

## Toughness and Survival



Submitted by Doug Chabot on Fri, 01/31/2014 - 11:28

I envision that should I ever be buried in an avalanche my partner will locate me quickly, put together his shovel and dig like a maniac. He will be anaerobic, spittle drooling from his mouth, sweat burning his eyes and he'll be puffing like a locomotive. His heart rate will be maxxed, his face red and ears ringing. I know this because I carefully chose my backcountry partners. They will give 110% of themselves to save me if I'm buried. They are mentally, emotionally and physically tough.

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Publication

Carve

Date of Publication

Friday 1/31/14