ALUMNA ATOP THE WORLD

MEGAN DELEHANTY CLIMBS TO THE SUMMIT OF MT. EVEREST

BY MATT LAZIER
PHOTOS BY MEGAN DELEHANTY AND HIRO KURAOKA

CAL POLY ALUMNA MEGAN DELEHANTY joined a small sisterhood May 23 when, fighting extreme conditions and physical and mental fatigue, she reached the top of Mt. Everest.

Only about 200 women have ever climbed to the summit of the world’s tallest mountain (making up about 5 percent of all Everest summits), and only about 35 were Americans.

It was an exhausting endeavor for Delehanty (GRC, 1985), a 47-year-old corporate international tax consultant from Suisun Valley, Calif., who has climbed many of the world’s tallest peaks in the last 13 years. But illness and injury over the two-month venture couldn’t crush her resolve.

“I went through a tough time on this expedition,” she said. “I let my injuries and sickness affect me mentally. But I was super determined. It was a strange mix. They say it’s a mental game climbing Mt. Everest.”

Everest had never been a grand goal, she said. She’s never had a long-term list of mountain climbing objectives since starting with a 1996 backpacking trip that led to the 14,949-foot summit of California’s Mt. Whitney.

“Despite not having set objectives, she’s found herself atop many of the world’s tallest peaks, including five of the Seven Summits—the highest mountains on each of the seven continents.”

“It’s about traveling, seeing new people and cultures, and taking photos,” she said. “It’s seeing the world and having an obstacle to overcome – something unusual and spectacular.”

It was in 2007 that she first considered Everest, when she was invited by a climber she met on Mt. McKinley two years earlier. That climb brought her within about 1,000 feet of Everest’s top, via the north face. “I had a good experience,” she said. “Over time, I felt like I had to go back.”

That chance presented itself this year, with Delehanty and 27 other members of the Himalayan Experience expedition team...
ALUMNA ATOP THE WORLD

MEGAN DELEHANTY CLIMBS TO THE SUMMIT OF MT. EVEREST

BY MATT LAZIER
PHOTOS BY MEGAN DELEHANTY AND HIRO KURAOKA

CAL POLY ALUMNA MEGAN DELEHANTY joined a small sisterhood May 23 when, fighting extreme conditions and physical and mental fatigue, she reached the top of Mt. Everest.

Only about 200 women have ever climbed to the summit of the world's tallest mountain (making up about 5 percent of all Everest summits), and only about 35 were Americans.

It was an exhausting endeavor for Delehanty (GRC, 1985), a 47-year-old corporate international tax consultant from Suisun Valley, Calif., who has climbed many of the world's tallest peaks in the last 13 years. But illness and injury over the two-month venture couldn't crush her resolve.

"I went through a tough time on this expedition," she said. "I let my injuries and sickness affect me mentally. But I was super determined. It was a strange mix. They say it's a mental game climbing Mt. Everest."

Everest had never been a grand goal, she said. She's never had a long-term list of mountain climbing objectives since starting with a 1996 backpacking trip that led to the 14,949-foot summit of California's Mt. Whitney.

Despite not having set objectives, she's found herself atop many of the world's tallest peaks, including five of the Seven Summits — the highest mountains on each of the seven continents.

"It's about traveling, seeing new people and cultures, and taking photos," she said. "It's seeing the world and having an obstacle to overcome — something unusual and spectacular."

It was in 2007 that she first considered Everest, when she was invited by a climber she met on Mt. McKinley two years earlier. That climb brought her within about 1,000 feet of Everest's top, via the north face. "I had a good experience," she said. "Over time, I felt like I had to go back."

That chance presented itself this year, with Delehanty and 27 other members of the Himalayan Experience expedition team...
arriving at Mt. Everest on April 1 for a trip up the mountain's south face. The team hiked for 10 days to base camp at 17,000 feet, where they stayed for five days, acclimatizing to the altitude. Delehanty had a rocky start, catching a cold, pulling her chest muscles twice in coughing fits, then tearing a muscle in her back. In the thin air, healing was slow.

The climbers spent the days and weeks practicing, getting accustomed to the higher altitudes and thinner air and climbing parts of Everest and nearby mountains. Delehanty's injuries sometimes kept her from climbing with her team, and she couldn't complete one of their acclimatization climbs. "Most of us arrive with pre-existing conditions, like ankle, knee or hip prob-lems," she said. "But we're generally prepared to deal with them."

After climbing more than eight hours, Delehanty heard her Sherpas, Lakpa Nuru, cry "Summit!" "I saw my team members' smiling faces," she said, "and I was happy to be there with them."

"I was at the gym, where I had spent so much time getting in shape, " she said. "It was the toughest day of my life, bar none," she said. "It's a steep climb. It goes to the highest altitude with- out supplemental oxygen. We had on our down suits, and it could be 90 degrees in the sun. I would take a step and then count to five slowly before I took another. My body was literally spent. But I made it."

After reaching Camp 4, at more than 26,000 feet, the team planned its final summit push. Delehanty's squad left around 1 a.m. May 23. Her legs ached as she pushed through snow and wind. Visibility was only about 10 feet as she traversed the Cornice knife-edge ridge, with falls of 8,000 feet off one side and 10,000 on the other.

After climbing more than eight hours, Delehanty heard her Sherpas, Lakpa Nuru, cry "Summit!" "I saw my team members' smiling faces," she said, "and I was happy to be there with them."