



# The M-Con Experience





## On Training

The training helped me complete a successful solo ascent of the Mont Blanc, which was a long-time dream of mine. It also helped me finish a full marathon race, without hitting the wall and improving my 2022 time by one hour. (Top Row – Middle Photo; Mount Blanc Right Corner)

Improve Stamina: Regular M-Con hikes boosts physical endurance, as it involves intense activities like hiking, climbing, and bodyweight exercises. These activities strengthened the cardiovascular system, build muscle, and enhance stamina, enabling participants to perform for extended periods.

A photo from completing the northern half of the GR20 trail! (Top Left)



## On Community

A summit of the first cohort! This group was an experiment, and it totally worked. The leadership of Anna and Chris has created community, knowledge, and a lasting impact. But it also wasn't without trial and error: hiking together, learning how to transfer information about training, dealing with injuries, it was a lot of learning. (Bottom Photo)

I was lucky to participate in M-Con twice. I met the best people and learned mountaineering training principles, as well as many life principles. The second time, I got to see the group working from inside. I am in awe of the amount of work and immense care Ana, Chris, and the rest of the team put into every detail and every participant. I would trust any of the participants with my life in the mountains. I had a chance to take Alpinism-1 in Mt. Baker with five other participants, and it was such a blast and a highlight of my year because of these people.





M-Con was my introduction to PATC. I'm someone that is generally more interested in mountaineering than other types of climbing. M-Con has been an incredible community to train, socialize, and go on adventures!

# Mentorship

MCON truly changed me life! The experience made me realize how feasible it is to become a mountaineer, which inspired me to continue the journey! I wouldn't be where I am now without the investment

**Team Bonding Activities:** Group activities like debriefing, risk assessment, and reviewing weather and maps—guided by trip leaders and mentors—helped me understand the distinct challenges of mountaineering compared to regular hiking. M-Con training taught me how to handle physical challenges, navigate trails, and support teammates. These shared experiences foster a sense of unity and camaraderie, making each participant feel like they're part of a team working toward a common goal."

**Technical Skill Development:** M-Con training helped me develop technical outdoor skills, such as navigating various terrains, improving balance, and understanding essential outdoor safety. Training on trails or steep inclines enhances participants' confidence in their abilities and equips them with skills that are useful both in training and real-life mountain environments.

