

DECEMBER

WASATCH MOUNTAIN CLUB

Merry Christmas

The Rambler

VOL. 63, NO. 12, DECEMBER 1986



Highlights

ALL ABOUT HYPOTHERMIA
HOLIDAYS AT THE LODGE
OUT OF TOWN SKI TRIPS
BOARD NOMINATIONS DUE



The Rambler

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The right is reserved to edit all contributions and advertisements and to reject those that may harm the sensibilities of WMC members or defame the WMC.

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WASATCH MOUNTAIN CLUB

THE RAMBLER, the official publication of the Wasatch Mountain Club is published monthly by and for its members. Persons wishing to become members and receive THE RAMBLER for two months upon written request to the Membership Director, 168 West, Fifth North, Salt Lake City, Utah, 84103 and payment of \$3.00. Checks are to be made payable to the Wasatch Mountain Club. There is a \$10.00 charge for returned checks.

Membership applicants must participate in at least two Club outdoor or service activities, verified by the signatures of the activity leader. Yearly dues are \$15.00 single, \$20.00 couple. A \$5.00 initiation/reinstatement fee is charged.

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The Rambler

DECEMBER

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WASATCH MOUNTAIN CLUB

ARTICLE II PURPOSE

The purpose shall be to promote the physical and spiritual well being of its members and others by outdoor activities; to unite the energy, interests and knowledge of students, explorers and lovers of the mountains, deserts and rivers of Utah; to collect and disseminate information regarding the Rocky Mountains in behalf of science, literature and art; to explore and picture the scenic wonders of this and surrounding states; to foster awareness of scenic beauties; and to encourage preservation of our natural areas including their plant, animal and bird life.

In Remembrance

In Remembrance of Clara Ann Davis

Life member Clara Ann Sundwall Davis passed away on October 25, 1986. Clara was voted a life member in 1978, her 25th year as a member of the Mountain Club. She served on the governing board for four years, two as Secretary and two as RAMBLER Editor. She was a trip leader for many activities and planned and hosted numerous social events for the Club. She was honored one year with an award for the person having done the most for the Club. In her application for life membership, Clara wrote, "WMC has filled a very satisfying part of my life." Clara was most involved with hiking, backpacking, ski touring and river running as well as Club socials.

A native Utahan, Clara was born in Salt Lake City and graduated from the University of Utah. She was married to Melvin E. Davis.

Clara will be remembered as a warm, caring person, a leader who contributed much to the Wasatch Mountain Club.

WMC PATCHES AVAILABLE



Additional WMC Patches are available for a donation to the WMC Computer Fund.

One Patch will be awarded for a \$7.00 donation or 2 Patches for \$10.00 or more.

Send Donations To:

WMC Computer Fund
168 W., 500 N.
Salt Lake City, UT 84103

EDITORIAL COMMENTS

BOARD POSITIONS OPEN

It is again time to think about electing members to vacant Board of Governors positions. Several of the positions will be open this time. The Nominations Committee needs to hear from members who are willing to commit to a Board position. These positions do take time and commitment to do a good job, and there are many rewards and appreciation from the club.

I hope there are many members who are serious about serving on the Board. The board does not need people just to fill a position. People who intend to perform their best are needed. If this is your position please contact the Nominations Committee.

RAMBLER EDITOR WANTED

The Rambler Editor position will be open beginning March 1987. I have held the position for three wonderful and fulfilling years and am ready to turn it over to someone who is committed to providing a quality and responsive publication to the club. During the three years I have been Editor, I have tried to modernize, expand and increase the quality of the publication to represent the quality and interest of the WMC. I believe that the Rambler represents the WMC to people outside the club who first come into contact with the club by seeing it. If the club is to have "clout" with government officials and the general public, I think it must be represented by

a quality club publication. I have tried to accomplish this during my term as Editor. I believe I have succeeded.

I would not like to see the publication and the work I have so lovingly done be diminished. I want to give the Editor position to someone who is interested and committed to furthering or at least maintaining the quality of the publication. I am willing to contribute to the Rambler but I wish to allow someone else to have the responsibility and creativity outlet of running the Rambler.

Whoever is willing to take this position or who is at least willing to consider the position please contact me to discuss the possibilities this opportunity offers. Which ones of you members out there are up for it? Contact me and let me tell you what the position has meant to me and why I have been so committed to doing what I have done with the Rambler and why it needs to continue.

Earl Cook

Cover Photo by E. Cook
Planning at the Lodge
Ann Cheves, Pres; John Veranth, Treas:
Chris Biltorf, Mary Flemming, Consv.

Three Layers Are Better Than One...

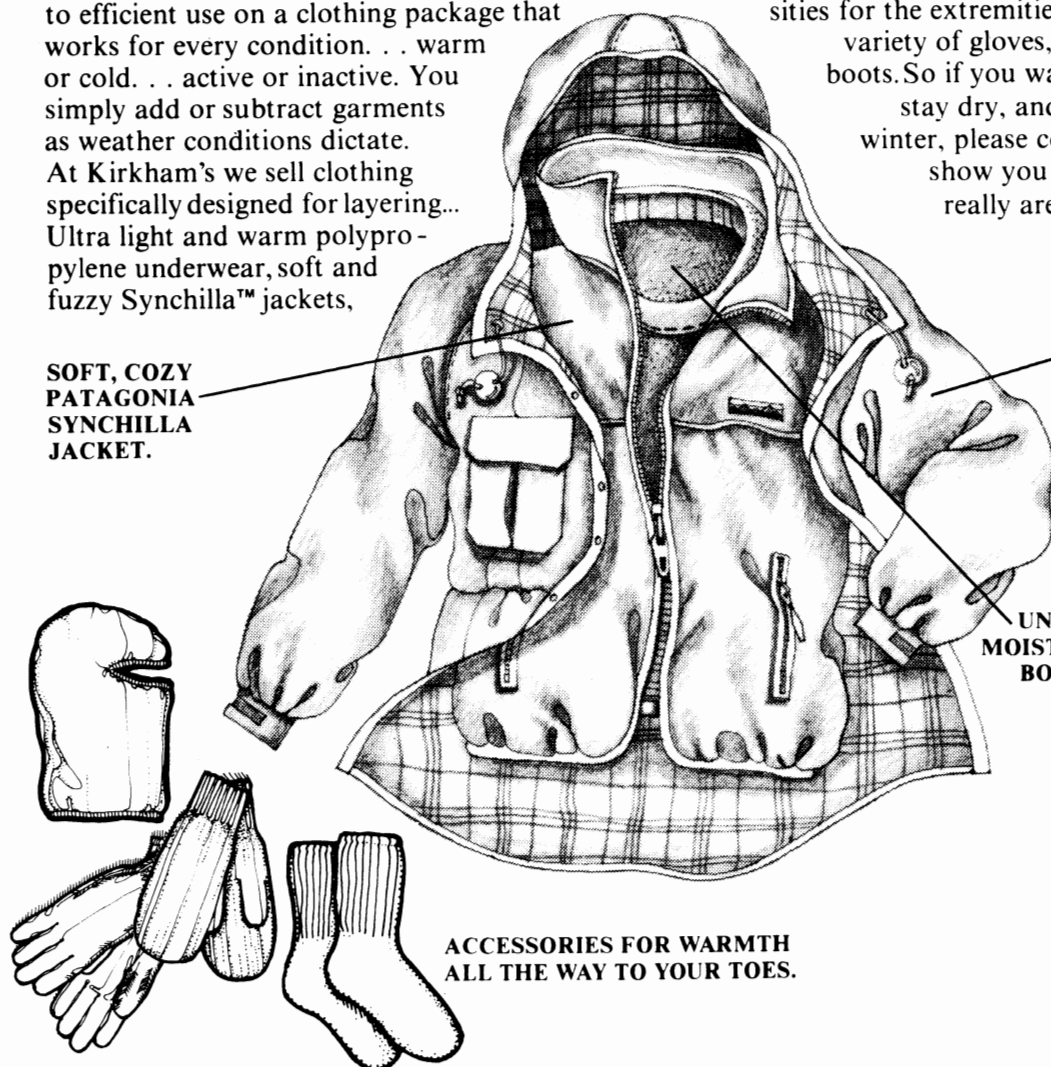
and a lot more versatile. At Kirkham's we make buying outdoor clothing fun and easy by showing you how the layering concept can work to your benefit. Layering is a simple, yet sensible way to put your dollars to efficient use on a clothing package that works for every condition. . . warm or cold. . . active or inactive. You simply add or subtract garments as weather conditions dictate. At Kirkham's we sell clothing specifically designed for layering... Ultra light and warm polypropylene underwear, soft and fuzzy Synchronilla™ jackets,

and rain and wind-stopping Gore-tex outer shells. We especially enjoy selling clothing for layering because we actually use it, and are willing to take time to show you the very best in quality and value. If you need necessities for the extremities, we have a fine variety of gloves, hats, socks, and boots. So if you want to look good, stay dry, and keep warm this winter, please come in and let us show you why three layers really are better than one.

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EVENTS AT A GLANCE

(See the Chronological Listing for Details)

Dec	SKI TOURS	Jan
6 Mt. Reynolds	20 Scott's Pass	1 Crack of Noon
6 Leader's Choice	20 Clayton Peak	3 Clinic
6 Scott's Pass	20 Leader's Choice	3 Uinta
7 Catherine Pass	21 Green's Basin	3 Mineral Basin
7 White Pine	21 Catherine Pass	4 Norway Flats
7 Leader's Choice	21 Leader's Choice	4 Powder Park
13 Dog Lake	25 Silver Fork	4 Maybird
13 Odgen Valley	27 Lower White Pine	9 Yellowstone
13 Day's Fork	27 Green's Basin	10 Special
13 Alta to Brighton	27 Pfeifferhorn	10 Brighton-Midway
14 Maybird	28 Silver Fork	10 Deseret Peak
14 Powder Park	28 Lake Desolation	11 Dog Lake
14 Coop Creek	28 Lone Peak	11 Telemark Clinic
		11 American Fork

Dec	SNOWSHOE TOURS	Jan
		11 Broad's Fork

Dec	SOCIALS
25 Christmas Party	
31 New year's Eve Party	

VOLLEYBALL
(Tuesday Evenings at South High Women's Gym, 7:00 pm)

A WORD ABOUT W.M.C. SKI TOURS.

NTD (Not Too Difficult): Terrain is mostly gentle. Participants should be able to do a kick turn, snowplow, and descend a slope by traversing. Usually no avalanche danger.

MOD (Moderately Difficult): Proficiency climbing and descending intermediate slopes is required. Pieps and shovels may sometimes be suggested or required. If a Pieps is carried, this implies knowledge of how to search for a buried companion.

MSD (Most Difficult): Strenuous. Usually involve long ascents, steep or narrow descents. Pieps and shovel always required.

CLUB ACTIVITIES

DECEMBER

Only activities approved by the appropriate WMC Director can be listed in the Club Activities section of the *Rambler*. Send your proposed activity, for approval, to the hiking, rafting, skiing, etc. director for inclusion in their activity schedule. Those activities sent directly to the *Rambler*, without approval, will not be published.

Tue. Dec. 2 VOLLEYBALL - 7:00 pm at South High Women's Gym. The cost is \$1.00. (17th South and State St.) Two courts allow for both recreational and competitive play. Instructions for beginners during the 1st half hour.

Sat. Dec. 6 MT. REYNOLDS SKI TOUR (MOD) - Ellie Ienatsch (272-2426) would like to lead a group to this mountain. Since Ellie likes to make turns, expect to ski a particularly good slope several times. Meet her at 9:00 am at the geology sign, mouth of Big Cottonwood Canyon with Pieps and shovel if you have them.

