

## Mt. Elbrus, Russia, September 2010 Elevation 18,510

### My Journey



The trek to the mountain or the path that you take on your quest to achieve can be just as difficult as the final climb.

The Mt. Elbrus climb brought on new challenges. This climb required a real “team effort”. With high winds, crevasses and steep slopes the need to be roped in became a necessity. Helmets, ice axes, crampons, climbing harnesses were just some of the equipment that was needed because this was somewhat technical, but it also became a team climb. The idea of being roped together

to save someone from falling to their peril puts the pressure on to perform – but how do you build on experiences and relationships?

**What I realized was that each of us has an expertise and each had their weaknesses. When these are identified then the team can and will become stronger. It is just like building a business; you bring in those that have the expertise.**

### Mount Elbrus Facts

Mount Elbrus, pronounced [miŋŋi taw] is an inactive volcano located in the western Caucasus mountain range, in Kabardino-Balkaria and Karachay-Cherkessia, Russia, near the border of Georgia.

Mt. Elbrus's peak is the highest in the Caucasus range.

While there are differing authorities on how the Caucasus is distributed between Europe and Asia, most sources agree that Elbrus is also the highest mountain in all of Europe.

Mt. Elbrus (the west summit) stands at 5,642 meters (18,510 ft); the east summit is slightly lower at 5,621 meters (18,442 ft).