

SOUTH OF SILENCE

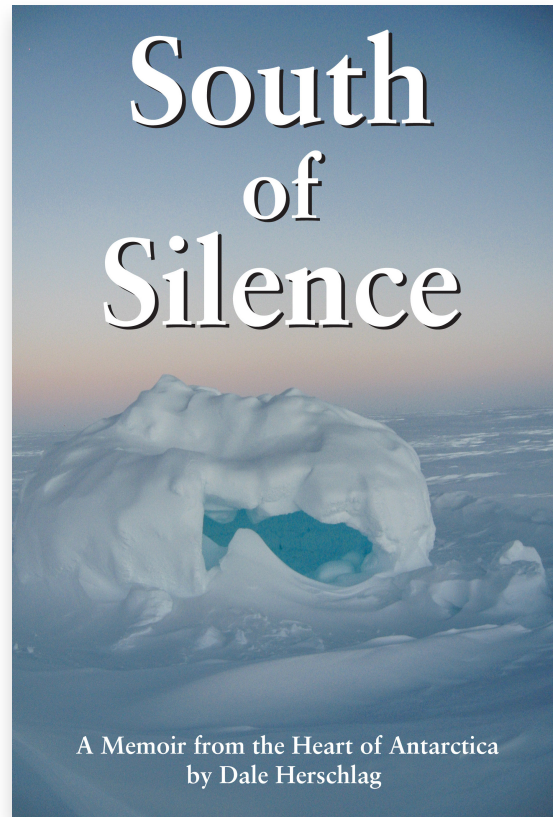
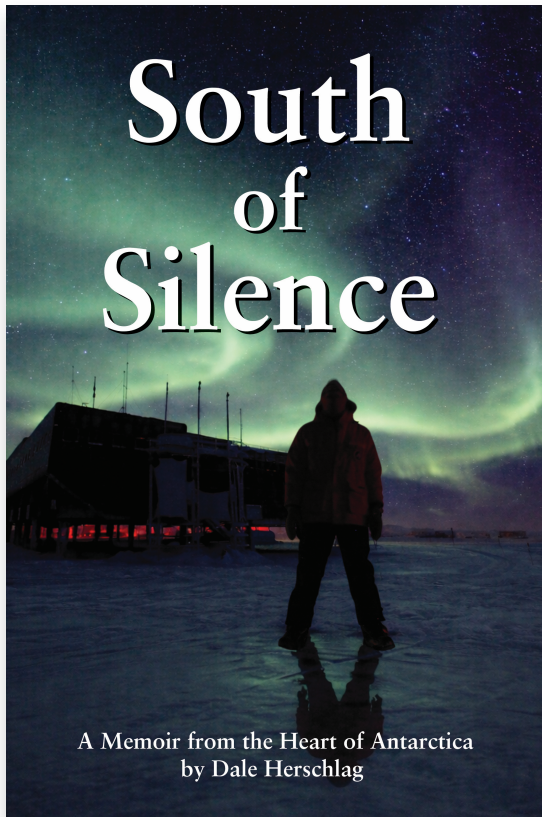
A Memoir from the Heart of Antarctica

Media Kit

Dale Herschlag

For media inquiries: info@southofsilencebook.com

About the Book



Title: South of Silence: A Memoir from the Heart of Antarctica

Author: Dale Herschlag

Publication Date: Summer 2026

Genre: Memoir, Adventure, Transformation

Format: Hardcover, Paperback

Pages: [TBD]

ISBN: [TBD]

What happens when you choose to spend nearly three years at the most isolated place on Earth?

In 2009, Dale Herschlag, a former U.S. Air Force meteorologist, made a decision that would change everything: he accepted a position at the Amundsen-Scott South Pole Station. After his initial summer season, he went on to complete back-to-back winterovers at the Amundsen-Scott South Pole Station, becoming one of fewer than 120 people in history to accomplish this feat.

South of Silence isn't a survival story. It's a transformation story. Through the surreal ritual of the 300 Club, six months of total darkness, and temperatures that plunge to -100°F, Dale explores what extreme isolation does to the mind. When there's nowhere left to hide, you either break or you rebuild.

With unflinching honesty and unexpected humor, Dale captures the physical extremes and psychological depths of life at the bottom of the world. This is a memoir about choosing difficulty, confronting silence, and discovering what you're made of when comfort is no longer an option.

Key Themes

- Transformation through choosing hardship
- Psychological effects of extreme isolation
- Finding humor in brutal conditions
- Identity and self-confrontation
- Reintegration after extreme experience

About Dale Herschlag



Dale Herschlag is a U.S. Air Force veteran, meteorologist, and broadcaster with more than 22 years of experience forecasting extreme weather around the world. Between 2009 and 2012, he spent nearly three years at the Amundsen-Scott South Pole Station, including two full Antarctic winters—a feat accomplished by fewer than 120 people in history.