LEADER'S CHOICE SKI TOUR (MSD) - George Westbrook wants to do something tough. If you do too, then call George at 942-6071 to register for this MSD tour. Pieps and shovel required.

SCOTT'S PASS SKI TOUR (NTD) - The dynamic duo of Pat and Gary Burg will meet you at 9:00 am at the geology sign, mouth of Big Cottonwood Canyon for a trek to the pass. Their number is 532-6467.

Sun. Dec. 7 CATHERINE PASS FROM BRIGHTON SKI TOUR (MOD) - A traditional favorite. Bruce Hopkins (278-1507) is the leader for this delightful ascent of the pass. Pieps and shovel suggested.

WHITE PINE SKI TOUR (MOD +) - In Little Cottonwood Canyon is the destination, Audrey Stevens-Kelley is the leader, 9:00 am at the geology sign is the time and place. Audrey's number is (1-649-9884) and Pieps and shovel are suggested.

LEADER'S CHOICE SKI TOUR (MSD) - Destination depends on snow and avalanche conditions. If it is dangerous, then a safer tour will be substituted. Dan Grice (561-2458) is your leader. Meet him at 8:30 am at the geology sign, mouth of Big Cottonwood and bring Pieps and shovel.

Tue. Dec. 9 VOLLEYBALL - 7:00 pm at South High Women's Gym. The cost is \$1.00. (17th South and State St.) Two courts allow for both recreational and competitive play. Instructions for beginners during the 1st half hour.

Sat. Dec. 13 DOG LAKE SKI TOUR (NTD) - Wick Miller, the hiking director, should know where Dog Lake is. Meet him at 9:00 am at the geology sign, mouth of Big Cottonwood Canyon. Wick's number is 583-5160.

OGDEN VALLEY WEEKEND SKI TOUR AND CONDO OVERNIGHT (NTD to NOD) - Cindy Cromer (355-4115) is your host for this overnight in

her time-share condo in Ogden Valley, near the Nordic Valley ski area. Five lucky persons can spend Saturday night in the condo, and join anybody else who wants to drive up Sunday morning to ski through the area on the 14th. Ski tours of various difficulty levels are possible. Call Cindy for details and to register.

Sat. Dec. 13

DAY'S FORK SKI TOUR (MSD) - Steep at the top, and challenging on the way down is what makes Day's Fork a great ski tour. Karen Perkins (272-2225) will lead the way with her Pieps on and shovel ready (required). Meet her at 9:00 am at the geology sign, mouth of Big Cottonwood Canyon.

ALTA-TO-BRIGHTON SKI TOUR (MOD) - One of several UTA tours this year. Take the bus from 7-11 to Alta, ski to Brighton, and return via the UTA. Chris Biltoft and Mary Fleming know how this is done. Call to register with Chris at 359-5645.

Sun. Dec. 14

MAYBIRD SKI TOUR (MSD) - There should be enough snow by December 14 to make Maybird a wonderful ski experience. Cal Giddings and Leslie Petrick think so; meet them at 9:00 am at the geology sign, mouth of Big Cottonwood with Pieps and shovel (required). Their number is 583-3066.

POWDER PARK SKI TOUR (MOD) - It takes a few miles of hiking to get there, but once you do, reward yourself by sampling the slopes. Bill Airsman (487-2704) will meet you at 9:00 am at the geology sign, mouth of Big Cottonwood Canyon.

COOP CREEK SKI TOUR (NTD +) - "It's in the Uintas and is a great ski tour," says Kathy Muhlhausen. Kathy will meet you at the Parley's K-Mart parking lot near the Regency Theater at 9:00 am to carpool.

Tue. Dec. 16

VOLLEYBALL - 7:00 pm at South High Women's Gym. The cost is \$1.00. (17th South and State St.) Two courts allow for both recreational and competitive play. Instructions for beginners during the 1st half hour.

Sat. Dec. 20

SCOTT'S PASS SKI TOUR, NTD. Oscar Robison will lead this favorite up Mill F in Big Cottonwood Canyon to the pass that looks into Park City's Jupiter Bowl. Meet Oscar at the Geology Sign at the mouth of Big Cottonwood at 9:00. Oscar's number is 943-8500.

"THE FAR SIDE OF CLAYTON" SKI TOUR, MOD+. Have you ever climbed Clayton Peak and looked down on Lackawaxen, Bloods, and Silver Lakes? Kathy Dalglish (295-8749) will take you from Brighton up Clayton and then down into that area, coming back to Brighton via Guardsmen Road. The tour will be long. Meet Kathy at 8:30 at the Geology Sign at the mouth of Big Cottonwood. Pieps and shovels suggested.

LEADER'S CHOICE SKI TOUR, MSD. Call Rolf Doebling at

467-6636 to register for this one. Rolf thinks he might go up either Mt. Raymond or The Pfefferhorn. Pieps and shovels required.

Sun. Dec. 21

GREEN'S BASIN SKI TOUR, NTD. Tom Silberstorf will lead this pleasant tour to the beautiful basin east of the Spruces Campground. Meet Tom at 9:30 at the Geology Sign at the mouth of Big Cottonwood Canyon. If you have any questions call Tom at 467-5734.

CATHERINE PASS PLUS SKI TOUR, MOD+. Charles Keller (of Kesler Peak, now Keller Peak, fame) will lead this tour to Catherine Pass. If snow, weather, and participants are of one mind, the tour will continue on up the ridge to Wolverine. Pieps and shovels required. Meet Charles (467-3960) at the Geology Sign at the mouth of Big Cottonwood Canyon at 9:00.

LEADER'S CHOICE SKI TOUR, MOD. Milt Hollander will lead this tour to where the snow is best. Two possible destinations are Bench Creek or Hoyt Peak. Call Milt at 277-1416 to register.

Tue. Dec. 23

VOLLEYBALL - 7:00 pm at South High Women's Gym. The cost is \$1.00. (17th South and State St.) Two courts allow for both recreational and competitive play. Instructions for beginners during the 1st half hour.

Thu. Dec. 25

WEST BOWL OF SILVER FORK SKI TOUR, MOD+. Come and join Terry Rollins for an exciting Christmas Day. Meet at 9:00 at the Geology Sign at the mouth of Big Cottonwood Canyon to arrange a car shuttle. The tour will go up to Twin Lakes Pass from Brighton, over to the bowl for some fun (Ho, Ho, Ho), and down Silver Fork. Terry's number is 467-5088. Pieps and shovels are required.

CHRISTMAS PARTY. An old fashioned Christmas dinner, with all the trimmings, and tree decorating get together at the WMC Lodge in Brighton. We plan on having an early dinner (around 2:00 or 3:00 pm) so there will be a little time to do some skiing before eating. For further information, or to make reservations and get your assignment contact John Colaizzi at 571-5555. The Lodge will be open from Christmas Eve until New Year's Day so plan on spending some time with us.

Sat. Dec. 27

LOWER WHITE PINE SKI TOUR, NTD. Rodger Foltz will lead this tour into a beautiful area ranked high on the endangered list. Meet Rodger (487-0945) at the Geology Sign at the mouth of Big Cottonwood at 9:00.

UPPER GREEN'S BASIN SKI TOUR, MOD. If there's good snow anywhere, it'll be here. Go with Ellie Ienatsch to Greens Basin via Day's Fork, then through the woods up to the ridge overlooking Silver Fork. Choose your route down through open powder and easy trees. Meet at the Geology Sign at the mouth of Big Cottonwood at 9:00.

- Sat. Dec. 27 PFEIFFERHORN SKI TOUR, MSD. Steve Swanson will start at 8:00 from the Geology Sign at the mouth of Big Cottonwood Canyon. Pieps and shovels are required. It is not necessary to call to register, but Steve's number is 484-5808, if you have any questions. Steve will change the destination if snow conditions require it.
- Sun. Dec. 28 SILVER FORK TO THE ALTA MINE SKI TOUR, NTD. This will be the second NTD tour to feature beginning telemark instruction. Participants should be able to do a kick turn and traverse down a gentle slope. Anna Cordes will be the leader/instructor and will meet the group at 9:00 at the Geology Sign at the mouth of Big Cottonwood Canyon. Anyone who does not wish to learn to telemark is invited to come along and sit in the sun and enjoy!
- LAKE DESOLATION SKI TOUR, MOD. This is a long tour up Mill D North through varied and interesting terrain. Andrew Schoenberg (583-3193) will meet you at the Geology Sign at the mouth of Big Cottonwood Canyon.
- LONE PEAK SKI TOUR, MSD. George Westbrook will lead this and asks that you call him at 942-6071 to register. This is a long tour, so a 7:00 am start will be necessary. Pieps and shovels are required. George will change the destination if snow conditions warrant it.
- Tue. Dec. 30 VOLLEYBALL - 7:00 pm at South High Women's Gym. The cost is \$1.00. (17th South and State St.) Two courts allow for both recreational and competitive play. Instructions for beginners during the 1st half hour.
- Wed. Dec. 30 NEW YEAR'S EVE PARTY. At the WMC Lodge in Brighton. Potluck dinner starting at 7:00 pm, and we'll be on our own for music, so bring some of your favorite cassettes and I'll bring the stereo. There will be a \$2. admission fee to cover paper products and the Lodge use fee. As usual, the Lodge will be open for you to spend the night. Soft drinks will be available at cost. For further information contact John Colaizzi at 571-5555.
- Thu. Jan. 1 CRACK OF NOON SKI TOUR. Wick and Joanne Miller have once again consented to lead this tour leaving at high noon from the at the Geology Sign at the mouth of Big Cottonwood Canyon. The tour will go to Lake Mary and possibly beyond to Catherine Pass. Wick stresses that, although this tour has a relaxed atmosphere, it is not for rank beginners (see January 3). Should you have questions, the Millers' number is 583-5160.
- Sat. Jan. 3 BASIC SKI CLINIC FOR BEGINNING SKIERS. This is a first for the Wasatch Mountain Club! Audrey Stevens, who was taught to ski by members of the U.S. Cross-Country Ski Team, will be the instructor. Any member of the Club (or will-be member) who

wants to learn to ski should be at the Regency Theater Parking Lot on Parley's Way at 9:00 am. Back-country skis, poles, and boots can be rented Friday afternoon or early Saturday from a local ski store. Someone will be at the meeting place to direct the group to Audrey's beautiful home at Timberline near Park City. This will be a wonderfully supportive, "home-hearth-hot toddy" ski beginning. Fond memories of a magic day are a certainty. If this clinic is a success, Audrey has offered to schedule more of them. Audrey's number is 649-9884.

Sat. Jan. 3

UINTA SKI TOUR, MOD. Marilyn Earle will lead this tour into the Bench Creek or Woodland area. Come and explore these gently rolling hills so conducive to ideal cross-country skiing. A generic car pool will leave from the Regency Theater Lot on Parley's Way at 8:30. Marilyn will meet everyone at 9:00 at the Alpha Beta in Park City. If you have any questions, call Marilyn at 649-1339.

MINERAL BASIN SKI TOUR, MOD+. The tour will take off from Alta and go into Mineral Basin via Alta's Germania Pass. The beautiful feature of this tour is the 9.9 mile/4,100 feet descent to Tibble Fork! Karen Perkins, the leader, asks that you call her at 272-2225 to register and arrange for the long car shuttle. Dinner at a nearby restaurant at the end of this tour might be a relaxing way to come back to reality.

Sun. Jan. 4

NORWAY FLATS SKI TOUR, NTD. Katherine Muhlhausen will lead this tour in the Uintas. As the resorts continue to gobble up our nearby canyons, X-country skiers like Katherine are turning more and more to the beauty, peace, and solitude of the Uintas! Meet Katherine (466-7749) at 9:00 at the Regency Theater Parking Lot on Parley's Way.

