A close-up portrait of Warren Macdonald, a bald man with a serious expression, wearing a dark shirt. The background is a blurred blue and green. A yellow graphic element, consisting of a circle and a horizontal line, is positioned to the left of the text.

WARREN MACDONALD

TRAPPED UNDER A BOULDER FOR 45 HOURS



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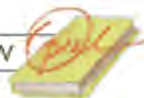
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BOOKS SEEN ON THE SHOW



A Test of Will: One Man's Extraordinary Story of Survival

By Warren Macdonald

From the show [Stabbed by His Father: An 8-Year-Old's Chilling 911 Call](#)



From The Publisher:

A Test of Will is a tale of adventure, courage, and triumphs, but most importantly, it is an inspiring story about embracing life from a man who almost lost his.

Warren Macdonald, a fit and experienced hiker, set out to make the grueling climb to the top of Australia's spectacular Mount Bowen. But what had begun as a two-day adventure suddenly turned into a nightmare when Macdonald found himself lying in a creek bed, both his legs pinned by a giant boulder. While his companion made the solitary eight-hour journey to find help, the trapped hiker fought to stay alive. But this was only the beginning.

A Test of Will has the suspense of a mystery, the pacing of a thriller, and the intimacy of the best inspirational literature. A gifted storyteller, Macdonald captures the terror and high drama of his hours alone in the wilderness. He also writes eloquently about his life both before and after the accident—his training as an adventure tour guide and his vow to continue his life in the outdoors even after both his legs are amputated. In 2003, Macdonald became the first double above-knee amputee to reach the summit of Africa's tallest peak, Mt Kilimanjaro.

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**WARREN MACDONALD: TRAPPED UNDER
ONE-TON BOULDER, LEGS HAD TO BE AMPUTATED**



MOIL, NEPAL NOW HAS A NEW PRIME MINISTER, AND THE HIMALAYAN

A Test of Will

One Man's Extraordinary Story of Survival

Warren Macdonald



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Warren Macdonald was born and raised in Melbourne, Australia. His film documenting the epic four-week journey to Federation Peak, *The Second Step*, has been acclaimed worldwide, screening on National Geographic Television and winning four international awards, including Grand Prize in 2002 at the prestigious Banff Mountain Film Festival. He is a climbing instructor, a motivational speaker, and an adventurer.



PRIME MINISTER
CANBERRA

Mr Warren Macdonald
C/- Ms Flip Shelton
flip*works
15/17 Como Avenue
South Yarra Vic 3141

10 MAR 2003

Dear Warren

Warmest congratulations on your historic achievement in climbing to the summit of Mt Kilimanjaro.

In reaching your goal, I understand you have become the first person with a double above knee amputation to successfully climb Africa's highest peak. I wish to record my admiration for the skill and determination you have shown to overcome all the obstacles and to accomplish this world first.

Through your great enthusiasm and spirit of adventure combined with a deep appreciation of the world's most spectacular mountains and wilderness, you are a source of inspiration to your fellow Australians and to people throughout the world. Australians in particular are very proud of you and what you have achieved.

I wish you well in your future endeavours.

Yours sincerely

A handwritten signature in black ink, reading "John Howard". The signature is written in a cursive style with a large, sweeping initial "J".

(John Howard)

PROFILE

Up against the wall

A transplanted Aussie finds new highs on Canadian peaks

NAME Warren Macdonald

BASE CAMP Vancouver, B.C.

AGE 38

SPORT climbing

CRUX BITCH An environmental activist and aspiring outdoor guide by 1997, Macdonald was exploring remote Hinchinbrook Island in his native Australia when he became pinned in a creek by a table-sized boulder. For 46 hours, he survived swarming ants while a companion sought help, saving his life but not his legs—both were amputated at mid-thigh.

FREE CLIMB Only 10 months later, he climbed Tasmania's 5,070-foot Cradle Mountain, the last summit he'd done before the accident. A year later, he topped out on Tasmania's Federation Peak, an intimidating climb he hadn't dared attempt with two good legs.

TICKED OFF Last year, Macdonald climbed Mt. Kilimanjaro (19,340 feet), the central pillar of the 590-foot Weeping Wall in the Canadian Rockies, his second ice climb, and the 2,500-foot Tangerine Trip up Yosemite Park's notorious El Capitan.

GEARING UP Three wheelchair wheels (street, knobby and three-spoke carbon-fibre). Four legs (full length, Vibram-soled short hiking legs; Stealth-rubber rock-climbing feet; and crampon-equipped ice feet), all attached to a custom carbon-fibre socket. Hanger Prosthetics welcomes Macdonald's ideas about their designs. "If I have a foot fall off halfway up El Cap," he says, "I'm the one who's going to have to figure it out."

ROCK STAR *The Second Step*, chronicling his Federation Peak ascent, won grand prize at the 2002 Banff Mountain Film Festival among other awards. Macdonald was both star and inspiration for *Part Animal, Part Machine*, the first film production by Canadian multi-adventurer Will Gadd. *Test of Will*, the memoir of his accident and recovery, hits North American stands this fall.

