



MARCH 2003

A Publication of the Mountaineering Club of Alaska

Volume 46 Issue 03

Box 102037, Anchorage, Alaska 99510

MARCH MEETING

Wednesday

March 19, 7:30 pm

First United Methodist Church

9th & G Streets

Next to the Phillips Building

(you may use marked parking after hours...)

Downtown Anchorage

Program: TBA (mcak.org for latest news)

HIKING AND CLIMBING SCHEDULE

Mar 08 - 09 Russian Lakes

Class B. Ski, snowshoe, or maybe hike depending on conditions, into the cabin at Russian Lakes. Overnight stay in the cabin as the days here become almost 12 hours long. This trip is tentative as yet, depending on cabin availability.
Leader: Matt Nedom 278-3648

08 Falls Creek

Hike and snowshoe up the Falls Creek trail. Possibly scout the routes up South Suicide. Bring hiking boots and snowshoes. Class B.
Leader: Matt Nedom 278-3648

10-11 Hurdy Gurdy Ice Climbing

Snowshoe up 2,500' out of the North Fork of Eagle River and overnight in the Hurdy Gurdy drainage, on the north side of Eagle Peak, below pristine waterfall ice called, "The Cake Climbs." Waterfall ice grades 2-5. This trip is 8 miles RT. Limited to 8 qualified participants, (find your own partner). This is classified as a Technical/5th class climbing trip.
Leader: Richard Baranow 694-1500

13 Eklutna Lake Ski

This is a full day of skiing from the parking lot to the hut at Serenity Falls and back. Round trip mileage is 25 miles. The skiing is pretty flat most of the way. Skijorers are welcome. Class C.
Leader: Stu Grenier 337-5127

TRIP REPORTS

Highpointing in February

by Wayne Todd



Let's see, it's 40° and raining in Anchorage, I'm headed south to the States, so clothing for slightly warmer temps would be appropriate. Flying into Indianapolis, the pilot announces a local temperature of 15°. "Hey, it's cold and winter-like here. I

believe I'm slightly under clothed."

I have just five state high points (hp) remaining, and should easily be able to conquer the four in this area. I've even allocated four days for this fifteen hundred mile driving trip; a day more than I'll need if all goes well. This should lend to a more relaxed hp trip, compared to my last one of twenty-eight hundred miles in three and half days. (I plan to revisit all the states in my later years at a truly leisurely pace to learn what each one is famous for).

My first hp visit is Hoosier Point in Indiana. Despite being located in a grove of trees in a farmland area, it's not difficult to find with the help of [Zumwalts 50 State Summits](#) and some local signage. I climb the stile over a fence and take some pictures and video (p & v) in the wind driven snow. This confirms that "yes, I should have packed winter clothing but as the longest hike on this trip is only three miles, I'll get by."

My next hp visit, later that same day, is Campbell Hill in Ohio which is located on a college campus. This brief visit also entails blowing snow and I am shaking from the cold by the completion of my p & v. I could have donned my yellow raincoat but that would have been too dorky. A young man pulls up in a car playing obnoxiously-loud music while I'm there. (Am I getting old?)

Then it's time for some serious driving as my next hp is over four hundred miles away. Despite the wintry weather, the interstates are well plowed and make for good travel time; hours-on-end of sixty to seventy-five mph. (I've seen aerial refueling. I have some ideas for ground refueling. Although there is still the issue of bathroom breaks). They literally salt the entire interstate. I saw many dump trucks with plows, beds elevated, spinners dispersing salt, plowing

at highway speed. By the end of the trip my rental car looks like a shaped salt block.

All the driving time allows for much music listening. I have a great CD stack to choose from or sampling the music over the airwaves can give a feel of the local populace. The road time also allows for much thought. This trip the chautauqua is remorse. I drive to within fifty miles of Spruce Knob (SK), the hp of West Virginia, having had enough road time for one day. I'm a bit disconcerted about the "winter storm" that is predicted for that night; what is the present weather called?