POWDER PARK SKI TOUR, MOD. Will it be #1, #2, or #3? For the answer, meet Ilka and Allen Olsen at the Geology Sign at the mouth of Big Cottonwood Canyon at 9:00. No matter what the number, the powder will be superb! If you have any questions, call Ilka or Allen at 272-6305.

MAYBIRD SKI TOUR, MSD. If the snow at this destination is not ideal, leader Peter Hansen will choose a different tour. No need to register. Meet Peter at the Geology Sign at the mouth of Big Cottonwood at 9:00. Pieps and shovels are required. Peter's number, should you have any questions, is 359-2040.

Tue. Jan. 6

VOLLEYBALL - 7:00 pm at South High Women's Gym. The cost is \$1.00. (17th South and State St.) Two courts allow for both recreational and competitive play. Instructions for beginners during the 1st half hour.

Jan. 9-13
Fri.-Tue.

YELLOWSTONE SKI TRIP. The Club will again travel to Yellowstone for 3 1/2 days of skiing through its geological and wildlife highlights. The group will car pool to West

Yellowstone Thursday evening and return by 9:00 pm Tuesday evening. See notice elsewhere in this RAMBLER or phone Dan Grice (561-2458) for more information.

Sat. Jan. 10

A SPECIAL SKI TOUR, NTD. Audrey Stevens has offered to lead this tour up Toll Canyon. Here endeth the description of an everyday tour. The rest is enchantment. In Audrey's words: "I will meet you at the Sinclair Station at Parley's Summit Exit off I-80 at 9:30. We will go to my house for a coffee-croissant send-off. Then we will ski off my back porch for a trip up Toll Canyon. The tour will take 4 or 5 hours. We will finish the day by the fire with an end-of-the-day something or other." Meet for car pooling at the Regency Theater Parking Lot on Parley's Way at 9:00. Audrey's number is 649-9884.

KEN KELLEY'S FAMOUS BRIGHTON TO MIDWAY SKI TOUR, MOD. Ken has consented to do an early version of his spring tour, snow and weather permitting. Call by January 3 to arrange the car shuttle and make reservations for dinner. The group will ski down to the Homestead to soak in the hot tub and then have dinner in Midway at a popular Mexican restaurant. Remember to call Ken by January 3rd at 942-7730.

DESERET PEAK SKI TOUR, MSD. Register with George Westbrook for this great tour in the Stansbury Range. The start will be very early (6:00) and peeps and shovels are required. Call George at 942-6071.

Sun. Jan. 11

BROAD'S FORK SNOWSHOE TOUR, NTD+. Doug Stark (277-8538) will lead this snowshoe tour. Meet him at 9:00 at the Geology Sign at the mouth of Big Cottonwood Canyon.

DOG LAKE SKI TOUR, NTD. Mike Hendrickson will lead this traditional favorite up Mill D North to the base of Reynolds Peak. Meet Mike at the Geology Sign at the mouth of Big Cottonwood at 9:00. Mike's number is 942-1476.

TELEMARK CLINIC FOR INTERMEDIATE SKIERS, MOD. Milt Hollander will once again be in charge of this clinic, and will find the snow and the instructors for this super day of skiing. Meet Milt (277-1416) at the mouth of Big Cottonwood Canyon at 8:30.

AMERICAN FORK TWINS SKI TOUR, MSD. Karen and Denis Caldwell ask that you call them at 942-6065 to register. If conditions are favorable, the group will take the Sugar Loaf Lift at Alta, ski into Mineral Basin, then to Mary Ellen, and on up the Twins. If the avalanche danger is high, another destination will be planned.

Sierra Club Outings

Salt Lake Sierra Club Group Outings

Saturday, December 13

Beginner Nordic skiing class. This class is designed for people with no prior knowledge of any kind of skiing. You need to bring your own equipment, which can be rented at any of numerous local stores. Meet instructor Walt Haas at the geology sign at the mouth of Big Cottonwood Canyon at 9 am. If you have questions call Walt at home, 534-1262, or at work, 581-5617.

Sunday, December 14

Easy tour on the Beaver Creek trail east of Kamas. This tour is easy enough for people whose only previous experience is the beginner class the day before. Bring a bathing suit, a towel and a couple of dollars and join us after the tour for a soak in the hot tub at Homestead Resort. Register with leader Dick Dougherty at 583-3421 after 6 pm.

Sunday, December 21

Powder Pig Special. Advanced tour in upper Beartrap Fork. Pieps and shovel required, skins and a strong telemark recommended. We will hike into the area, make several runs and leave near dark. This is probably the best powder skiing area that isn't avalanche prone. Meet leader Walt Haas at the geology sign at the mouth of Big Cottonwood Canyon at 9 am. If you have questions call Walt at home, 534-1262, or at work, 581-5617.

Sunday, January 4

Powder Pig Special. Advanced tour in upper Willow Heights. Pieps and shovel required, skins and a strong telemark recommended. Same leader and timing as Sunday December 21.

Saturday, January 10

Avalanche Class at Zion Lutheran Church. See description elsewhere in this issue.

Classified Ads

The Rambler is now accepting classified ads from members. A \$5.00 donation to the WMC will get you up to 20 words with \$.20 per word over 20. Words of 2 letters or less will not count as a word. Send your ad with a check enclosed, before the 13th of the month to Sue de Vall, 11730 South 700 West, Sandy, UT 84070 or call Sue at 572-3294 for information.

SEWING REPAIRS. Outdoor equipment. Zippers, snaps, gromets. High quality, fast and reasonably priced or barter. Call Sue de Vall at 572-3294 or at REI 486-2100.

For Sale:

Skier Art Print, Limited Edition by local artist Art Stamp Jr. size 26" by 33 1/2" on paper suitable for framing. Vibrant colors, exciting movement. \$50. Call Karen Perkins to see at 272-2225.

Assistance Needed

The WMC and its programs need members to assist in the following instances:

OFFICE MAINTAINCE MANAGER: Member to be in charge of maintaining the WMC office. Call Ann Cheves 355-0304.

CREATIVE PHOTOGRAPHER: The Rambler is in need of another staff photographer to provided creative and interesting "people" photographs for publication in the Rambler. Call Earl Cook 524-5082 days.

CREATIVE WRITER: The Rambler need another staff writer to do assigned stories and articles. Call Earl Cook 524-5082 days.

EQUIPMENT NOTES

Hang Tags and Hard Goods
by Jim Youngbauer

Hello again from South State Street. The snow has arrived for this season, so it's time to take a look at what's new for the '86-'87 ski season.

There is a new Pieps for this season. It is called the Pieps SF. It has some added features and it comes in a padded case with a wider & more comfortable neck strap. Shop around town and you'll find a few places selling them at near cost as a service to customers. Two other types of locators are also available in this area; I could not find them at a lower price than the new Pieps SF.

A variety of Probe Poles are available at different shops in town, and a few have adjustable probe poles. They will probably be priced from \$50.00 on up.

Virtually all snowshoes available are now aluminum/synthetic. There will be two new brands on the market this year--similar to what we have seen in the past. Sherpa still offers the largest selection of sizes and bindings. Try the adjustable poles for snowshoeing--they're great.

With midweight touring skis you'll see a lot of what you've seen the last few years. The exception is the use of very narrow edges on wood/Fiberglas skis, and this is only one manufacturer. The big changes are taking place in track skis, lift service skis and especially the mountaineering equipment.

For track skiing, weather it's pleasure, training, or racing; skating is the "in thing". Lots of new skis with at least three new binding systems. Skating skis will usually cost between \$170. and \$250. Two or three manufacturers are also making cross-over skis which can be used for both diagonal stride or skating. The new binding systems vary in price and all are designed to be more stable. Shop for value and versatility, but get the one that suits you best. Expect to pay up to \$40. for the bindings alone.

You'll find different boots fit differently and the prices can be up into the \$100. to \$125. range for good racing boots.

Last year at the resorts, you may have seen a few people with piu bindings on alpine skis. This year, you'll find two shops in town selling alpine width skis intended to be used with piu bindings. With still stiffer boots this year (see the Asolo Extreme Pro), the packed slopes should be more than ever if that's what you enjoy.

Another big change this year will be in the back country mountaineering equipment. A few shops in the area will have skis capable of meeting the challenge. Probably the largest selection can be found at Wasatch Touring. They will have 3-4 skis to choose from with three different types of bindings. Plastic boots are available too. I talked with them recently and was told they would have rentals available for experienced skiers.

Whatever your interests may be, ski safely and have lots of fun. Take care and have a good trip.

ANNOUNCEMENTS

Ski Yellowstone

Yellowstone Ski Adventure

Ski through steaming geyser basins and past grazing (and thankfully lethargic) bison in America's first National park. We have reserved 4 nights lodging in winterized cabins in the Old Faithful area for this ski adventure from January 9 through 13. Our snowcoach leaves West Yellowstone at 9:45 am on Friday the 9th so we should drive up there on Thursday evening (about 5 hours) where we will sleep one night in a motel in West Yellowstone. On Tuesday, January 13, we depart the Old Faithful area by snowcoach to West Yellowstone and return to Salt Lake that evening.

Highlights of past Yellowstone trips included the steaming Firehole river, Fairy Falls, Bison and Elk by the dozen, and scenic overlooks in this spectacular region.

The cost for this trip is \$82 which includes the \$42 round-trip snowcoach fare from West Yellowstone to Old Faithful and 4 nights lodging in 5-7 person cabins (HOT SHOWERS!). The price does not include food or shared carpool expenses from Salt Lake to West Yellowstone. A good restaurant in the Snowlodge serves breakfast and dinner; bring along lunch items for the daily tours.

Lighter ski equipment is appropriate for this trip; the lighter, the better.

The trip is over half filled, so register soon with Dan Grice. A \$35 deposit (refundable until January 1) reserves your spot. Send your deposit check made out to the Wasatch Mountain Club to Dan Grice at 1045 Watercress Lane, # 7J, Midvale, UT 84047. For more information, contact Dan at 561-2458.

Ski the Sawtooths

Sawtooth Skiing!

A President's Day weekend of skiing is being planned for the Sawtooths, February 14 through 16. Great backcountry skiing in the Galena pass area and main Sawtooth will mix well with massive hot-tubbing.

This trip is still in the planning stage, so we would like interested persons to contact either Dan Grice (561-2458) or Bob Myers (the trip leader, 466-1705) early so accommodations can be reserved and skiing plans finalized. Accommodation options being considered are: a condo near Ketchum, a ski lodge in the Stanley basin, a motel in Stanley, or cabins near Galena pass. Hopefully, the cost of lodging can be kept near \$12. per person per night.

If the skiing interests of the participants are divergent, then splitting into groups will be appropriate. At least one group will be intermediate to advanced backcountry skiers. Other possibilities are skiing the several groomed trails around Stanley and Ketchum, or moderate tours through the Sawtooth and Boulder mountains.

Register early for this trip. Deposits will probably be required in January.



CONSERVATION NOTES

by Chris Biltoft and Mary Fleming
Canyon Issues

Canyon issues will likely remain in the forefront of Club conservation activities through the next year as master plans for the Wasatch Canyons and the Salt Lake City Watershed Management Plan are formulated. At this stage the planners, County Commissioners and even the developers offer "motherhood" statements about the importance of maintaining the natural beauty, water quality, etc. in the Canyons. It remains to be seen what attitude prevails when development money hits the table.

Those of us who use the Canyons for dispersed recreation (hiking, back country skiing) are facing increasing pressure from other groups. These user groups include: A. Canyon residents who feel unreasonably constrained by development and water allocation restrictions. B. Tourists who would enjoy improved access/transportation/ facilities, and developers who are eager to accomodate the tourists. C. Salt Lake residents who rely on Canyon streams as the prime source of culinary water. Of these user groups, the dispersed recreation users (that is us!) are the most poorly organized and funded. Consequently, the unrestricted Canyon access that we now take for granted is in jeopardy.

