



Guest Lecture

OLYMPIC SKIING GOLD MEDALIST
MIKAELA SHIFFRIN ON THE IMPORTANCE
OF A GOOD TEACHER

"A few years ago in Maui, I tried windsurfing after having only a few basic techniques explained. The experience was terrifying. Then I got a lesson with a professional, who gave me some important pointers—on the beach first, then in the water. It's way better to go in with some knowledge and focus than

to wing it on your own. The same is true with skiing. There are great ski instructors at every resort. At the very least, they'll help you learn your way around the mountain and, say, avoid getting stuck going down a black diamond if you're a beginner. Ideally, they'll help you figure out what to think about when you're skiing. Take the time to learn. It could be as simple as going on YouTube and looking up technique videos for 15 minutes the night before. That will give you a sense of what it'll feel like when you're out there. You'll be better prepared and more likely to have a good time."



Guest Lecture

OLYMPIC SILVER MEDALIST, FREESTYLE SKIER, AND CELEBRITY DOG OWNER **GUS KENWORTHY** ON WHY THE BEST WAY TO GET OUTSIDE IS WITH A PUP

“My boyfriend and I have two dogs. I adopted Birdie from a dog-meat farm in South Korea after the 2018 Winter Olympics—we think she’s a Korean Jindo mix. Frank is a terrier, miniature pinscher, and Chihuahua mix. He’s the reason I do an outing is for the dogs. They’re why I get motivated to go for a hike or to the beach. They have so much energy to expend, and they get a lot of joy out of doing something active. I can see how happy they are and how well they sleep afterward. Start slow and progressively take your dogs on bigger, more taxing adventures. Every dog is different in terms of what they’re capable of. Birdie will let me know when she’s tired—she’ll be stopping and having fun, and then she’ll be panting and looking for shade to lie down in. To begin with, avoid trails that are long or don’t offer an easy way back. Take breaks and bring enough water. And carry high-value treats for our dogs, that’s string cheese. If they’re wandering away, that’s a very easy way to lure them back.”

Guest Lecture

OUTDOOR AFRO FOUNDER **RUE MAPP** ON WHY WE SHOULD REWRITE OUR DEFINITION OF THE OUTDOORS

“Too often we associate the great outdoors with somewhere far, far away that requires special equipment and expertise. That couldn’t be further from the truth. Not everybody is going to find joy and excitement dangling off the side of a cliff. You can turn to nature close to home. We have to think more broadly and inclusively about what being in the outdoors can look like. By doing that, we help people feel validated and empowered to try a broader range of activities. Outdoor Afro is an organization that connects Black people across the country to outdoor activities near them. It’s headquartered in Oakland, California, where there’s a lake at the center of town—Lake Merritt, which is actually the oldest wildlife sanctuary in the country. People walk around it, they have cookouts. There’s life and vibrancy that this outdoor space holds that is giving people the same benefits they would receive if they were in the wild. Looking at the nature people find in their own backyard—that matters.”



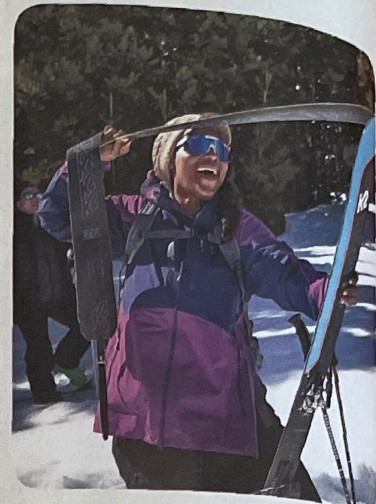
**CRASH
COURSE**
ADV_270

Get your feet wet in the middle of an outing? Put on dry socks and layer plastic grocery bags between them and your soaked shoes.

The trapped heat will also help dry your kicks out. Drape damp socks over your neck to air-dry while you hike.



