



**“AS LONG AS THERE ARE HELEN THAYER’S IN THE WORLD,
WE’LL KEEP MAKING DURABLE FABRICS.”**

INVISTA’s CORDURA® Brand is a Proud Sponsor of Helen Thayer

"My journeys are like life itself. We all have our North Poles and our Gobi deserts, but we can all reach our goals just as I did, one step at a time, never giving up on ourselves. If we reach for the top and believe we can do it, we can make our dreams come true."

– Helen Thayer

Who is Helen Thayer?

Named “One of the Great Explorers of the 20th Century” by *National Geographic* and National Public Radio, Helen Thayer is an accomplished altitude climber and international athlete. Helen was inspired as a child by long time friend Sir Edmund Hillary who authored the forward of Helen’s first book *Walking the Gobi*. Throughout all of her many journeys, Helen continues to break boundaries and set new records.

- First woman to solo any of the world’s poles when she trekked the magnetic North Pole in 1988
- First woman to walk across the Gobi desert in 1996 - an astounding 2,400 miles
- First woman to walk across the entire 1,600-mile span of the Mongolian Gobi Desert
- First individual to kayak the 1,200 miles of the Irixana and Jaquere Rivers in a remote area of the Amazon

Awards and Recognition

- 2006 recipient of the *Explorers Club Vancouver Award* for the pursuit of knowledge and exploration
- 2005 member of Washington State's *Parade of Star Athletes*
- Invited to the White House, in 1999, by the President and First Lady in honor of *Pioneer Women in Sports*
- *The Helen Thayer Award*, named in Thayer’s honor and awarded annually for excellence in student education, community and business service
- 1999 Women in Communication *Women of Achievement Award*
- *Sports Legend* award, Washington State 1997
- USA National Luge Champion and chosen All American in 1975

What is she doing now?

At the age of 71, Helen Thayer spends her time as an author, photographer and adventurer.

- As Founder and President of Adventure Classroom, Helen uses her world expeditions as metaphors to teach and inspire students
- Since 1988, Helen has lectured more than one million students in schools across the world
- She continues to present photographic programs of exploration to students and to adult groups nationwide
- She has written the best sellers: *Polar Dream*, *Walking the Gobi* and *Three Among the Wolves*

(more)

Look out for Thayer!

Helen Thayer continues to achieve new heights in the athletic and exploration career. Her next expedition will take her to Brazil where she plans to trek and kayak over 1,000 miles. Stay tuned for more exciting stories!

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