

A Walk to Remember...a 4300 km epic adventure from Mexico to Canada

May 1st, 2002 Rick, Pat and Jill stood at the Mexican/US border. With 13 years of dreaming, 7 months of planning and 1100 meals prepared and packed into 30 food boxes, they began their 4300 Km walk back to Canada. Over the next 5 months they would walk through California, Oregon and Washington encountering 40-degree barren desert, 55 Km stretches with no water, attacking bears and killer mosquitoes. They would climb the equivalent of Mount Everest while venturing through the Sierra Nevada Mountains in California. While crossing Oregon they would walk around Crater Lake, Mount Thielsen and over Mount Hood. With Washington State standing between them and home, it was a climb over the Cascade Mountains passing through Mount St. Helens, Mount Adams and Mount Rainier. After walking through spring, summer and then into fall, signs of winter would welcome them to Manning Park and mark the end of "A Walk to Remember".

Rick Kaselj, B.Sc.(Kinesiology), Cert. H&F, ACE, RK

Rick specializes in active rehabilitation and fitness. He has worked in one-to-one active rehabilitation and group rehabilitation with people who have been injured at work, in motor vehicle accidents and during sport. Rick has personally trained a wide variety of individuals and lead group fitness classes for healthy and special populations.

Rick has combined his work experience and passion for research to develop a variety of workshops. They include workshops on core stability, stability ball exercises, shoulder stabilization, better golf and postural assessment & exercise prescription.

Rick has balanced his work life with activity and travel. He has completed the 225 Km Ironman Canada Triathlon and most recently hiked the 4300 Km Pacific Crest Trail (Mexico to Canada). He has independently traveled in three continents and 16 countries.

