

Adventure tales prompt book

BY AMANDA MUNGER

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Tracing the footsteps of Adrien de Gerlache on a sailboat expedition to Antarctica, Troy Henkels almost met the same fate as the explorer, who became stranded there in 1890.



Troy
Henkels

But it's still Henkels' favorite adventure.

"It was on this trip I became the first person to kite surf in Antarctic waters," Henkels said. "It was the most surreal experience of my life."

It's just one of many stories Henkels has to tell. He has traveled to every continent, exploring mountains and waters, doing things most people have only read about.

The Dubuque native's book, "Life on the Edge Extreme Adventures of Troy Henkels" outlines many of these treks, complete with photos.

His extreme lifestyle started when he moved to Alaska more than two decades ago.

"My life after college was in the corporate world working 100-hour work weeks, wearing a suit and tie and commuting to work every day," Henkels said. "I knew it wasn't how I wanted to live. I had concerns that if I kept at it, I would wake up one day and realize life had passed me by."

He has since crossed the Bering Strait, gone paragliding in Australia, become the only person to have thrown a boomerang "around the world" from both poles and more. He wrote about some of his travels as a Telegraph Herald contributor.

The book is ideal for readers of all ages.

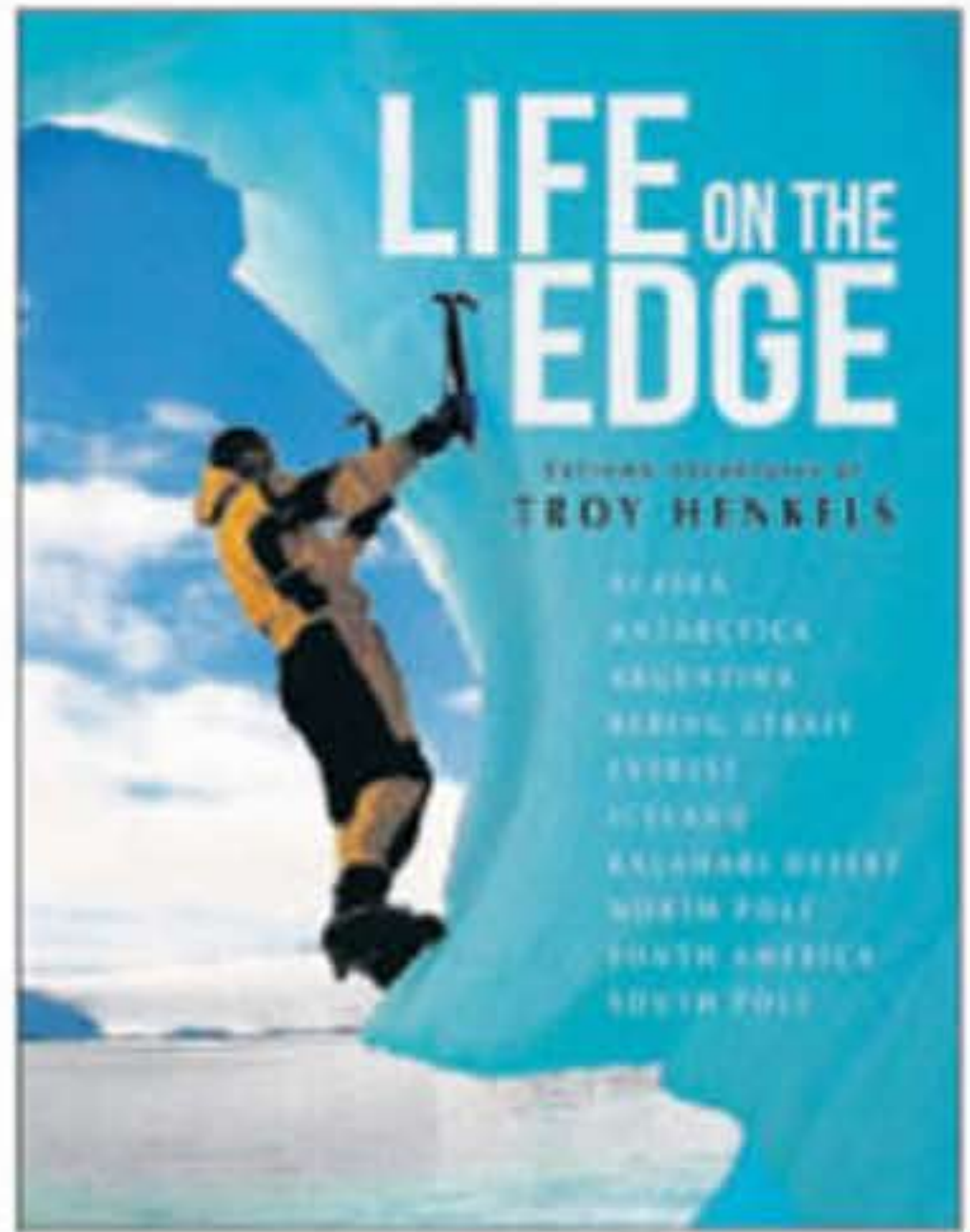
"It's not just a book about climbing expeditions or skiing distances, it's a book about all sorts of adventures in all sorts of unlikely places," Henkels said. "It reflects what it took to go from growing up in Iowa to experiencing some of the harshest environments on Earth."

The book is dedicated to his father, Pete Henkels, owner of Bluebell Orchard.

Finishing the book, one might wonder, what's left?

Plenty — skiing across the Greenland icecap, motorcycling the length of North and South America and a kite skiing expedition across the Alaskan and Canadian Arctic, to name a few.

"That's the short list," Henkels said.



Book: "Life on the Edge Extreme Adventures of Troy Henkels"

About the author: Troy Henkels grew up on an apple orchard in Dubuque. He earned his bachelor's degree in business management at the University of Northern Iowa, and works as a telecommunications technician in Eagle River, Alaska.

ISBN-13: 978-0-9819806-5-2

Publisher: Telegraph Herald

Cost: \$34.95

Pages: 188

To obtain: Available at businesses in the Dubuque area, including River Lights Bookstore, 1098 Main St., and the National Mississippi River Museum & Aquarium, 350 E. Third St., among others, www.THonline.com/store and the Telegraph Herald, 801 Bluff St.

Synopsis: "Life on the Edge" is a compilation of photos and perspectives of Henkels' adventures. In his words, he tells about paragliding in Australia, crossing the Bering Strait, ringing in the New Year at the South Pole and more. The book is divided into 26 short chapters.

Signings: Henkels will host several signings in January, including at IceFest at the National Mississippi River Museum & Aquarium on Saturday, Jan. 19, for presentations at 11 a.m. and 2 p.m. and signings at noon and 3 p.m.; 5:30 to 7 p.m. Friday, Jan. 25, at River Lights Bookstore; and at the Big Boy Toy Show, 10 a.m. to 6 p.m. Saturday, Jan. 26, and 11 a.m. to 5 p.m. on Sunday, Jan. 27, at the Grand River Center, 500 Bell St.