The next morning driving toward Spruce Knob I'm impressed with the already plowed roads. I get anxious and excited as I count down the miles to the hp as the roads become less traveled, twelve, eleven; I turn onto yet another road at ten. Whah! The road isn't plowed and hasn't been for quite awhile. This is a major obstacle in my master plan. The snow on the ascending unplowed road is only a few inches deep, here anyway. If only I had my x-country or randonee skis, a four wheel drive or even snowshoes. I ponder here a bit, suddenly not looking at my low-clearance front-wheel-drive car so fondly.

I turn about and inquire at a local café about plowing; "Nope, not done 'til spring," about renting a four wheeler or equivalent; "Nope," about other access; "Yep, but not any better." The locals also eagerly inform me that wreckers are quite expensive to get vehicles unstuck up there and that the snow drifts are probably head-high. I guess I'm not the first diligent high pointer to have foolish thoughts. I also drive in from the north valley route until unplowed roads stop me twenty miles out from the hp. I inquire at a local store about 4x4 vehicles to no avail. On foot, with no floatation, I'd try to access the hp within five miles, which equates to ten miles roundtrip of post-holing.

I drive north toward Maryland, stopping to buy cable chains, a shovel, a jacket, gaitors; "Nope," and snow shoes; "Those racky things you put on your feet? Don't carry them."

I find the trail-head for Backbone Mountain after asking directions in a tavern. A man there boasts "You couldn't pay me hundred bucks to hike up there." I don't think he could have made it for a thousand. I utilize high tech gear such as grocery sacks over my socks to compensate for lack of gaiters. This is ironic as I have half a dozen pair at home. The mile-plus hike in shin-

deep snow up to Hoye-Crest is a pleasant workout through a forest of snow-draped deciduous trees with intermittent serenading of wood peckers. I pass a concrete Maryland/West Virginia boundary marker dated 1910, just before the summit sign. I do my standard p & v, sign the mail-box register but decline to sit on the ever-deepening snow covered benches. In the calm wintry landscape I try to imagine what this vista would look like in fall foliage.

I jog back to the car as I want to re-visit Mt. Davis, the hp of Pennsylvania and my first hp. The afternoon is wearing on. Now on 'scenic' roads, the driving is much slower. It requires constant attention, unlike freeway driving with cruise control. (I'm looking forward to steering control for even less attentive driving).

I arrive at the Mt. Davis area just before dark, settling on p & v of a large road side sign proclaiming Mt. Davis 3,213'. The summit tower I'd visited in 1993 is a mile hike through snow and I still have to drive back to the Spruce Knob area. I pass an Amish horse-drawn carriage with a slow-moving vehicle sign, an interesting statement of contrasting eras.

The three and a half hour drive back to Elkins in the dark on slick, twisting unfamiliar roads through blowing snow is harrowing. Numerous times drifting snow reduces my visibility to a few feet, which does have the benefit of keeping me quite awake at the wheel. I stay at the same hotel as the night before but this time I have a haunted room that 'knocks' in a regular crescendoing rhythm. Between that, and things on my mind, I put in ear plugs, (mental plugs would have been nice), and sleep through the alarm in the morning.

The next day dawns clear and crisp over even more fresh snow. Because of this I opt to try the valley route again as it is at lower elevation. There are fresh vehicle tracks beyond my previous days stop point. I install the cable chains and now confident in my traction, drive on counting down the miles, twenty, nineteen,The road parallels a small, gentle, river that sparkles in the morning sun. Not to be outdone, the snow covered trees and river rocks glisten with their fresh wintry blanket. I am enjoying the glorious morning but know inevitably I will either high center or slip off the road. At fifteen miles out I abandon my quest. I walk to some shaded ice pillars for deeper reflection of an errant decision, and the perpetuating consequences.

On the drive out I even ask a snow-plowing local if he would rent-out his four wheeler or knew of anyone else, "Just use mine for plowing" and "no."

Although accomplishing much on this trip, but as in life, I must resign myself to temporary defeat as I am leaving unfinished business. I begin the six hundred mile drive back to Indianapolis, contemplating much along the way.