ON BELAY Macdonald met Canadian ice climber Margo Talbot at the Banff Festival. After 18 months in Canmore, he and the woman who climbed him down El Cap—"the hardest part of the climb," he says—recently relocated to Vancouver to "settle down" and further their adventuring careers.

PRIZE SUMMIT A first ascent in Antarctica. "It would be pretty cool to go climb something that hasn't been climbed before, not just climb it as a person with no legs."

ANCHORED Now a motivational speaker, Macdonald admits to some dark moments after his accident but found he was good at not staying there. "From early on, I looked at my situation from the perspective that this is a huge adventure. Everything is totally new—the potential is unfathomable."

—Lynn Martel



Warren Macdonald:



By Dan Pastorius

Conventional wisdom holds that as part of human nature, human beings don't realize how valuable something is until after they've lost it. Everyday, people neglect the smiles and helping hands — and in some cases the hands themselves — when they are performing regular, everyday tasks. These abilities, for the most part, do not register on the moral compass of society.

Warren Macdonald could once have fallen into this classification. However in

his case, smiles and hands were not the valuables in question.

In 1997, during a hiking excursion on North Queensland's Hinchinbrook Island, Macdonald lost both of his legs above the knees when he became trapped beneath a one-ton slab of rock in an unexpected rockfall. While he was rescued two days later, the trauma and the amount of time he was pinned necessitated the immediate amputation of both legs.

Nonetheless, on Feb. 9, Macdonald

made mountain climbing history by being part of the first physically challenged Australian/Tanzanian team to summit Mount Kilimanjaro, the world's highest free-standing mountain. He has conquered others in the past, including Tasmania's Federation Peak and Cradle Mountain, and has most recently completed an ascent of Alberta, Canada's landmark frozen waterfall "Weeping Wall."

Macdonald has proven he is one of the few who can actually defy the logistics of

Part Man, Part Machine, All Impulse

human nature, among many other things. Despite his handicap, it is quite obvious he takes little for granted.

Overcoming Obstacles

An avid hiker since the age of 17, Macdonald has always been a fan of outdoor activities. However, after his accident and subsequent amputation, he wasn't exactly sure when — or if — he would be able to venture outside again.

"The first few weeks in the hospital, I was having operation after operation, and I doubted whether they could keep me alive," Macdonald admitted. "I did think it was over for a while, but thank goodness it didn't last too long. Once I got out and started exploring the boundaries of what I could do, it became obvious that the more I kept pushing, the more avenues would open up and the more I'd be able to do."

Macdonald's tenacity and drive to continue living an active lifestyle in spite of his amputations confused and sometimes troubled his doctors. Several doctors mistook his determination as him failing to understand his predicament and what had happened to him, something which, according to Macdonald, couldn't have been further from the truth.

"I actually had doctors telling me that I was in denial and that I hadn't accepted what had happened to me," he explained. "I've always been a pretty realistic sort of person; I suppose that was in my favor. I accepted early on what had happened to me."



Macdonald has conquered other mountains in the past, including Tasmania's Federation Peak, Cradle Mountain, and the "Weeping Wall" in Alberta, Canada.

Despite these early hardships, Macdonald continued pushing, and 10 months later he found himself on top of Tasmania's Cradle Mountain using only a modified wheelchair and the seat of his pants. The first of many conquests to come, Macdonald chalked the experience up to regaining "the huge buzz I get out of putting myself out there exposed to the elements."

"I suppose the biggest kick I get is from being in the outdoors," he explained,

"and I was pretty reluctant to give that away."

No Limitations

For his summit of Mount Kilimanjaro, Hanger Prosthetics & Orthotics constructed a pair of specially designed mountain climbing legs to help him with his climb. The legs, while looking like nothing more than short metal tubes with cookie cutters attached to their ends, proved instrumental in helping him achieve his goal.

"I started looking at modified prostheses rather than full-length legs with feet and knee joints," Macdonald explained. "I realized that dropping my height down and keeping my support base close to the ground enabled me to move in the mountains over terrain that shuffling along on my backside just didn't allow, or was way too cumbersome."

Macdonald noted that the climb was easily the hardest he has faced yet. He explained that the altitude was higher than he had ever been before even when he had legs, and there was a particular stretch of the mountain that took 11 consecutive hours to complete. Overall, it took 18 days for Macdonald and his team to reach the summit, something he described as "the culmination of a dream I'd held for many years."

While his tale of Kilimanjaro generally inspires those he regales with it, he has found that most people balk at the idea of attempting such a feat.

"It has definitely taught me that a lot of

upfront

Above and beyond

Rather than get down when a climbing accident claimed his legs in 1997, Warren Macdonald decided to go up—and up, and up, and up ...



