

A Walk for Mike

by Jeff Alt (2005)

He & his wife did a charity hike on the John Muir Trail to bring awareness to depression (his brother-in-law committed suicide). 31,000 Americans commit suicide each year & another 650,000 attempt it. 19 million Americans suffer from depression. And depression is the main cause of suicide.

Ask yourself, "What would I do if this was my last day on earth?" Exercise reduces stress & anxiety. Exposure to sunlight helps increase serotonin & improves your mood (Sierras are one of the sunniest mtns in the world). Dept of fish & game said no black bear fatalities have ever been reported in CA. Celebrate the little successes along the way. Pudding is great (just add water), but filter the water.

Lake Virginia Rosemarie Meadow are beautiful. Vermillion Valley Resort is worth it (take the boat to get there). Fording Evolution Creek was a challenge. They came across a hiker with pulmonary edema & they were able to use their satellite phone to call 911. The JMT doesn't cross a single paved road for its entire 218 miles.

Links: www.hikeformike.com