit, MI 48236
313-343-7582
313-343-7597 Fax

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WHY CLIMB?

Cancer impacts all of us in some way or another. My mother died of breast cancer in 2001 after a two-and-a-half year battle. Since her passing, I have tried to live the life she would have wanted for me and live it to the fullest. I understand only too well how short life can be and that you never want to say, "If only..."

Mountain climbing has turned into an adventurous trip that fits into my mentality of "taking chances and experiencing life to the fullest." I think what I really learned from my mom and her illness is to make the most of life. Therefore I believe that I can have a twofold effect with this latest climb: first to live up to that expectation of enjoying life, and second to honor her life while hopefully generating support from others to help battle this devastating disease. This year is more of a climb for others. I will still be thinking of my mom every step of the way, but now I will be focusing more on what this can do for thousands like her.

With that in mind, on June 25, I am embarking on a climb of Ben Lomond. After the great success of last year's climb of Mount Washington, Pikes Peak in 2009, Mount Aconcagua in 2008, and Mount Kilimanjaro in 2007, I have been energized to continue to climb high in the fight against cancer. I have always hoped that my small efforts would encourage others to take on the fight, and last year's team climb was very successful.

Mount Ben Lomond staked its claim to fame in 1914 when the founder of Paramount Pictures, William W. Hodkinson, a native of Ogden, Utah, tuned his drawing of Ben Lomond into "Majestic Mountain." The image of Ben Lomond Peak is the oldest studio logo in Hollywood and is still used as the Paramount's symbol today. The Ben Lomond Trail is one of the most popular trails in the Ogden, Utah, area. Scenic vistas are your just reward. From the summit of Ben Lomond, the Wasatch Range can be seen stretching 100 miles from the Idaho border to Salt Lake City. Ben Lomond is the highest peak northeast of the Ogden Valley. I am looking forward to having others join me in tackling this summit, and I hope that our collective efforts will inspire others to not only keep up the fight but also encourage many more to support the St. John Providence Health System Breast Care Program. These expeditions – including the Ben Lomond Challenge – will prove to be a unique way to increase awareness and education about breast cancer and to raise critical funds needed to stop the breast cancer epidemic.

I look forward to getting to know you as we take on the Ben Lomond Challenge in our quest to Climb to Beat Breast Cancer. As a part of this adventure, we will be asking you to ask others to support us in this fundraising effort by making a gift. We have a website set up to collect online donations, to meet our team and to see how we are progressing. Follow us online at www.stjohnprovidence.org/MountainClimb/. When we have completed the climb, we will add personal notes and pictures to share the physical and emotional journey we made.

Sincerely,
Francesco Lucarelli

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THE PHYSICAL CHALLENGE

No prior climbing/mountaineering experience is necessary, but experience with hiking, backpacking, etc. is a huge plus. You must be in good health and strong physical condition. The one-way hike to the top is almost 7.6 miles and will take approximately six hours to reach the summit; plan on a 10-hour roundtrip adventure. The elevation is 3,700 feet.

It is imperative that trip members be in good physical shape. Do not plan on getting into shape while on the mountain! The level of fitness needed for this trip requires regular aerobic exercise for at least one hour, four to five times a week. This may include aerobic fitness classes, power walking, jogging, and cycling on hills, swimming, and cross-country skiing. Additionally, you must be able to sustain exercise for prolonged periods. Your endurance training will be just as important as your strength. We recommend that you start a moderate training program *several months* before departure, then build up to a very strenuous level. Since training is highly sport-specific, include some hiking or running in your program.

Consult your physician prior to starting this or any exercise program.

TRAINING

Assess your condition. The first step is to assess your current fitness state by doing a comprehensive assessment, preferably three months before your climb.

Areas to look at:

- Blood pressure
- Aerobic fitness
- Body weight/body fat % (the more fat you have, the more "gear" you will carry)

BASIC PROGRAM

Monday-Wednesday-Friday (Aerobic) – 3 days per week or more often

Do an aerobic activity, like brisk walking/jogging/cycling and stair climbing for 30-40 minutes. Try to aim for working out at 70% of your maximum heart rate.

Every weekend do one 2-hour hike (up and down hills if possible; treadmills are a great option).