ADZE

For Sale

North Face Nuptse Jacket (Large) asking \$100 OBO Excellent Condition, Warm, Tan and Black Jacket - hardly used, stored separate from other gear to avoid compressing down insulation. 700 fill down with internal right-zip stow pocket. Dave 258-0763 h, 264-0762 w

For Sale

North Face Kichatna 3-Ply Gore-Tex Bibs & Jacket, Men's Medium Red/Black, Good Condition, \$150 each
North Face Chogolisa Polarguard 3D Parka, Men's Large w/ Detachable Hood, Red/Black, Excellent Condition, \$250
Mark 244-0682



MCA Trip Classifications

The classifications below do not take into account individual trip hazards such as river crossings, scree slopes, snow fields, bears, etc. Trip leaders are required to inform the trip participants of any such hazards either verbally, on the sign-up sheet, or in the trip description. Leader approval is required for participation on all trips.

NON-TECHNICAL: Following are a few standards used to classify non-technical trips. The classification is made in terms of hiking distance and altitude gain. Many trips are not on established trails.

CLASS A: Easy hikes with a maximum distance of 8 miles for day trips or 4 miles per day for overnight trips. Altitude gain up to 1200 feet.

CLASS B: Trips involving a maximum distance of up to 12 miles for a day trip or 6 miles per day for an overnight trip. Altitude gain of 1200 to 2500 feet.

CLASS C: Trips up to 15 miles for a day hike or 8 miles per day for an overnight trip. Altitude gain up to 3500 feet. Scree, steep grass or other rough terrain problems may be encountered.

CLASS D: Hikes and climbs with an altitude gain of over 3500 feet or a distance of greater than 15 miles for a day-hike or greater than 8 miles a day for an overnight trip. Peaks in this classification may require minimal climbing skills.

CLASS E: Hazardous climbing conditions or stream-crossing conditions may be encountered. A basic mountaineering course may be required.

TECHNICAL: Technical trips are open to all qualified climbers. However, the registration on any particular trip must be restricted to a safe and manageable number of climbers. Registration is made directly with the leader, who determines the qualifications needed for the trip.

GLACIER TRAVEL: Trips requiring roped travel over glaciers. Knowledge of crevasse rescue, and ice axe and crampon skills are required. Basic understanding of ice and snow anchors also required.

FIFTH CLASS: Trips which involve fifth class climbing. A Basic Mountaineering course or equivalent is required. Knowledge of belay and rappel techniques and placing anchors is required. Climbing difficulty varies widely with each trip.

TRIP PARTICIPANTS have the obligation to acquaint themselves with the nature of the trip and to verify that it is within their capability and experience. Anyone wishing to participate in any trip above CLASS A must have completed one or more trips of the next lower classification, or the equivalent.

Approved: MCA Board, February 15, 2000

General Rules for MCA Sanctioned Trips

1. Proper equipment is on the reverse side of this list.
2. No dogs. (Among the reasons are bear problems.)
3. The trip leader can require special equipment and refuse participation to any person that is ill-prepared (e.g. inappropriate clothing/gear).
4. The leader's suggestions are to be followed. Do not go off alone, return or rush ahead without his (her) permission, and don't ford a stream before the leader assesses the situation. Remember, this is a club trip and the leader must know where all participants are. Anyone separating from the group without the leader's approval is no longer considered a participant the MCA Sanctioned trip.
5. The trip leader has the authority to split the group (fast and slow), dependent upon current conditions. However, he/she must appoint a qualified co-leader to lead the second group using the guidelines specified in the current Trip Leader Responsibilities.
6. Trip participants who, in the leader's opinion, put themselves or other members of the group in danger by disregarding the leader's suggestions, shall be subject to sanction by the club. Sanctions may include, but are not limited to, reprimand at general meeting, exclusion from future trips, termination of annual membership, or lifetime exclusion from the club.
7. You must sign up on a trip roster (club meetings) or contact the leader, and you must have signed the club waiver to be on a club trip.
8. If you find you cannot participate after signing up on the roster, please let the leader know, both for transportation and gear-planning and so someone else can go. If you are the leader, help find a replacement.
9. Total number of people on club trips:
Minimum: 4 (for safety reasons)
Maximum: Leader option, depends upon the trail and campsite conditions, but generally limited to 12 in trail-less areas or State/National Parks
10. Firearms are not encouraged, and please let the leader know if you want to carry one - it will be leader's option. Aerosol bear repellent is preferred.

