



National Geographic  
Adventurer of the Year  
&  
Ultimate Direction  
Fastest Known Time of  
the Year Athlete  
Heather "Anish"  
Anderson

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"The trail often has a way of answering the questions we most need answered even if you are afraid to ask."

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*How would your life look if you dared to follow your Dream?*

In 2013 I took the leap of faith needed to answer that question and found a life I could never envision. From setting records on long distance hiking trails to authoring a successful book and beyond. My passion is sharing the journey and the growth therein. As a professional speaker I share my message of "Dream Big. Be Courageous." with a wide variety of audiences. My vast wilderness experience has provided a deep well from which to draw on in my presentations. In them I weave together adventure stories with meaningful life lessons.

Known as Anish on trails, I was the first woman to complete the Calendar Year Triple Crown—hiking the entire Pacific Crest, Appalachian, and Continental Divide National Scenic Trails in one year. That's a distance of over 7,000 miles. In addition, I hold self-supported Fastest Known Times on the Appalachian, Pacific Crest, and Arizona Trails. I am a 2019 National Geographic Adventurer of the Year and my book, *Thirst: 2600 Miles to Home*, was published by Mountaineers Books in January 2019. As a professional speaker, my talks are

sought after for their adventure stories, humor, and the applications of trail lessons to life off the trail.

A typical talk is slide show based, with images from my adventures. It can revolve around a single adventure or meld multiple experiences together. A formal Q&A session can be included depending on your needs.

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## Sample Topics

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### Adventure Stories

These talks center on a specific hike and weave stories and experiences from the trail into a compelling storyline. Perfect for outdoor groups looking for an evening of entertainment.

#### Dream Big. Be Courageous.

This talk centers on the concept of choosing your own path in life. Anish has pursued her dreams both on trail and off despite setbacks, failures, and societal pressures to the contrary. An excellent choice for any group seeking inspiration through the lens of thru-hiking.

#### Overcoming Fear on the Pacific Crest Trail

This talk utilizes the journey to set the Fastest Known Time on the Pacific Crest Trail to illustrate that no one achieves without courage. Stories and readings from Heather "Anish" Anderson's first book, *Thirst: 2600 Miles to Home* are utilized.

#### Thirst: 2600 Miles to Home Book Talk

Stories and readings from Heather "Anish" Anderson's first book, *Thirst: 2600 Miles to Home* are utilized to tell the backstory of her first Fastest Known Time and the life lessons she learned along the way.

### Life Lessons from The Trail

The trail can teach us many important things about being not only a successful person, but also a better human. Heather "Anish" shares these lessons by weaving stories with concrete principles applicable to daily life.

### Education and Instruction

These talks synthesize Anish's deep knowledge and experience base into concise and informative presentations. These presentations can be combined with one another and/or interactive sessions to create a workshop format. Great for outdoor clubs looking for educational programming. Sample topics: Intro to Ultralight Hiking, Thru-hiking 101, Backpacking for Women, Trail Nutrition, Training for your First Thru-hike .

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## Official Bio:

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Heather, known as Anish on trails, became the second female to complete the “Double Triple Crown of Backpacking” in 2017. This entails completing the Appalachian, Pacific Crest and Continental Divide National Scenic Trails each twice. In 2018 she simultaneously became the first female Triple Triple Crowner and the first female Calendar Year Triple Crowner when she hiked all three of those trails in one March-November season.

She also holds the overall self-supported Fastest Known Time (FKT) on the Pacific Crest Trail (2013)—hiking it in 60 days, 17 hours, 12 min, which broke the previous men's record by four days and established the first female record. She also holds the female self-supported FKT on the Appalachian Trail (2015) in a time of 54 days, 7 hours, 48 minutes, and the Arizona Trail (2016) which she completed in 19 days, 17 hours, 9 minutes.

She has hiked nearly 30,000 miles since 2003 including 13 thru-hikes:

- Appalachian Trail in 2003, 2015, and 2018
- Pacific Crest Trail in 2005, 2013, and 2018
- Continental Divide Trail in 2006, 2017, and 2018
- John Muir Trail in 2005
- Wonderland Trail in 2010
- Arizona Trail in 2016
- Oregon Desert Trail in 2017

She is also an ultra-marathon runner and has completed six 100 mile races since August 2011 as well as dozens of 50k and 50 mile events. She has attempted the infamous Barkley Marathons four times, starting a third loop once. She is also an avid mountaineer and peakbagger working on several ascent lists in the US and abroad.

When not on an adventure Anish speaks regularly about her adventures and her first book *Thirst: 2600 Miles to Home* (chronicling her Pacific Crest Trail record, published by the non-profit publisher Mountaineers Books, is available everywhere books are sold as well as directly from the author: [available here](#)). As a professional speaker, her talks are sought after for their adventure stories, humor, and the applications of trail lessons to life off the trail.

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# Media

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## Select Articles

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[Backpacker Magazine](#)

[Outside Magazine Online](#)

[Seattle Times](#)

[The Trek](#)

[REI Co-Op Journal](#)

[Calendar Year Triple Crown](#)

## Select Podcasts

[MTNMeister](#)

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[Adventure Sports Podcast](#)

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# Press Release

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for immediate release: contact: Heather "Anish" Anderson [anishhikes@gmail.com](mailto:anishhikes@gmail.com)  
[www.anishhikes.wordpress.com](http://www.anishhikes.wordpress.com)

National Geographic Adventurer of the Year Heather "Anish" Anderson to visit (venue) (city) (state)- On (day), (date), (venue) will host endurance adventurer, author, speaker, and National Geographic Adventurer of the Year Heather "Anish" Anderson. The program will be held at (specific location- i.e., meeting room) from (time) and is (cost) and open to the public. Heather "Anish" Anderson has logged nearly 30,000 miles of hiking and backpacking including completing the prestigious "Triple Crown" three times, including the Calendar Year Triple Crown, as well as four other thru-hikes. She is the only person to concurrently hold Fastest Known Times on Three National Scenic Trails (Pacific Crest, Appalachian and Arizona Trails). Heather will be sharing slides and stories as well as answering questions. She will also be selling copies of her book *Thirst: 2600 Miles to Home* after the program. Heather has been featured in the New York Times, the Washington Post, NPR, and Backpacker Magazine. For more information about the program, please call (venue) at (phone number).