Clockwise: Ski Divas; skinning up; skiing in Italy's Dolomites



shore, and Hammer, who's well versed in cold-water surfing, will school you in pre-wave visualization and finesse your bottom turns to buttery smoothness. From \$95 —**J.M.**

SKI POWDER

SELF-STUDY: Moena, Italy

Unlike higher-profile destinations in the Alps such as Chamonix and Verbier, Moena isn't a spot for raucous après-ski bars, nor is it filled with formidable steepers that are suitable only for extreme skiers. Instead, you'll find a friendly, non-touristy village in the

northern Dolomites—a two-hour drive from the Venice airport—with easy access to low-key, crowd-free slopes at seven interconnected resorts called Val di Fassa. Intermediate skiers and riders love Moena for its affordability and gentle, sprawling, on-piste terrain. Visit during the annual Scufoneda ski festival, held in March, for instructional clinics, guided backcountry tours, and midday wine and cheese stops at slopeside huts. In town, Hotel Cavalletto (from \$76) has a steam room, sauna, and newly added salt cave. —**Megan Michelson**

Guest Lecture

OLYMPIC NORDIC SKIER **JESSIE DIGGINS** ON HOW TO LET IT GO WHEN YOU DON'T PERFORM PERFECTLY

"The night before a big race, I always set goals. What am I going to say to myself when it gets really hard? Maybe it's a mantra I'm going to repeat, something simple like I can do this. Then I set a technique goal: How am I going to ski efficiently? Finally, I set a pacing goal. If it's a 10K race, you don't go sprinting out of the gate. How am I going to pace this effort? When I'm nervous, I think about those process goals. What do I need to be doing right now in order to have a good race? Maybe it's eating a good breakfast or getting a good warm-up. Fixating on the process and not the outcome is how I make sure I can handle those race-day nerves. If you're having a tough day and your technique isn't coming together, that's OK. It's natural to have ups and downs in a sport. I struggled with an eating disorder, and it took me a long time to learn that I don't need to be perfect to be a really good athlete. I was trying so hard to do everything exactly right. But perfect is boring. Perfect doesn't win races. To just be me is good enough."



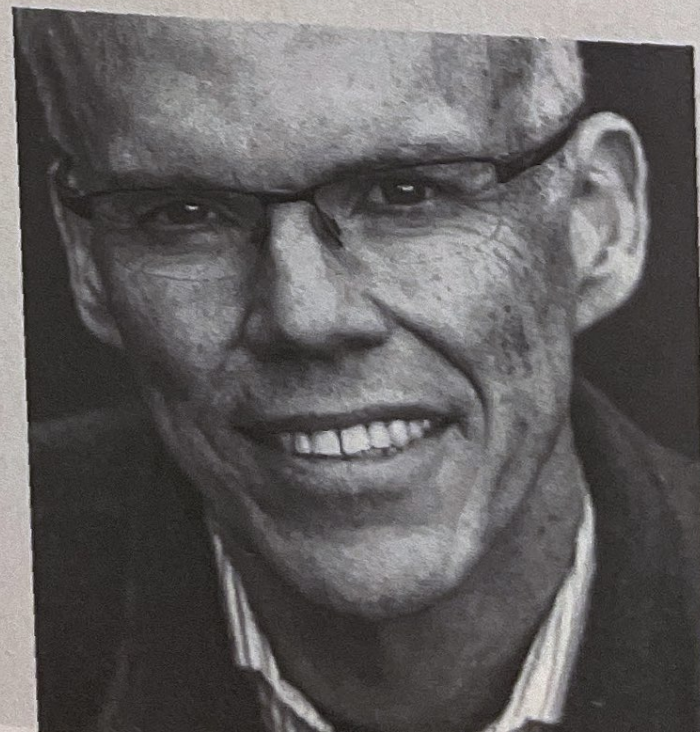
GET SCHOOLED: Ski Divas, Wyoming

"The ski industry lacks diversity," says Jessica Baker, an American Mountain Guides Association-certified guide. "We need to be more inclusive, and we need to be proactive in our efforts." According to 2019–20 data from Snowsports Industries America, 67.5 percent of participants in winter sports are white, 14 percent are Hispanic, 9.2 percent are Black, and 7.7 percent are Asian. Baker wanted to make backcountry skiing more inviting to a wider range of people, so this year she debuted a camp dedicated to women of color. Held in Jackson Hole, the three-day adult course will take place again in March of 2022. It's geared toward skiers and snowboarders of all levels, with scholarships available to help cover tuition. You'll stay at the boutique Alpine House and spend your days exploring Jackson Hole Mountain Resort and Grand Teton National Park. From \$1,095 —**M.M.**

