

# THE MOUNTAINS

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A newsheet published by and for the Ski Mountaineers and Rock Climbing Sections of the Sierra Club's Angeles Chapter since 1938. Send subscriptions & address changes to Dove Menkes, 2530 Coventry Circle, Fullerton, 92633. \$7 per year due in October.



## ROCK CREEK SKI TOUR



4 - 5 MAY 1985

When we arrived at the restaurant in Toms Place, Paul Harris, Marcia Male, and Bob Wright were having breakfast. John Blumthal arrived soon after to complete a group of 8 that included Mark Goebel, Joy Fagert, and Pat and Gerry Holleman. Unfortunately we were soon down to 7 when Marcia returned to LA for physical therapy to help her recover from a head plant suffered at Mammoth on Friday.

The snow is low this year, so we were able to drive to the Rock Creek Pack Station where we began hiking up the road. A little beyond Mosquito Flat we put on our skis, but there were several bare spots on the route to Long Lake. Camp was established along the Treasure Lake drainage, about half a mile beyond Long Lake.

The snow was extremely soft, so Mark and Paul painstakingly searched the area for a firm spot to set up the three-man tent rented for the Trans-Sierra they and Joy were going to begin on Monday morning. When they were lucky enough to catch first sun the next morning, they claimed it was the result of their expert ability. I hope they were equally lucky on their Trans-Sierra.

A little after 1 pm we set off for the bowls below Bear Creek Spire. Near Treasure Lakes we met Pete Matulavich and George Holland, who had come in on Friday. They accurately informed us that the north facing slopes consisted of icy death cookies, and that the east facing slopes provided the best skiing. Our route to the 12,400' saddle above Spire Lake had no east facing slopes.

Sunday morning we got serious about finding east slopes in spite of the fact that they didn't seem to have much snow on them. At about 10,900' we began to follow skiable contours towards a low ridge southeast of Mills Lake. On the way up we could tell it was going to be great, and it was. No cursed death cookies. Just smooth, firm, corn snow over perfect ski terrain.

After lunch back at camp, we loaded up our packs and skied down to Long Lake where most put on their skins for the return to the roadhead. Mark elected to ski back to camp, check the trees for lost skins, ski back to Long Lake, find his skins in his pack, and then go out. More expertise I presume.

At the roadhead the Trans-Sierra group reorganized their equipment while all enjoyed liquid refreshments provided by Bob. John began making notes for a book he is going to write titled "The Complete Rock Napper", a guide to napping techniques on warm nap rocks in the Sierras.

On the way home we dropped Mark, Joy, and Paul off at the Shepherd Pass roadhead. GH

MUGELNOOS STAFF

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Next Editor: Fred Wing  
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Next Issue: July 16, 1985  
Deadline: July 10, 1985

Mugelnoos Meeting: Third Tues of  
Each month. 7:30 Pm. Free parking,  
program, conversation, guests  
welcome. climbers & skiers both.

**MUGELNOOS MEETINGS**

REMINDER!!--Starting July 16, and  
thereafter, all Mugelnoos meetings  
will be held at the Griffith Park  
Ranger Auditorium, 4730 Crystal  
Springs Drive. See the enclosed map.  
Note that there is no street sign for  
Crystal Springs Dr. If traveling East  
on Los Feliz, turn left (North) on  
Riverside Drive.

July 16 Mugelnoos prog.- Ben Chapman  
-"Climbing in the Pamirs"

Aug. 20 prog.- Craig Peer-" Climbs in  
the Towers of Paine". RBS

C A L E N D A R

Ski Mountaineers:

Pray for Snow

Rock Climbing Section:

Jun 29-30 Tahquitz Houpt/Harris

July 4-7 Palisades Tidball/Shields

July 13-14 Suicide Carter/Lindgren

July 20-21 Needles Vernon/Ryan

July 25-27 Charlott Dome Erb/  
Rutherford

July 27-29 E. Face Whitney  
Somoano/ Fried

NEW ADDRESS

Richard and Janet Mungwiler  
2592 Stagecoach Trail  
Chino Ca. 91709  
(714) 627 8631

SKI MOUNTAINEERS ROSTER

If you are unable to read the last  
SMS roster please contact Paul Harris  
By Mail.

