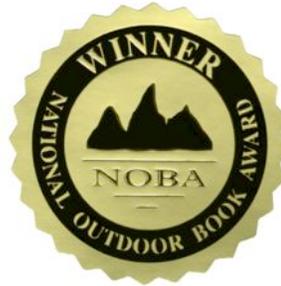


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Award winning book a fresh take on the spirit of adventure



(Idaho) - When you hear stories about over-the-top adventurers, adventurers who run marathons at the South Pole; ski across the Arctic Ocean; or kite surf across the Baltic Sea—how do you react? With incomprehension? Respect? Awe?

Despite the fact that extreme runner Dean Karnazes claims to find ‘magic in misery,’ what you almost certainly don’t think is, “I can’t wait to try that!” Author Jo Deurbrouck might change your mind with her book, “Anything Worth Doing,” (Sundog Book Publishing, 2012, \$15) winner of a 2012 National Outdoor Book Award.

Deurbrouck paints a compassionate, intimate portrait of two maverick adventurers from the wilderness state of Idaho. “Bottom line, this is a love story,” says Deurbrouck. “It’s about two men who loved a river so much, they had to run that river in ways that rendered it uniquely theirs. The things they did look crazy, but their reasons were simple, beautiful, and universal.”

These men, raft guides Clancy Reece and Jon Barker, clocked a decade of extreme river adventures, but Deurbrouck is right: Viewed through her eyes, the purity of river-based lives seems more enviable than foolish. You find yourself reexamining your compromises. You recall T.S. Eliot’s famous quote, “Only those who will risk going too far can possibly find out how far one can go.”

There was, for instance, the year the men traced their beloved Salmon River from headwaters to mouth. This might not sound like over-the-top adventure. Thousands of river enthusiasts run segments of the Salmon every year, although only a handful have run its entire 425-mile length. But Reece and Barker didn’t stop. They reached the Salmon’s mouth, and then continued down the Snake and Columbia rivers to the Pacific. The Columbia is simply not run by non-motorized downriver craft. Lovely whitewater rivers crisscross the West. Who would turn away from all

that flowing water to battle some 400 miles of wind-blown reservoirs?

Like her subjects, Deurbrouck is a longtime whitewater veteran. With her as your guide through these men's lives, you find you can imagine loving a river so much that you must escort its waters to the ocean.

"I wanted to write about lives ... founded on what at the time seemed to me a fantasy—that childhood wouldn't end, that the bill would never come due," writes the author. But as many extreme adventurers have learned, the bill often does come due. The men's final adventure is an attempt to set a 24-hour downriver speed record at extreme—and extremely dangerous—high water.

Reece and Barker undertook this journey as Reece, the older of the two, was turning 51 and grappling with the hard realities of his life—poverty, an aging body, and no obvious post-guiding career move. This is a story few adventure writers tackle. Adventuring and whitewater guiding are young people's games. What happens when a committed adventurer runs out of youth?

Perhaps that mature, unflinching perspective explains why the book has been championed by the likes of acclaimed novelists David James Duncan ("The River Why," "The Brothers K") and Kim Barnes ("In the Kingdom of Men").

Barnes wrote that "Anything Worth Doing" is a "true drama whose characters will break your heart with their dreams, courage, vulnerability, and absolute determination to live life on their own terms, no matter the cost." Duncan hailed the book as an adventure classic.

"Anything Worth Doing" is frequently compared with Jon Krakauer's bestselling "Into the Wild." Usually the reason given is that both narratives are taut and efficient, but they share a more unusual quality. Krakauer makes the bold decision to insert himself into his book as a researcher-character, simultaneously compelled and frustrated by his subject's dreamy romanticism. Similarly, Deurbrouck allows the reader to travel with her through both her research and her personal struggle to balance the freedom of an outdoor life against its risks and costs.

"Anything Worth Doing" is available wherever fine books are sold. Find the book online at Amazon.com, BarnesandNoble.com, Indiebound.org, and via the book's website, www.anythingworthdoing.com. The print book retails for \$15. DRM-free E-pub versions sell for \$9.99.

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Praise for *Anything Worth Doing*



“...highly creative and exceptionally well written...an impressive piece of work...”

—**National Outdoor Book Awards**

“*Anything Worth Doing* is a true drama whose characters will break your heart with their dreams, courage, vulnerability, and absolute determination to live life on their own terms, no matter the cost.”

—**Kim Barnes**, author of *In the Kingdom of Men*

“Anyone who's ever sung along buzzed to the Old Crow Medicine Show line ‘If I die in Raleigh, at least I will die free’ will love this story, as will anyone who has ever known and been quickened by the feral spirits of wild people in love with wild places, and anyone who has ever sat beside a river and pondered the water's beauty and brute strength, and anyone who wants to be transported by a landscape and a story rooted in the physical world.”

—**Chris Dombrowski**, author of *By Cold Water*, for *The Missoula Independent*

“*Anything Worth Doing* unfolds with an inevitability worthy of two vastly different art forms: whitewater dory navigation, and Greek tragedy. The wonder of these forms is that, in Jo Deurbrouck's able hands (as in Homer's or Euripides'), knowing the fatal outcome in no way diminishes the power of the narrative or the element of surprise. Clancy Reece turns out to be a redneck poet-hero worthy of a not-yet-written ballad by Steve Earle, Jon Barker is no less admirably crazed than Lewis or Clark, and Ms. Deurbrouck has written Western river lovers a white-knuckled adventure classic.”

