

Jon Kedrowski Biography

HIGH ALTITUDE MOUNTAIN GUIDE & ADVENTURER

- **Mt. Everest** (29,028'/8850m): summited in 2012, 2019, 2021; expeditions in 2012, 2015, 2018, 2019, 2021, and 2023
- **Aconcagua**, Argentina (22,841'/6969m): summited in 2010, 2014, 2022, 2023
- **Kilimanjaro**, Tanzania (19,341'/5895m); summited 2014
- **Denali**, Alaska (20,320'/6194m): summited in 2009, 2017, 2018
- **Carstenz Pyramid**, Indonesia (16,024'/4884m): summited in 2016
- **Gasherbrum II**, Pakistan (26,369'/8028m): ski expedition in 2013
- **Manaslu**, Nepal (26,759'/8163m): summited without supplemental oxygen in 2019
- **Colorado's 54 14,000' Peaks:**
 - Ski descents of all the peaks in 2016
 - First person to sleep on the summits of all 58 official 14ers in 2011

SPEAKING EXPERIENCE

Dr. Jon's presentation themes on mindset, perseverance, and breaking down goals into achievable components, accompanied by stories and metaphors from the mountains, have been relatable and helped audiences across many industries, including:

- ACES Vail Symposium
- Alzheimer's Association of MN
- Aspen Center for Environmental Studies
- Axis Insurance
- Business Outside
- Boys and Girls Club of Denver
- Charles Schwab
- Cherry Creek Insurance Group
- Edward Jones
- Fort Lewis College
- Global Travel Association
- Hewlett Packard
- Illinois Recreation and Parks
- Kodiak Builders Group
- Leaders In Payments Group
- Minnesota Timberwolves / Lynx
- MMGY Global - Summit
- Nebraska Bankers Association
- New Mexico Association of Realtors
- Ombud
- Prosperion Financial Advisors
- Raymond James
- Recreational Equipment, Inc (REI)
- Silver Oak Cellars
- Valparaiso University
- Vermont Parks and Recreation
- Walking Mountains Science Center
- Wyoming Recreation and Parks

EDUCATION

- Ph.D., Texas State University – San Marcos in 2010
 - Environmental Geography, Weather, and Climate
- Master of Arts, University of South Florida in 2006
- Bachelor of Arts, Valparaiso University in 2002

PUBLICATIONS

- *Sleeping on the Summits: 14er High Bivys (2012)*
 - Denver Post Best Seller
- *Skiing and Sleeping on the Summits: Cascade Volcanoes (2016)*
- *Classic Colorado Ski Descents (2017)*
- *Classic Colorado Hikes (2022)*
- *Scholarly: "Determining Relative Annual Mountain Climbing Frequency of Colorado's 14,000' Mountains" Journal of Mountain Research and Development (2008)*
- *Scholarly: "Mapping a Section of the Continental Divide Trail (CDT) in Colorado's Southern San Juan Wilderness" International Journal of Wilderness (2009)*

PHILANTHROPY

- N.O.D. Everest Foundation - 501(c)3
- N.O.D. Basketball Camp Everest Scholarship
- Sherpa Foundation - 501(c)3