Paul Harris  
1115 1/2 Maple St.  
Santa Monica, Ca. 90405

Observation and other Trivia  
Ed leeper recommends using a 3/8"  
hanger with Dryvin bolts even though  
this does reduce the depth of the bolt  
by the hanger thickness and radius of  
the fillet on the bolt head. Seal the  
junction of a bolt and the rock-hope-  
fully the exposed part of the bolt will  
rust away faster than the hidden part.  
Epoxy is a good sealant.

When using a hanging belay, the climber's  
potential length of fall can be  
reduced if he clips the rope to the  
anchor used for the hanging belay-  
while it may not be much of a reduc-  
tion, it could be the difference bet-  
ween striking a ledge or not.

Using a chest harness when leading will  
position the rope in a favorable pos-  
ition for clipping into newly placed  
protection- you do not have to reach  
down between your legs and pull the  
rope up.

If you are belaying a leader, be aware  
of his runout. On some routes in which  
a leader would slide (when taking a  
fall) there may be enough time for  
the belayer to take in considerable  
rope before the fall is arrested.

Consider using a carabiner directly  
in front on your harness for guiding  
the rope rather than on the side of  
the harness. This will increase the  
friction available to hold a fall-  
and tend to align the anchor with the  
direction of a fall, there will be  
less rotational force on you.

AKW

Climbing Fitness;

In addition to running & or swimming  
the following program may add strength.  
Stretching is important to retain your  
flexibility.

Exercise	Sets	Rep Range
Pulley Rowing	5	8-12
Incline Press	5	6-10
Parallel Bar Dips	3	8-12
Side Lateral Raises	2	10-15
Bent Lateral Raises	2	10-15
Barbell Curls	3	8-12
Standing Triceps Extensions	3	8-12
Leg Extensions	3	10-15
Leg Curls	3	10-15
Seated Calf Press	5	20-30
Wrist Curls	4	15-20
Sit-Ups	2	50+

## ALPINE VERSUS NORDIC



Another ski season has come to an end, but the battle between Alpine and Nordic factions goes on. There are the Alpine touring supporters who advocate heavier, more controllable skis; and the Nordic pinheads who favor light gear almost impossible to control. Everyone thinks it's just equipment that separates these two groups. All along it's been personality.



Alpine skiers are hedonistic by nature. They're only after one thing: the downhill rush. They'll never understand why 3-pinner will trek arduous miles into the backcountry only to climax their efforts with a few shaky telemarks.

Of course, the spartan Nordics see it differently. To them, going down is no more important than going up. In fact, with many, the run down merely offers a means to an end: the opportunity to go back up again. This explains why obviously inept 3-pinner, after leaving dozens of sitzmarks across the landscape will still come away with a stupid grin and an inexplicable sense of fulfillment.

Alpine touring skiers are somewhat related to their ski resort brethren -- narrow-minded Yuppies who parade around town in BMW's, ski racks mounted year round. Of course, Alpine touring skiers don't drive BMW's, but they would if they could afford to.

Nordic skiers drive boring cars like Volvo's, or their cheap Japanese substitutes, Honda's and Subaru's. You never see ski racks mounted on these cars.

Alpine skiers do a lot of low-level car camping. After all, to them, snow is meant to be skied on, not slept in. They eat in restaurants whenever possible. True Nordic types eat granola bars even at home.

Alpine skiers wear a lot of polypropylene and other highly functional state-of-the-art apparel. Nordic skiers favor wool and anything else that's hot and uncomfortable.

Nordic skiers are into the environment, marveling at everything from rosy sunsets to marmot droppings. They carry maps and guidebooks, and discuss things like glacial moraines and fault-blocking. Alpine skiers don't know what mountain range they're in half the time.