During that time, Dale experienced temperatures as low as -104.7°F , six months of total darkness, and the profound psychological impact of living at the most isolated place on Earth. His career has taken him to more than 40 countries across all seven continents, from the

deserts of the Middle East to the frozen plateau of Antarctica.

Born and raised in Omaha, Nebraska, Dale brings a Midwestern sensibility to his storytelling: honest, self-deprecating, and straightforward. His writing balances introspection with humor, finding absurdity and meaning in equal measure in the harshest environment humans can inhabit.

Dale is donating 100% of his proceeds from *South of Silence* to the Robert Irvine Foundation, which supports military veterans and first responders.

Hometown: Omaha, Nebraska

Current City: East Norriton, Pennsylvania

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Quick Facts

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About the Experience

Location: Amundsen-Scott South Pole Station

Duration: Nearly 3 years (2009-2012)

Winters: 2 consecutive (fewer than 120 people have done this)

Coldest

Temperature: -104.7°F

Altitude: 9,301 feet (physiological: 11,500 feet)

About the Author

Occupation: U.S. Air Force Veteran/
Meteorologist/
Broadcaster

Experience: 22+ years forecasting extreme weather

Countries Visited: 40+ (all 7 continents)

Hometown: Omaha, Nebraska

Current City: East Norriton, Pennsylvania

Proceeds: 100% to Robert Irvine Foundation

Inside the Book

What readers will experience:

The 300 Club

The legendary Antarctic ritual: enter a 200°F sauna until you can't take it anymore, then sprint naked (except boots) through -100°F darkness to the Geographic South Pole and back. Dale describes both attempts—the first winter when he backed down, and the second when he didn't.

The Long Polar Night

Six months without sunlight. What it does to your mind, your body, your sense of time. How darkness amplifies everything you brought with you and forces you to face it.

The Legacy Wall

A corridor lined with photos of every winterover crew since 1957. Dale sees it twice: once on arrival as a stranger, and once on departure when his own face stares back at him.

The First Walk

That brutal half-mile trudge across sastrugi fields, altitude crushing his lungs, wrong gloves causing excruciating finger pain, and the moment reality hit hard.

Midwinter Greetings

The darkest day of the year, halfway through winter. Forty-nine people standing together on the ice, taking a photo to prove they're still there, still human, still refusing to break.

Coming Home

The hardest part wasn't staying at the Pole. It was returning to a world that felt overwhelming, overstimulating, and completely foreign. The grocery store scene. The mirror. The realization that you don't fit into your old life anymore.

Sample Interview Questions

For journalists, podcasters, and interviewers:

- 1. What made you decide to spend nearly three years at the South Pole?**
- 2. You're one of fewer than 120 people to complete back-to-back winters. What does that mean?**
- 3. What's the hardest part of living at the South Pole? Is it really the cold?**
- 4. Can you describe what -100°F actually feels like?**
- 5. Tell us about the 300 Club. What is it and why did you do it?**
- 6. How does six months of total darkness affect your mind?**
- 7. What surprised you most about life at the South Pole?**
- 8. Your book is called "South of Silence." What does that title mean?**
- 9. You write with humor despite extreme circumstances. How do you maintain that perspective?**
- 10. What was the hardest part about coming home?**
- 11. How did your military and meteorology background prepare you (or not) for Antarctica?**
- 12. Why donate 100% of proceeds to the Robert Irvine**

Foundation?

13. What do you want readers to take away from this book?

14. Would you go back to the South Pole?

15. What advice would you give someone considering a similar extreme challenge?

Media Resources

Available for download at: www.southofsilencebook.com/media

High-Resolution Author Photo

- Professional headshot
- 300 DPI, print-ready
- Free for editorial use

Book Cover Images

- Hardcover and paperback covers
- 300 DPI, print-ready
- Free for editorial use

Additional Photos from Antarctica

- Selected images from Dale's time at the South Pole
- Available upon request
- Credit: Dale Herschlag

Advance Review Copies

ARCs available for journalists, podcasters, book reviewers, and media professionals.

To request: info@southofsilencebook.com

Contact Information

For All Media Inquiries:

Dale Herschlag

Email: info@southofsilencebook.com

Website: www.southofsilencebook.com

Response time: 24-48 hours

Available For:

- Interviews (print, podcast, radio, television)
- Book clubs and reading groups
- Advance review copies (ARCs)
- Custom presentations

South of Silence: A Memoir from the Heart of Antarctica | Dale Herschlag |
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