Approved: MCA Board, February 15, 2000

Equipment

Summer

Rain gear that works	Mosquito repellent
Wind gear	Whistle
Wool or fleece pants	Large plastic bag
Shorts	Lighter, matches
Light long johns	Map, compass
Wool shirt	Aerosol bear repellent (if desired)
Jacket	Moleskin/Spenco 2nd skin
Baseball cap	Ace bandage
Gloves	Surgical tape
Extra socks	Aspirin
Wool or pile hat	Gauze
Hiking boots	Anti-bacterial ointment
Stream-crossing footwear	4" x 4" pads, Band-Aids
Sunscreen	Wire

(continued on page 7)



MOUNTAINEERING CLUB OF ALASKA

MEMBERSHIP APPLICATION

The Mountaineering Club of Alaska (MCA) was formed in 1958 to promote the enjoyment of hiking and climbing in Alaska and the exploration of its mountains. We welcome anyone who wishes to become a member.

Participate & Learn The MCA conducts scheduled hikes and climbs led by experienced club members, technical mountaineering and climbing courses, and other instruction throughout the year. The club maintains 8 mountain huts in the nearby Chugach and Talkeetna mountains. The MCA / Vin Hoeman Library, located upstairs in Alaska Mountaineering & Hiking on Spenard Road, contains hundreds of books, numerous periodicals, bound volumes of the *SCREE*, and a 'Peak File' with information on local climbs. The club also loans climbing gear to members, including ice axes, helmets, crampons, snowshoes, and avalanche beacons.

Stay Informed The MCA publishes a monthly newsletter, *SCREE*, and sends it to all members. The *SCREE* contains the minutes of the previous meeting, announcements of upcoming events, the hiking and climbing trip schedule, and trip reports written by club members. A monthly meeting and slide show is held on the third Wednesday of each month at 7:30pm in the basement of the Pioneer Schoolhouse (corner of 3rd & Eagle Streets, downtown Anchorage). Special events or changes to the meeting will be noted in the *SCREE*. Be sure to visit our website at: www.mcak.org

.. **Complete both sides of this form.** To participate in club-sponsored trips, every member must read and complete the Release of Liability Agreement on the back of this application.
.. Please make checks payable to **Mountaineering Club of Alaska, Inc.**
.. Dues are \$10 for an individual or \$15 for a family (one SCREE per family).
.. Membership is for one calendar year, through the 31st of December. Memberships paid after October 1st are good through the following year.
.. If applying by mail, please include a stamped, self-addressed envelope for your membership card. Otherwise, you may pick it up at the next monthly meeting.

Our address is:
MCA
PO Box 102037
Anchorage AK 99510-2037

NEW
RENEWAL

DATE
NAME

INDIVIDUAL (\$10)
FAMILY (\$15)

FAMILY MEMBERS

ELECTRONIC
PAPER

How do you want your **SCREE** delivered? (check one or both)
Fastest! Direct to your email address specified below
Postal Service – please include \$5 extra if outside US

STREET or PO BOX
CITY / STATE / ZIP
TELEPHONE
E-MAIL ADDRESS

COMMENTS

Paid: \$10 \$15 on Date _____
Cash Check Number _____

Membership Card issued for Year _____
Address added to Mailing List

RELEASE OF LIABILITY—READ CAREFULLY

I, _____ (print name), am aware that mountaineering sports (including hiking; backpacking; rock, snow, and ice climbing; mountaineering; skiing; and ski mountaineering) are hazardous activities. I wish to participate and/or receive instruction in these activities with the Mountaineering Club of Alaska, Inc. (“MCA”) I recognize that these activities involve numerous risks, which include, by way of example only, falling while hiking, climbing, skiing or crossing rivers or glaciers; failure of a belay; being struck by climbing equipment or falling rock, ice or snow; avalanches; lightning; fire; hypothermia; frostbite; defective or malfunctioning equipment; and attack by insects or animals. I further recognize that the remoteness of the activities may preclude prompt medical care. I further recognize that risk of injury or death may be caused or enhanced by mistakes or negligence on the part of either my fellow participants or MCA officers, directors, guides, instructors, or trip leaders. I nevertheless agree to accept all risks of injury, death, or property damage that may occur in connection with any MCA activity, including use of MCA furnished equipment and MCA backcountry huts.