Alpine types say nasty things about Nordic types in the Mugelnoos. Nordic types do the same. Rock climbers think they're both full of it.

Now that I've cleared the air a little, I hope this finally brings to an end, this long-running and bitter controversy.

PM

SOME SPRING SKI TOURS

May 18 &amp; 19, 1985

Thirteen SMS members and guests met Saturday a.m. at the intersection of the North Lake and Lake Sabrina roads for a weekend of late spring skiing in the Eastern Sierra. Our goal was Lamark Col, which from an elevation of 12,800' provides a long ski decent and wide open slopes.

To reach our goal, considerable walking was required due to a rapidly retreating snow line, but finally just below timberline and above Grass Lake, we were able to start skiing. However, major obstacles did require ski removal at a few points. A vast sand and boulder field restrained most of us from actually going to the Col, but that part wasn't for skiing anyway. The descent was fun, over soft corn flaky snow, and required some interesting obstacle avoidance. Our return to the cars was shortened by contouring to a saddle in the ridge directly north of Grass Lake, descending 900' to Lake Sabrina and then walking the Lake's edge to the road.

Following dinner in Bishop, we drove to Mammoth and stayed at the Ralph Johnson/Mike Leland cabin near Lake Mary. Sunday, following a short walk, we were able to ski continuously to the Mammoth Crest and skied the Blue Couloir. We encountered fast smooth snow under the crest and skied to the cabin following lunch. The weather was delightful all weekend.

MG

## MT. TOM - Elderberry Canyon

Anyone who has driven down 395 from Mammoth to Bishop has seen Mt. Tom, a large mass of loose rock sitting east and slightly to the north of Bishop. Someone with a leaning toward ski mountaineering may have wondered about a large canyon that curves up and right from the desert floor to the ridge at 11,000 ft. on the northeast side of the peak. So it should be understood that it was only natural curiosity that led Miguel Rodriguez and Andy Fried to a parking spot on a dirt road just outside of Rovana late one Friday night. Thinking that the peak was perhaps too large for a one day trip bivy gear was brought. As that Sunday was Easter both climbers has promised their wives they would be home by 6PM Sunday to share in the holiday dinner. This committed the pair to arise with the sun on Saturday morning and start up the road. Some 12½ hours later dinner was prepared on a platform hacked into the ridge at 11,600'. It was decided that a 3:30 departure for the summit would allow ample time to reach the summit and return to the car by noon. There was some concern as to how firm the snow would be in the morning because the trip up had involved soft snow and depth hoar. By 4am the party was on its way up the ridge. By 6am the sun had warmed the snow and breaking thru the crust was common. Upon reaching the 'summit' it was discovered that there was another higher bump along the ridge. As time had run out it was decided that as the 'north summit' had now been climbed the trip had been successful and it was time to start the descent - this, after all, promised the reward for all this effort. At 9am Miguel skied down from the ridge carving tight S turns. Andy followed in Miguel's tracks and in a very short time the pair had dropped some 1500' of 6000' descent to the desert. As the angle lessened, the snow softened and areas exposed to the sun would occasionally collapse under a skiers weight with a dull thud. Having seen several new avalanche tracks this was far from comforting. Further down the canyon the crust gave way often causing one or both skis to plunge through, at best popping a Ramer binding, at worst leaving a skier 3-4' below the surface with snow falling in from the sides covering the skis. When this happened a shovel was needed to dig out the skis. Eventually the snow ran out and our intrepid mountaineers started hiking the 3 or 4 miles through the desert to the cars. Now somewhat behind schedule we drove home without stopping arriving in L.A. at 6:30pm. As neither climber had remembered to eat all day it can be assumed that Easter dinner was much enjoyed. AF

## (Attempted) High Route of the Rockies

Ever since my ski partner, George Lowe, moved to Denver we had talked about doing some high crest touring in the Rockies, similar to our frequent Sierra tours. After two years of procrastination, I flew in early April to join George and Sue Giller, a climber from Boulder, for a trip along the crest of the Sangre de Cristo.

