

Vegan hiker sets PCT speed record

By Mercy for Animals

On Aug. 8, Josh Garrett – a dedicated vegan and proud Mercy For Animals member – smashed the previous held world record for through-hiking the grueling Pacific Crest Trail, a 2,655-mile trek from Mexico to Canada, with an official time of 59 days, 8 hours, 14 minutes.

But Garrett, a Santa Monica College track coach and exercise physiology instructor, didn't just shatter records; he also broke barriers by raising awareness of farmed animals and funds for Mercy For Animals along his incredible journey.

We caught up with Garrett before he set out on his mission drive adventure to get the scoop on his heroic hike.

MFA: What made you decide to embark on this hike?



Josh Garrett set a speed record this month for the Pacific Crest Trail. Photo/Provided

I hiked the Pacific Crest Trail back in 2009 and it was one of the greatest experiences of my life. About a year ago, I met

John Mackey, the CEO of Whole Foods. He is an avid hiker, who has section hiked the Big Three trails (Appalachian, Continental Divide, and Pacific Crest). When we talked about the Pacific Crest Trail, he was really surprised, I guess impressed, to learn that I had hiked it in 88 days.

We got to talking and he had this idea that with the right support, I could probably break a hiking record. He asked me if I wanted to give the Pacific Crest Trail record a shot. I had mixed feelings. I loved the idea of the challenge, but didn't want to let anybody down if I didn't make it. And I was nervous. Hiking the trail was uncomfortable enough – painful sometimes – even when I wasn't trying to do it within any particular time limit. But, I went vegan about eighteen months ago, and have become more and more concerned about what's happening to the animals.

Suddenly it hit me that I could use this hike as a way to get the word out on their behalf. So I teamed up with Mercy For Animals and now this is so much more than a personal quest.

Read the whole story