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Prof plans Everest climb

Kinetics prof, MUN recognized in *Globe* report card

By Shawn Hayward

At over 29,000 feet high, the peak of Mount Everest is the highest point in the world, and one of the hardest to reach. But human kinetics professor T.A. Loeffler plans to reach it next spring.

The accomplished mountain climber discovered her love of the outdoors in high school. Recently, she has climbed Alaska's Mount McKinley, the highest peak in North America.

"I began climbing in high school with our outdoor pursuits club. That led to kayaking, canoeing, and rock climbing," said Loeffler. "Three years ago I decided to begin mountaineering again, as I needed a big project to focus my life on. That project was Mount McKinley."

Loeffler believes that teaching and mountaineering have a lot in common.

"Both involve taking risks and getting out on one's edge," she said.



Human kinetics Prof and adventurer T. A. Loeffler was recognized for her achievements in the *Globe and Mail's* university edition. [Photo: Submitted]

"I vacillate from being excited to being terrified. The physical dangers, the objective risks scare me some, as well as being scared that I'm not up for the task." Human kinetics prof T.A. Loeffler on climbing Mount Everest

She uses her accomplishments to push her students to take risks of their own.

"I never ask my students to do anything I wouldn't do, so if I'm asking them to take a risk like asking a question in class, I expect the same of myself," she said.

Loeffler has mixed emotions about her planned Everest adventure.

"I vacillate from being excited to being terrified. The physical dangers, the objective risks scare me some, as well as being scared that I'm not up for the task," she said. "But, I do my best to train and prepare, and I hope that all will conspire to bring the summit to fruition."

Despite the thrill of this new challenge, Loeffler finds teaching to be the more rewarding experience.

"It's a direct service to others. I can tell I'm having an impact," she said.

She has, however, given her expedition to Everest a wider focus than personal satisfaction.

“The mission of my Everest climb is to inspire the young people of Newfoundland and Labrador to become more physically active and to follow their dreams,” said Loeffler.

This year’s *Globe and Mail*’s University Report Card recognized Loeffler in its “Class Acts” feature section.

Memorial received an A grade in the report card, while placing fifth among comprehensive universities in the *Maclean*’s university rankings.

Despite her accolades, Loeffler remains humble.

“I don’t consider myself an inspiration. It’s not mine to decide. Inspiration is in the eye of the beholder. I set the intention or mission to try to inspire but it’s only my students, my friends, the youth of this province who can decide if I am truly an inspiration to them,” she said.