George, stuck for once with the planning, had put together a challenging tour. Perhaps the steepest in Colorado, the Sangre de Cristo contains several 14,000 ft peaks and extends 70 miles north/south. From the crest it drops 6000 ft in both directions to the valley floor with a maximum width of ten miles.

On a quad map of the area George had penciled in a 40 mile route which followed close to the crest. To his knowledge there had been no previous attempts by skiers.

On Friday morning we dropped a car at the northern end and drove to Music Pass trailhead. Starting on skis we followed the road to Music Pass, dropped down into a valley and ascended to 12,000 ft where we made our first camp. By the next morning Sue had decided that high winds and poor snow conditions (ice and breakable crust) were no fun and headed back. We continued to the pass north of Milwaukee Peak and then took two hours to descend 1000 ft of mixed snow and rock using ice ax and crampons (a hint of things to come). Back on skis we passed east of Crestone Needle, a rock climb included in Roper and Steck's Fifty Classic Climbs. The 13,400 ft pass north of Crestone Peak took us to the main crest of the range for the third time. "Finally we can start skiing along George's line," I thought. An easy ascent of Peak 13,799 gave us a clear view of the route north, only to find a jagged, formidable ridge - too steep to ski or climb. On with the crampons and down another 1000 ft rock and snow cliff to the west where we attempted to bypass the difficult part of the crest by skiing the more gentle western slope. That night we camped at a small cirque 600 ft below a pass that we hoped would lead us back to the main crest.

Early Sunday morning we skied up the icy south slope, descended the north side with ice axes and ascended still another pass. Once again we surveyed the main crest - it was still much too rugged to ski. An alternate route dropped us down to 10,000 ft and back up a river valley which headed toward the crest further north. By evening we realized that the difficult terrain would not allow us to reach our car the next day.

(High Route cont.)

We spent the third night at 13,000 ft on a narrow ridge leading toward Hermit Peak. The next morning we headed east via a shorter route and in three hours had ascended Hermit Peak (on foot) and ski descended another 4000 ft (until we ran out of snow). Three more hours of walking and hitchhiking and we reached our waiting car.