At least one doctor at Cairns Base Hospital misinterpreted Warren Macdonald's positive outlook after his legs were amputated. "I wasn't interested in going down into a black pit of being depressed and playing the victim," says Macdonald, whose legs were crushed in a freak rock fall on Queensland's Hinchinbrook Island in April 1997. "I wanted to see what I could do. One of the doctors said on discharge that I was in denial, I hadn't accepted it. He got that wrong."

The medico would have to agree. Ten months after losing his legs above the knees, Melbourne-based Macdonald—a lifelong adventurer and traveller—dragged himself up Tasmania's Cradle Mountain using a modified wheelchair and pure guts. In 1999, he scaled Tasmania's Federation Peak walking on a pair of custom-made prosthetic legs. (*The Second Step*, a documentary about the climb, won the 2002 Grand Jury Prize at Canada's Banff Mountain

Film Festival.) "When [the accident] first happened I had visions of spending the rest of my life lifting him out of his chair, bathing him—all of that," says Macdonald's mother, Pat. "He definitely didn't need it. If he sets his mind to do something, he'll do it."

At press time, Macdonald, 37, was back on his custom prosthetics, attempting to become the first double-above-knee amputee to summit Tanzania's 5,895m Mount Kilimanjaro. Alongside him was local farmer Hamisi Lugonda, 20—born without arms. "The struggle with disability is transition and Warren's there, he's made the transition," says friend Elisabeth Stroud, a Perth-based mountaineer who helped organise the trek. "I have absolutely no doubt in his ability to get to the top safely."

It was near the top of Hinchinbrook's Mount Bowen where Macdonald's life changed forever, at 9 PM on April 9, 1997. His climbing companion, Dutchman



PHOTO: JIM HARRISON/GETTY IMAGES

"A lot of people think jumping in the car and driving 300m to the shops is hard," says Macdonald (left, atop Federation Peak in 1999; inset, climbing the Grampians in Victoria in 2001; and right, trekking in Uganda before his crippling accident). "They might stop and think about things a bit more when they see me walking 40km up a mountain."



Geert van Keulen, had crawled into his sleeping bag at their creek-side camp, and Macdonald was about to do the same when nature called. Knowing not to "piss in your water supply," the qualified adventure guide tried negotiating a rock face to get away from the creek.

"I was using a crack to climb, and that crack defined a piece of rock, which pulled out of the main wall." It landed in his lap and pinned him fast.

Van Keulen climbed down the mountain to get help, which arrived in a helicopter 36 hours later. At Cairns Base Hospital, "The doctor explained they'd have to amputate," Macdonald recalls. "I was shocked." But not beaten—during eight months of rehabilitation in Melbourne, he learned to use prosthetics and a wheelchair. "The way I looked at it there were only two ways I could go—down or up. I realised I wanted to go up."

Keen to return to the outdoors he'd loved since his

first camping trip with parents Graeme and Pat and three younger siblings, Macdonald—raised in Melbourne's western suburbs—set about testing himself. He tried boogie boarding, and in 1998 completed the 1.2km Lorne Pier to Pub open-water swim. But it's the wilderness—and mountains—that keep calling him. As does the motivational speaking circuit, which—along with his work as a climbing instructor—helps fund his adventures.

Since the accident "life has been hectic," Macdonald admits. And it's getting more so. In Banff last year he became romantically involved with Canadian ice climber Margot Talbot, 37. "After I finish climbing Kilimanjaro, I'll be going back [to Canada] in March to do another pretty big project," he enthuses. "It's an ice climb up a 700m frozen waterfall, and we'll be on it for four days."

Look out, Everest.

• LOUISE TALBOT IN MELBOURNE



3.3.2007

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Courtesy Warren Macdonald

Double-amputee climber Warren Macdonald uses customized prosthetics for activities as diverse as ice climbing and scaling Kilimanjaro.

Limbs of Steel

The latest generation of sport-specific prosthetics allow elite amputee athletes to run faster and climb higher than ever before

By Sally Powers | July 2006

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Today's most driven disabled athletes are revolutionizing prosthetics by turning their limbs into sport-specific power tools. From hands shaped like ice axes to blade runners for feet, these prostheses are smarter, lighter, stronger and sexier than ever before. And talk about extreme athletes—the men and women using them have overcome enormous physical challenges to climb the world's tallest mountains, cross finish lines with record speeds, and change the world's perception of what's possible.

After having both legs amputated at mid-thigh, **Warren Macdonald** knew he would have to invent a way to continue mountain climbing. With the mere six inches of natural femur he had left on each leg, it was impossible for him to effectively maneuver full-length prosthetic legs up rock faces. So he and Hanger Prosthetics designed miniature, carbon-fiber climbing legs to purposely keep his center of gravity low, thus making it possible to power the prostheses around technical maneuvers. The legs are spring-loaded, with three settings for shock-absorption to withstand jolts. The team also designed coordinating, one-of-a-kind climbing feet that consist of cut-down Vibram boot soles with a rotator, so Macdonald can place the rubber-coated feet into small crags and footholds. Standing only 4 feet 4 on his climbing legs, Macdonald is the first double-leg amputee to summit Africa's tallest peak, 19,563-foot Kilimanjaro, and scale the longest vertical rock face in the U.S., Yosemite's El Capitan. Next, Macdonald plans to climb Mount Kenya, knocking off Africa's second highest mountain. ([partanimal.com](#))



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'Prosthetics helped me beat Kilimanjaro'

By Warren Macdonald for CNN

Tuesday, December 13, 2005; Posted: 9:24 a.m. EST (14:24 GMT)



PHOTO: JEREMY SMITH

Warren Macdonald climbed Mt Kilimanjaro and El Capitan in the U.S.