Some of the tough ssues to be faced are: 1. **Water Quality.** Salt Lake is fortunate to have an excellent supply of inexpensive fresh water from canyon streams. Contamination of the water supply would require an investment in very expensive treatment facilities. Exotic pumping projects to bring in additional water are projected to cost 20 times the current rates. It is certain that water quality will be the top of the agenda for all Canyon use planning. Canyon residents remark that backcountry users are responsible for much of the degradation of water resources, particularly those who insist on bringing dogs into the Canyons. Developers claim that they are "clean" because they provide

sanitation facilities for their ski areas. Dispersed recreation users are vulnerable on this issue, and we must give serious consideration to how we can limit adverse impacts on water quality.

2. **Access.** As Wasatch Canyon lands are developed, historic trails and access points are cut off. Unlike water quality issues that impact all, access to public land is a concern mainly for dispersed recreation users. We must remain alert for plans that adversely impact access to the trails we use. **Norm Fish** has taken the lead in monitoring access problems, but other volunteers are needed to attend planning meetings. With input to the planning process we can also promote improved off-road parking for trailhead access.

3. **Resort Development.** Resort owners have submitted expansion plans that include development of much of the remaining intermediate backcountry ski terrain. The Forest Service needs to show forest land "utilization." Use by an unknown number of backcountry skiers does not weigh as heavily as the ski lift ticket sales numbers presented by developers. A way must be found to demonstrate utilization to the Forest Service. One possible solution which emerged during Ski Interconnect meetings is a back country permit system. Permit sales would provide the Forest Service with "hard" back country user numbers, and the derived funds could be used to improve access, maintain trails, and provide sanitation facilities. But this is certain to be resisted by independent-minded backcountry users. Legal issues arising from backcountry skiers crossing resort area boundaries must also be resolved.

We backcountry users must make our needs known to the planning boards. Next year's meeting schedules will be published in coming issues. Please plan to attend or submit written comments. The future course of Wasatch Canyon recreation depends on us.

DESOLATION TRAILHEAD EROSION PROJECT

by
Chris Biltoft

While tree planting plans were nipped in the bud by this Fall's inclement weather, a dozen hearty souls turned out on the morning of 11 October to join Forest Service representatives Jo Gurrucio and Roger Renstrom for an erosion control project. The group quickly tired of milling around in the Olympus Hills parking lot and piled into vehicles for the short trip up Millcreek Canyon to the Thaynes Canyon Desolation Trailhead. Armed with implements of construction and several rolls of curlex matting, the crew proceeded up the trail. We began by roughing up topsoil on erosion gullies formed where careless hikers short-cut the switchbacks, and then seeded with indigenous grasses. The larger stretches were then covered with curlex mats and pegged in hopes of preventing washout. Deadfall was then laid over the sites to discourage further shortcutting and help hold the soil in place.

In spite of (perhaps because of) the cold, wet, windy conditions, we worked at a furious pace and managed to complete the job by mid-afternoon. After a brief lunch amidst the glorious fall colors we left with the satisfaction of completing a major erosion control project. Several participants expressed hope that the Club will sponsor more conservation activities of this nature. Participants included Bob Johnson, Mary Doyle, Trudy Whitehead, Doug Stark, Jim Pappas (whose tree planting suggestion precipitated this effort), Judy W (illegible), Dan Grice (serving as artistic director), Mary Fleming, Chris Biltoft (project leader), Dennis Berry (prospective new member), and several folks whose names were not on the sign-up list.



Sky Calendar

by Benjamin Everitt

Moon:

New	1st qt	Full	3rd qt
Dec 1 Dec 30	Dec 8	Dec 16	Dec 24

Planets:

Venus precedes the sun in the morning sky. She will be brightest on December 11.

Jupiter remains in Aquarius, high in the southern sky at dusk.

Mars continues moving Eastward against the starry background, although farther west each evening relative to the position of the sun, and will overtake Jupiter on December 18. Mars will be the redder of the 2 planets, and will pass 1/2 a degree (about one lunar diameter) to the north of Jupiter.

For myself, it is important to watch the planets or the moon roll past each other, to remind myself from time to time that things are not just pasted up there. Eventhough I moved to the city and stopped saying my prayers, the wheels of the Universe continue to turn.

Stars:

The sky is taking on its winter look. Vega (you Carl Sagan fans know were Vega is without having to look) is gone, and Orian stalks the east at dusk.

And don't forget the Winter Solstice on December 21st.

PERSONALITIES

Peter Hansen
by Carol Anderson

He shares his gifts generously with Club members--in all seasons, not only at Christmas time: his affability, his originality, his curiosity. Peter Hansen is a 365-day-a-year Santa of pleasant company and daring exploits.

Peter, in fact, gave the Club the Annual Twin Peaks Hike and Sprint, "all rolled into one." This event began five years ago when a member of Pete's hiking party to the Twins asked off-handedly, while the group was at the summit, "I wonder how long a run would take between the two peaks. I don't think anyone could chase over there in fewer than three minutes." Pete summoned himself to the occasion and took off. His time? Two minutes and thirty-six seconds. Each year, subsequently, he has challenged himself or a fellow hiker to break the record. Has anyone done so? Well, yes, the record now stands at two minutes and two seconds. Whose? Pete's own. But he gives anyone the opportunity to better that record.

He also gives any Club member who will follow him to Zion, Zion National Park, that is, a memorable experience exploring caves, crags, cliffs, and cold crystal pools. In early October, Pete leads a tour to the Great West Canyon in the Park. "We have lots of fun rappelling off fifteen foot walls near graceful waterfalls, wading in freezing streams, scrambling among huge boulders strewn about like a giant's toys."

Unintentionally, Pete presented his fellow hikers, on a trek into Broad's Fork, an encounter they won't easily forget--a fight with a killer hawk. "The bird must have thought we would

harm her fledglings, so she dived out of the nest, swooped toward us, and clawed several of the hikers. Among those who got the worst of it was Norm Fish. Bravely, some time after the hike, he returned to the spot to photograph the creature. The second time he made sure of his odds in the battle; he wore a helmet and a protective face mask."

Pete treats himself to adventure too. "I want to travel outside the States as much as possible, take at least one foreign trip a year in the future. Right now, I'm planning a trip to India in January and February of '88. I'd like to see the eastern part of the continent, Calcutta especially."

Perhaps even in India Peter may unexpectedly encounter, as he did in Mexico, a Club member or other friend. "After days snorkeling off the Yucatan Peninsula and exploring the Mayan ruins, I felt thoroughly removed from home territory. Then, while on a ferry across the bay from Cancun, I noticed someone with a copy of The Monkey Wrench Gang. I glanced at the book owner; she looked vaguely familiar to me. After checking the ship roster later, I discovered my suspicions were confirmed. Margy Batson and I were sharing the same boat ride across a body of water thousands of miles from our home base in Utah. Again, on that same trip to Mexico, this time while I was deep in the heart of a tropical rain forest, lo and behold, I met a neighbor who lives all of a block away from me in Salt Lake. I might as well have been back home on my way to the mechanical engineering work I do at Deseret Medical."

As a native of Aalborg, Denmark, Peter carries with him a unique heritage to belie the mundane; and his activities also belie the ordinary: doing "mean wheelies for an entire mile in Millcreek Canyon," breaking new snow on the steepest slopes of Day's fork, charging between mountain peaks at

11,000 feet, plunging into icy canyon waters, rappelling off a cliff as smoothly as the waterfalls cascading by him.

With Peter in the Club, the membership is the richer for it in friendship and adventure. Santa may not be scrambling down any chimneys but leading us, instead, to powdered slopes, rugged mountain crests, deep desert recesses, high rust-colored canyon walls, all the while amusing us with tasty anecdotes, brightening us with laughter, giving the gift of his own joy with life.

Sam Runs To School

Reprinted from the Deseret News

REUNIONS OFTEN JOG MEMORIES, BUT SANDY MAN JOGS TO SPRINGVILLE FOR HIS 50-YEAR BASH.

by Mandy Jean Woods
Deseret News Correspondent

SPRINGVILLE - Sam Allan came to Springville this weekend for his 50th high school reunion.

There's nothing unusual about that - except that Allan, who is 68 years old, jogged from Sandy to Springville to get there. He started at 4:30 am Saturday and arrived in Springville, some 30-plus miles away, at 9:30 am. "I ran a nine-minute mile most of the way, I was taking it pretty easy, though."

Explaining why he decided to jog to the reunion, Allan said, "I was looking through an old program of my seminary graduation 50 years ago, my teacher asked me to speak, and he chose the topic, 'Robust Health'. I don't know why he chose me. I was anything but robust and athletic in those days."

Allan started running about 10 years ago. "I actually started running to stay in shape for mountain climbing, which is my hobby. Eventually, running became an end in itself."

He has run in five Deseret News Marathons, in three St. George Marathons, and in one 10-kilometer race in Sandy.

"When I graduated from high school, a 14-mile hike was considered a good day's activity. Now I sometimes run 14 miles before breakfast."

The best way to start is to make a regimen of running, said Allan, "You don't have to run far and fast. Just run and walk, and pretty soon you will start enjoying running more than walking."

He runs up Cottonwood Canyon in the mornings. "It's so beautiful and quiet, and the birds are singing. It's the best time of day."

The first marathon is a kind of challenge, a conquest. I've never won anything yet. The best I've done is come in third in my age group," he said.

Mountain climbing has taken a back seat during the past two years. "I have climbed everything of any significance in Utah and Wyoming, and in 1977, I climbed in the Himalayas. Last summer, a friend and I climbed Heritage Mountain and Provo Peak in one day."

XC Racing

1986/87 Utah Cross Country Ski Race Schedule

Sunday, Nov. 30

X-Country Ski Race & Clinic

Place: White Pine Touring Center

Time: Clinic at 10:00; Race at 1:00

Distance: 5 km, No fee

Registration: race day, 11:30 to 12:30

Contact White Pine Touring Center at 649-8710 (PC). Sponsored by White Pine Touring Center

Saturday, Dec. 6

White Pine X-Country Ski Relay Series

Place: White Pine Touring Center

Time: 10:00

Distance: 3 X 5 km

Registration: race day, 8:30 to 9:30 (teams may be formed there)

Fee: \$4.00 per person

Contact White Pine Touring Center, 649-8710 (PC). Sponsored by White Pine Touring Center

Saturday, Dec. 20

Wasatch citizens' Series X-Country Ski Race

Place: White Pine Touring Center

Time: 10:00

Distance: 3 X 15 km

Registration: race day, 8:30 to 9:30

Fee: \$6.00 (prizes for all classes)

Contact White Pine Touring Center, 649-8710 (PC). Sponsored by White Pine Touring Center & Blue Cross and Blue Shield

Saturday, Dec. 27

White Pine X-Country Ski Relay Series

Place: Mountain Dell Golf Course

Time: 10:00

Distance: 3 X 5 km

Registration: race day, 8:30 to 9:30 (teams may be formed there)

Fee: \$4.00 per person

Contact White Pine Touring Center, 649-8710 (PC). Sponsored by White Pine Touring Center

Saturday, Jan. 3

Wasatch Citizens' Series X-Country Ski Race

Place: Jeremy Ranch Golf Course

Time: 10:00

Distance: 3 X 15 km

Registration: race day, 8:30 to 9:30 (teams may be formed there)

Fee: \$6.00 (prizes for all classes)

Contact North Face, 272-9403.