Strength Training - Optional

Leg Extension

Seated on a table or chair, lean back slightly with hands grasping the sides. It is best if each leg is done individually. Extend your foot forward and upward, pausing momentarily in the extended position, and then recover to the starting position. Resistance is applied on the front side of the ankle. Keep your buttocks on the table or bench at all times and do not lean forward. If this bothers your knees, reduce the weight, and do not extend your leg out as far.

Leg Press (inner thighs)

Sit on Leg Press machine and position your feet with your heels about 4-6 inches apart, toes facing out. Take a deep breath and then lower the platform slowly, keeping your knees in line with your feet. When you've covered the platform as far as comfortable, push out in a controlled manner to return to the starting position, exhaling as you do so. As you return to the start, do not lock out your knees. This technique will provide continuous tension on the thigh muscles to make them work harder. If this exercise bothers your knees, try reducing the range of motion so you do not come down too far.

Lunge Walk (thighs, hamstrings and buttocks)

These should be done to fatigue, without additional resistance. You'll need a large space, such as the perimeter of a gym or aerobics room. Using long, controlled steps, lunge forward in a walking motion. Keep your torso erect and drop your hips as low as comfortable. It's good to perform near a wall to assist with your balance.

Reverse Lunge (thighs, buttocks and extra emphasis on hamstrings)

This is one of the most neglected of the lunge series, but because of its additional emphasis on the hamstrings, it is one of the most important. It is the same as the Lunge Walk but backwards. Begin with your feet nearly shoulder-width apart, torso erect. Take a slow, controlled step backward with one leg, lowering your hips so that your forward thigh becomes parallel to the floor. Your knee should be positioned directly over your ankle and foot. Your front foot should point straight ahead and your trailing knee should be extended to stretch your hip flexor muscles. The exertion phase of the exercise occurs when you push off your rear foot and step back to return to the starting position.

Standing Calf Raise (calves)

Position yourself on a standing calf machine by placing your feet so that your heels can extend below the toes; this will enable you to get a full stretch on the muscles. With your legs straight, lower your heels as far as comfortable and then raise your heels as high as possible to achieve maximum contraction. Pause momentarily in this position. Toe position can be varied to change the emphasis. Because this exercise has the potential to make your calves especially sore, for your first several workouts you should use light weights. As you become more accustomed to the movement, you may want to perform extra repetitions until you feel the "burn."

Strength Training – Optional (continued)

Flexibility

Stretches to do on a daily basis:

- Hamstrings
- Quads
- Calves

Equipment familiarity: Weekend hikes should be done with equipment to get used to it (boots, daypack and walking stick).

Mental approach: Very important, build up knowledge about the mountain by reading available literature. Be fully prepared.

The Science of Staying Warm with the LAYERING SYSTEM

The rules about "layering" (what you wear and how you wear it) have changed. "Intelligent" materials are here, and they rely on physics, chemistry, and even biology to be more effective - and work better when layered above or below another material. The goal of these "smart" clothes is to simplify and reduce, by making clothing more efficient. Stay away from cotton or cotton blends. Cotton dries very slowly and will not hold as much heat for your body once it is sweaty. Stick to wool or synthetic fabrics *ONLY!* Examples are "fleece," "polypropylene," "Lycra," "Nylon."

Now one piece can do the work of two or work over a broader temperature range. No longer do you need to pile on thick layers of fabric as the weather gets colder; if it gets cold, today's techno fabrics will hold more heat, and when you heat up, they will cool you off.

Layers

Outdoor gear manufacturers make many different types of synthetic fabrics that all work quite well. The layers listed below vary from brand to brand. The important thing is to know that your layers will allow you to regulate your body's temperature appropriately. Everyone is different in this regard. You need to be sure that you are comfortable with the combinations of layers so you heat up and cool down as necessary. We recommend that you test your own personal layering system in real temperature situations.

www.sierratradingpost.com - great prices on closeout gear

www.oagear.com - great spot for women's gear

www.llbean.com - great gear, great prices

www.rei.com - great gear, great prices, become a member and earn cash back

RECOMMENDED CLOTHING & GEAR LIST

Upper body: A t-shirt might be enough for you if you are hiking uphill on a warm day, but extra shirts should be brought for the likely chill above treeline and for the less-exerting trip down. Wool or synthetic (acrylic, polyester, polypro) shirts are recommended. It's also good to have a jacket (fleece, pile, or synthetic insulation) to provide extra insulation.