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(CNN) -- Warren Macdonald had both legs amputated above the knees after a climbing accident. But by modifying or trying out new types of prosthetics, he was soon back on top of the world. This is his story:

It seems funny to think about it now, but prior to 1997 I wasn't at all interested in technology. In fact, until that point, I hadn't even clicked a mouse, and was proud not to have. How things have changed.

In April 1997, I'd set out to climb Mt. Bowen, the tallest peak on Hinchinbrook Island, off the north-east Australian coast with a hiker I'd met the day before.

We'd spent all day climbing, hiking and wading our way up the mountain when we set up camp for the night. I was walking nearby when I heard a huge crack.

I spent the next 45 hours pinned under a one-tonne slab of rock, including 35 hours alone after my partner left to raise the alarm. I was taken to hospital, where both my legs were amputated above the knees.

I am a fairly high-level amputee, with one stump measuring less than six inches. But as I began my recovery I remember thinking: "I grew up watching the 'Six Million Dollar Man.' I'll get a new pair of legs!"

I did learn how to walk again, albeit very slowly, with the aid of canes. But it wasn't enough -- I felt restricted and severely limited in where I could use them, so I changed tactics.

I modified a wheelchair, put some extra padding in a pair of bike shorts, and dragged myself up a 1,454m mountain in Tasmania, southern Australia. The experience totally energized me.

By February 2003 I had climbed Mt. Kilimanjaro (5895m), and later that year I'd conquered El Capitan in Yosemite Valley, North America's tallest cliff face (850 vertical meters), as well as the 180m frozen waterfall "Weeping Wall" in Alberta, Canada.

I knew full-length prosthetics weren't going to work for me in the mountains, but I thought there had to be a better way than shuffling along on my backside.

Together with Kevin Carol of Hanger Prosthetics in Oklahoma City, I developed a modified pair of short prostheses that, combined with a pair of "sawn-off" crutches, gave me incredible mobility through even the most difficult terrain. But I still used a wheelchair to get around.

Then a flippant, off-hand question at Hanger opened up an entirely new world.

Cameron Clapp, an amazing young guy who got run over by a train a few years ago, losing both legs and an arm, had been using C-Legs ever since I'd known him. I hadn't considered them suitable for me as I knew they were heavier than anything else I'd used.

Even so, as Cameron sat in the room opposite me, his legs dismantled beside him, I asked if I could take his C-Legs for a walk.

Minutes later they were bolted on. Immediately, something was different. I could stand up straight -- something I'd never dared with any other device without fear of toppling over backwards. I took a few steps within the parallel bars, but Cameron urged me to keep going.

I'd never walked without a cane since the accident, but with a newly found confidence I strolled out into the open room. It's impossible to put into words the total liberation that I felt.

It still blows me away now as I travel the world, minus the wheelchair, minus the laptop (I now carry a PDA instead), complete with iPod.

Not only have I embraced technology; now it has literally embraced me.

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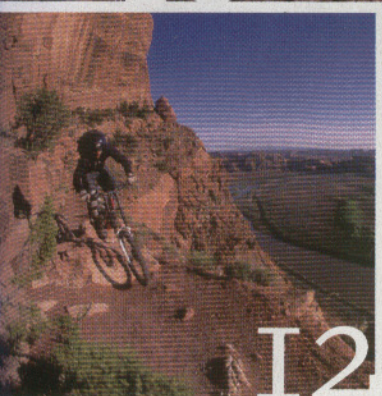
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COVER PHOTO: Will Gadd on Aweberg © Christian Pondella



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Warren dio dos conferencias en Colombia y escaló en Suesca, Cundinamarca.

PROEZA

Sin límites

Warren MacDonald, el hombre que escaló el Kilimanjaro sin piernas, demostró en Colombia que con voluntad y deseo de vivir, no hay cima inalcanzable.

Fecha: 10/27/2007 - 1330

Siempre que Warren MacDonald empieza una conferencia lo hace con una imagen de cuando tenía 7 años. "Este fue mi primer morral de viaje", muestra a su auditorio para indicar que desde niño su pasión era la vida silvestre, especialmente las montañas. Esa feliz escena es interrumpida por una muy dramática: la del montañista desvanecido con una máscara de oxígeno cubriendo su nariz y su boca y una piedra de una tonelada aprisionando sus piernas. Pero es la siguiente fotografía la que mejor simboliza su

talante, pues aparece escalando el majestuoso Monte Kilimanjaro en Tanzania, África, a 5.895 metros de altura, con dos prótesis que reemplazaron sus piernas. En 2003 conquistó su cumbre y se convirtió en el primer amputado por encima de las rodillas en lograrlo. "Lo importante es aprender a centrarnos en lo que tenemos, no en lo que nos falta o lo que tuvimos en el pasado. Si uno cambia la manera de ver el mundo, se puede, literalmente, cambiar el mundo", es la síntesis que hace de su vida.

