

GUYdelines

A few thoughts for outdoor lovers and leaders from

WILD GUYde Adventures, LLC

Vol. 13, No. 1 (Winter, 2019)

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Self Mastery for Leadership: Imagination and Habit, Part 1

Who do we want to be by next month? Next year? In what ways will we be different from now? The ability to answer these questions requires us to exercise the imagination – to see a future that does not yet exist. And therein is the foundation for our leadership, and the defining distinction between humans and every other creature of nature. Humans can create a picture of the future in advance, and then set about to build it. If a bird builds a nest or a beaver constructs a dam, it is from instinct. These are constructions or assemblages, but they are not creations. No animal or tree can imagine, and then set out to design and create. Theologians would say that this is part of what the phrase, the image of God, looks like in us. God originally created, and has uniquely given us this ability as well. So Stephen Covey says that everything meaningful that humans have made has actually been created twice – once in the creator’s mind, and then later made manifest. Every symphony, every artistic masterpiece, and every Olympic medal performance began in someone’s mind, and was then followed by the behaviors necessary to bring it to pass. This can occur on a personal level, and when it does, it is also a microcosm of the process that we can enact within a group that we are leading. This ability to create a picture of the future in advance is key to our leadership, and also, as we shall see, a cornerstone of our motivation.

Another great day at Waterfall Mountain! We were able to serve over 1,850 guests in 2018, climbing, caving, paddling, and learning. Thanks for being part of that story!



Some call this vision, and the quality of being able to think abstractly about future possibilities is called being visionary. When an individual has a creative idea, we have an artist. When this person succeeds in persuading a second person (and a third and a fourth) to adopt the same idea, we have a leader. The presence of that first proselyte determines if the idea is just some crazy inspiration held by one person, or

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if it might be the beginning of a movement. Leaders practice sharing their visions in compelling ways that invite others on board. Kurt Hahn used to say, “*I build bandwagons.*” Martin Luther King Jr. said, “*I have a dream.*” If you have charisma but no vision, you might be leading people, but you won’t be taking them anywhere.

The imagination also holds the secret to our motivation. Many college students have told me two or three weeks into their fitness programs: “*I’ve just lost my motivation,*” or “*I am just struggling to be motivated.*” If we depend upon our will power, most of us will discover that our wills are notoriously weak, mostly from underuse. Spurgeon said, “*In the battle between the imagination and the will, the imagination always wins.*” Sins of the imagination have a grip on us that seems unshakable – sins like covetousness and lust. Against that backdrop, let’s remember of the story of Dan Gable, US Olympic wrestler at the height of the Cold War with the Soviet Union. While a student athlete at the Iowa State University, Gable would be watching TV with his dorm mates, and every time a commercial came on, his friends would find him on the floor doing pushups or sit-ups. When asked from where he found this reservoir of motivation to keep working out, he replied simply, “*When I feel lazy, I just ask myself, what are the Russians doing right now to beat me?*” The key to combatting sins of the imagination is to fight **with the imagination** – not the will. You will never extinguish desire – the only way to defeat a desire is to submit it to a larger desire. The bed feels soft, and I wish I could stay, but my greater desire is that medal, and that means rising now. In the sexual world, we all face daily temptations of the imagination. And the only way that I can stay pure is to actually picture my wife and my children and all the disappointment and pain that a moral failure would cause. Ultimately, the picture that keeps me striving toward perfection is of the Lord Jesus saying to me one day, “*Well done, good and faithful servant.*” That picture in my mind’s eye is more corrective and energizing in my life than any amount of attempted self-discipline. When we say YES to the greater desire, we then suddenly see how paltry and meaningless the lesser enticement really was.

So the imagination can give our vision direction, and the imagination can serve the vision with motivation at the critical moments of decision. We become what our minds dwell upon: the book of Proverbs states, “*As a man thinks in his heart, so is he (or, so he becomes).*” (Proverbs 23:7) In the modern athletic world, this practice is called visualization, and the results can be extraordinary.

