Life Lessons from Climbing the Seven Summits

OSHER 285-001

Dates: Tuesdays: January 12 – February 16
Time: 3:30 – 5:00 pm
Location: Online via Zoom
Instructor: Carol Masheter, Ph.D., oldest woman in the world to summit all nine of the Seven Summits, the highest peak in each continent.

Brief Course Description:

This course will cover the following: (A) reasons to engage in fitness activities/challenges as we age, (B) how Dr. Masheter trained for each of the Seven Summits (the highest peak in each continent), (C) what each climb was like and (D) life lessons she learned from mountaineering, such as (but not limited to): (1) crisis can be an opportunity for growth, (2) vicious cycles and benign cycles, (2) managing self-doubt/anxiety, (3) plan for worst, hope for best, expect the unexpected, (4) transforming an enemy into an ally, (5) teams that work, teams that fail and why, (6) it is never too late to do something significant.

Recommended reading:

“No Magic Helicopter: An Aging Amazon’s Climb of Everest,” (Masheter, Aventine Press, 2011), $16 per copy, cash or check.
“Brightest of Silver Linings: Climbing Carstensz Pyramid in Papua at Age 65,” (Masheter, Aventine Press, 2014), $15 per copy, cash or check.
Copies are available from the author and Cottonwood Marketplace at Summit Vista. Prices include tax and author’s signature if desired. Books may also still be available through the Internet in paperback or downloadable format.
Course Overview:

Week 1: Aconcagua, highest peak in South America and Western Hemisphere: Introductions, benign cycles instead of vicious cycles, crisis as opportunity, climbing Aconcagua at age 60.

Week 2: Kilimanjaro, highest peak in Africa: Optimal aging; same mountain, different lessons, balance, from last to first to middle.

Week 3: Everest, highest peak in Asia and the world: Plan for the worst, hope for the best, expect the unexpected; managing self-doubt & anxiety; transforming an enemy to an ally.

Week 4: Denali, highest peak in North America: Different challenges & skills; try, try again; team issues.

Week 5: Vinson Massif, highest peak in Antarctica: Other different challenges, e.g., extreme cold, wind, 24/7 daylight; uncertainty; dream team.

Week 6: Carstensz Pyramid, Papua, Indonesia, the 8th of the Seven Summits: Try, try again; teams that fail, teams that succeed; healing old wounds; setting a world record – it’s never too late!