Por eso la semana pasada este australiano recibió en Colombia el premio Estrella de la Esperanza en la categoría internacional que entrega el Centro Integral de Rehabilitación (Cirec). "Su superación ha inspirado a personas que han vivido situaciones similares. No se limita a trabajar por él mismo, sino por motivar a quienes pasan por momentos difíciles", explica Jeannette Perry, presidenta fundadora de la institución. Además de escalar montañas, Warren realiza talleres de motivación desde Australia y Canadá, donde actualmente reside, hasta Singapur y la Antártica, donde su público incluye empresarios que desean conocer la experiencia de alguien que es un ejemplo de cómo superar dificultades. También mediante la compañía Adventure Fleet organiza viajes en los cuales los participantes se alejan de su lugar habitual para ir a sitios remotos "en los que aprenden a pensar de manera diferente y a descubrir habilidades que no imaginaban podían tener", contó a SEMANA.

Warren siempre fue un amante de las aventuras extremas y un ambientalista convencido. Incluso en una oportunidad fue arrestado por encadenarse a un bulldózer para que no arrasara con un bosque. Por eso todavía no se explica por qué estudió ingeniería civil y cómo pudo trabajar con traje y corbata en una compañía estatal de gas natural. Cansado de esa rutina, decidió tomarse unas largas vacaciones recorriendo parajes insólitos. Una lesión en su espalda evitó que pudiera acreditarse como guía de territorios salvajes, pero no que continuara con su pasión.

Por eso en abril de 1997 se aventuró a escalar el monte Bowen, el más alto de la isla Hinchinbrook, un sitio muy remoto ubicado al noreste de la costa australiana. Su compañero de travesía fue Geert van Keulen, un montañista al que había conocido en ese viaje. "Durante la tarde, cuando ya habíamos alistado el campamento, sentí ganas de ir al baño, pero no quería contaminar el arroyo que estábamos siguiendo en el recorrido porque era nuestra fuente de agua. Así que decidí escalar una pared rocosa para buscar la selva que había al otro lado", relata Warren. Cuando puso una de sus manos en una grieta para impulsarse hacia arriba, una gigantesca roca se desprendió, lo tumbó y le cayó sobre las piernas. El estruendo, seguido de su grito, alertó a Geert, quien se encontró con la terrible escena.



Warren estuvo consciente durante todo el tiempo que permaneció aprisionado, al punto que le colaboró a su compañero en sus esfuerzos por liberarlo. Por eso llenó con pequeñas piedras los espacios que había debajo de la roca para que Geert, con ayuda de una herramienta improvisada, tratara de hacerla rodar sin lastimarlo. Pero todo fue en vano. Sin embargo, asegura que fue ese hombre casi desconocido quien le salvó la vida, pues después de varias horas de infructuosos intentos, se atrevió a ir por ayuda. No era fácil tomar este riesgo porque estaban muy lejos y el agua del arroyo en el que había caído Warren estaba subiendo debido a la lluvia y ya superaba su cintura. Por eso Geert le dejó algo de comida dentro de bolsas plásticas infladas para que no se hundiera ni se mojara y puso un soporte detrás de su cabeza para que no se ahogara si se desmayaba. Warren estuvo solo durante 35 horas hasta cuando el helicóptero de rescate llegó. En total pasó dos días atrapado. Al ser liberado perdió la conciencia.

Durante 10 días permaneció en cuidados intensivos debido a la gangrena y a que su hígado y sus riñones se habían afectado. "Cuando desperté no podía creer que estuviera con vida. Supongo que al encontrarme en esa nueva condición debí pensar 'por qué esto me está pasando a mí', pero ya no lo recuerdo porque alejé esas ideas de mi mente muy pronto. '¿Una nueva vida sin piernas? Puedo lograrlo' fue lo que me dije a mí mismo; siempre me han gustado los retos". Warren empezó a darse cuenta de que así era cada vez que las enfermeras le cambiaban las sábanas. Como no podía sentarse, lo volteaban acostado y le producían un gran dolor, pues tenía fractura de pelvis. "Entonces vi que sobre mi cama había una especie de barra y la siguiente vez que llegaron las sorprendí elevándome al sujetarme de ella con mis brazos para que pudieran arreglar la cama".