Guest Lecture

BILL MCKIBBEN, WRITER AND COFOUNDER OF 350.ORG, ON WHY WINNING AN ARGUMENT DOESN'T ALWAYS MEAN WINNING THE BATTLE

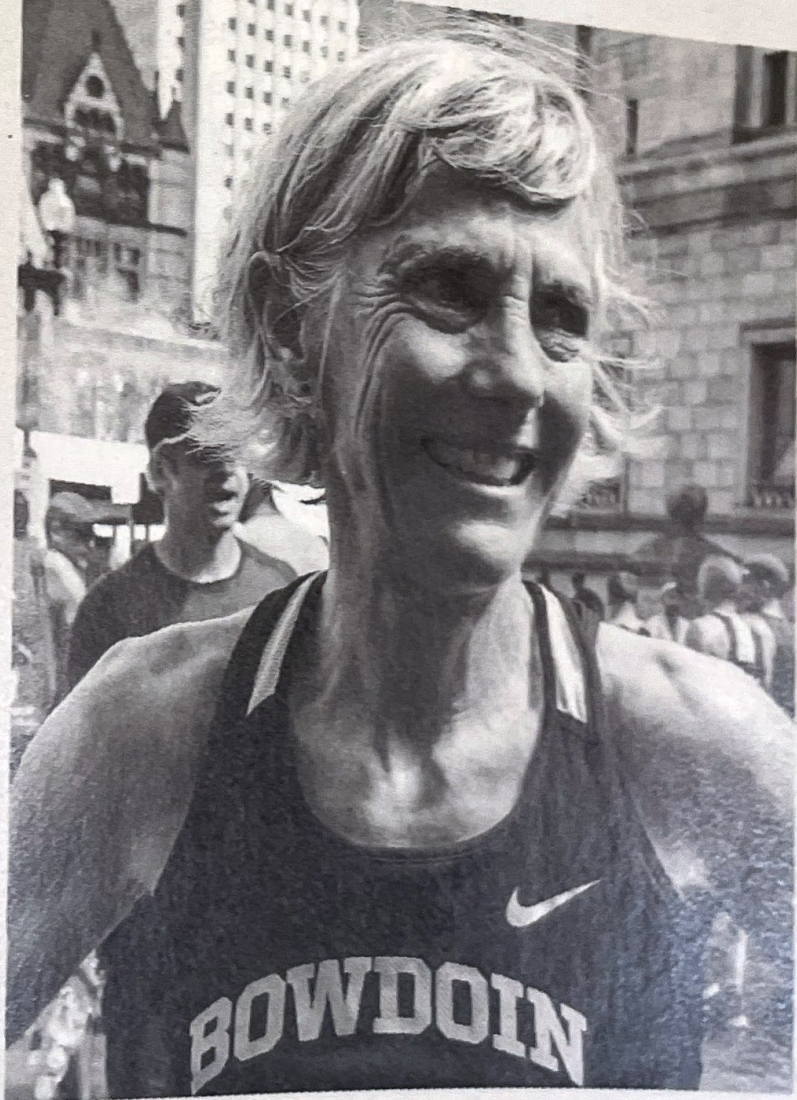
"The first thing I needed to learn when I started writing about climate change was that we weren't really in the argument I thought we were in. Writers tend to think of things as an argument and believe that if you assemble enough well-crafted words, studies, and research data, then the powers that be will do what needs doing. It took me a number of years—and a number of books—to understand that this wasn't completely true. By 1995, the world's scientists were in strong agreement about the danger of climate change. But you can win the argument and still lose the fight. Our opponents, the fossil-fuel industry, had enough money and power to keep winning the fight long after they'd lost the argument. Once I figured that out, I started shifting from just writing to organizing and building big, global, grassroots climate campaigns. We've put together a new source of political power to try and counterbalance the influence of the fossil-fuel industry, but we should've started long ago. There were a lot of years when we should have been standing up more firmly to the industry. I'm sorry now that we didn't."



