



Lester Zook...Who is this WILD GUYde?

- ▶ **Lester R. Zook** has been leading wilderness adventures and training camping leaders for 25 years. He served as director of the Outdoor Ministry program at Eastern Mennonite University, and he loves to take people outdoors!
- ▶ He is a *Wilderness First Responder*, and is a certified member of the *American Mountain Guides Association* (Single Pitch Instructor), and the *Professional Climbing Instructors' Association*.
- ▶ He is also a member of the *National Speleological Society* (NSS), and has cave rescue training with the *National Cave Rescue Commission* (NCRC).
- ▶ In the Spring of 2006, he released the 2nd edition of **CLIMBING ROCKingham County** – a guidebook to local crags around Harrisonburg.
- ▶ He climbs and backpacks frequently in Virginia and West Virginia, but has also clambered on big rocks in Pennsylvania, North Carolina, Vermont, New York, Wyoming, Colorado, New Hampshire, Oregon, and California.
- ▶ Lester has his B.A. in Health and Physical Education from Messiah College (1982), his M.Ed. from Temple University in Recreation and Leisure Studies (1985), and his Ed.D. from the University of Virginia in Higher Education Administration (1995).
- ▶ He publishes the quarterly e-newsletter, **GUYdelines** – thoughts for outdoor lovers and leaders - four times a year (email lester@wildguyde.com if you want to be on the receiving list).
- ▶ His daughter, Mary, attends Garrett College, in the Adventure Sports Program.