Por cinco meses estuvo en rehabilitación, tomó como rutina ir al gimnasio y nadar porque, como él asegura, "tuve que hacerme más fuerte". Adaptó su silla de ruedas con llantas de bicicleta de montaña y se puso un nuevo reto: escalar el Monte Cradle, en Tasmania. Lo logró cinco meses después. "Me di cuenta de que nada es imposible cuando se está preparado para enfrentar los miedos y creer en uno mismo". Un año después subió el Federation Peak, uno de los terrenos más inhóspitos de Australia. Y en febrero de 2003 cumplió un viejo sueño cuando llegó a la cima del Kilimanjaro, la más alta de África. Luego vendría El Capitán, la imponente pared de unos 1.000 metros verticales ubicada en el valle de Yosemite, que le requirió en cuatro días realizar más de 2.800 elevaciones sosteniéndose de los brazos como había hecho en la cama del hospital. Y más recientemente ascendió Weeping Wall, una legendaria cascada congelada de Canadá, trayecto que hizo junto a su compañera desde hace cinco años, Margo Talbot, con quien comparte su amor por las montañas.

Su asombrosa historia fue reconstruida en varios programas de televisión como *I should't be alive*, del canal Discovery. "Tú eres una inspiración para todo el que oiga tu relato", le dijo la famosa presentadora Oprah Winfrey en su show.

Ahora asegura que su próxima meta está en Colombia: liderar la expedición de un grupo de víctimas de minas antipersona para que sean testigos de que los límites "se los impone uno mismo". Eso fue lo que entendió el montañista caldense Nelson Cardona, quien espera conquistar las siete cumbres más altas del planeta. Hoy sólo le faltan tres, pero hace más de un año, cuando se preparaba en el Nevado del Ruiz para escalar el Everest sin oxígeno, sufrió un accidente. Por ello debe someterse a una cirugía de amputación del pie derecho. "Aunque no había abandonado mi sueño, no había vuelto a escalar. Pero cuando vi a Warren hacerlo en Suesca, me dio el empujón que necesitaba porque la montaña no se mueve y ahí está esperándome". Entonces se amarró el arnés y subió a su lado.

En las horas que pasó solo, aprisionado por la roca, se dio cuenta de que los animales le estaban mordisqueando los pies. Pero en un principio no lo notó porque había perdido la sensibilidad. Finalmente el equipo de rescate lo auxilió y pudo quitarle la piedra de encima con un gato hidráulico.



Warren escribió un libro sobre su experiencia titulado 'Una prueba de voluntad', que se convirtió en un 'best seller', y realizó el documental 'El segundo paso', ganador de varios premios internacionales.



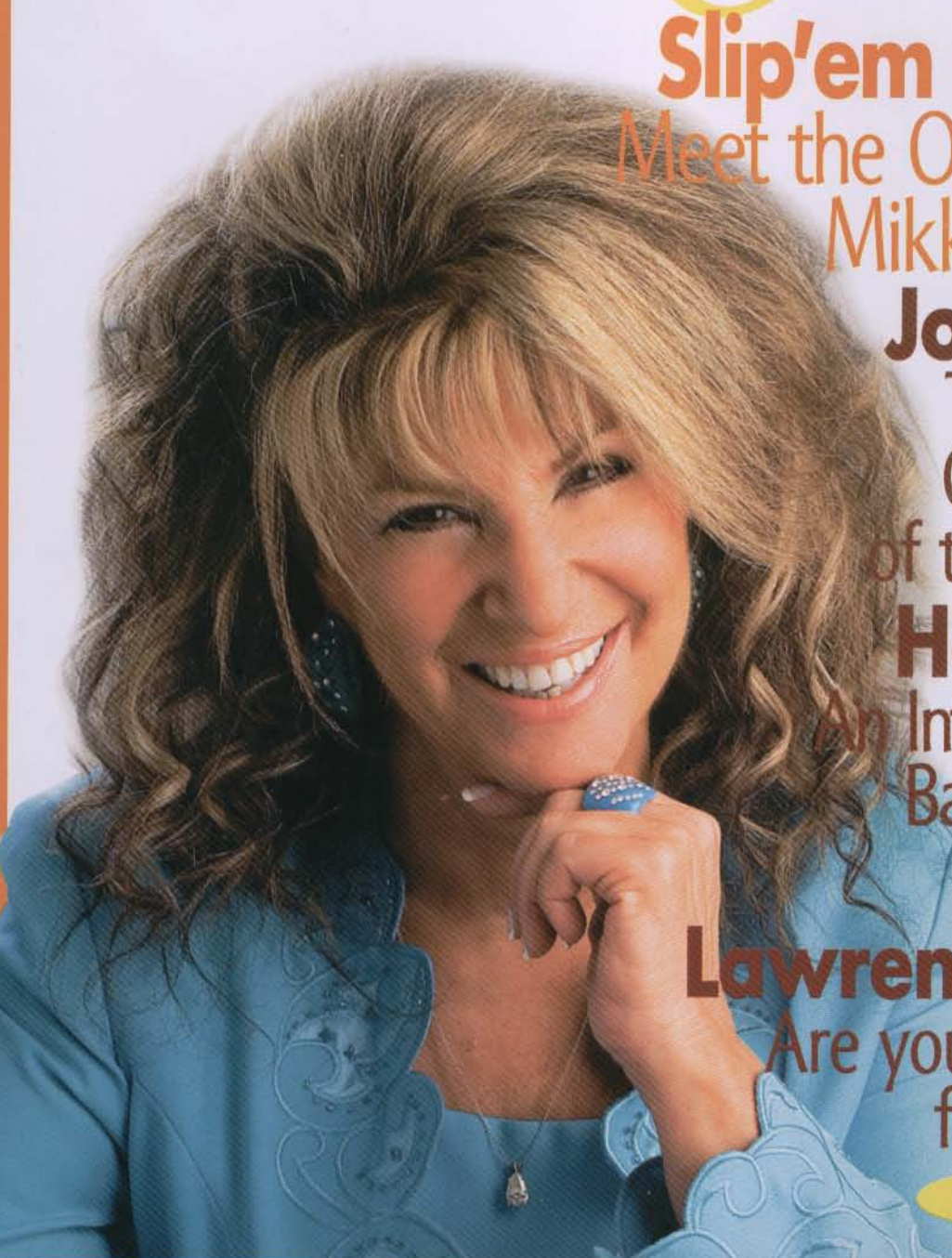
Warren se convirtió en el primer amputado por encima de las rodillas en llegar a la cima del Kilimanjaro.