Sponsored by Blue Cross and Blue Shield & North Face

Saturday, Jan. 10

Utah Winter Games Biathlon Relay

Place: Jeremy Ranch Golf Course

Time: 11:30

Distance: 3 X 15 km

Contact Utah Winter Games, Box 93, Park City 84060 649-6100 (PC)

Saturday, Jan. 10

Utah Winter Games Junior X-Country Ski Race/USSA Qualifier

Place: Jeremy Ranch Golf Course

Time: 1:00

Distance: 5 km (girls) & 10 km (boys)

Contact Utah Winter Games, Box 93, Park City 84060 649-6100 (PC)

Sunday, Jan. 11

White Pine X-Country Ski Relay Series/Utah Winter Games Relay Event

Place: White Pine Touring Center

Time: 10:00

Distance: 3 X 5 km

Registration: race day, 8:30 to 9:30 (teams may be formed there)

Fee: \$4.00 per person

Contact White Pine Touring Center, 649-8710 (PC). Sponsored by White Pine Touring Center

Sunday, Jan. 11

Utah Winter Games Biathlon Ski Race

Place: Jeremy Ranch Golf course

Time 1:00

Distance: 10 km

Contact Utah Winter Games, Box 93, Park City, 84060, 649-6100 (PC)

Saturday, Jan. 17

Wasatch Citizens' Series X-Country Ski Race

Place: Wasatch State Park
Time: 11:00
Distance: 3 X 15 km
Registration: race day, 9:30 to 10:30
Fee: \$6.00 (prizes for all classes)
Contact White Pine Touring Center,
649-8710 (PC). Sponsored by Blue Cross
& Blue Shield and Guideworks.

Saturday, Jan. 24
Wasatch Touring Overland Ski Race
Place Brighton to Park City (return
transportation not provided)
Time: 9:00
Distance: Approximately 12 km
Registration: At the start before 8:30
or preregister at Wasatch Touring to
arrange for carpooling
Fee: \$8.00 (includes lunch & entry
award for all)
Contact Wasatch Touring, 359-9361.
Sponsored by Wasatch Touring

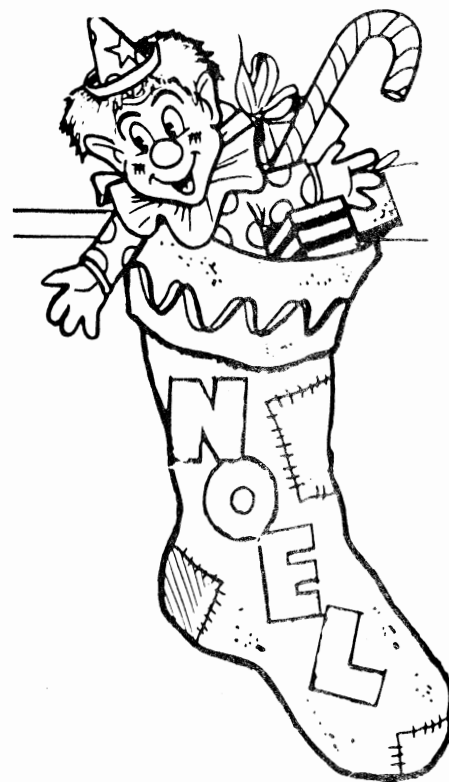
Saturday, Jan. 31
Wasatch Citizens' Series X-Country Ski
Race/Mayor's Cup
Place: Mountain Dell Golf Course
Time: 10:00
Distance: 3 X 15 km
Registration: race day, 8:30 to 9:30
Fee: \$6.00 (prizes for all classes)
Contact White Pine Touring Center,
649-8710 (PC). Sponsored by White Pine
Touring Center.

Sunday, Feb. 1
White Pine X-Country Ski Relay Series
Place: Mountain Dell Golf Course
Time: 10:00
Distance: 3 X 5 km
Registration: race day, 8:30 to 9:30
(teams may be formed there)
Fee: \$4.00 per person
Contact White Pine Touring Center,
649-8710 (PC). Sponsored by White Pine
Touring Center

Sunday, Feb. 7
Salt Lake Parks Biathlon Ski Race
Place: Mountain Dell Golf Course
Time 10:00
Distance: 10 km for experts; 6 km for
novices
Registration: day of race, 8:30 to 9:30

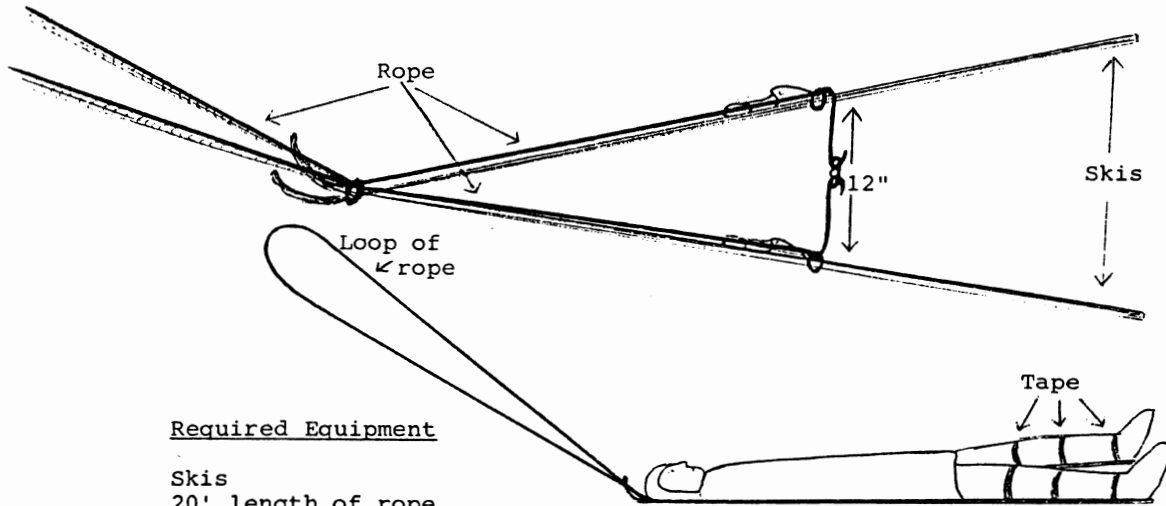
Rifles: bring a .22 or call Noel Olsen
(255-0886) to arrange a loaner
fee: \$5.00
Contact Rune Wallin (Tri-Sport),
272-7113 (eve. and Sat. only).
Sponsored by Salt Lake Parks,
Tri-Sport, Utah National Guard

Saturday, Feb. 14
Wasatch Citizens' Series X-Country Ski
Race
Place: Mount Ogden Golf Course
Time: 11:00
Distance: 3 X 20 km
Registration: race day, 9:30 to 10:30
Fee: \$6.00 (prizes for all classes)
Contact Ogden Touring, 392-0851.
Sponsored by Blue Cross Blue Shield &
Ogden Touring.



Avalanche Rescue

TOBOGGAN FOR VICTIM OF BACKCOUNTRY SKIING ACCIDENT



Required Equipment

Skis
20' length of rope
Plastic garbage bag
Roll of tape

Procedure

1. Make slip knots in rope about 4 feet from each end.
2. Cross ski tips and tighten both slip knots around skis where they cross, about 1 foot back from tip.
3. Tie one free end of rope securely to each ski just behind binding.
4. Tie loose ends of rope together, leaving skis about 1 foot apart at bindings.
5. Cut hole in bottom of garbage bag for victim's head; slip bag over victim (victim should have parka with hood).
6. Lie victim on skis with head at tips.
7. Tape victim's legs to skis.
8. Pull victim forward with loop of rope.
9. If rope slides over tip of skis, move slip knots closer to bindings and tape to skis.

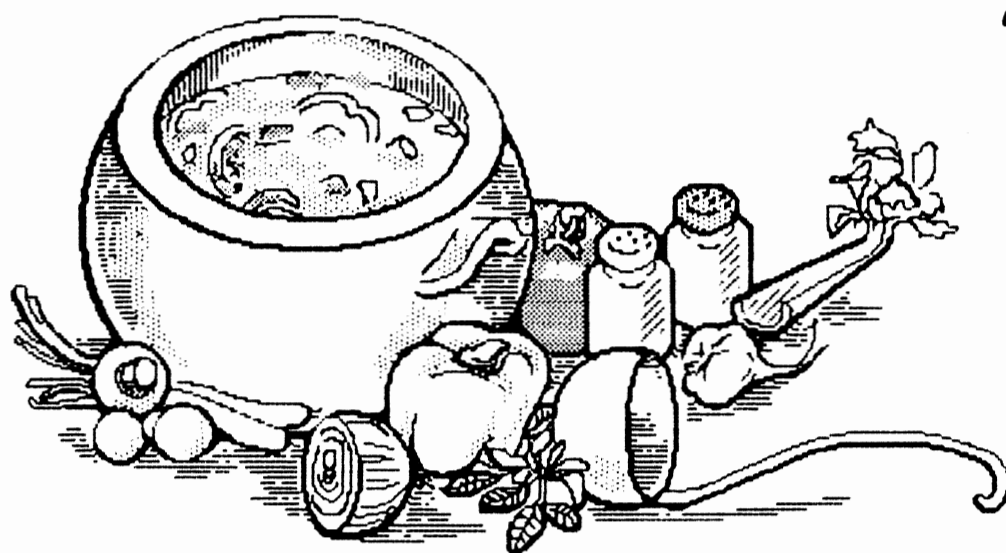


Come up to the WMC Lodge for the Holidays



Christmas Day Dinner

Reservations Required - Call John at 571-5555



New Year's Eve Party

Potluck Dinner and Disco (BYOB)

**The Lodge will be open for use by WMC members
between Christmas and New Year.**

See activities section for details.



Hypothermia

by Carl Cook

As many as 85% of deaths in the wilderness are caused by hypothermia. Sometimes you will read in the paper that a death in the wilderness was caused by exposure or freezing. Actually, the victim died of hypothermia.

It does not have to be very cold to cause death either. In 1963, the Greek liner Lakonia was crossing the Atlantic when a fire broke out. The fire drove passengers into the water. The water temperature was 65° F and the air temperature was only slightly colder. Before rescue, 125 of the ship's passengers died, most of them from hypothermia.

Prevention and understanding are the best defense against hypothermia. This is the first part of a two part article on hypothermia which will try to help you understand what hypothermia is and how it works. The prevention of it is up to you.

The steps of hypothermia can proceed slowly or rapidly, depending on conditions. Hypothermia can occur in a few minutes in water near freezing, or can take hours or even a couple of days. Some people have died of hypothermia yet never really felt cold. Body cooling may take hours and be unnoticed until rewarming cannot be easily done. Vulnerability to hypothermia is increased when circulation is impaired by cardiovascular disease, drunkenness, impaired consciousness, exhaustion, hunger, and in the very young or old.

How do you get Hypothermia?

Hypothermia has 3 basic tools, which usually act together to produce a prey. First and most important is cold. The second and third, wind and wetness, magnify the effects of low temperature.

The risk and amount of cold injury are increased by heat loss through conduction (wet clothing, contact with metals), convection (wind chill), and radiation (this depends on the temperature gradient between the body and its surroundings).

Radiation is the biggest way that people lose heat. A body at 98° radiates large amounts of heat into the air. Humans need insulation to prevent this heat loss. Additionally, because the brain has such a great need for blood, the head is the major source of heat loss. At 5° F up to 75% of the body's heat is lost through the head. Wearing a hat is an excellent way to reduce radiant heat loss. Have you ever heard the old saying: "When your feet are cold, put on your hat"?

Conduction is the process of transmitting body heat directly into a colder medium. Unlike radiation, heat loss by conduction is usually small unless you are in contact with a medium which conducts heat rapidly, like water. A metal zipper, nails in hiking boots, or sitting directly on snow or ice can lead to significant heat losses.

