

Break a sweat
for charity

Stephanie Smith, 34

Home base San Diego, CA

Day job Account manager at a software company

Why she's an Action Figure Smith has scaled three mountains in 3 years—and raised \$9,500—for **Summit for Someone**, a program that sends inner-city kids on wild adventures.

How she got there “I had already been volunteering with local groups to take San Diego kids climbing and biking when my friend Tara e-mailed me about Summit for Someone. I couldn't wait to do it. I love helping kids experience something new. The excited look on their faces is what does it for me. With Summit for Someone, we'd both get to do something amazing. I'd get to choose from among 14 peaks in the country, and they'd get to backpack in Colorado or canoe in Minnesota.”

Biggest doubt “When I got the ‘Congrats, you're in’ e-mail, I thought, ‘Oh lord, what did I get myself into?’ Sure, I had backpacked, but nothing as intense as climbing a mountain.”

The workout “My first two summits, I didn't train much—just hiked and ran on weekends. Which is probably why it took me 12 hours to climb Mount Hood (11,239 feet) in Oregon. I was sucking wind the whole time! For my third climb—Colorado's Longs Peak (14,255 feet)—last April, I was in better shape. I had a marathon in June, so I'd been running more.”

Ultimate motivation “After my dad passed away from cancer last year, people told me about how he'd helped them in all these different ways. I'd like to keep that going for him.”

Most gratifying moment “When we finished, I felt incredible. I faced my fear of heights and pushed myself to the limit. I figure if those kids I send on an adventure feel half of what I felt climbing those mountains, it's worth it.”

» Find out more at summitforsomeone.org.

www Womenshealthmag.com/actionfigures Tell us about someone you know who's making a difference.

ACT NOW!

1 Trail Mix

Join one of 50-plus Trips for Kids chapters across the country and start taking budding adventurers from local homeless shelters and orphanages on guided mountain bike tours. tripsforkids.org

2 Toast S'mores

Show young urbanites the right way to play with fire by volunteering for Wonderful Outdoor World, an intro-to-camping program with bases in six locations, including California, New Mexico, and Utah. funoutdoors.com