

Pete Rognli's Writing Biography

Pete has written for Backpacker, TrailRunner, Time Out New York, Chicago, Paddler, Alpinist.com, Girls' Life and several other national, glossy publications. His articles range from tween dating for the post-modern middle schooler to the effects of local terrorism on the Boundary Waters Canoe Area of northern Minnesota. He's written behind-the-counter yoga for the coffee shop barista and about modernist, prefab architecture for anyone who wants Frank Lloyd Wright delivered on the back of a semi-truck.

Much of Pete's writing provides accessible, fitness education to outdoor recreation enthusiasts. When he's not writing about barefoot trail running, Pete contributes much of the front-of-book health and fitness content for Backpacker magazine. His topics include plyometrics for scrambling up scree, packable protein for the backcountry, dynamic stretches to stay limber on the trail and thermarest yoga to help backpackers avoid the simian hunch.

Pete lives and writes beneath the Tetons of Jackson Hole, Wyoming.