

# Hike offers extreme Sierra challenge

By Marek Warszawski, Fresno Bee

Backpacking across the Sierra Nevada as a high school freshman changed Chris Casado's life forever.

Now, Casado wants to use that experience to help change the lives of others.

Casado, a 31-year-old Orinda resident is co-founder of Trans Sierra Extreme Challenge, which this summer is guiding a series of 75-mile hikes across Sequoia and Kings Canyon National Parks in central California. The nine-day trek traverses some of the most remote areas of the parks before culminating in an ascent of Mount Whitney, the highest point in the contiguous U.S.

"The trip had a huge impact on me, just as it has for dozens of others," Casado said. "It lets you know you can do anything you set your mind to, including climbing Mount Whitney."

The TSX Challenge is patterned after similar backpacking trips led by Gettysburg Elementary teacher and professional guide Mike Murphy since 1983. Murphy, who has stood atop Whitney 35 times, is a co-founder of the new commercial venture and will provide logistical support.

**Read the whole story**