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## AUTHOR APPEARANCE

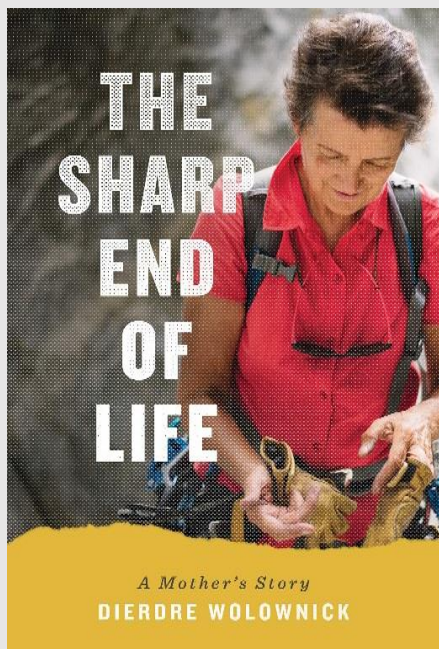
**Dierdre Wolownick**

(mother of Free Solo's Alex Honnold)

***The Sharp End of Life: A Mother's Story***

**Sunday, June 2, 5:00 PM**

**PRESS RELEASE:** 3 May 2019 **CONTACT:** Gail Mishkin, 818-790-0717  
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***A motivational tale of a woman who overcame her biggest critics, including her inner self, to achieve one dream after another.* —Kirkus**

**La Cañada Flintridge, CA** – On Sunday, June 2, at 5:00 PM, Flintridge Bookstore is pleased to present Dierdre Wolownick, record-breaking senior athlete, author, and mother of renowned free solo climber Alex Honnold.

Wife and mother. Teacher and musician. Marathoner and rock climber. At 66, Dierdre Wolownick became the oldest woman to climb El Capitan in Yosemite—and in ***The Sharp End of Life: A Mother's Story***, she shares her intimate journey, revealing how her climbing achievement reflects a broader story of courage and persistence.

After years of struggle in her marriage and her ultimate divorce, Dierdre found inspiration in her adult children's passions, as well as new depths within herself. At her daughter Stasia's urging, she took up running at age 54 and soon completed several marathons. Then at age 58, her son **Alex Honnold**, renowned rock climber (and the subject of the 2019 Oscar-winning documentary ***Free Solo***, in which Wolownick is a cast member), led her on her first rock climbs. A world of friendship and support suddenly opened up to her within the climbing "tribe," culminating in her record-setting ascent of El Cap with her son. This

From confused young wife and busy but lonely mother to confident middle-aged athlete, Dierdre brings the reader along as she finds new strength, happiness, and community in the outdoors—and a life of learning, acceptance, and spirit.

A native of New York City, **Dierdre Wolownick** has lived and worked in many parts of the world. Since 1971, she's taught five foreign languages on three continents, and recently retired from teaching at American River College, near her home in Carmichael, California. Her award-winning writing has appeared in books and in magazines world-wide. She is a motivational speaker and a performing musician.

Praise for ***The Sharp End of Life:***

“A testament to the transformative power of outdoor adventure.” —**Alex Honnold**

“Inspired by her two children, both extreme athletes, Dierdre Wolownick literally marathon runs and rock climbs herself out of her fear, grief, and a difficult marriage. *The Sharp End of Life* is a story of mother-love, self-determination, and the refusal to simply endure. The world is well aware of the superhuman climbing feats of her son, Alex; now we can witness the awe-inspiring feats of his tenacious sixty-something mother. This is a story of unwavering belief: in one's children, in one's self, in the possibility of an extraordinary life.” —**Jan Redford, author of *End of the Rope: Mountains, Marriage, and Motherhood***

For more information, contact Gail Mishkin at (818) 790-0717. Flintridge Bookstore and Coffeehouse is located at 1010 Foothill Blvd., La Cañada Flintridge, CA 91011, at the intersection of Foothill Blvd. and the Angeles Crest Hwy. Take the Angeles Crest exit off the 210, turn south, make a right onto Foothill Blvd., and turn left onto Chevy Chase. Parking is in the rear of the store.