The loss of heat by conduction in cold water is drastic. The thermal conductivity, (speed of transferring heat) of water, is 240 times that of still air. Wet clothing, depending on conditions, can accelerate heat loss from several times to more than two hundred times faster than dry clothing. It is essential to stay dry! Remember that clothing can get wet from sweat and overexertion as well as from rain, snow, or water.

Convection is a third serious source of heat loss. Unlike conduction, convection heat is transferred through the motion of air. Convection heat loss is low when air movement is slight but rapidly increases with air speed. This is where we get the wind-chill factor. The solution is simple enough though, wear wind proof clothing or

find shelter out of the wind to avoid convective heat loss.

Evaporation is another source of body heat loss. When moisture evaporates from the skin, heat is lost. It is essential that moist air from sweating escape, thus reducing the possibility of damp clothing.

A final source of heat loss is respiration. With every breath, warmth is lost. Under normal conditions respiration is not a serious problem, but breathing through the nose rather than the mouth can help conserve body heat.

How the Body Protects Itself!

Our bodies produce heat by consuming energy in the form of food. To be most efficient, our internal organs, especially the brain and the heart, must be maintained at a constant 98°. If our body core temperature drops, the body tries to protect itself in several ways. The first way is by shivering, which is an involuntary method of warming the muscles. Shivering itself is not dangerous; it is a normal response to cold and to a small drop in the body temperature. It is a warning that heat loss from the body needs to be reduced. Initial shivering is a warning which indicates that the body is attempting to prevent a drop in core temperature.

The body also protects itself another way. The blood flow to the extremities is reduced to provide more heat for the vital organs at the body core. That's why toes, fingers, and the nose will suffer first from cold and later from frostbite. A drop in skin temperature or even frostbitten fingers and toes do not necessarily mean the development of hypothermia. It is the core temperature drop that leads to hypothermia.

When the body core temperature drops to 91-95°, intense shivering may result. You may have difficulty speaking or become forgetful. Your thinking will be slowed. You may not be sharp enough to perceive danger, and you may be

uncoordinated and have an accident in rough terrain. You may even be unable to start a fire, or prepare a shelter. Many serious accidents occur during this early stage of hypothermia. At this point a companion can help recognize the symptoms if they know what to look for. If you are alone, you would most likely not be able to recognize what is happening to you. If you are alone, you must immediately concentrate on finding shelter, building a fire, and then eating.

During the next stage of hypothermia, as the core temperature drops to the 86-91° range, shivering decreases and eventually is replaced with muscle rigidity. By this time, rational thinking is severely impaired. Coordination is lacking, speech almost impossible. Failure to shiver is the best indicator of this stage of hypothermia. The tense muscles replace the uncontrolled shaking and mark the continued decline in core temperature.

As the core temperature continues to drop, the body's mechanisms fail. While the individual response may vary according to the physiological conditions of the body, the general downward trend continues. As the internal temperature drops below 86° F, serious problems develop. Pulse and respiration slow. Uncoordinated, irrational behavior may be replaced by a stupor. The metabolic rate decreases, along with the body's oxygen requirements. The respiratory rate, depth of ventilation and the heart rate and output also decrease. The heart becomes very fragile and ventricular fibrillation can be precipitated by mechanical stimulation of the chest, such as might occur in movement of the patient during rescue or by giving CPR to a person with a very slow and weak heartbeat.

At this point, the process of hypothermia may accelerate as the body exhausts its remaining resources. Falling body temperature can be stopped and reversed only with assistance from others. As the core temperature falls

below 80°, deep unconsciousness will result. Reflexes may cease entirely; heartbeat may become erratic. Breathing will be difficult as the respiratory functions begin to fail.

Even if external warming begins, the internal organs will continue to cool. This is because warming will cause the peripheral blood vessels to open which will carry heat away from the core to the cold peripheral blood vessels and will then cause the core temperature to drop. This process is called "afterdrop" and this is what makes recovery difficult. Clinical help or internal heating is needed.

If warming has not stopped or reversed the process, respiration ceases somewhere around 78°. Individuals vary in response to falling temperatures, but somewhere in this temperature range death results.

What Do I Treat It?

Use the ABC's of basic life support, check for the presence of airway, for respirations, and for a pulse. With a severely hypothermic person, it is often difficult to determine the status of the circulatory and respiratory systems. Since the heart rate can drop to as low as 4-10 beats per minute and the respirations are slow and shallow, it may be difficult to determine if the victim is alive. Due to the constricted peripheral blood vessels, the extreme slowing of heart rate and respiratory rate and to dilated, unresponsive pupils, the severely hypothermic patient often appears to be dead, even though a slow pulse and shallow respirations may still be present. It can be so difficult to detect a pulse and respirations, that even a doctor can be fooled. In Sweden, a person who is found outside and thought to be dead cannot be pronounced dead until he is brought inside and warmed up! If there is a high probability of hypothermia, accurate evaluation of these vital signs may require up to a full minute. The severely hypothermic person can tolerate longer periods of

cardiopulmonary arrest than can a non-hypothermic person before death occurs. If you are sure that both pulse and respirations are absent, commence CPR.

Examine the person for other injuries. Make sure that other injuries are taken care of. If a person has a severe wound, the fact that he is hypothermic may have kept him from bleeding to death. If you get him warmed up, his other injuries may kill him. For instance, he may have a torn artery which, since he is hypothermic, is not bleeding seriously. If you warm him up without stopping the bleeding, he may bleed to death.

Keep track of his vital signs. Measure his pulse, respiratory rate, blood pressure, and temperature. Core temperature measurements are important; use a low reading (down to 70°) rectal thermometer if one is available.

Hypothermia is a major emergency. The victim is frequently found semiconscious or unconscious, often some distance from shelter. The most important thing to do when finding an unconscious person in the wilderness is also the most important thing to do when finding any unconscious person. Make sure they are breathing and have a heartbeat.

CPR, once started, must be continued throughout the entire rescue effort. If any signs of life are detected, do not do CPR. If neither pulse nor breathing is found after careful examination, CPR must be started. With hypothermia, more time (up to a full minute) should be devoted to the assessment of vital signs. If the setting is such that hypothermia is highly probable and if the patient has obvious signs of hypothermia, then hypothermia should be diagnosed.

Since unconscious or semiconscious victims cannot generate sufficient heat to warm themselves, they must be warmed externally. If warming is too rapid, however, further heat may be lost

Other Considerations!

A. Handle the patient very gently. Excessive mechanical stimulation may precipitate ventricular fibrillation.

B. Remove wet clothing.

C. Insulate the person from further heat loss.

D. Add heat; not to warm the patient but rather to stabilize the core temperature and prevent further heat losses. Useful methods of heat addition are:

1) Heated, humidified oxygen or air at a temperature of approximately 105° F. This will prevent further respiratory heat losses and help stabilize heart, lung and brain temperatures. An effective field technique is to boil water and have the victim carefully breathe steam, which heats the heart and lungs rapidly, but will not cause the peripheral blood vessels to dilate.

2) External heat (hot packs, heating pads, etc.) applied to the head, neck, trunk and groin.

3) Rescuer's body heat. The use of a hot shower or bath is not recommended for the field because of the possibility of inducing physical changes in the patient that can not be handled in the field.

E. Administer nothing by mouth until the patient can manage his own airway; then warm, sweet, non-caffeinated drinks are permitted. Do not give coffee, tea or alcohol.

F. Transport to a medical facility as soon as possible. It is important to differentiate possible coexisting disorders (e.g., heart attack, cardiac disease, diabetic coma, insulin shock, drunkenness) from the cold injury and to treat both at the same time.

In the field, other warming methods should be attempted. Obviously, a fire is important for heating fluids, drying clothing, and warming the victim. Any additional heat loss and temperature decline must be prevented. Placing a victim in a sleeping bag may not be sufficient. It will help to surround him with warm bodies. Constant attention and care are needed once he is in a warm dry place. Some have died of hypothermia when their friends left them in a sleeping bag and went for help. It is more important to continue to care for the person until the body core temperature returns to normal.

because of dilation of the peripheral blood vessels. If the person is conscious, he may be given hot drinks, but not alcohol. Alcohol has the effect of opening the peripheral blood vessels which will cause blood to travel from the core where it is needed most to the skin surface, permitting the loss of vital heat needed in the core. This accelerates the afterdrop process. Even after warming begins, the core will continue to cool. Despite the myth of brandy helping a chilled person, alcohol is one of the worst first-aid treatments.

How Do I Prevent It?

This is the most important part. Preventive measures, though obvious, are often forgotten. Warm, layered clothing with good hand and foot protection (avoiding constricting wrist bands and tight socks and shoes) should be worn. Warm headgear is particularly important since much heat is lost through the unprotected head.

Preventing heat loss helps prevent hypothermia. The conservation of heat is therefore a major objective. Heat is constantly generated by the human body as a result of the metabolic process. Oxygen combined with fuel produces heat. On cold river trips we always carry candy bars and hot chocolate or hot orange juice in a Thermos.

Exercise is an excellent method of heat production. Running at a slow pace may double heat production. Strenuous exertion, which is possible for only a short time, can elevate heat produced by up to 10 times the basal rate. Although exercise is an important way to prevent hypothermia, energy must be

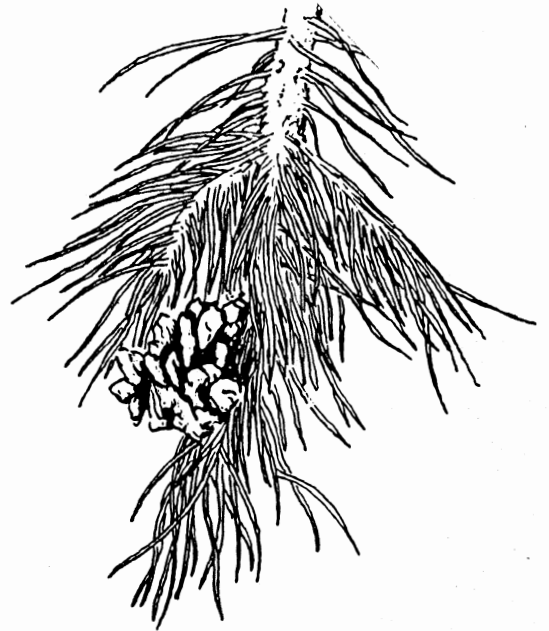
rationed carefully in a survival situation. Panic running or exercise will waste valuable strength. It would be much better to use the energy building a shelter or gathering firewood. Otherwise after a short, excessive period of exertion, exhaustion can result, to be followed by deadly hypothermia.

Get plenty of rest, eat well and frequently. Avoid wind or cold conditions that rob the body of heat. Stay dry. Carry a windbreaker or space blanket. Always have warm and waterproof clothing to prevent severe cooling or wetness. Most important, take the time to use it. Stop the conditions that cause hypothermia. Sometimes the most rational person is the one who has the courage to turn back from a hike or a climb and seek shelter from a storm. The person who avoids wind, rain, or snow when he or she is not prepared is avoiding the danger of hypothermia. Although mild shivering is a natural response to cold, prolonged or violent shivering is a warning sign. Seek shelter. Although you may have a tent and sleeping bag, it is important to know when to stop. At times, the exercise of hiking with a pack or walking may be the only way to prevent hypothermia. Your body's heat production may drop 50% or more when you stop and permit the core temperature to fall. Therefore, it is essential to make camp or find shelter when your body still has an energy reserve.

Always be alert for symptoms in you and your companions. Be particularly cautious under wet or windy conditions. Apparent exhaustion or drowsiness may be an indicator of hypothermia. The old tale that sleep is fatal in cold conditions is not entirely true. A warm, sheltered person can safely sleep in extremely cold conditions. A decline in body temperature will awaken him. To lie down and sleep in wet, windy, cold conditions without shelter will probably prove fatal.

