

# BENJAMIN L. LESTER

Benjamin dot lester at gmail dot com

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## OUTDOOR RESUME

### CERTIFICATIONS

- **National Outdoor Leadership School (NOLS) Instructor** – active since July 2009. NOLS course areas: sailing (PL), rock climbing (I), Hiking (PL)
- **Master SCUBA Diver** – NAUI; received 6/2006
- **Advanced Underwater Photographer** – NAUI; received 8/2000
- **Wilderness First Responder** – WMI; received 7/2008
- **Leave No Trace Master Educator** – NOLS; Received 12/2008

### TRAINING

- **Glacier mountaineering**
  - o NOLS PNW instructor mountaineering seminar. 10 days; North Cascades, Washington. 6/2009
  - o NOLS Waddington Range mountaineering course (student). One month course; Waddington Range, British Columbia 7/2006
- **Rock climbing** – NOLS SW instructor rock climbing seminar. 10 days; Cochise Stronghold, Arizona. 2/2009
- **Keelboat Sailing** – NOLS PNW instructor sailing seminar and clinic. 20 days; Strait of Georgia, British Columbia. 4/2009
- **Small Boat Cruising** – NOLS sailing instructor course. 35 days; Sea of Cortez, Mexico. 11/2008
- **Research diving** – UC Santa Cruz/American Association of Underwater Sciences. 10 day course; Catalina Island, CA 6/2006 (lapsed)
- **Bicycle repair** – UC Santa Cruz Bike Co-op Volunteer (2005) and Core Member (co-owner; 2006)

### WILDERNESS GUIDING

Organization	Length of Trip	Course Type	Location/Time	Position	Skills Taught
NOLS	21 days	Backcountry rock climbing	Wind River Range, WY/July 2009	Instructor (I)	Technical rock climbing, backcountry living skills, Leave No Trace, ecology, leadership
NOLS	22 days	Backpacking (semester section)	Sierra San Pedro de Martir, Baja California Sept-Oct 2009	Patrol Leader (PL)	backcountry living skills, risk management, Leave No Trace, ecology, leadership
NOLS	21 days	Sailing (semester section)	Loreto Marine Park, Baja California Sur Oct-Nov 2009	Patrol Leader (PL)	Sailing, seamanship, Leave No Trace, ecology, leadership
NOLS	21 days	Sailing (semester section)	Loreto Marine Park, Baja California Sur Nov-Dec 2009	Patrol Leader (PL)	Sailing, seamanship, Leave No Trace, ecology, leadership

### BOAT CREW

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<b>Boat</b>	<b>Length of Trips</b>	<b>Total Seatime</b>	<b>Location/Time</b>	<b>Positions/Responsibilities</b>
<i>Amistad</i>	continuous voyaging	103 days (live-aboard)	US/Canada East Coast Jul-Nov 2008	Deckhand, Bosun
<i>Hawaiian Chieftain</i>	Daysails	12 days	California coast Fall 2004	Volunteer Deckhand
<i>Clearwater</i>	1 & 2 day	55 days (live-aboard)	Hudson River July 2003, September 2004	Apprentice, Volunteer
<i>Irving Johnson/ Exy Johnson</i>	1, 3, & 5 day, 1 month	90 days (live-aboard)	California coast April-June, September 2003	Ship's Carpenter, Deckhand, Relief Mate, Volunteer, Educator

## FIELD RESEARCH EXPERIENCE

### **Field Assistant, amphibian chytrid fungus research program, James Cook University. September 2005, Townsville, Australia**

Assisted in trapping rainforest frogs and fitting them with tracking devices, with the goal of determining whether a species' choice of microhabitat was linked to mortality from fungus.

### **Field Assistant, salmon population monitoring program. NOAA Southwest Fisheries May 2005, Santa Cruz, CA**

Worked with NOAA researchers to check stream salmon traps, and record vital statistics of found fishes.

### **Field Assistant, Daniel Costa Lab elephant seal research program, UC Santa Cruz. March-December 2004, Santa Cruz, CA**

Assisted in physically capturing and transporting newly-weaned elephant seal pups.

Assisted in laboratory studies of elephant seal breathing patterns.

Participated in experimental translocations of sub-adult seals.

Tracked pup movements using directional radio beacons.

## SELECTED PERSONAL TRIPS

### **ROCK CLIMBING**

(Including climbs with other NOLS instructors while on courses/seminars)

**Skills:** sport leads to 5.10c, trad leads to 5.10

<b>Route (trad unless noted)</b>	<b>Location</b>	<b>Date</b>	<b>Pitches</b>	<b>Lead?</b>
Angels Crest (5.10a)	Squamish, BC	August 2009	14	Swung leads
Papa Splitter (5.10c)	Wind River Range (WY)	July 2009	5	Swung leads
Heavy Mettle (5.8)	Wind River Range (WY)	July 2009	4	Swung leads
Bo Derek (5.10b)	Leavenworth (WA)	May 2009	1	Led
A climb Too Tough to Die (5.10a; bolted/gear)	Cochise Stronghold (AZ)	February 2009	6	Swung leads
Warpath (5.9+)	Cochise Stronghold (AZ)	February 2009	3	Swung leads
Pinhead Crack (5.8)	Mt. Lemmon (AZ)	February 2009	1	Led

