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**Becca Cahall | Bird Biologist | Long Distance Hiker | Seattle, WA**

At OR we know it takes hard work to have serious fun. So does Becca Cahall, a bird biologist who works long stints in the field so she can carve out time for extended mountain walkabouts. Her last escape was a six-week Sierra trip with husband Fitz that mixed trail miles and route-finding with climbing and sunbathing reflection. A good sabbatical isn't a science, but, if we could, we'd grant Becca a master's in seasonal migration. Check out the Sierra story in their upcoming Love Letter project at [outdoorresearch.com](http://outdoorresearch.com)

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**Kyle Dempster | Coffee Shop Owner | Expedition Alpinist | Salt Lake City, UT**

At OR we know it takes hard work to have serious fun. So does Kyle Dempster, a coffee shop owner who bought his favorite community hangout after surviving a desperate, 24-day, solo climb in Pakistan. In the work world, a solid partner allows him big windows for remote ascents in Pakistan and China, where a 2009 ascent of Xeulian West won his party the Piolet d'Or. It takes determination, but lets just say we envy the postcards in Kyle's shop. Find out more about Kyle's recent expeditions at [outdoorresearch.com/verticulture](http://outdoorresearch.com/verticulture)

A man with a beard and glasses, wearing a plaid beanie, a yellow t-shirt, a dark jacket, and a respirator mask around his neck, stands in a workshop. He is holding a sign that says "SPONSORED BY: Saltwood Paddles". The workshop is filled with wood and machinery.

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**Richard Davis | Paddle Craftsman | Rough Water Kayaker | Portland, OR**

At OR we know it takes hard work to have serious fun. So does Richard Davis, a craftsman who set up his Saltwood Paddles shop in striking distance from powerful stretches of Pacific coastline. For him, proximity means time to explore tidal zones such as Cascade Head, Point of the Arches and the Okisollo Rapids. Mixing work with play is an ebb and flow, but Richard's navigation is one we wholeheartedly support. Check out paddling stories and photos from Richard's rough water trip to Cape Flattery, WA at [outdoorresearch.com/verticulture](https://www.outdoorresearch.com/verticulture)