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## Mountain climbers return after hard trek

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A team of Minnesota mountain climbers is back after climbing one of the U.S.'s highest peaks – the hard way.



Neal Mueller, Eric Beeler and Isaac Will fought through high winds and whiteouts for five days and four nights to climb 14,000 feet to the top of Mount Rainier.

"It's not a difficult mountain to climb, but we chose a very difficult route, potentially one of the most difficult routes in the continental U.S.," says Mueller.

While many climbers reach the peak of Rainier, few attempt it in the pre-season.

"The wind was so high that we were really worried," says Mueller. "You take your glove off for a second to adjust a carabiner and you see your skin turn white."

Mueller says he lost 15 pounds during the climb, but says he lost 50 when he climbed Mount Everest.

He says the challenges of mountain climbing help improve his approach to everyday problems.

"Being involved in these mountain climbs has helped me realize that the things in life everyday are really not as hard, it's made everything else easier," he says.

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