

## United States Senate

WASHINGTON, DC 20510

October 29, 2013

Dear Mary,

Dr. Ben Eiseman led an extraordinary life. From his humble roots to his successes as a doctor, sailor, admiral and teacher to his family life, he set a remarkable example for us all. I was honored to know Dr. Eiseman during my time with Outward Bound and to remain friends with him in the years that followed. Dr. Eiseman was many things throughout his long life, but to me he will always be a mentor, who patiently guided thousands of young men, women and medical students throughout his long career.

When I think back upon the adventures we shared, I always remember a winter course safety field committee review he led in the mountains above Leadville. When we arrived at our camp site, our team dug a practice snow cave. When it was time to retire for the evening, we all went to bed in our tents, with what was then some pretty high-tech gear. Dr. Eiseman, then in his 60s — who had just spent the day skiing six miles on old wooden skis, fitted with three-pin bindings, in heavy leather boots — unrolled a thin ground pad that looked like a mat from a lawn chair, pulled on his Converse high-tips for his camp footwear and crawled into the snow cave. Dr. Eiseman emerged from that cave 12 hours later, well rested and with a smile on his face.

That's just who he was. With his adventurous spirit and can-do attitude, he never let anything slow him down.

In many ways, I strive to follow in his footsteps both in my personal and professional lives. His Outward Bound mindset is something we all should seek to carry with us in our everyday lives: You get challenged, you dig deep and you end up the better for it.

There was only one Ben Eiseman, but thanks to his hard work, visionary leadership and the strength of his example, the lives of countless young men and women have been forever changed.

Sincerely,



Mark E. Udall