

## **Climbing 29029 Jackson Hole: A Journey Beyond Limits**

The 29029 Everesting Challenge in Jackson, Wyoming, is not just another endurance event; it's a testament to human resilience and determination. With its grueling 1559ft vertical foot gain per hike and a total of 19 hikes to match the height of Mount Everest, this challenge brings together a unique community of adventurers. One such participant, Barbee, shares her incredible experience of overcoming both mental and physical hurdles in this remarkable event.

The 29029 Everesting Jackson Hole Challenge saw 282 participants come together, each with their own personal goals and stories. Barbee, who has previously completed marathons, Ironman races, and 100-mile runs, found this challenge to be incomparable.

At the peak of Jackson Hole, 8,000ft above sea level, 16 of the 282 participants over the age of 60, including Barbee, lined up with the goal of achieving the "Red Hat". Seven of the sixteen completed all 19 ascents, and Barbee was one of three women to don the red hat. Age was no barrier for Barbee, who emphasized that focusing on fitness as a lifestyle opens doors to incredible opportunities. She states, "Staying healthy and fit gives me opportunities such as 29029, so when they come up, I can say YES."

Barbee's prior training in Woodway's altitude chamber ensured that the high elevation of Jackson Hole, which stands at 7,808ft, did not hinder her performance. She remarked, "29029 was a different kind of hard," capturing the unique difficulty of this challenge.

Barbee's journey to completing the 29029 Everesting was filled with moments of deep reflection and pride. She honored her late friend Nancy by spreading her ashes on each ascent, making the experience profoundly personal and meaningful. Despite the grueling nature of the event, Barbee emphasized the supportive community spirit, noting, "29029 is COMPLETE, not COMPETE." Her achievement of earning a red hat was a testament to her dedication and preparation. Barbee completed the challenge in 30 hours, just shy of her 26-hour goal but well within the 36-hour cutoff time.

The journey was not without its hardships. Barbee faced significant challenges, particularly with maintaining her nutrition and dealing with electrolyte imbalances. After her tenth ascent, she experienced severe nausea and had to take a break. However, her resilience shone through as she returned to the mountain at 3 AM, feeling rejuvenated. Despite further bouts of sickness, Barbee's positive attitude allowed her to push through and complete the remaining ascents. She highlighted the importance of "controlling the controllables," such as attitude and training, as key to her success.

Training at Woodway Headquarters in the Altitude Chamber gave Barbee a significant edge. Under the guidance of Coach Derek Toshner, who had trained for two of his expeditions at Woodway, Barbee followed a Sports Specific Training program meticulously designed to mirror the actual mountain conditions. For ten weeks, Barbee trained in the chamber once a week, each session lasting 2-3 hours. This specialized training made a noticeable difference. While many participants struggled with the altitude, Barbee felt she could take it on as if it were nothing. "I know that the altitude chamber works." Woodway Headquarters was instrumental in her preparation, making her feel incredibly ready for the challenge.

"You can't simulate that you're on the mountain without being on the mountain, but the Ridge Runner comes pretty darn close," says Barbee. Combining the Altitude Chamber with the Ridge Runner was the "secret sauce." Barbee has been using Woodway products since she was 28 years old, starting with the Desmo treadmill, which is still running strong in the cardiac rehab gym where she first bought it. Her long-term trust in Woodway's products speaks volumes about quality and durability. The Ridge Runner, in particular, played a crucial role in her training, helping her simulate the mountain climbing experience as closely as possible without actually being on a mountain. To complete an event like 29029 Everesting, you must do the work. "To have a treadmill that elevates to 35% grade and can be used manually was exactly what I needed", said Barbee. "I am very grateful to have this opportunity in my backyard!"

Barbee's experience at 29029 Jackson Hole is a powerful reminder of what can be achieved with determination, preparation, and a supportive community. Her journey, marked by personal tributes, physical endurance, and mental strength, serves as an inspiration to all who dare to push beyond their limits. As she aptly put it, "It's you against you and you against the mountain," a sentiment that captures the essence of this extraordinary event.

**29029 Jackson Hole | 2024 Recap Video:**

<https://www.youtube.com/watch?v=9O4cBNb8RGw&t=9s>