How then do we translate an aspirational vision and the occasional correct actions into the sustained pattern of behavior to achieve the results we seek? We take up that topic next time with Part 2. Until then, spend a little time imagining – think about the future in advance for your personal life, your physical health, your family, or the organization that you serve. ***Lead on, and happy adventuring out there!***

LRZ

Are you coming to Virginia for a family vacation, church group trip, boys’ club event, or escape weekend? Why not experience Virginia adventure with **WILD GUYDE Adventures!** WGA offers guided beginner level outdoor adventures and competent instruction in activity fundamentals. We can take you **hiking, rock climbing and rappelling, caving, or canoeing.** We use various activity areas in the George Washington and Monongahela National Forests, along Virginia’s Blue Ridge, and in the Potomac Highlands of West Virginia. Check out the 2019 trip options below, or call to talk about your own creative adventure idea!

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You may also visit www.wildguyde.com

CHOOSE YOUR ADVENTURE: 2019 Daytrips with WILD GUYde Adventures, Harrisonburg, VA

Top-Roping at Hidden Rocks, Virginia: This is the rock climbing trip for the adventurous beginner – you don't have much experience, but you want a great outdoor day with your family or special friends. Thirty minutes west of Harrisonburg, we'll park just inside George Washington National Forest, gear up, and hike a scenic 20 minutes through rhododendron and hemlocks and across some mountain streams to a secluded sandstone cliff. There will be pink and white mountain laurel in June, and wild huckleberries in August. You'll be introduced to harnesses, knots, helmets, and the *belay system*; then we'll try some easy warm-up climbs to remind you that the kid inside you still likes to clamber on things. We can go on to some harder climbing that invites you to try new skills and movements. And we'll finish the day with a rappel – backing over the edge, with nothing between you and the ground below but 60 feet of air and a great view! Closer to Luray or Northern Virginia? We'll visit **Waterfall Mountain** in the Massanutten Range, or **Little Stony Man** on the Blue Ridge for TALL climbing and spectacular Shenandoah Valley panoramas! Closer to Lexington or Roanoke? We'll visit **Goshen Pass** and climb above the gorgeous Maury River!

(Full day \$225 for 1-3 people; \$50 for each additional. ½-day \$150 for 1-3, and \$35 for each additional)



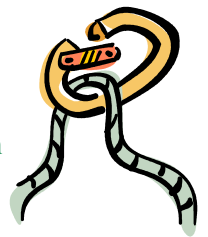
Beginner Climbing at Seneca Rocks, WV: After 90 minutes of curving mountain highway (okay, *country two-lane*), you'll gasp to see a spectacular blade of Tuscarora Sandstone, whose summit sits almost 1000 feet above its North Fork Valley floor. Seneca Rocks is a scenic place for the beginner or family to learn the rock climbing basics, top-roping and rappelling to an awesome West Virginia backdrop. Easy routes guarantee early success, but more challenging climbs also wait to test your skills. Seneca Rocks is an awesome place to climb, just beyond the sign: "*Here ends the realm of the hiker!*" (Full day \$250 for 1-3 people; \$60 for each additional. ½ day \$200 for 1-3; \$50 each additional)

Multi-Pitch at Seneca Rocks: A little more experienced in climbing? Maybe you tried it at camp or the local rock gym? Ready for the next step? Join me for the multi-pitch experience, seconding the route as we lead-climb to the top of the fabled South Summit! This is the only technical summit in the U.S. east of the Mississippi. Seneca has routes at all ranges of difficulty, from starters like *Old Ladies Route* (5.2) to mid-range classics (*West Pole* 5.7) to old school hardman routes like *Crack of Dawn* and *Madmen Only* (5.10). Every one of them will give you a new appreciation for the expression "*high and vertical.*" Register your accomplishment and ruminations in the summit journal, wave to tourists way down in the valley, and then head down to *terra firma* via the three-pitch rappel. Finish the day with a splash in the North Fork River swimming hole at "Gravel Beach"; then pick up a cold drink and a West Virginia memento at Harpers General Store before sleeping the ride back to Virginia and "the Burg."

(Full-day: \$225 1st person; \$150 each addl.)

Instructional Climbing: This is a tutorial for those who have a little exposure to climbing, and want to gain eventual autonomy. Lots of instruction in current best-practices and hands-on trying it for you in rigging top anchors, belaying skills and equipment alternatives, movement coaching, and rappel setup and protection. There will be individualized attention and repetitive practice, as well as some exploration of the historical evolution of climbing equipment and protocol. You will finish the day with a lot more confidence in your basic skills. Bring a partner so you'll have someone to climb with later.