_____ (initial that you have read this paragraph)

GIVING UP MY LEGAL RIGHTS

By signing this Agreement, I agree to give up for myself and for my heirs all legal rights I may have against the MCA and my fellow participants in MCA activities (except to the extent that insurance coverage for any claim is provided by an automobile insurance policy or related excess insurance policies). **I give up these legal rights regardless of whether the injury, death, or property damage results from mistakes or negligence on the part of either my fellow participants or the MCA.** (As used in this agreement, MCA means the Mountaineering Club of Alaska, Inc., and all of its officers, directors, guides, instructors and trip leaders.) I understand this agreement shall remain in effect until such time as I provide signed written notice of its revocation to the MCA.

_____ (initial that you have read this paragraph)

MY PROMISE NOT TO SUE

I agree that I will not sue, or otherwise make any claim against, the MCA or my fellow participants in MCA activities for injury, death, or property damage which occurs in the course of my participation or instruction in mountaineering sports. Any lawsuit relating to MCA activities or this release shall only be filed in the Superior Court for the State of Alaska, Third Judicial District., Anchorage, Alaska. The provisions of this release are severable and if any part of this release is found unenforceable, the remaining provisions shall remain in full force and effect.

_____ (initial that you have read this paragraph)

MY RELEASE OF LIABILITY

I also agree to release and discharge the MCA and my fellow participants in MCA activities from all actions, claims, or demands, both for myself and for my heirs, dependents, and/or personal representative, for injury, death, or property damage occurring in the course of my participation or instruction in mountaineering sports.

_____ (initial that you have read this paragraph)

MY PROMISE TO INDEMNIFY

I agree to pay all expenses, including attorney’s fees and court costs, that the MCA or my fellow participants in MCA activities may incur as a consequence of any legal action arising out of injury, death, or property damage suffered by me.

_____ (initial that you have read this paragraph)

MY CONSENT TO MEDICAL TREATMENT

I consent to any hospital care or medical or surgical diagnosis or treatment which may be necessary as a result of my participation in activities with the MCA. I also understand and agree that I am solely responsible for all applicable charges for such medical treatment, including evacuation and/or rescue cost.

_____ (initial that you have read this paragraph)

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A BINDING, LEGAL AGREEMENT BETWEEN ME AND THE MCA.

Dated: _____ Signature: _____

Signature of Parent or Guardian (if under 19): _____

Vice grips or pliers	If snow on glacier:
Utility cord	Picket
Sewing kit	Skis or snowshoes
Tent	
Sleeping pad and bag	<u>Winter</u>
Backpack cover	Wind gear
Cook pot	Wool/fleece pants, shift
Stove (fires not allowed)	Long johns
Fuel bottle	Down jacket
Walking stick or ice axe	Wool/fleece hat
Water bottles (not canteens)	Face mask
FOOD	Mittens
	Double boots
<u>Additional for Glaciers</u>	Avalanche beacon
Ice axe	Shovel
Gaitors	Lighter
Climbing boots	Headlamp
Slings, carabiners	First aid kit
Rappel device	Repair kit
Rope	Tent (or snow shelters)
Wands	Sleeping bag and pad
Mittens	Large cook pot
Crampons	Stove
Seat Harness	Windscreen for stove
Ice screw(s)	Fuel bottle
Pulleys	Thermos
Prussiks/ascenders	Gaitors
Glacier glasses/cream	Skis or snowshoes

Leader Qualifications

1. Must be a member of the MCA.
2. Must have approval of the Hiking and Climbing Committee (A simple majority.)
3. Must, have received certification in Standard First Aid or a more advanced medical certification (e.g.WFR, EMT) within the last 10 years or have an accompanying co-leader that meets this requirement.
4. Must attend an MCA Trip Leader Orientation course once every five years.
5. Must have participated in trips of the same or higher classification than the one being led, showing competence in the opinion of the leaders of those trips; or equivalent experience acceptable to the Hiking and Climbing Committee.
6. Leaders on trips of Class E or higher must have served as a co-leader with an approved MCA trip leader on at least one trip of the same classification or higher, or have equivalent experience acceptable to the Hiking and Climbing Committee. Persons with technical climbing experience wishing to waive this requirement must provide a letter to the Hiking and Climbing Committee outlining their climbing/guiding experience, training, and at least one personal reference.
7. Leaders on trips that may involve any avalanche-prone terrain must have completed formal training in avalanche hazard recognition and victim search as approved by the Hiking and Climbing Committee.
8. Leaders on trips that involve any hazardous stream crossings must have either formal training in safe stream crossing methods or have extensive experience crossing streams.

