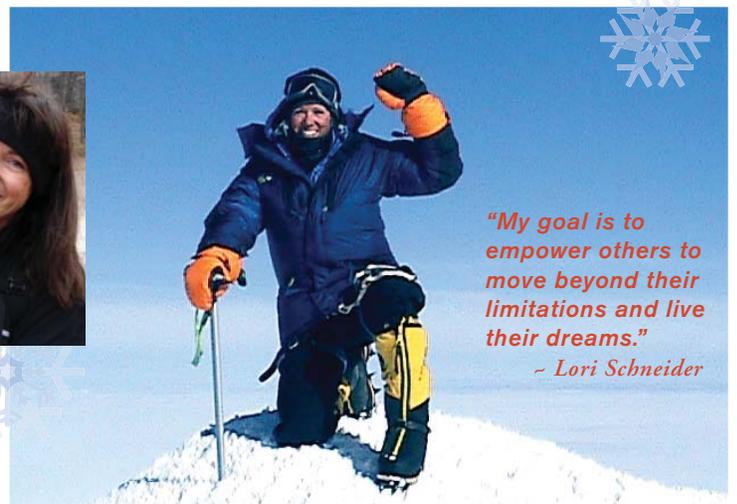


# ETA<sup>®</sup>

**Empowerment  
Through Adventure**  
*Climbing Beyond Our Limits*

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*"My goal is to  
empower others to  
move beyond their  
limitations and live  
their dreams."*

*~ Lori Schneider*

## **Lori Schneider Bio**

Lori Schneider is a mountain climber, teacher, lifelong learner and inspirational speaker. She is one of approximately 37 women in the world to climb the Seven Summits, the highest peak on each continent, and one of only five women over the age of 50 to accomplish this. With her successful summit of Mt. Everest on May 23, 2009, she became the first person with multiple sclerosis (MS) to complete the Seven Summits.

## **Background**

Lori was born in 1956 and raised in Janesville, Wisconsin, USA. She graduated from Clarke College, an all women's college in Dubuque, Iowa, with degrees in Special Education K-12 and Elementary Education K-8. She was a teacher in Steamboat Springs, Colorado for 20 years and led an active outdoor lifestyle. She now lives in Bayfield, Wisconsin where she enjoys cross-country skiing, kayaking, hiking and mountain climbing.

## **MS**

Like many people with MS, Lori experienced numbness, weakness and other symptoms intermittently for years before she was diagnosed. At the age of 43, she awoke one morning with numbness in half of her body. Within two months, it had spread throughout her entire body. Her doctors confirmed that she had multiple sclerosis and told her she could possibly spend her life in a wheelchair. An avid outdoors person, she was devastated that mountain climbing, kayaking, hiking, skiing and running might become only memories.

With treatment her symptoms abated, but she knew they could return at any time. She decided to conquer her fears about the future by climbing mountains and enjoying all the adventures she could while her body would still cooperate.

She left her 20-year teaching career behind and spent the following years training, running marathons, traveling and climbing the Seven Summits.

### **Speaking and Public Service - A message of hope and self-empowerment.**

Lori shares her story to inspire people to be all that they can be. She weaves together the story of climbing the world's highest peaks with the story of her life, encouraging people to live their dreams and free themselves from fear. Through her company, Empowerment Through Adventure, Lori creates opportunities for people who want to challenge themselves, step outside of their comfort zone, and feel empowered in their own lives. In 2011, Lori led a group of people with MS and Parkinson's disease on a climb of Mt. Kilimanjaro, in Africa. Lori also works with national and international MS Societies to raise awareness of MS.

### **Life Experiences**

2008 Great Wall Of China Half Marathon 13 miles

2006 Duluth MN, Grandma's Marathon 26.2 miles

2003 Chicago Marathon 26.2 miles

2002 Chicago Marathon 26.2 miles

### **Mountain Climbing "Seven Summits"**

2009 Mount Everest, Nepal, Asia 29,035 ft.

2008 Vinson Massif, Antarctica 16,067 ft.

2008 Mount Kosciuszko, New South Wales, Australia 7,310 ft.

2006 Denali, Alaska, North America 20,320 ft.

2002 Mount Elbrus, Russia, Europe 18,540 ft.

2000 Mt. Aconcagua, Argentina, South America 22,841 ft.

1993 Mt. Kilimanjaro, Tanzania, Africa 19,340 ft.