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LIMITS OF PERCEPTION

By Warren Macdonald



I talk a lot about perception these days; about reality. People often ask me; Is it really that easy? Of course the answer is yes, and no... it all depends on your perception. Let me

share a story with you. In 1991 I spent six months traveling through Africa, ending up in the northern part of Uganda on the outskirts of a national park. I learned that the best way to travel here was to hire a bicycle. I found a man who would rent me a bike, mounted it with my heavy pack, and began what was supposed to be a 35km ride. I'd covered the best part of 15 kilometers before a sinking feeling came over me as I noticed I was no longer riding on a rubber encased cushion of air but on the steel rim supporting it. I stopped and dismounted, realizing that I hadn't even thought to ask about a puncture kit, although I did have a pump. After standing there for a few minutes I heard a commotion coming from the trees behind me and turned to see three kids, the eldest being about twelve years old. Their faces lit up like the moon as they ran around excitedly chanting Mzungu! Mzungu! Swahili for white man. The oldest kid was staring at my front tire. He said, mostly through sign language, that he

could fix my tire, to which I promptly replied: No you can't, I don't have any patches. He insisted with more confidence than I had ever witnessed in a child his age, and I had nothing to lose, so I agreed to let him try. First he produced a couple of sticks, and proceeded to lever the tire off of the rim. I was impressed as he pulled the tube out from under the tire, and ran it through his fingers until he found a fairly significant hole. He set the tube down, shot me a look that said I'll be back in a minute, and took off into the trees. He was back in less than a minute, rolling between his hands what looked like strands of grass until they took the form of a length of twine. He basically made a piece of string right there on the side of the road. Satisfied with his work, he picked up the tube again, found the hole, and proceeded to tie one piece of twine around the tube. He looked up at me with a sparkle in his eyes, took the other piece of twine, and tied this in a knot on the other side of the hole, effectively isolating it from the rest of the inner tube.

I let the master continue as he used the pump to inflate the tire, and I stood there with a look of bewilderment mixed with intense admiration. I'd been riding a bike since I was younger than any of these kids. Up until that point, I would have told you that I pretty much knew all there was to know about bikes. It had never occurred to me that I could fix a flat tire with a piece of string. It simply did not exist in my reality. Isn't it amazing what necessity can create? That kid had learned how to do that because he grew up in a culture that necessitated resourcefulness. I thought I did as well, but he had taken this concept to a deeper level. Could it be that we don't understand how we create our own reality because we are sur-

rounded by a reality of somebody else's design that has made it so easy to exist we don't even have to think? Are we simply seeing the world in the way we have been conditioned to see it? Have we sat back and accepted the problems in our lives just as I had accepted that I would be pushing my bike for the next 20 km with a flat tire? What would it mean if we could see things in a new way? What if we could see a desired outcome in our minds eye and watch ourselves moving toward it intending it to become a reality? What if we focused on what could be, and then worked backwards to bring that reality about? What if we asked ourselves: What do I need to do today in order to move toward my desired reality? What would I have to give up, what would I have to do differently?

Sometimes the solution can be so simple: I had to live through 28 years on this planet before discovering that I could tie two pieces of string around a tube to fix a flat tire. That kid changed the way I see the world. You can change the way you see the world. And if you can change the way you see the world, whether you're ready to believe it or not, you change the world...

Warren Macdonald is an Adventurer/ Professional Speaker based out of Vancouver BC. His first book "A Test of Will" is a gripping account of his accident and triumphant return to the mountains. In March 2003 he became the first double above-knee amputee to summit Africa's tallest peak, Mt Kilimanjaro. For information on how Warren can help you and your team change the way you see the world, please visit us at www.warren-macdonald.com or call 1 888 678 4428

Can You Become a Published Author Without Selling Your Creative Soul and Draining Your Bank Account?

