



# ADVENTSHORTS

## How They Went

### **AdventShorts: Interview with Katie Mills. Climbing Alaska's Ham and Eggs on Moose's Tooth. Ep. 1.**

**Angel:**

Hi Adventure Buddies!

Welcome to AdventShorts: Short episodes not nasty smelly shorts where we feature our adventure heroes of the week and take a short but deep dive on one question to find out HOW they actually went. Not the adventure part, but what necessary steps they had to take to lead them to the adventure part.

We're creating this in direct response to Boldly Went podcast listener requests asking us to tell the story of how it became possible for the people who we are featured to take up adventure as their lifestyle. If you are signed up for our newsletter, you know that each week we select an adventure hero who is exploring the world in ways we never even dreamed. We care about people who set their sights on an unimaginable adventure, took the necessary steps to achieve that, and they went for it. It does not matter if the adventure ends in success, a fastest or best accomplishment; it only matters that they did something they thought was unimaginable. This week we're at the Portland Alpine Festival and we're so happy to be here! We're going to be looking at Adventure Heroes all week long. And I am here with Katie Mills. Katie is a mountaineer with the Mazamas in Portland, OR. She says her biggest life achievement is that she enjoys making the lives of those around her better. Welcome Katie!

**Katie:**

Hi!

I was a recipient of the Mazama Alpine Adventure Grant and I used that to travel to the central Alaska range and I climbed the route called Ham and Eggs on the Moose's Tooth.

**Angel:**

So each week you're going to hear our adventures answer one question and Katie your question today is how are you able to prioritize adventure in your life and we want you to be as specific as possible.

**Katie:**

I'm a normal person you know with a 40 hour work week. I get 4 weeks of vacation a year I'm not a guide or a pro so, for me to be able to do these adventurous things, I have to use my time wisely in training. Because these things you can't do off the couch. You have to be in shape for. You have to have technical skills. My typical week I will get up twice a week at 5 in the morning and go climbing for 2 hours before work. Then at lunch I will go on a run, and then I'll also add maybe an evening strength training session. By doing all my training during the work week, I still have time to lead a normal life socialize and go socialize in the evening. So that very efficient time management of squeezing in all your training... I don't go to happy hour with friends, I go climbing with friends! So that's how I am able to do these big adventures while just being a normal person with a normal job.

Ham and Eggs was a big icy mixed couloir. In order to train for it you should do a lot of ice climbing and we don't really have ice climbing in Portland. So I go out on the weekends, and I'll fly to a place that does have ice climbing like Cody or Canmore or Ouray or Bozeman and maybe do a long weekend of three or four days of ice climbing. So that way I can only take one or two days vacation to waste, so I'll do that maybe 4 times a winter. And otherwise I'm just in the gym cranking on the overhanging jugs because that's the most like ice climbing. You don't need to waste your hand strength on crimps or cracks, just pulling on the ice tools, just pulling on the jugs. Living in Portland you definitely have to be able to translate gym to outside. You don't get to go climb 50 ice routes like everyone else that lives in Canmore or Bozeman. You just have to climb inside and mentally be able to transfer it over to when you are outside.

**Angel:**

Can you tell listeners what your job is?

**Katie:**

I am a mechanical engineer that builds trains, rail cars. I don't drive them but I just design them.

**Angel:**

And how often are you going to the places, Canmore, Ouray, various places?

**Katie:**

I probably go twice a month in January and February. I used to go in December but then I decided I like Christmas too much, so I have a moratorium on climbing over Christmas. Thanksgiving this year I'm going rock climbing in Red Rock. Thanksgiving can be rock or ice. Last year I went and climbed a mountain called the Sphinx in Montana which is an ice climb. November's iffy weather, on rock climbing or ice climbing.

There's no off-season for me anymore. It used to be summer I climbed, in the winter I didn't do anything but once you start ice climbing there's no off season.

**Angel:**

Do you ever dream about just quitting everything and making climbing your lifestyle.

**Katie:**

No! I know a lot of people do that, but I feel like I don't like climbing as much as them. I like normal life. I like sitting around with my friends. I like watching music. I have a nice house I like to sit in, and I have a hot tub that I like to sit in which you have to pay for. I had that Asian mother growing up who you always had to please, and so I feel like I could never not have a job and be okay with that. So I have come to terms that I will never just climb forever and I think I've kind of altered my attitude to be okay with that by enjoying everything that isn't climbing.

**Angel:**

Great, well thanks Katie, so much, for telling us about your life in 5 minutes. I know that there's so much more that we could find out, but this is just our brief, deep dive, if that's

even possible, into what it's like to have been you and to have accomplished this goal of completing Ham and Eggs.

Was that an unimaginable experience for you at one time?

**Katie:**

Yeah, it's funny, like maybe 3 years ago a bunch of boys we know went and did it and they didn't invite us cuz we were too small and weak. So we had to get our own skills and be able to do it ourselves. So no one can accuse any boy of dragging us up it this time so it's really fulfilling to have the goal realized.

**Angel:**

Well good for you! I'm glad that didn't stop you. Thanks so much. So tonight, I am going to be lucky enough to be hearing Katie's full story about the Ham and Eggs at the Portland Alpine Festival. If you're in town, today's Nov. 14, this goes until Nov. 18, so you should come out to some of their...just kidding it's sold out, you missed the boat!

Anyway good luck tonight katie, thanks so much!

That was Katie Mills from the Portland Alpine Festival sharing her really down to earth experience climbing Ham and Eggs. We have some really amazing climbers coming up. I can't wait to share that with you.

Sign up for our email newsletter and share this adventure with us by going to [boldlywentadventures.com](https://www.boldlywentadventures.com). Readers go here:

<https://www.boldlywentadventures.com/adventureroftheweek.html>

Hey another thing, a listener recently encouraged me to sign up for Patreon, and I've been looking into it. Have you heard of it?

What it offers is a way for followers of this podcast to get more involved with what Boldly Went is creating. It makes it possible for us to give you an inside look into our creative process, get your feedback as we're creating, and your real-time ideas for future growth.

I am doing my best to bring you the most valuable content and life-changing ideas from the adventure world. I want to continue sharing this journey with you and bring you even closer into what we're creating and patreon seems like a good option.

Patreon is one more way that you can become an integral part of this community of adventurers that we're building. It gives you a way to support what we're creating and we get to give you special rewards in exchange. So I want your ideas about what kinds of rewards you want. I've been thinking show tickets, merch discounts, sneak previews on our upcoming book, prioritizing your town for future shows, and weekly podcast script collaboration with you. My ideas are limited so I want to know what ideas you have. Send them to me at [boldlywentadventures@gmail.com](mailto:boldlywentadventures@gmail.com) or through the contact form on the website [boldlywentadventures.com](http://boldlywentadventures.com)

Thank you for sharing (and creating) the adventure and this Boldly Went production with us.

I'm Angel Mathis proudly recording in Portland, OR, and I hope this has ignited your adventure. Has it? Be sure to tell me about it.