—**David James Duncan**, author of *The River Why*, *The Brothers K*, & the forthcoming *Sun House*

"The account of Reece's demise is truly terrifying, but *Anything Worth Doing* is ultimately a profile of one of Idaho's last iconoclast boatmen...Reece comes across as bearish and self-reliant, like a landlocked Thor Heyerdahl or a less militant George Heyduke."

—**Grayson Shaffer**, Senior Editor, Outside Magazine

"If Clancy Reece's adage, 'Anything worth doing is worth overdoing,' rings even a distant bell of truth for you, then you simply must read Jo Deurbrouck's utterly engrossing account of Reece's doomed final voyage. Deurbrouck skillfully tunes us in to the heart and soul of a rare breed, one for whom a wild mountain river is as necessary as the river of blood flowing through his own body. Reece's necessity lies beyond the experience of many in this 'modern' age of engineered, dead rivers, but with deft precision, Deurbrouck leads her readers to Clancy's own inescapable conclusion: The life in us really is like the life in a river."

—**Steven Hawley**, author of *Recovering a Lost River: Removing Dams, Rewilding Salmon, Revitalizing Communities*

"This unforgettable book—one doesn't quite know where to begin praising it: whether at the literary or emotional level—catches, then lodges in the eddy of the heart."

—**Cort Conley**, Literature Program Director, Idaho Commission on the Arts

"...a story of life, beauty, passion and loss."

—**Christina Marfice**, Boise Weekly

"*Anything Worth Doing* begins in contemplative headwaters and builds into a story as powerful as a floodstage river."

—**Rocky Barker**, author of *Scorched Earth: How the Fires of Yellowstone Changed America*

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About Jo Deurbrouck

Jo Deurbrouck, winner of a 2012 National Outdoor Book Award for her nonfiction adventure title “Anything Worth Doing,” worked as a wilderness raft guide for 12 seasons starting in 1989. She remains a frequent wanderer down the rivers and through the deserts, forests and canyons of the West.

She has contributed to the “Washington Post,” “Christian Science Monitor,” “Spokesman-Review,” “Post Register,” “Paddler Magazine,” “Creative Nonfiction” and other publications.



A meticulous researcher, Deurbrouck’s work is guided by two beliefs. One is that the most useful, compelling and difficult thing a writer can do is tell a truth. The other is that one unnecessary word spoils a sentence.

Deurbrouck holds a M.A. in English from Boise State University. She lives in Idaho, which bills itself “The Whitewater State” for good reason: Idaho is home to more than 3,500 miles of runnable whitewater, more than any other state in the lower 48.

To arrange an interview with Jo Deurbrouck, or request a review copy of “Anything Worth Doing,” contact Rachel M. Anderson, Publicist, RMA Publicity at 952-240-2513 or via email: rachel@rmapublicity.com.

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Ask Jo Deurbrouck

Author, “Anything Worth Doing”

I. About ‘Anything Worth Doing’

1) What is “Anything Worth Doing” about?

It’s a true story about two larger-than-life whitewater raft guides in the wilderness state of Idaho who love rivers more than anything, even security. It’s about their lives, their journeys, the rivers they love so much, and the price they pay to live their dreams. I wrote it after I walked away from wilderness whitewater guiding, a career I had thought was my dream. My struggle to reconcile my choice permeates the book.



2) How did you first hear about this story?

3) What made you want to turn this particular story into a book?

4) Where does the title come from?

5) Researching this book must have been an adventure in itself. Talk a bit about that.

6) Many of these men’s adventures took place on the Salmon River, a famous wilderness river but not one known as extreme. Yet you say the adventures these men undertook were, in fact, extreme. Can you explain?

II. About whitewater sports and raft guiding

1) You were a wilderness whitewater guide for 12 seasons. Describe a typical day on the job for you.

2) Clancy Reece was 51 and beginning his 26th summer as a river guide when he and the other man in your book, a guide named Jon Barker, undertook the adventure that cost Clancy his life. It seems like guiding would be a young person’s job. Is it common for boatmen to stay “on the river” for so many years?

3) You quit guiding almost ten years ago but you jokingly call yourself a ‘recovering raft guide.’ Something about that life must have been hard to give up. What was it?

- 4) River runners talk about ‘river time.’ What do they mean by that?
- 5) Talk about how risky whitewater paddling and rafting really are.
- 6) You like to talk about the necessity of adventure. What do you mean by that?

III. About Idaho’s Salmon River

- 1) The Salmon River is known as the “River of No Return.” There was even a movie with that title made in 1954, starring Robert Mitchum and Marilyn Monroe. Where does that ominous sounding nickname come from? Is the Salmon really so dangerous?
- 2) Jon Barker, Clancy Reece and you all clearly love Idaho’s Salmon River. Why?
- 3) Those of us who haven’t experienced a trip down a wilderness river would be surprised by what?

IV. About Jo

- 1) Have you written other books?
- 2) Are you happy with this book?
- 3) What’s your favorite part of the writing process?
- 4) Do you have another book in the works?

To arrange an interview with Jo Deurbrouck and/or request a review copy of “Anything Worth Doing,” contact Rachel M. Anderson, Publicist, RMA Publicity at 952-240-2513 or via email: rachel@rmapublicity.com.

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