Undergarments: Synthetic – NO COTTON!

Hiking shorts/pants: One pair of quick drying shorts. Hiking pants with zip-off legs are nice but not required.

Hat: A brimmed hat (such as a Red Sox cap) can help keep direct sun off your head and out of your eyes, and can keep rain from drumming on your head and from splashing your eyeglasses if you wear them. A stocking cap (wool, fleece) is recommended as well.

Gloves: Even in mid-summer, gloves or mittens (wool or fleece) are recommended.

Footwear: Should be sturdy, comfortable and well broken-in, water resistant, and with a good sole to give secure footing on rocks, mud, etc. Most hikers wear hiking boots to provide all of the above plus extra support and protection from rough rocks.

Socks: Appropriate socks should be worn to give good cushioning and to avoid the formation of blisters (wool or synthetic socks are recommended – cotton socks tend not to perform as well). Multiple layers help prevent blisters and keep feet dry. Extra socks should be carried for changing if your first set gets wet from rain, sweat, etc.

Raingear: Raingear is a crucial inclusion in your pack. Please leave your poncho at home – the winds above tree line, and the steepness and roughness of the rocks on the mountain, will wreak havoc with it. Also leave behind the very inexpensive light plastic raingear that is more at home on a golf course – it can tear easily on the rough rocks above tree line. Do bring a good rain jacket and rain pants, so that you can keep the rain (often wind-driven) from soaking your clothing and from chilling you to the bone.

Raingear also does double-duty as wind gear – even on a dry day, you'll want to be able to keep the wind from penetrating your clothing and chilling you. Regular coated raingear does not allow moisture from sweat to leave your clothing, so it may be a tad uncomfortable, but should be manageable. If you want, you can use one of the several "waterproof breathable" fabric rain suits or you can have separate, light and breathable wind shirt and pants.

Food: Bring along ample amounts of trail snacks and lunch food. A mix of quick-energy items and long-lasting energy providers are recommended.. Bring items like Gatorade (powdered), "Emergen-C," "powerbars," "powergels," etc. It is very important to replenish your body's electrolytes as well as calories. Eat what you like, but eat! Do watch out for any items that may be perishable

Water: The need to drink lots of water is sometimes overlooked by inexperienced hikers. A climb up and down Ben Lomond on a typical summer day can require 4 or 5 quarts of water! Avoid diuretic beverages, such as strong coffee or alcoholic beverages – they can result in a net loss of water. Since the possibility of water along the trail cannot be guaranteed, be prepared to treat it (such as by filtering or chemical treatment) if you're counting on it.

RECOMMENDED CLOTHING & GEAR LIST CONTINUED

Day Pack: You'll want a roomy pack to carry the clothes you aren't wearing all the time, plus to carry other items. To keep things extra dry in your pack, line your pack with a large plastic trash bag. (Even high-quality packs can leak through seams, and water can often dribble in through the top.)

Sunglasses, sunblock and insect repellent: It is essential to have good eye protection especially at high altitude. Sunglasses that wrap around or have side shields or glacier glasses are good options. In June and July especially, insect repellent might be helpful to keep black flies and mosquitoes at bay. Sunblock and lip balm must have a SPF rating of 15 or more.

Medication: If you take medications, on a regular or occasional basis, remember to pack them. Also, if you wear eyeglasses, bring spares along, especially if the loss or breakage of your regular pair would make it hard for you to travel the trail safely and at your usual pace.

Emergency items: Bring items such as a basic first aid and repair kit, whistle, flashlight and some spare nylon cord, plus matches and basic emergency fire starting items. Also carry basic emergency shelter – it can be as elaborate as a climber's bivouac sack or as simple as a light poly tarp (such as a painter's drop cloth) or a couple of extra-large trash bags. The purpose is to be able to keep the worst of the rain and wind at bay should you need to stop for an extended period.

Personal first aid and personal medicines: This should include moleskin for blisters; pepto for stomach upset; Q-tips; anti-bacterial hand soap (Purell). Medical kit should include Tylenol or Ibuprofen.

Ziploc Bags: Bring along 5-15 extras as they come in handy on the trail for litter, keeping things dry, etc. It's a good idea to Ziploc anything in your pack that absolutely cannot get wet. Even with a waterproof bag, a pack cover and keeping diligent about things when it rains, items still manage to get wet.

