

## Weekly Eagle News – Head of Schools

My Favorite Parents:

I recently completed a section hike on the Pacific Crest Trail, the 2,650 mile trail that goes from Mexico to Canada through CA, OR and WA. My wife and I have a goal of completing it by doing 200+ miles per year. The fun name for that is "Multi Year Thru Hiker" or MYTH, which sounds epic! 😄

As I have done in the past, I put together a video of our experience and [you can watch it here](#).

Over Spring Break, we did section F, an 86-mile portion of trail between Tehachapi and Walker Pass. It was by far the most challenging hike I have ever done: high winds, winter conditions, snow, bitter cold, lots of elevation gains, blowdowns, remote, limited water and the need to carry five days of food.

I was struck by the metaphor of the hike as it provided lessons for life:

- Without the right physical training the outcome could have been very different. We had to be physically prepared for the grueling climbs, the long days, the cold weather and the long water carries.

- We had to have the right plan. Planning was critical to success. How far between water sources? What gear to pack? How much weight to carry? What food to bring? When you were on the trail, it was too late for the planning that needed to be done before you started. It needed to be done ahead of time to ensure safety and a successful hike.

- There was a significant element of mental fortitude needed to complete the hike. We spent the first 2.5 days basically cold the entire time. Each day brought new challenges, particularly as the miles hiked worked their way to 20 per day. The aspect of being alone for the entire time can weigh on you. There was a sense of danger and a level of risk that added to the stress involved.

-It is important to find joy in all circumstances. It is fun to look at the pictures and see me generally smiling and enjoying the challenges we faced. That kind of realistic optimism sustains one during trying circumstances. There is a kind of joy that emerges from overcoming challenges.

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It was a good week for our varsity sports teams with boys' volleyball winning three matches, boys' swim staying atop the league, varsity golf winning a close match and new rankings in baseball that placed our Eagles among the top teams in the Inland Empire. Keep up the good work, Eagles!

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The spring Parent Society Meeting will be held on Monday, April 15<sup>th</sup> at 7 pm in the lower school gym. For those not able to attend, we will film the event like we did in the fall and make that available later that week. Our newly hired lower school principal, who will start next fall, will be at the meeting. Come out and meet Chris Winters and welcome him to our Redlands Christian Schools' community.

Have a great week.

Brian