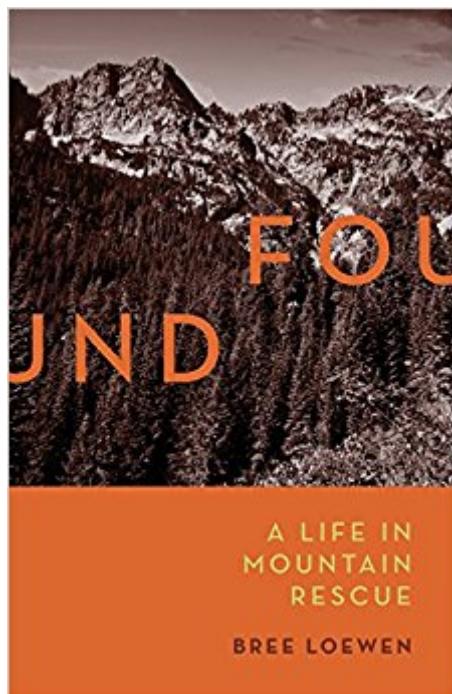


The book was found

# Found: A Life In Mountain Rescue



## Synopsis

Now in her mid-thirties, Loewen has become a wife, a mother, and a leader of Seattle Mountain Rescue (SMR), a volunteer-based search-and-rescue operation. She no longer struggles with the respect of co-workers--she has it in spades--nor crippling self-doubt--overcome after hundreds of rescues. But she does still ponder the question of why she continues to head into the backcountry, confronting danger, risk, and, often, death. SMR is involved in everything from high profile accidents to rescues that never even make the local news. And since the climbing and outdoor community in Seattle is so close-knit, Loewen often finds herself involved in efforts to rescue friends and acquaintances. A distinct and fearless voice--quiet and thoughtful, yet laced with dark humor; utterly honest and disarming; clear and graceful--Loewen conveys the intensity of rescue and recovery situations as well as the beauty of wilderness landscapes in accessible, real, and convincing language.

## Book Information

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## Customer Reviews

"Found is a deeply drawn memoir about volunteer mountain search and rescue. There are epics and gory injuries, yes, yet this story burns the brightest when describing the motley volunteer community...risking real jobs and angry families, not to mention their lives." --Adventure Journal

Bree Loewen has been a climbing ranger on Mount Rainier, an EMT in Seattle, and has written for Climbing and Alpinist magazines. As a current volunteer with Seattle Mountain Rescue, Loewen has been on more than 100 rescues in the past three years and countless more over her career. She

lives in Carnation, Washington, with her husband and daughter.

If you've ever been in the woods and wondered what you would do if something went wrong, this is a good book for you. Reading news articles about search and rescue missions does little to convey what the teams on the ground are going through or the amount of training volunteers fit in to their schedules of work and living their lives. Loewen has brought these details to the page. She's written about the physical difficulty of racing up a trail when minutes can mean life or death, the social calculations that need to happen to make sure a family is taken care of, and challenging interactions with the subjects themselves while combining them with an eye for detail and appreciation of nature that makes these stories relatable to people who are not involved in rescue.

I'm not a hiker or climber, but I found this book to be spellbinding, inspiring and informative. The fact that I live in Tacoma, Washington made it even more interesting, as most of the towns and geographic areas in the book are familiar to me. Most of all, I was impressed with Bree Loewen's ability to keep me on the edge of my chair as she recounted her involvement in life and death search and rescue missions along side her volunteer colleagues who have become her second family. I came to have a deep respect and admiration for this diverse and dedicated group of people who drop everything in their lives, on the spur of the moment, to risk life and limb for others who are lost or injured in the mountains that Loewen so obviously loves. It warmed my heart to learn that there are so many selfless people who are driven to help others, not for money, status or power, but for the sheer joy of it. I was sorry to get to the end of *Found*....I wanted to hear more and more of Loewen's stories.

This is a memoir like no other and a great read. The author has an uncanny ability to transport the reader into the heart and soul of the mountain as a space and place. She interweaves her own search for meaning and purpose as she searches and rescues others as part of a volunteer team. This team is her community of belonging. The shared work is to be ready day and night to find the lost, bleeding, frightened and at times troubled people who come to the mountains of the Pacific Northwest to get lost and perhaps to stay lost. What is revealed in story after story is both surprise and relief and at times death--and life. Real, intense, vivid. A gifted writer.

Great book. Although different scenarios, I can so relate to what Bree goes through with the "who am I". I have spent the last three years struggling with my being a 50+ year old firefighter/emt. I love

the work, but so much is a younger mans job. Doesn't mean we can't do it, we just bring different qualities. I will be buying her other book next.

Absolutely love this book! I couldn't stop reading it. Interesting stories, but more it describes the life of Seattle Mountain Rescue volunteers, their desire to help even if it means to be miserable for a couple of nights in a row and do not expect any reward or even recognition. The author did a great job mixing daily life, feelings, thoughts and rescue stories in each chapter. It is even more breathtaking when you read a chapter and recognize that this is about one of your friends who was rescued a few years ago, even though the name is not mentioned. Overall a great read. Totally recommend it!

I am a long time hiker and from Washington State this book was wrote up in Sign Post Mag. so that says it all. Wonderful reading with places you can visit and enjoy reading about some unlucky hikers and how they were saved.

Bree's dedication and leadership as part of Seattle Mountain Rescue jumped off the pages of Found as she whisked me along on an array of amazing rescues in the mountains. I couldn't put the book down! As Bree provided an insider's view into Seattle Mountain Rescue — she demonstrated the weekly juggle of being an on-call SMR volunteer, wife and mother. I'm inspired by Bree's story and grateful for the invaluable service she and SMR volunteers provide to those who find themselves in trouble in the mountains. A great read that I recommend.

This book is fascinating. Teenagers with a mentor turned into exceptionally competent mountain search and rescue volunteers. Yet, life outside SAR is a tough one for the woman with child in the marriage -- defining her worth in the world off the mountain. Well written, a good read.

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