Nutrition plays a vital part in meeting the body's requirements for fuel to maintain the core temp. For quick energy, carbohydrates are superior. Fatigue also can lead to hypothermia.

Studies illustrate the proper conduct for a person who is immersed in cold water. They estimated that survival time could be increased by one third if a person remained immobile while waiting for rescue. Studies also established that drown-proofing, a technique of conserving swimming strength by keeping the head under water except for periodic breathing, cooled the body fastest. Drown-proofing is useful for warm water, but not acceptable under cold conditions. Considerable heat is conducted from the body, especially by immersing the head. Several people huddling together, with clothing and life jackets, increase survival time still more. Insulated survival clothing and life jackets are essential for long-term protection in cold water.



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Lodore River Trip

by Marlene Egger

It was a dark and stormy night. The vans rolled into the Gates of Lodore put-in about 1:30 am. We had a little road trouble and a brief dinner stop in Heber without any "dickin'" around, (the unfortunate catchword of the party van). The Green was running at about 800 cfs, looking a lot like someone had pulled the plug. Although we were up Saturday at 6:30, put-in was delayed by a broken weld on the oar rig. At noon we decided to make the put-in our lunch stop, and surprise! had a champagne celebration of Bill Viavant's retirement. It was 1 pm when our heroes were through fixing the oar rig and paddles were dipped in the water in earnest. Nine kayakers, 3 paddleboats and the oar rig constituted the party.

Ray Wenger and Annie Lewis took the lion's share of paddling the oar rig. Trip leader Mike Dege and a few hardies took the rapids unscouted. Everyone else scouted Upper and Lower Disaster Falls at length before running Lower D right off the island. Sleepers were plentiful. Powell lost a boat here, but our party was unscathed. We camped at Pot Creek and ate spaghetti. Your scribe was tired and missed any of the legendary River Debauchery which may have followed.

Sunday we ran Harp, Triplet and Hell's Half-Mile before camping at Limestone Camp. Bill Viavant's raft went backwards between a rock and a hard place at Triplet, filling your scribe with envy until she was avenged by a great ride over a pillow on Hell's Half-Mile. Gary Tomlinson took a raft right over the same rock with flair and a 45 degree twist. Only one raft managed to avoid the rock, as did Captain Dege, who went for the gusto between two close boulders.

Limestone Camp, our campsite, is apparently where Powell's camp caught fire and the cook dropped the kitchen gear in the river. OUR dinner of salmon steaks was exotic. After dinner, Maggie Finnegan proved herself the Charade Master. Monday morning, there were mysterious cases of insomnia and two reports of a strange man walking through camp. Was it the ghost of Powell's cook, or the rich dinner? Close to here, two boats sighted bighorn sheep, and your scribe saw water ouzels.

A short river day Monday took us back to Utah (no visas required), past Steamboat Rock and the confluence of the Green and the Yampa. We didn't see the petroglyphs, but 4 kayakers stopped at Whispering Caves. At camp at Jones Hole, we hiked two miles to a quiet water fall before the festivities of Formal Night. Karen Marshall found the primo campsite: grass, windbreaks, AND sunlight. River scum can really clean up well, and Formal Night notables included 5 full-length formal gowns, Mince Anderson's and Michelle Perkins' feather boas, Grandma Egger's rhinestones, Annie's San Francisco original, Karen's 1890's look, and Joanne Miller's rip-stop sari. Male-type notables included Bill Viavant with and without his gold shirt, "Officer and Gentleman" Dege, and Dave Harvey's black tie, etc. Ray's costume won him a nomination for Mountain Man of the Month. Spirits were high, and all rowdies knew when to stop. the cooking crew did an amazing job with coq au vin, even though vin was in short supply by the third river day.

Days blur together on the river, and quite a bit of blur was in evidence on Tuesday. Breakfast featured croissants, yogurt, brandied fruit and aspirin. Experimenters Kat Keck, Ray, and Sandy got some good kayaking hints from Holly Leeds and Mike Dege. Intrepid Ray achieved his first combat

roll, 8 miles of flat water in Island Park were paddled, poled, and walked. The water moved faster after lunch and we found several good surfing spots. Bill Viavant's paddle boat won the award for hitting the most rocks and then didn't hit a single one in Schoolboy.

Michelle and Marlene lagged behind and found the hot spring. The final rapid consisted of a wide delta of boat-scratching rocks with a passage farther right than Lyndon LaRouche, thoughtfully signaled by Admiral T. and Jeff Barrell. On the way home, Mike Dege demonstrated his lock-picking trick when the keys were locked in the van at a rest stop.

Miscellaneous Awards:

Oldest Participant-Bill Viavant
Youngest Participant-Dave Harvey
The Glove-Mince Anderson
Best Backrub-Gary Thibaugb
Best Jokes While Smashed-Wick Miller

Other trip participants were Pete and Shirley Lakomski, John Lewis, Larry Hardebeck, Gary and Sandy Lindstrom, Sandy Dickenson.



Mt. Nebo

A LEISURELY MT. NEBO
by Ilona Hruska

On an early season Thursday night hike, Joanne Miller was looking for a leader for a slow-paced, leisurely Mt. Nebo hike and found her candidate in Mark Swanson. To be quite truthful, Mark leaped at the chance; here was the opportunity for another Swanson to carry on the much-touted tradition of hauling a watermelon to the summit of a major peak.

So on Saturday evening (September 6), his entourage of "leisure" hikers made their way down to Ponderosa Campground, a mere quarter mile from the Mt. Nebo Trailhead, where we spent the evening carbo-loading and swapping tall tales.

A small aside: Bob Myers while driving down stopped at a rest area where a watermelon salesman had set up business. Bob did, in fact, buy a hefty-sized watermelon, and someone promptly made the suggestion that he carry the watermelon up to the top of Mt. Nebo. However, a quick aside to Bob from our leader, who didn't want his feat undermined, put an end to that.

Our group of eight was joined by Chuck Ranney on Sunday morning, and we commenced to look for the trailhead. After a bit of confusion (in general, don't rely on trail guides), we were off by 8 a.m. Mt. Nebo

is, to say the least, a very steep hike, approximately 5400 feet of elevation gain in five miles. But with every torturous switchback, we were rewarded with spectacular views. Clusters of vivid reds and goldens sprinkled the slopes, announcing a brilliant arrival of autumn, and a glance back revealed expansive views of the Juab Valley and a snaking Mt. Nebo road.

Part of the group, Stan Fleming, Barb Pollyea, Bob Myers, and Chuck Ranney, sped off. The rest of us, Susan Allen, Barb Carmody, Mary Crowther, and myself, were making every effort to make this a leisurely, slow-paced hike. And what could our leader do, but stay behind with us and carry his heavy load and responsibility up the trail.

The first group made it up to the peak in a very respectable time and were already speeding off the peak as we arrived, their haste prompted by an impending lightning and thunder storm. Our own group's stay on the peak was brief, and even as descending, we felt the first snowflakes of the season.

Needless to say, no one was interested in that watermelon in Mark's pack and he seemed to be faced with the prospect of hauling the watermelon down Mt. Nebo as well as up. At one point we even contemplated finding out what a crashed watermelon would look like after being hurled off Mt. Nebo. Fortunately, sun and warmth returned and the

slow-paced leisure group plus Bob Myers had a watermelon feast alongside the trail. It was a refreshing, welcome treat, and one that our leader certainly found most relieving.

Everybody was down and heading home shortly after 5 p.m. Not bad for a slow-paced, leisurely hike of Mt. Nebo. Watch for next year's hike which may include the far North Summit as well as the South Summit, but may not include a watermelon.



"Sandwiches!"

Brunch Bunch Hike

by Chris Baierschmidt

Seventeen hikers with their minds set on a hearty Sunday brunch met on September 7 for what turned out to be a 6.3-mile hike from Brighton ski resort, up to Catherine Pass, and down to Alta Lodge.

Led by pedometer-wearing Stu Turkanis, the group got under way at about 9 a.m. following the long drive from the mouth of Big Cottonwood to the parking lot near the Wasatch Mountain Club lodge. With clear skies above, they took off from the trail beginning at the Evergreen ski lift and wound along it to Dog Lake before taking a break at the pass prior to descending down Albion Basin.

Hikers gained about 1,300 feet in elevation on the way up, with most feeling twice that while trying to keep up with Phyllis Robison. Faithful leader Stu brought up the rear, making sure everyone met at the pass to regroup.

Views from the top were spectacular and complemented with distant alpine meadows of seasonal flowers. From here, we could see Lake Catherine to one side and Alta to the other. Our final leg to the lodge seemed barely the 4-mile trek it was from the Catherine Pass vantage point.

The short journey down Albion Basin brought a few drops of rain. All reached Alta Lodge for brunch by noon, thoroughly enjoying 90 minutes of eating, drinking and talking before departing for the afternoon.

Those hiking back to Brighton were three from the group plus club member Denise Doebebeling, who was unable to make the earlier hike but met the rest for brunch. Fourteen others shuttled back to cars.

An interesting side note was the chance meeting with two contestants of the Wasatch 100 held over the September 6 and 7 weekend. Although they--two men--had little to say to the hearty hikers, a lot of information about the endurance test was provided by a checkpoint monitor stationed at Catherine Pass.

According to the monitor, these two men were the last of 38 contestants (21 of the original 59 had dropped out) to travel along this part of the route (about mile 78 of the 100). The winners had passed by several hours earlier in the black of night, guided by hand-held flashlights and assistance by race monitors.

The monitor had stayed overnight waiting for these last two to pass by before hiking back for a Wasatch 100 celebration party, as we overheard him talk about it on his two-way radio. The two contestants were out of our sights before we began the downward journey toward Alta Lodge. Doubt they stopped for brunch.

Those hikers who wrote their names legibly on the sign-up list are Mike Budig, Trilvy Fry, Karen Marshall, Bill Kline, Marv Schmidt, Janet Hough, Sherie Pater, Gail A., Margaret Strickland, Phyllis Robison, Ken Blechwell, and Gene and Chris Baierschmidt.

NOTCH PEAK

Another Year, Another Notch
by Hank Winawer

I have been noted of late for telling embellished stories and exaggerating, with a bent on tickling your funny bone. Escapism by the use of far out tall tales and laughing at absurdities usually relieves a person of the more serious aspects of one's life; hence, my mission and goal. The more I think about it, the more I realize that some good (or fun) can come out of every situation, no matter how foreboding or ominous it may appear at first glance.

Take for instance the little (6:00 am to Midnight) jaunt fifteen of us took on October 18, 1986 to Notch Peak, about an hour or so by car from the thriving desert metropolis of Delta (We're ready when you are), Utah.

After an 80 mph drive (Aaron was anxious to hike), we arrived at the old cabin at the base of the trail (exactly 4,017.3 miles from the center of downtown Madrid, Spain). We were all very enthusiastic, especially Wick's dog Butch and Monty's half dog, half wolf, Star. At our first rest stop about one mile along, we spotted Star, but not Butch. Had the wolf dog turned cannibal? Of course not. There was no way Butch, alias the massive fur ball, could be swallowed. Wick retreated in search of his faithless companion. About an hour later, Bick and Wutch caught up to the rest of the group. He (Butch) probably decided to look for a hydrant near the cars.

