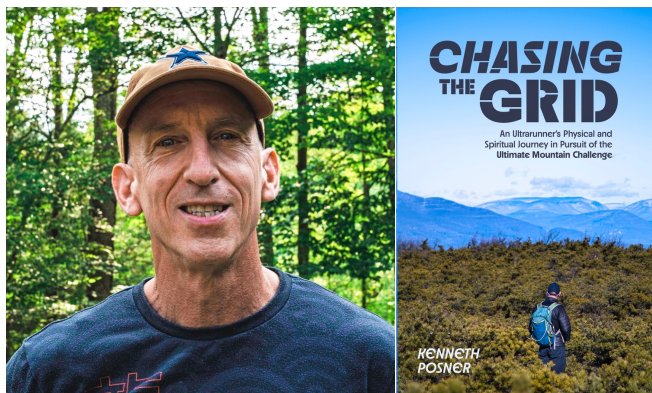


# Author Event

## Healing on the High Peaks of NY The Wonders of Nature and Endurance

With Kenneth Posner & Bethany Adams

Saturday, August 1<sup>st</sup> at 2:00pm



**Ken Posner**

Runner, writer, and analyst

[www.barefootken.com](http://www.barefootken.com)



**Bethany Adams**

Writer, mountain athlete, and educator

[www.instagram.com/bethany.climbs](http://www.instagram.com/bethany.climbs)

Join authors **Ken Posner** and **Bethany Adams** for a stimulating and revealing conversation on emotional and physical healing through nature, obsession, and finding endurance along the high peaks of New York State. Ken completed the Catskills Grid, running, hiking, and crawling up each mountain in every month, while Bethany took on the challenge becoming the first woman to complete the Adirondack 46 unsupported. Improbably, their stories are the same: setting and meeting goals against all odds while finding fortitude and healing through the wild ruggedness and beauty of nature.

The authors will share a selection of mountain images and short readings from their books, *Chasing the Grid*, and *Unsupported*.

In cooperation with **The Bookstore Plus**.



2471 Main Street, Lake Placid, NY 12946