(\$175 1st person; \$125 each for 2nd and 3rd)



WILD GUYde Adventures offers two other rock climbing options: a **Boy Scout Rock Climbing Merit Badge** tutorial for troops and leaders. We send a booklet to get troops started on their knots and First Aid requirements ahead of time, and then spend two days going through all the climbing, gear spec., and rappelling activity requirements (\$90 each). We also offer the **PCIA (Professional Climbing Instructor Association) Top Rope Climbing Instructor Certification** course and exam. This 3-day course (\$450) and 1 day exam (\$150) is for recreational climbers who want to add an instructor certification on their resume. It's also very useful for individuals guiding with club, camp, or university outing programs.

Peaceful Paddling: Canoe a ½ day stretch of the **South Fork River**. This Class I and II water is ideal for families with elementary school children – just long enough to be engaging without getting boring. As we wind through pastures in the Shenandoah Valley, you'll learn basic canoe strokes and maneuvering. Dangle your feet or plunk your head to cool off. And keep watching for blue herons, turtles on logs, and cows in the water!

(\$140 1-3 people; \$35 each additional)

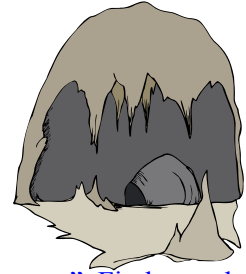


Pick-up-the-Pace Paddling: A full day of canoeing awaits further down the **South Fork**. This provides a little more excitement for teenagers, adventurous parents, & other paddle pilgrims! A casual start allows a review of canoe strokes and partner teamwork.

An amazing rope-swing breaks the quiet – you won't believe what comes out of your mouth when you let go (“*Geronimo!*”) More paddling through runs and pools, always under the shadow of Massanutten Mountain. Lunch on the bank and then back into the boats. Finally, at Milepost 17, *Compton's Rapid* – a great shoot-through with some higher standing waves! Paddlers call it a “Fat II” but stay wide of Pillow Rock! Below, there's a jumping rock for another cool-off before paddling the final mile to the take-out. Load the boats and start the drive home – happy, tired, and maybe a little sun-tanned! West Virginia travelers may want to visit the gorgeous “Trough” on the **South Branch of the Potomac**. High and remote mountain walls on each side of the river, and keep your eyes open for bald eagles!

(\$175 1-3 people; \$45 each additional)

Half-Day Caving: The underground sidewalk and the tourist cave light show are not for you. You want to see it the way it was before the electrician got there! Primitive caves have all the features of the subterranean world – *speleothems* (stalactites, flowstone, soda straws, and columns), *lots of real mud*, and sometimes even *bats* (but most of them are asleep, and all of them are harmless). Pull on your coveralls, clip on your helmet, adjust your headlamp, and down we go. There are squeezes if you want them, and belly crawls for the adventurous --- but there are also corridor ceilings higher than your house, and large cavern rooms for the claustrophobic. Learn cave travel safety, underground navigation, and some “total body movement.” Find out what the year-round underground temperature is, and then finally emerge back into sunlight with a new appreciation for what happens underneath Virginia when limestone and groundwater meet. The gleam of your smile might be the only thing shining through the mud on your face! Caving trips can be **Beginner Caving** (mostly horizontal movement – walking, stooping, or crawling) or **Intermediate Caving** (for folks fit enough to handle strenuous vertical moves, and more sustained physical effort). Various locations are available in both Virginia (20 minutes from Harrisonburg), and West Virginia (between Franklin and Elkins). *Caving trips are not advised for individuals who might be unfit, excessively overweight, or who live an extremely sedentary lifestyle, or for very young children.*



(\$125 for 1-3 people; \$25 for each additional)



Design Your Own Adventure: Numerous other options exist, including hiking and climbing guiding along **Virginia's Blue Ridge** or at the **Nelson Rock Outdoor Center** (WV), group orienteering challenges in the National Forest, a climbing self-rescue clinic, outdoor fitness training, and flatwater paddling instruction for beginners and children. We can customize to meet the interests of your family, scout troop, or youth group. Call to talk about your needs.

