

# Kara Richardson Whitely

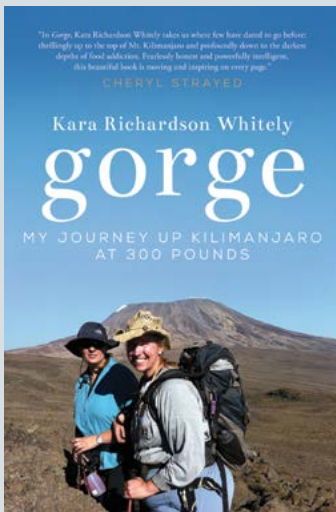
Inspiring Author & Motivational Speaker



"In *Gorge*, Kara Richardson Whitely takes us where few have dared to go before: thrillingly up to the top of Mt. Kilimanjaro and profoundly down to the darkest depths of food addiction. Kara is fearlessly honest and powerfully intelligent."

**Cheryl Strayed,**

author of *Wild: From Lost to Found on the Pacific Crest Trail*



Kara Richardson Whitely delivers brave, honest, empowering, and compelling talks and workshops to help audiences move mountains in their own lives and delve into issues including body acceptance, fitness, and achievement.

Kara has hiked Mount Kilimanjaro three times while weighing as much as 300 pounds. She is the author of *Fat Woman on the Mountain* and the subject of a [documentary](#) about her third Kilimanjaro trek. ***Gorge***, her inspiring and empowering memoir, which she finished while working with *Wild* author Cheryl Strayed in the French Alps, was published by Seal Press in Spring 2015. She is now working on ***Family Plot***, about her journey from processed food to produce via her community garden.

"This detailed account of [Kara Richardson Whitely's] travails will give confidence not only to hesitant would-be mountaineers but to those, like her, whose biggest hurdle is 'to learn to be O.K. with who I was.'"

***The New York Times***

Kara has written for **Self, Everyday with Rachael Ray**, and **Runner's World** magazines. She was recently featured on **Oprah's Lifeclass, Good Morning America**, was an **Outside** magazine 127 Defining Moments finalist and has been written about in **Redbook, Weight Watchers, Backpacker** and **American Hiker** magazines as well as dozens of other publications including the **New York Times**. She's an **American Hiking Society** ambassador, showing that hiking is open to any body.

Life Lists Adventure Setting Moving  
Past Obstacles Plus-Size Fitness/  
Starting Fitness Binge Eating Disorder/  
Food Addiction Body Acceptance/Fat  
Shaming/Bullying Kilimanjaro

## Presentations

In addition to book readings and signings for **Gorge: My 300-pound Journey Up Kilimanjaro**, Kara has a number of programs and will customize them for your event goals. Kara has spoken at expos, conferences, health fairs, hospitals, schools, corporations, libraries, staff retreats, and more. Here are some sample programs:

### GORGE-OUS

Discover body acceptance no matter where you are on the scale.

### CONQUER KILIMANJARO

Learn what it takes to get to the top of Africa's highest peak.

### FORGE AHEAD

Tell your story with honesty and bravery in this writing workshop to benefit yourself and others.

### MOVING MOUNTAINS

Conquer any obstacle to reach your goals while helping others.

### LOVE WHERE YOU ARE

Find fitness and self confidence at any size with tips about getting started and the benefits of moving.

### BLAZE TRAIL

Find the symbolism of your journey via this interactive blaze making workshop, and how to move forward.

## Media Coverage

In addition to being featured on **Good Morning America** and **Oprah's Lifeclass**, Kara's story has appeared in several national media outlets including:

[The New York Times](#)

[Weight Watchers](#)

[Backpacker](#)

[Good Housekeeping](#)

[People](#)

[CNN](#)

[Bustle](#)

[Modern Hiker](#)

[The Star-Ledger](#)

[Inside Jersey](#)

[She Knows](#)

[Library Journal](#)

[The Rumpus](#)

[Huffington Post](#)

[Good Day NY](#)

Kara, who was journalist for a decade, and her team will provide a customizable press release and ideas to get the word out.

Kara would love to talk with you about your event and how we can inspire others to action.

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