

When 27-year-old Aron Ralston set out to climb in the remote Blue John Canyon in Utah one Sunday in May 2003, he had no idea that he would have to make an incredible sacrifice to stay alive. After hiking 5 miles, he came across a Dutch family who gave him water and helped him to walk on. Meanwhile, Aron's friends and family had realized he was missing and notified authorities who found out Aron had used his credit card to buy groceries in Moab, Utah. Apart from his climbing gear, Aron carried only a backpack containing a small first aid kit, a knife, a video camera, one liter of water, and a few snacks. He also works as a motivational speaker, helping disabled athletes and troubled teenagers. Aron had gone climbing alone many times before, only this time, he hadn't told anyone where he was going and he didn't even take his cellphone. 1 Aron had been climbing all day and was about to stop, but as he was crossing a 3-foot wide crack in the canyon, disaster struck; an 800-pound boulder moved and trapped his arm against the canyon wall. He struggled to get free, and using his penknife, tried to chip away at the boulder without success.