Poles: Many hikers like to use a walking staff or a set of poles – whether "trekking" poles or just plain ski poles – which can be helpful to maintain balance and such. However, be prepared to secure them to your pack if you find that they get in the way on some of the steeper sections of trail, where you may wish to keep your hands free.

Compass: Visibility, or the lack thereof, could be a problem when mountain climbing. Compasses are small and lightweight and just might keep you heading in the right direction. GPS units are also very helpful, but they are more likely to not work than a compass.

TRAVEL LIGHT!!!!
(You won't be sorry!)

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BEN LOMOND PEAK

Ben Lomond, just north of Ogden, Utah, is probably the most famous of the peaks in the northern portion of the Wasatch Mountains. The Peak was named by a Scottish immigrant during the early days. She called the highest peak to the north Ben Lomond because it looked so much like the Ben Lomond from her native land. It is a very challenging, yet attainable summit. The Ben Lomond Trail is one of the most popular and heavily used trails in the Ogden, Utah, area. Scenic vistas are your just reward. From the summit of Ben Lomond, the Wasatch Range can be seen stretching 100 miles from the Idaho border to Salt Lake City. Reaching 9,712 feet makes Ben Lomond the highest peak to the northeast of the Ogden Valley.

WEATHER/CLIMATE

The best time to climb Ben Lomond is from June through October. The route from North Ogden Pass may have snow in early summer and fall, but it is usually in good condition and still passable. There is considerable avalanche risk on some sections of this route; however, that risk only pertains to the winter months. Temperatures in June can reach as high as 95° F and can drop as low as 40° F, with the average temperature around 70° F.

TRANSPORTATION

Based on the size of our climbing group, we will arrange transportation to and from the trailhead.

ACCOMODATIONS

The Red Moose Lodge
2547 N. Valley Junction Drive
Eden, UT 84310
801.745.6667
<http://www.theredmooselodge.com/>
Group Name: St. John Providence Mountain Climb

RATES

\$89.00 per night

TRAVEL INFO

Ogden, Utah, can be reached via three airports -

- Ogden - Hinckley Airport (5 minutes by car)
- Salt Lake City International Airport (40 minuets by car)
- Salt Lake Municipal Airport (1 hour)

ITINERARY

June 23, 2011 (Thursday) – Travel to destination. Team leader’s meeting. Check into your hotel and get a good night’s rest.

June 24, 2010 (Friday) – Orientation, meet and greet. Get to know members of the Ben Lomond Challenge Team. We’ll have a photo shoot in the morning, followed by gear check. You will have an opportunity to get any last-minute items. That afternoon, you will have time to relax and get focused for our big day.

June 25, 2010 (Saturday) – Summit attempt via Ben Lomond Trail.

In general, you can expect all trails to the summit to be physically demanding. You'll be climbing about 2,300 vertical feet from Weber County Fork Park, and then you'll still need to have energy for the hike down.

The trail is a 15.2 mile round trip that takes the average person almost 10 hours to complete.

Ben Lomond Trail

After leaving Weber County North Fork Park, the trail crosses Cobble Creek and begins a series of switchbacks up the mountain. There is a waterfall that cascades from Cold Spring at mile 1.6. Ben Lomond Trail connects with the Cutler Spring Trail just before Bailey Cabin Spring. This combined trail then connects with the Skyline Trail which winds off to the south. The trail switchbacks for most of the ascent, flattening out for about a mile before beginning the final series of zigzags up to the summit. It requires 7.6 miles of hiking to get to the top of the peak. You gain about 2,300 feet in elevation, a steady but moderate ascent.

To summarize, here are the distances, elevation gains and book times of the most used routes to the summit of Ben Lomond:

Distances and Elevation Gains of Nearby Trails			
Route	Distance	Elevation Gain	Book Time
Round trip by Ben Lomond Trail	15.2	2,300	10.0
Mount Ogden Tail	9.0	3,010	6.0
North Skyline Trail	11.4	3,584	7.5
South Skyline Trail	9.5	4,820	6.5

When finished, we return to the hotel for a celebration.