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Double Cross (5.7+)	Joshua Tree (CA)	December 2008	1	Led
Right On (5.5; 1 <sup>st</sup> pitch bolted)	Joshua Tree (CA)	December 2008	4	Swung leads
Mr. Misty Kiss (5.7)	Joshua Tree (CA)	December 2008	1	Led
Frosty Cone (5.7)	Joshua Tree (CA)	December 2008	1	Led
Scrumdillyishus (5.7)	Joshua Tree (CA)	December 2008	1	Led
Mike's Books (5.6)	Joshua Tree (CA)	December 2008	1	Led
Overhang Bypass (5.7)	Joshua Tree (CA)	December 2008	2	Led
The Nose (5.8)	Looking Glass Rock (NC)	July 2008	4	Swung leads
Bloody Crack (5.8)	Looking Glass Rock (NC)	July 2008	2	Led
Gemini Crack (5.8)	Looking Glass Rock (NC)	July 2008	2	Led
Second Coming (5.7)	Looking Glass Rock (NC)	July 2008	2	Swung leads
Ecstasy (5.7)	Seneca Rocks (WV)	June 2008	3	Led
Green Wall (5.7)	Seneca Rocks (WV)	June 2008	3	Led
Neck Press (5.7)	Seneca Rocks (WV)	June 2008	2	Led
Pleasant Overhangs (5.7)	Seneca Rocks (WV)	June 2008	3	Led
Solar (5.7)	Seneca Rocks (WV)	June 2008	3	Led
Ye Gods and Little Fishes (5.8)	Seneca Rocks (WV)	June 2008	1	Led
Ichabod Crane (5.10c; sport)	New River Gorge (WV)	May 2008	1	Led
Hubba Bubba (5.9; sport)	New River Gorge (WV)	May 2008	1	Led
Smoking Crack (5.8; sport)	New River Gorge (WV)	May 2008	1	Led
Corrugation Corner (5.7)	Lover's Leap (CA)	May 2007	3	Swung leads
One Boot Route (5.8; first ascent)	South Arabesque (British Columbia)	August 2006	6	Followed (NOLS)

## SAILING

<b>Location</b>	<b>Boat type</b>	<b>Dates</b>	<b>Group size</b>	<b>Duration</b>	<b>Positions</b>
Sea of Cortez, Mexico	Drascombe longboat (22' open yawl)	November-December 2008	9 people	30 days	Student (NOLS sailing IC)
San Juan Islands, WA	40 ft. sloop	September 2006	5 people	5 days	Crew
Whitsunday Islands, Australia	Beneteau 32	September 2005	6 people	6 days	Captain
Southern California Coast/ Catalina Islands	O'Day 16, Cal 20, Holder 20, Catalina 36,	Throughout childhood	Various	day sails	All positions to Captain (expect Catalina 36; Crew only)

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Laser, Laser  
II, Hobie cat

## **BICYCLING/BICYCLE TOURING** (BLOG: [WWW.ROLLONSPOKES.COM](http://WWW.ROLLONSPOKES.COM))

**Skills:** bicycle repair, singletrack mountain biking

<b>Route</b>	<b>Dates</b>	<b>Group size</b>	<b>Duration</b>	<b>Approx. Mileage</b>
Jasper, AB – Denver, CO	June 2007	2 people	1 month	1500
Vancouver, BC – Portland, OR	August 2006	2 people	2 weeks	700
Portland, OR – Santa Cruz, CA	June 2005	2 people	2 weeks	900

## **BACKACKING**

<b>Trail/location</b>	<b>Date</b>	<b>Mileage</b>	<b>Terrain</b>	<b>Duration</b>
Overland Track (Tasmania)	December, 2005	39	on trail/alpine	6 days
Bibbulmun Track (Western Australia)	November, 2005	~25	On trail/arid	3 days
Thorsbourne Trail (Queensland)	October, 2005	19	on trail/jungle	5 days
Six Spring Canyon (Death Valley)	March 2005	<10	off trail/desert	2 days
Kepler Track (New Zealand)	December, 2004	40	on trail/alpine	4 days

## **WINTER/MOUNTAINEERING**

**Skills:** Route protection on ice, snow, and rock; crevasse rescue; routefinding

<b>Peak/Location</b>	<b>Route</b>	<b>Date</b>	<b>Hardest grade encountered</b>	<b>Duration</b>
Mt. Stuart	North Ridge	July 2009	5.9	1 day
Mt. Baker	Easton Glacier	May 2009	3 <sup>rd</sup> class	2 days
Mt. Whitney (Sierra Nevada)	Mountaineers' Route (attempt)	November 2004, January 2007	3 <sup>rd</sup> class	2 days
Mt. Carillion (Sierra Nevada)	East Face	November 2004	4 <sup>th</sup> class	2 days
Banner Peak (Sierra Nevada)	Southwest face	May 2006	3 <sup>rd</sup> class	3 days
Mt. Mendel (Sierra Nevada)	Northeast ridge	September 2006	5.8	3 days
Shepard's Pass (Sierra Nevada)	Trail	January 2006	n/a	3 days
Waddington Range (BC)	Various (NOLS)	July-August 2006	5.8	1 month