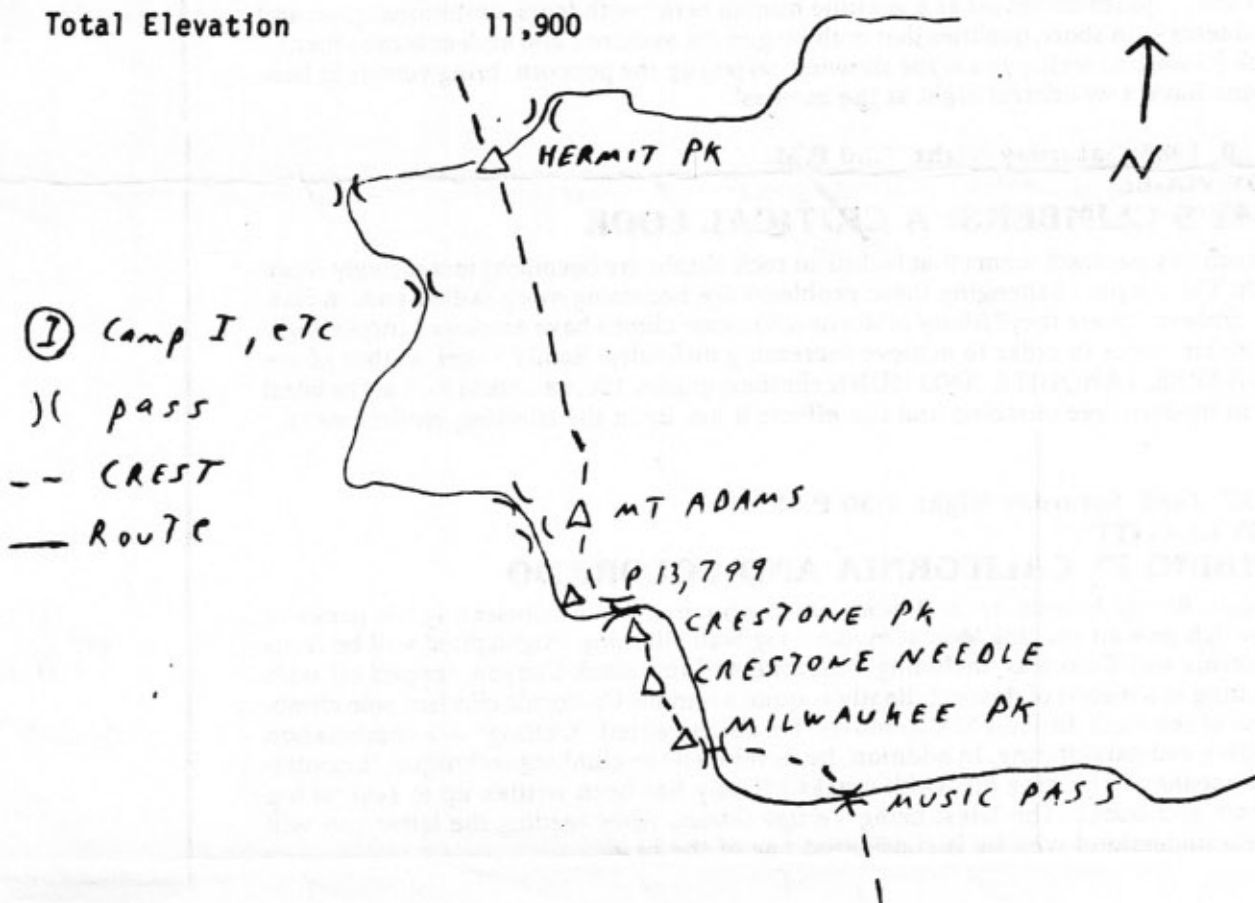
Overall we covered about 33 miles, gained 12,000 vertical feet and found a route as close as possible to the crest. With an additional day we could have reached our original northern objective, albeit via a somewhat different route. The trip was challenging, far more strenuous than similar tours in the Sierra. The mountains were sharp, the snow unpredictable and the avalanche danger real. It is unlikely that many will follow our tracks. We suspect that the real "high route of the Rockies" will be found elsewhere.

Rich Henke

Location	Elevation (ft)	Distance (mi)	Cumulative Distance (mi)
Music Pass Trailhead	9,000	0	0
Music Pass	11,400	3	3
Cirque below Milwaukee P (I)	12,200	3	6
Pass N of Milwaukee Pk	12,800	.5	6.5
Base of Crestone Needle	11,200	1.5	8
Pass N of Crestone Pk	13,400	1.5	9.5
Cirque below Mt. Adams (II)	12,400	3	12.5
N. fork Crestone Creek	10,000	5	17.5
Pass W. Eureka Mt	12,500	4	21.5
Ridge of Hermit Pk (III)	13,000	3	24.5
Hermit Pk	13,322	.5	25
Trailhead - Conquistador	9,000	8	33
Ski Area			

Total Elevation

11,900



SMS Election Results

41 ballots were received and counted in the election for Ski Mountaineers Section Central Committee for 1985-1986. The new Central Committee, which will take office in June, will consist of Kathy Crandall, Andy Fried, Paul Harris, Gerry Holleman, Don Pies and Dick Smith. The elections committee thanks all the nominees for their cooperation in preparing statements for the ballot and for agreeing to run. Congratulations and best wishes for a productive year to the new Central Committee members and special thanks to outgoing Central Committee members Tom Duryea, Mark Goebel and Tom Jenkins for their past service.