June 26, 2011 (Sunday) – Return home. We’ll say our goodbyes to the mountain and each other and travel home. If you wish, you may choose to make plans to stay on in the Ogden, Utah, area a little longer.

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COSTS

The Fundraising Challenge

Climb to Beat Breast Cancer ~ Ben Lomond Challenge 2011 team members will be asked to raise at least \$1,000 each in donations for this year's climb. Team members are encouraged to use this opportunity to increase awareness and visibility of this event by directing friends, business associates and family members to our website at www.stjohnprovidence.org/MountainClimb/ for more information and to donate online. Pledge mailers will also be available. Through these efforts, we will achieve our ultimate goal of helping to elevate the quality of care for the St. John Providence Breast Care Program.

We will not stop breast cancer by standing on a summit alone, but together we will take action toward preventing this disease. Ben Lomond stands tall at 9,712 feet. This climb is for anyone who wants to express his/her own strength in working to prevent breast cancer and at the same time raising awareness and funds for the St. John Providence Breast Care Program.

All climbers are responsible for:

- Transportation from your hometown to Ogden, Utah, and back
- Medical insurance and evacuation insurance
- Food and lodging
- Clothing/equipment, including items of a personal nature

NEXT STEPS

Apply today!

To minimize climbers' impact on the mountain, and to provide adequate safety, we are limited to 40 climbers on this expedition. We are actively recruiting a diverse group of climbers and breast cancer survivors so that our climb team reflects the communities that the St. John Providence Breast Care Program serves. **Please respond with your application as soon as possible.**

Questions?

Feel free to contact Lorraine Owczarek at lorraine.owczarek@stjohnprovidence.org or 313.343.7582 if you have questions or concerns about any aspect of Climb to Beat Breast Cancer ~ Ben Lomond Challenge. You can also find information about the climb on our web site at www.stjohnprovidence.org/MountainClimb/.

Climb to Beat Breast Cancer ~ Ben Lomond Challenge

CLIMBER APPLICATION FORM

Participant Information

As evidence of my desire to join the Climb to Beat Breast Cancer ~ Ben Lomond Challenge, I hereby submit the following climber application. (Please print legibly.)

Name: _____

Address: _____

City, State, Zip Code: _____

Day Phone (with Area Code): _____

Evening Phone (with Area Code): _____

Mobile Phone (with Area Code): _____

Fax (with Area Code): _____

Email: _____

Occupation: _____

Age: _____

In case of emergency, contact:

Name and Relationship: _____

Address: _____

City, State, Zip code: _____

Day Phone (with Area Code): _____

Evening Phone (with Area Code): _____

Mobile Phone (with Area Code): _____

Signature: _____ Date: _____

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APPLICATION QUESTIONS

With your permission, we would like to put a small paragraph and picture of all our climbers on the www.stjohnprovidence.org/MountainClimb/ website. Fax this form and your answers to the following questions to 313.343.7582 or mail to: Climb to Beat Breast Cancer ~ Ben Lomond Challenge, St. John Providence Health System Foundations, Mack Office Building, Suite 102, 22101 Moross Road, Detroit, Michigan, 48236. Please include a photo of yourself.

Personal philosophy

- 1) What motivated you and what are your expectations or goals for participating in Climb to Beat Breast Cancer ~ Ben Lomond Challenge?
- 2) What do you intend to accomplish by climbing Ben Lomond?
 - On a personal level
 - On a fundraising level

Your experience with breast cancer

- 3) What effect has this disease had on your life?
- 4) Are you a breast cancer survivor?
 - Please describe your experience with breast cancer (and/or other cancer), including date of diagnosis, if applicable.

Physical experience

- 5) Describe any previous mountaineering/outdoor experience.
- 6) How will you make the time for training sufficiently for the Climb to Beat Breast Cancer ~ Ben Lomond Challenge?

Fundraising commitment

- 7) How do you plan to help raise funds for the Climb to Beat Breast Cancer ~ Ben Lomond Challenge?
- 8) Describe any previous experience you have had with fundraising.

Leadership commitment

- 9) Do you have special skills and talents that you are willing to contribute to Climb to Beat Breast Cancer ~ Ben Lomond Challenge (i.e., media, medical, photography, massage)?
- 10) How did you find out about Climb to Beat Breast Cancer ~ Ben Lomond Challenge?

Thank you for your application!