Things you oughta know:

- **Lester R. Zook** is the **WILD GUYde**. He is a *Wilderness First Responder*, and is a certified member of the *American Mountain Guides Association (Single Pitch Instructor)*. He has been leading wilderness adventures and training camping leaders for 25 years, and loves to take people outdoors! **Ethan Zook** has been a camp counselor and adventure leader at numerous camps. He is a *Red Cross Lifeguard* and a *Virginia Paramedic*. **Aaron Zook** is a climber, caver, and paddler, a *Red Cross Lifeguard*, and has been through *Wilderness First Aid*. **Mary Zook** is a *WFR*, and a *Leave No Trace Master Educator*. Together, we are a small family business that strives to offer exceptional service, and create value in the lives of our guests
- More detail on activity possibilities is available by visiting www.wildguyde.com. Call or e-mail to ask questions and to arrange dates, rates, and meeting points:



(540) 433-1637 or lester@wildguyde.com

- **WGA's** guiding season is 7 days a week May through August, and weekends in the spring and fall. Call early to reserve; weekends in particular can fill quickly.
- **WILD GUYde** will provide all technical equipment (ropes, harnesses, helmets, etc.). A personal *things-to-bring list* (clothing, water, lunch, etc.) will be provided.

- We can also help with **lodging ideas**. We can recommend from *primitive* to *posh* – National Forest campgrounds, drive-up motels, and some delightful Bed and Breakfast inns!
- For groups of 10 or larger, we disregard the starter fee and simply bill the per-person rate.
- Payment is by cash or check, payable to WGA; unfortunately credit cards cannot be accepted at this time. Gratuities are never expected, and always appreciated!
- Some activities have inherent risks – that’s the meaning of the word *adventure*. Participants will be asked to fill out a *Medical Form*, and sign a *Participant Agreement* acknowledging certain dangers. Some activities are physically strenuous, emotionally demanding, or require sustained cognitive attention to task and detail. We make every effort to create a great day, but **WGA** guides do reserve the prerogative to deny access/participation if, in our judgment, the client is not likely to be successful. Clients also may not be “under the influence” or “feeling the effects” of alcohol or recreational drugs at the time of the event.
- **WILD GUYde Adventures** incorporated in Virginia in 2004, and is fully insured. **WGA** is a permittee with the George Washington and Monongahela National Forests, and along Virginia’s Blue Ridge. **WGA** is an equal opportunity provider and employer. **WGA** practices environmental stewardship, and is a member of the *Access Fund*, the *National Speleological Society*, the *Virginia Tourism Corp.*, the *Christian Adventure Association*, the *Shenandoah Valley Travel Assoc.*, and the *Harrisonburg-Rockingham Chamber of Commerce*.

How was your trip with the **WILD GUYde**?!

Thanks again for guiding us – the trip was awesome! I’m a little sore and bruised today but it makes me happy because it reminds me of everything we did. The info was clear and the location appropriate. I also really enjoyed how you incorporated learning and team building elements into our trip. (Sarah, 2012)

We arrived back in Florida late Thursday night. We had a wonderful time on our adventure with you and we have all been raving to everyone about how great the trip was! Your professionalism and encouragement allowed us to continue on even when some of us were reluctant to try (me, of course)! The boys raved about the caving and the fact that it looked scary, but once you got through it, it wasn’t as difficult or scary as you thought it would be. Todd and I were both thrilled with the learning experience for the kids and feel that we have all grown as a result of facing our fears. Everyone talked about what a great guide you were for us! Overall, our adventure was a wonderful experience and the highlight of our trip to VA! (Christine, 2012)

We had a blast, everything was perfect, and you did an amazing job! The pictures are AWESOME! We would recommend you to any outdoor lover! We agreed that we learned so much from you. (Nina, 2012)

Thank you so very much for a wonderful adventure rock climbing last week. It was wonderful to share the time with my daughter. We both really appreciated your teaching style and the knowledge you imparted. I found a whole bucket-full of sermon illustrations. The location was excellent. We appreciated the fact that we were alone on the climb (except for the beautiful hawk). The photos you took came out well, and we showed them to my wife who appreciated our joy, but was thankful that she chose a more Hobbitish way to spend the day (reading). (Pastor Chris, 2012)

Your customer service was outstanding. Despite my late contact, you found a way to get us in on an adventure. The experience was excellent. The kids had a blast but you were appropriately serious in your approach. Safety was a clear priority as it must be. The experience was well structured and presented a number of great challenges. (Mark, 2012)