FREE SLIDE SHOWS--THE MOUNTAIN SHOP 9048 TAMPA AVE, NORTHRIDGE CA.

**JUNE 22, 1985 Saturday Night 7:30 P.M.**

**TODD GORDON**

**CLIMBING DELICATE SANDSTONE**

This evening we are very proud to present one of the very best sandstone climbers today — Todd Gordon, who lived for 2 years with the Navaho Indians in the Four Corners area of the desert southwest. He spent most of that time climbing delicate sandstone spires, hidden towers and off limit reservation climbs. He's considered one of the experts on climbing in this mystical, magical area. Most of his time is spent climbing in areas no one else has gone before. This show will be of interest to both the technical climber as well as anyone interested in the exploration of the bizarre and beautiful.

**JUNE 29, 1985 Saturday Night 7:30 P.M.**

**JOHN FISCHER**

**THE GREAT VOLCANOES OF ECUADOR AND MEXICO**

Join us this evening for a stimulating pictorial journey to the magnificent, high altitude summits of Mexico: Pico de Orizaba, Popocatepetal and Ixtaccihautl, the third, fifth and seventh highest mountains in North America. Also, the incredible glacier shrouded giants of Ecuador: Chimborazo and Cotopaxi. Presenting the show will be John Fischer, Director of the Palisade School of Mountaineering. John has made over forty ascents of the Mexican Volcanoes and twenty-eight ascents in the Andes of Ecuador.

The show continues through the splendor of the Mexican and Ecuadorian highlands, the excitement of the capitals, Quito and Mexico City and the tranquility of the Latino mountain cultures. This evening will be both educational and fun!

**JULY 13, 1985 Saturday Night 7:30 P.M.**

**EIGER**

The Mountain Shop is proud to present "EIGER" — a feature film presentation that won "Best Mountaineering Film" at the 1984 Telluride Film Festival. CLIMBING MAGAZINE wrote: "This film is a skillful blending of Eric Jones' solo ascent of the 1938 route on the North Face with historical re-creations of significant events in the long and colorful history of the Face. . . Jones comes off as a genuine human being with fears, ambitions, good and bad moments — in short, qualities that both inspire the audience and endear him to them." We look forward to seeing you at the showing, so pop up the popcorn, bring your Juju Bees and come have a wonderful night at the movies!

**JULY 20, 1985 Saturday Night 7:30 P.M.**

**RANDY VOGEL**

**TODAY'S CLIMBERS: A CRITICAL LOOK**

As each day passes it seems that technical rock climbs are becoming increasingly more difficult. The people challenging these problems are becoming more skilled and, in fact, better climbers. Or are they? Many of the new extreme climbs have employed increasingly questionable ethics in order to achieve increasing difficulty. Randy Vogel, author of the JOSHUA TREE, TAHQUITZ, AND HUNK climbing guides, takes a critical look at the latest trends in modern free climbing and the effects it has upon the climbing environment.

**JULY 27, 1985 Saturday Night 7:30 P.M.**

**RANDY LEAVITT**

**CLIMBING IN CALIFORNIA AND COLORADO**

Tonight Randy Leavitt, rock climber extraordinaire, will be presenting his personal slides which give an exciting look at modern big wall climbing. Highlighted will be shots of California and Colorado, including Yosemite and the Black Canyon, topped off with parachuting as a means of descent. Randy is quite a famous California climber, solo climbing some of the most difficult El Cap routes. He also invented "Cliffing" — a combination of climbing and parachuting. In addition, he developed the climbing technique "Leavittation" (a means of climbing off-width cracks.) Randy has been written up in several top magazines and books. The latest being *Vertigo Games*. After reading the latter you will definitely understand why he is considered one of the best.

THE MUGELNOOS  
Dove Menkes  
2530 Coventry Circle  
Fullerton, Ca. 92633



Don Pies and Dick Smith. The slide shows all the nominees for their category and their statements for the ballot and for the election and bear witness for a great cause. See numbers and names.