By Erica Dorocke



Yes, you can. With the rise of alternative publishing options, it has never been easier to write, publish and promote the book you want to have on the market.

Every professional speaker knows the value of publishing a book. Authorship gives you the opportunity to educate more industry professionals, reach larger audiences and generate new speaking engagements. In order to achieve this, you must tackle the question of how to publish your work. This is a significant decision for any speaker since a variety of publishing methods exist, each with its own costs and benefits.

With traditional publishing, the publisher assumes almost all responsibilities, but more and more authors are bearing the responsibility for the marketing. The publisher owns final approval of most major decisions such as the book title, editorial, the cover art, units printed, and how long the book stays in distribution. The process often takes a long time – typically 18 months to two years. It is not uncommon for the publisher to maintain rights to a work for a defined period of time.

In addition to the traditional method of publishing, other options include vanity publishing and self-publishing. With vanity publishing (also referred to as subsidy publishing), there isn't a screening process, which means that anyone can be published. You pay for all of the interior formatting, design and printing costs. Sometimes, the vanity publisher retains rights to the material. Oftentimes, you are required to pay for a large print run without access to distribution.

With self-publishing, the author retains all rights and maintain creative control over your materials, which includes determining the format, size, and cover for your books. The publisher provides you with all the resources you need to publish, market, and distribute your works. You then determine how many copies to order and can pay a la carte for the exact services you need. You receive the proceeds from the sale of your book, and the wait time for publishing is much shorter than with a traditional publisher. Self-publishing also affords access to distribution, which can broadly enhance the marketability of your book.

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NOVEMBER 2006



NATIONAL SPEAKERS ASSOCIATION

Courage Required

Under the Guise of Courage

Warren McDonald views his courageous recovery from physical injuries simply as an incident in his life. Most professional speakers can define life-changing experiences (that provide good story material), but do you have the courage to grow personally and help others achieve? —Column Coordinator Dale Collie, MA, CSP

Courage takes many forms, and often we admire most what is easiest to achieve. Walking our own paths, with honesty and integrity, in resistance to the forces pulling us in one direction or another, has become paramount. To do so means accepting full responsibility for our actions, and that takes courage in itself.

In April 1997, while hiking on a tropical island in Queensland, Australia, I dislodged a boulder that literally fell into my lap. My legs crushed, I lay trapped beneath the one-ton boulder while my companion hiked out to get help. For two agonizing days I waited, at times sure that I would die, at others willing myself to survive. By the time the rescue chopper arrived, I had all but given up with only the faintest of holds on life.

For two and a half hours, the crew worked to lift the rock off of my legs,

while a paramedic kept me alive with shots of adrenaline and replenishment of fluids lost due to shock. Finally I was winched up on a wire cable into the helicopter and flown to Cairns Base Hospital, where I discovered my ordeal was far from over. A surgeon, Dr Bill Clarke, explained with utmost compassion that my legs had been badly damaged; they would have to be amputated at mid thigh if I was to survive. I cried myself to sleep, knowing I was embarking on a journey into total darkness and that things would never be the same again.

I don't agree with people who say that I've shown great courage in surviving my ordeal. All I did was hang in there. That's perseverance, or resilience, but it is not courage. An act of courage requires us to choose to act or respond in a certain way. We have the opportunity to walk away but choose not to. I've always believed that

we only truly grow when challenged, and to that end, I now faced some of the biggest challenges of my life. The opportunities for growth seemed endless!

With time, overcoming the physical challenges became easy, though as I hinted at earlier these achievements were the most admired. It took a full seven years following the accident, seven years of hiding behind the physical, before I would realise the real challenges I faced. Funnily enough, these had nothing to do with having no legs, but instead revolved around being a better communicator (talk about a confronting realization for a speaker!), a better partner and a better person. The greater challenge, I realised, was to keep striving to be better. Greater still was the acceptance that what had happened to me has been a necessary part of my journey. That I've learned so much, grown so much, and have so much to share with others through the experience. That if I could have my time over again, I wouldn't change a thing. Coming to that realization—now that took some courage.

Warren Macdonald is an adventurer/professional speaker based out of Vancouver, B.C. His first book A Test of Will is a gripping account of his accident and triumphant return to the mountains. In March 2003, he became the first double above-knee amputee to summit Africa's tallest peak, Mt Kilimanjaro. Contact him at www.warren-macdonald.com.



For an additional story about courage, go to www.mynsa.org/psmag/index.shtml.

Voices of Experience

Here's a quick glimpse of what's in store for you in this month's VOE.

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- Values and Benefits of CSP with **Lorri Allen**
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- Who is the Audience for Your Web Site? with **Philippa Gamse, CMC**

- Using Audio Messages on your Web Site with **Terry Brock, CSP**
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