



## First Woman in History Conquers the "Peak to Heat Double"



After crossing the finish line at the Ironman Triathlon World Championship in Kona, Hawaii on October 12, 2013, Denise Fejtek officially became the first woman in history to complete the "Peak to Heat Double" – the combination of summiting the Earth's highest peak Mt. Everest, and finishing this hot and grueling 140.6-mile swim, bike, and running race. Previously only a few others in the world (all men) could lay claim to earning this extreme endurance "PHD" - former New Mexico Governor and U.S. Presidential candidate Gary Johnson, cancer survivor Sean Swarner, as well as Denise's husband and author of "[Steps to the Summit](#)" Paul Fejtek.

From Newport Beach, California Denise Fejtek has already battled the bitter cold to stand on the summit of Mt. Everest, and has now survived an endurance test of a different kind in the searing heat and humidity of the lava fields of Hawaii. When asked how she felt about becoming the first woman ever to accomplish this monumental feat, Denise said, "Wow! I'm a bit stunned myself, but the most satisfying part of all of this is helping others with physical challenges to participate athletically and more fully compete in the game of life, like I am privileged to do."

Her ambition to pursue these extraordinary athletic accomplishments also comes from her husband and climbing partner, Paul Fejtek, the Challenged Athletes Foundation (CAF) Most Inspirational Athlete of the Year. No strangers to setting records Paul and Denise have twice been the largest individual fundraisers for CAF, an organization that provides grants for prosthetic limbs and specialized sports equipment for kids, American soldiers wounded in battle, and others in need. Denise has raised even more money for this worthy cause through her successful "Peak to Heat Double" attempt, while Paul is donating to CAF 100% of the profits from his book, "Steps to the Summit - Reaching the Top in Business and Life."

Details on the "Peak to Heat Double" can be found at:

<http://peaktoheat.com/>

And about Denise & Paul and "Steps to the Summit" at:

<http://StepstoTheSummit.com/>

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### Photos & Video:

Triathlon & Everest photos:

<https://www.dropbox.com/sh/7mqb5n6z6lv70xc/DYyhKVNDfy>

Today Show and other prior media coverage:

<http://stepstothesummit.com/media-speaking>

Video crossing the Ladder in Everest's Khumbu Icefall:

<http://www.youtube.com/watch?v=5ejAbf62QM>

Video on Summit of Mt. Everest:

<http://www.youtube.com/watch?v=hzPLvOr11Ag>



Death Valley Century Ride