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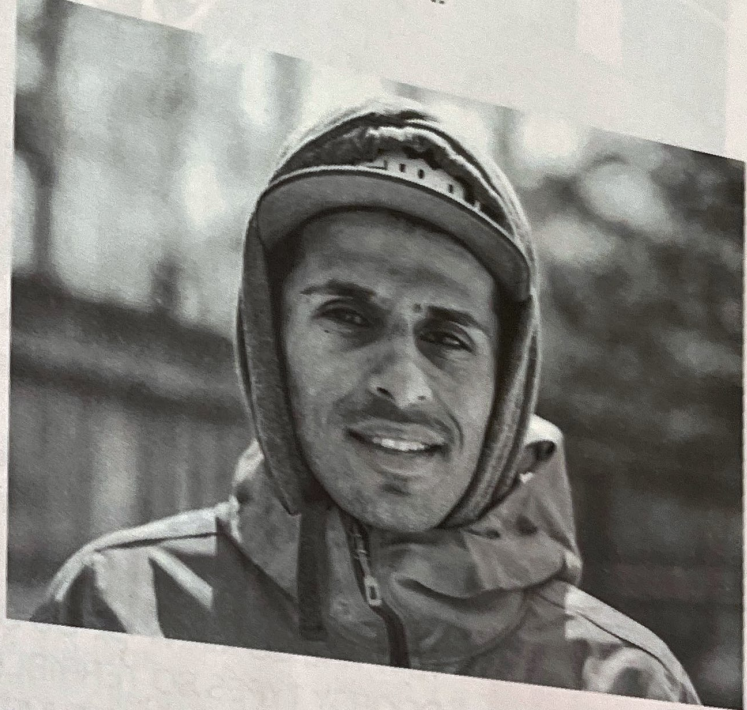
OLYMPIC MARATHON CHAMPION
JOAN BENOIT SAMUELSON
ON HOW SHE'S LEARNED TO BE
FLEXIBLE AS SHE GETS OLDER

"I refer to my life and my career in two phases, B.C. and A.D.: before children and after diapers. It used to be that I scheduled my day around running. When I became a mother, I scheduled my running around my day. Now the children are grown and are runners themselves. I still make running, cycling, and other exercise a priority. I like to have a plan. I go to bed on a Sunday night and think, This is what



I'm going to do this week. These are the runs that are important to me. These are the workouts that I need to fit in, whether I like them or not. It's easy for me to run out the door and go. I should probably take more days off. I should probably give myself longer recoveries now that I'm aging. But I've always told people, 'You have to run your own race. You can't run anybody else's race but your own.' I run or work out the way I feel on that particular day. If I feel great five days in a row, I'll run five days in a row. If I feel worn out, I'll pull back. It's the way I've always operated."

...is no longer the same. This is because
neither is his mind. He simply
likes being outside with others in
because he didn't fully appreciate be-
"The conversations I have with
people out in nature are some of the
conversations I have. They're
most honest and raw," he says.
and that that is where people are



Guest Lecture

MOUNTAIN GUIDE **ZAHAN BILLIMORIA** ON HOW TO KEEP GOING WHEN
YOU SUFFER PAIN AND LOSS

"There's this long period in most of our experiences in the mountains when we get to thrive on the upside of risk. You send the climb, you complete the traverse, you win the race. You experience all the gifts of the wilderness that are so rich and empowering. Then, inevitably, you start to see the flip side of risk. You're involved in a situation where somebody rappels off the end of their rope, or you get avalanched, or you fall in a place that you really didn't think you were going to fall. Now that wilderness experience, which was all about fun and laughs and beers at the trailhead, is much more complicated and nuanced. But if you knew what it was like on this side of the curtain, you might never have found that joy in the first place. So part of me is really glad I had all those years when it was simple. After having accidents and seeing friends die in the mountains, I choose to continue because I did it long enough before those things occurred to fall deeply in love with the whole thing. What I most want to pass on to people from where I stand now is: Fall in love with the wilderness. Be in love with being out there."

Guest Lecture

CONSERVATIONIST AND FORMER BLACK DIAMOND CEO
PETER METCALF ON HOW TO STAY MOTIVATED

“Even after 50 years of being active outside, I still struggle with motivation. Nowadays, regardless of how big the day is going to be, what I tell myself is, I’m getting up. I’m going to enjoy that cup of coffee and piece of toast. I’m going to go out and catch the dawn, even if just for half an hour. You don’t have to do the big thing. You can turn around at any time. You can go at a more relaxed pace. Sometimes the key is to fake yourself out. Almost always the momentum takes over. Because being outdoors, catching the first light, it’s spiritual, it’s energizing. It allows you to build that momentum. For a big multi-day alpine climb, it can be a challenge to stay confident and motivated when the difficulties are greater than anticipated. In 1980, I climbed a new route on Mount Hunter in Alaska with two friends. We brought six days’ worth of food, but the route ended up taking 13 days. The climbing was far more difficult and the weather far more horrendous than we thought it would be. You can’t get overwhelmed. If you focus on how much climbing you have in front of you and how little food you have, it’s easy to get depressed and give up. Instead you have to approach it by asking: What do we have to do today? If you get through today, why can’t you do tomorrow?”