Trip Leader Responsibilities

1. The leader must get approval of the proposed trip from the H&C Committee prior to advertising the trip.
2. Per MCA by-laws, club trips must be advertised in a club publication. In other words, the MCA membership must be informed of the trip. The H&C committee must approve the club trip about 35 days before the trip so that the H&C chair can forward the approved trip list to the editor of the Scree.
3. Important: If a H&CC approved trip cannot be planned a month in advance, the organizer may announce the trip as a personal trip at the next club meeting when the MCA president asks for announcements. Anyone may advertise a personal trip at the general membership meeting, which is an important service the club offers to all members - to help bring hikers and climbers together. The value of a club sanctioned trip is it offers the membership a trip leader that has been approved by the H&CC as a qualified leader.
4. The leader is responsible for providing and maintaining the trip sign-up sheets at monthly meetings. Coordinate with the H&CC Chair if unable to make the monthly meeting prior to the trip.
5. The leader should describe their proposed trip at club meetings.
6. The leader should contact members that have signed up for the trip to discuss the details of the trip, including proposed route, required gear, hazards, and meeting arrangements.
7. The leader must leave a trip roster containing a brief description of the proposed route and the names and telephone numbers of participants with a responsible person that will be able to contact a H&C Committee member (names and telephone numbers are on the sign-up sheet) in case of an emergency or delayed return.
8. The leader should brief trip members on the general rules for MCA sanctioned trips using the Trip Leader Checklist. If members already know each other and have been on previous trips, not much may need to be said. If new members are on the trip, use the checklist.
9. For safety and liability reasons, the leader must follow the general rules for MCA sanctioned trips as published in the MCA policies.
10. After the trip, the leader is encouraged to provide a trip report (over the phone or in writing) to the H&CC This is just "how did the trip go" and who participated. It also serves as a means to let the H&C Committee know the trip members returned safely.

Other documents trip leaders should consult:

1. MCA Club Sanctioned Trips policy, sections on: trip classifications, general rules, leader qualifications, and recommended gear).
2. Trip Leader Checklist

Approved: MCA Board, February 15, 2000



Mountaineering Club of Alaska

Officers

President	Jayme Mack	694-1500
Vice-President	Karen Herzenberg	223-0351
Secretary	Sean Bolender	274-4457
Treasurer	Tom McDermott	277-0774

Board

Stuart Grenier	337-5127
Dave Hart	227-9584
Richard Baranow	694-1500
Matt Nedom	278-3648
Bill Romberg	677-3993

Annual membership dues: Single \$10.00 Family \$15.00 (one *Scree* per family)

Dues can be paid at any meeting or mailed to the treasurer at the MCA address below. If you want a membership card, please fill out a club waiver and mail it with a self-addressed, stamped envelope. If you fail to receive the newsletter, or have questions about your membership, contact the club treasurer. The post office does not forward the newsletter.

SCREE is a monthly publication of the Mountaineering Club of Alaska. Articles and notes submitted for publication and other communication related to the newsletter should be mailed to Scree Editor Box 102037 Anchorage, AK 99510, or e-mailed to jaymack@alaska.net. Articles should be received by March 28th to be included in the April issue. Sorry, no exceptions.

Paid ads may be submitted to the attention of the Vice-President at the club address and should be "camera ready" and pre-paid. Your cooperation will be appreciated... Willy Hersman, Temp. Editor.

Missing your MCA membership card? If so, stop by one of our monthly meetings to pick it up or send us a self-addressed stamped envelope and we'll mail it to you.

MAILING LIST/DATABASE ENTRY: don smith
HIKING/CLIMBING CHAIR: richard baranow, 694-1500
HUTS: mark miraglia, 338-0705
WEB: www.mcak.org (go here to change your address)
MAILING LIST SERVICE: mcak@yahoo.com