About three miles up the trail (a beautiful stream bed alternately lined with sand and huge slabs of rock), Star shot ahead in a frenzy, flushing three sheep from the brush. Next we encountered rock walls and ledges about 25 or 30 feet high. While we gingerly climbed our way up, the canines, who

must have had suction cups on their paws, leaped straight up. Finally, after ascending the beautiful stream bed trail and traversing the mountain for the last half mile, we sat atop Notch Peak. All during our climb, the sun shone. However, on our lunch break at the very edge of "The Notch" (2,200 feet, give or take a few bounces, straight down). Clouds rolled in, wind whipped up and the temperature dropped drastically. The distant lightning and thunder helped us decide that it might be prudent to get the hell off the mountain, but not before we explored a bristlecone forest about one half mile down the ridge. These trees can live to be 5,000 years old or more and are the oldest living things on earth (except for my mother-in-law, who claims that her birth certificate was lost). Once she had a headache and the doctor told her to take two tablets and call him in the morning. She swallowed the ten commandments. Now that's old.

Next we encountered marble sized snow balls that built up to a depth of about one inch and pelted us (bouncing off heads proportionate to cranial density); a Currier and Ives setting with fall colors.

Then, to top things off, one of the hikers got separated from the group on the way down. Unless you've been to Notch Peak, you cannot imagine how rugged and remote it is. We divided into task groups. Three people left their extra clothing with us. They headed for home to call our families/friends in case we returned home later than expected. Five built a fire in the stream bed as a marker, in anticipation of darkness and six of us hiked up the trail looking for our missing companion. Our real concern was the approaching sunset, the temperature and the possibility of injury to our lost hiker. Since it was deer hunting season, we were concerned about getting adequate help before morning. As luck would have it, we spotted our recluse, who had put on

about five extra miles while checking out various drainages. (S)he (note the ambiguous reference to this almost expert hiker) was none the worse for the experience, except for the loss of appetite at Delta's "Chef's Palace Too" steakhouse and insomnia for three nights thereafter.

All in all, it was a great day and night. It's all in how you look at it. Personally, I'm looking forward to adding another "Notch" next year.

Trilby Fry, Benjamin Everett, Preston Motes, Randy Klein, Gail Blattenberger, Ann Wechsler, Jim Armagost, Nancy Poorman, Janet Friend, Chip Harvey, Monty Young, Aaron Jones, Stephen Carr, Hank Winawer and leader Wick Miller loved every minute of it.



Happy Holidays
from
The Rambler
Staff

Poetry Hike

Toll Canyon Poetry Hike
by Vince Desimone

The forest rounds were uniquely lyrical with hikers reciting poetry epics serious and hysterical. As we hiked to Lambs Peaks, each took a turn to speak. Of favorite poems they'd read and some original from their own head. The poems just flowed, as we enjoyed ode after ode. We concluded the day with an evening soiree.

Ten happy hikers climbed Lamb's Peak. On the first annual poetry hike. Each person contributed poems for the enjoyment of the group. The variety, originality, number and length of the poems was most impressive. Bob Johnston offered several original political satires. Marlene Eggar shared whimsical verse she had learned as a child. Vince Desimone entertained with "The Cremation of Sam McGee" and "A Cowboy's Lament". Linda Wilcox provoked thoughts with Mathew Arnold's "The Buried Life."

The day flowed quickly. A new poem was recited with each pause. The hike, while aggressive, was made easy by stopping frequently to recite poems. If a person needed to rest longer they had only to recite another poem as we all stood in rapt attention. The day concluded with an Italian dinner at Liz Crowder's.

Others on the hike included. Anne Lemmon, Carolyn Morrow, Sherie Pater, Merv Schmidt, and Cherry Wong.

Plans are being made for a poetry cross country ski trip this winter. Also discussed was the possibility of a play reading. Anyone having interest in a reading or a suggested play should contact Vince Desimone at 1-649-6805.



FROM THE

SKI·TOURING DIRECTOR

by Dan Grice

Another ski season is under way! The ski committee is busy planning the schedule, and I would like to thank the committee members for their help:

Anna Cordes
Tom Bonacci
Harold Goeckeritz
Ellie Ienatsch
Marianna Young

And a thanks needs to go out to those who are leading ski tours listed in this Rambler.

About the Ratings

The ski committee has decided to return to the rating system used 2 years ago, rather than the numeric rating used last year. Tours are rated NTD (Not Too Difficult), MOD (more Difficult), and MSD (Most Difficult). In addition, a "+" will be used after a rating to indicate that the tour is more strenuous than the normal rating. For example, a MOD+ is not yet a MSD tour, but is more strenuous than a MOD.

A problem with any rating system is determining what is being rated. Is it the avalanche danger, how strenuous it is, or the skiing ability needed for the tour? Usually, these 3 considerations increase proportionately, so that one rating tends to cover all 3. A MOD tour is more strenuous, crosses more avalanche paths, and requires more skiing ability than a NTD tour, usually. Sometimes this is not the case. A tour may be more strenuous, requiring a MOD rating, yet not be exposed to hazardous slopes. In such cases, the tour description will point this out.

Club tours are intended for the enjoyment of all the participants, and are not intended to teach skiing. If you would like to learn how to ski, the Outdoor Recreation program at the U of U is an excellent place to start. Brighton ski touring center, White Pine ski touring center (Park City), and many ski shops offer ski lessons. The Club will offer several TELEMAR instructional outings (like the one scheduled for November 22), but these are intended for people who have learned the basics and wish to increase their abilities.

For NTD (Not Too Difficult) tours, a skier should be able to do a kick turn, snowplow, and descend a slope by traversing. In addition, a skier should be fit enough to hike 5 miles, for example. Ski equipment intended for "cross-country" skiing with below-ankle shoes is usually intended for flat areas or machine-prepared tracks. This kind of equipment is inappropriate for Club trips. BACK-COUNTRY ski equipment that includes a leather BOOT and usually metal-edged skis is normally required.

A MOD (moderately difficult) tour requires a skier to be proficient climbing and descending intermediate slopes. These tours are usually more strenuous than NTD tours, and a Pieps and shovel are sometimes required. If a Pieps is carried, this implies knowledge of how to use it to search for a buried companion. The Club's avalanche course is a good place to gain some avalanche knowledge.

A MSD (Most Difficult) tour always requires each participant to carry a Pieps and shovel, and know how to do a Pieps search. These tours can involve steep and narrow trails, strenuous climbs, and steep descents.

Avalanche Class

AVALANCHE CLASS

An avalanche class will be held on Saturday, January 10, 1987 at Zion Lutheran Church at 1070 Foothill Drive. The class is sponsored jointly by the Wasatch Mountain Club and the Salt Lake Group of the Sierra Club, and is open to the public. An optional small donation will be requested, to help defray the expense of giving the class. If you don't have any money come anyway.

The class is designed for persons who have no prior knowledge of avalanches. The topics which will be covered are:

- * The physical properties of snow, and how the mountain snow pack changes over time.
- * The effect of terrain on avalanche hazards.
- * How to choose a route with minimum avalanche hazard.
- * How to organize your skiing party so that the members are exposed to as little danger as possible.
- * How to rescue someone from an avalanche.
- * How the Utah Avalanche Forecast Center makes its hazard predictions, and how to interpret the recordings.

The class will consist of two parts. The morning half will be a lecture, which will start at 8 am. Numerous slides and movies will be shown, including a home movie of a local skier being caught in an avalanche. In the afternoon, we will go into the mountains and practice rescue techniques on some appropriate snowy hillside.

You will not need skis or snowshoes, but be sure to dress warmly for the afternoon section. Make your own arrangements for lunch (e.g., bring it). Zion Lutheran is located at the intersection of 2100 East and Foothill. The morning lecture will be taught in the basement, which is entered from the west side (the back of the building).

Experience has shown that the major reason for avalanche fatalities is ignorance. There have been a number of deaths in recent years of people who were apparently unaware that they were in danger. There have also been a number of people rescued alive after being buried in avalanches; in most cases, they lived only because their companions were prepared to deal promptly and efficiently with the situation. Therefore, this course is strongly recommended for all cross country skiers. It is designed to appeal to people who don't have the time or money to take one of the more extensive professional avalanche courses.

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F. COPIES NOT DISTRIBUTED					
1. Office use, left over, unaccounted, spoiled after printing			31	7	
2. Return from News Agents			0	0	
G. TOTAL (Sum of E, F1 and 2—should equal net press run shown in A)			950	900	
11. I certify that the statements made by me above are correct and complete			SIGNATURE AND TITLE OF EDITOR, PUBLISHER, BUSINESS MANAGER, OR OWNER Earl M. Cook Editor		

Wasatch Mountain Club

APPLICATION FOR MEMBERSHIP/REINSTATEMENT and RAMBLER SUBSCRIPTION QUALIFICATION FORM

①
PLEASE
PRINT
PLAINLY

NAME: _____ PARTNER'S NAME _____
(Only if he/she desires membership)
STREET ADDRESS: _____ APT.#: _____ TEL: _____
CITY: _____ STATE: _____ ZIP: _____
(no ZIP, No Rambler)
OCCUPATION: (Optional) _____

The Wasatch Mountain Club's membership year is March 1 to February 28. Those joining in January and February are granted a leeway to join for the next membership year beginning in March.

REINSTATEMENTS (for former members): A \$5.00 reinstatement fee must be paid instead of the entrance fee. The dues listed below apply.

②
CHECK ONE ☐ I hereby apply for ☐ NEW MEMBERSHIP
☐ REINSTATEMENT in the Wasatch Mountain Club.

INSERT YEAR ☐ For the membership year _____ (insert year), enclosed are my dues as follows:
(Checks ONLY: cash NOT accepted. Your cancelled check is your receipt.)

④
CHECK ☐ Single Membership: \$20.00, of which \$12.00 is for a year's subscription to the Rambler and \$5.00 is the entrance/reinstatement fee.
☐ Couple Membership: \$25.00, of which \$12.00 is for a year's subscription to the Rambler, \$5.00 is partner dues (non-subscribing), and \$5.00 is the entrance/reinstatement fee.

⑤
CHECK ONE ☐ I ☐ DO
☐ DO NOT wish to receive the Rambler. Subscriptions are not deductible from the dues. I am 18 years of age or older.

⑥
NEW MEMBERS: QUALIFYING ACTIVITIES: (Valid for 1 year) Signature of
APPLICATION NOT VALID UNLESS THESE ARE COMPLETED! ☐ 1. _____ DATE: _____ RECOMMENDING LEADER: _____
☐ 2. _____ DATE: _____ LEADER: _____

I agree to abide by the Wasatch Mountain Club rules and regulations as specified in the Constitution and Bylaws and as determined by the Governing Board.

NOT VALID UNLESS SIGNED ⑦ ☐ Applicant's Signature _____ Return Form WASATCH MOUNTAIN CLUB
and Dues 168 West 500 North
Check to: Salt Lake City, UT 84103

PLEASE RECHECK THAT STEPS ① THRU ⑦ ABOVE ARE COMPLETE
I am willing to serve the Wasatch Mountain Club in the following areas:
_____ Organizing social activities(6); _____ Trail Clearing(7); _____ Lodge Work(8);
_____ Conservation(9); _____ Assisting with the Rambler(10).

LEAVE BLANK: _____
Receipt #: _____ Date Received _____ Amount rec'd _____
Board Approved _____ (Less entr./reins.)

WASATCH MOUNTAIN CLUB
168 WEST 500 NORTH
SALT LAKE CITY, UTAH 84103

NOTICE:

Nominations

Nominations Are In Order!

The time has arrived for nominations of persons wishing to run for the 1987 Governing Board. A committee has been appointed to organize a slate of nominees for the elections to be held in March.

If you are interested in running for a position, don't be shy or wait to be asked! Call one of the committee and indicate your interest. They will be glad to hear from you! They also can answer questions you may have about the responsibilities of the different positions and any requirements.

Members of the Nominating Committee and their phone numbers are:

Joan Procter	582-8440
Janet Friend	266-5651
Allen Olsen	272-6305

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