

THE MOUNTAIN

No 660 - April 19, 1988

An eight page issue.

A newsheet published by and for the Ski Mountaineers and Rock Climbing Sections of the Sierra Club's Angeles Chapter since 1938. Send subscriptions and address changes to Pat Holleman, 1638 6th St., Manhattan Beach, CA 90266. \$7 per year due in October.

Mt. Hoffman From Yosemite Valley March 19-20

Yosemite Valley is 5,000 feet, Mt. Hoffman is over 11,000 feet. I was prepared for a long difficult weekend.

The trip began with scenery and switchbacks. Carrying our skis, our party of eight (led by Andy Fried) climbed 105 switchbacks up the snow creek trail. The valley was winter-clear and the view of Half Dome was spectacular.

The weather was hot. Lisa Freundlich was well prepared and, by the 25th switchback, she had donned a pair of "State of California" running shorts.

Once out of the valley, we continued to carry our skis due to the poor snow year. Around 2pm we encountered enough solid snow to ski. We skied down Tioga Pass Road for a half mile and up towards May Lake. Tired and nearly out of sunlight, we camped in a snow-filled meadow at 5pm.

Sunday morning we left the meadow at eight and made the summit after noon. What a view! A real 360 degree panorama.

The skiing was also pretty good. Some of us skied virtually from the summit. A little lower, the skiing was real fun. After navigating a series of awkward benches, I enjoyed perhaps the best spring tree skiing of my life! Real fairy tale stuff.

We picked up our gear in the meadow, and skied, walked, and limped back into the valley, arriving at 9pm. A long but very worthwhile trip.
EFN

MT. PERKINS VIA ARMSTRONG CANYON

THIS YEAR MAY GO DOWN IN SKIING HISTORY AS THE SPRING THAT NEVER WAS. ANTICIPATING A NICE SPRING TOUR BOTH THE SKI MOUNTAINEERS AND THE ALPINE SKI SECTION SCHEDULED TRIPS TO ARMSTRONG CANYON FOR THE WEEKEND OF MARCH 26-27.

WE MET AT THE ROAD HEAD AND DROVE UP THE 4 WHEEL DRIVE ROAD AS FAR AS POSSIBLE. FROM THE PARKING AREA THE GROUP HIKE UP TO AROUND THE 9600' LEVEL AND MADE CAMP. SNOW CONDITIONS VARIED BETWEEN HARDPACK AND BREAKABLE CRUST. ALL PARTICIPANTS TOOK OFF TO EXPLORE SKI RUNS ALONG THE SOUTH SIDE OF THE CANYON ON SATURDAY AFTERNOON. SATURDAY EVENING ALL WERE TREATED TO STRONG WINDS AND WIND CHILL.

SUNDAY FOUR OF THE GROUP TOOK OFF TO CLIMB MT. PERKINS, WHILE THE REST OF THE GROUP CLIMBED UP TO A COL SOUTH OF PERKINS. ALL WERE SUCCESSFUL AND RETURNED TO CAMP BY 3PM. THE SKI OUT WAS ENOUGH TO CONVINCED MANY THAT IT WAS TIME TO PUT THE SKIS AWAY AND START THINKING ABOUT ROCK CLIMBING.

IT SHOULD BE MENTIONED THAT MEMBERS OF BOTH GROUPS ENJOYED THE TRIP AND THAT THERE WAS NO PROBLEM CAUSED BY COMBINING ALPINE AND NORDIC TYPES OF EQUIPMENT. I WOULD LIKE TO SEE COMBINED TRIPS IN THE FUTURE, AND WOULD ALSO LIKE TO INVITE STRONG SKIERS FROM THE NORDIC SKI SECTION ON SOME FUTURE TRIPS. A.F.

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NEXT MUGELNOOS MEETING
 RCS IS HOSTING AGAIN!

Tuesday, May 17, 1988. Joint RCS-SMS Meeting. We'll start out with a Members Slide Show--bring your recent climbing slide(s) or old favorites. Griffith Park Ranger Station, 7:30 PM.

RCS SCHEDULE

Apr 23-24 Suicide.Students Special**
 John Ripley/Mike Jelf
 *Campsite-Mike said he'd go
 early to get one for Fri/Sat
 Apr 30-May 1Red Rocks, Nev
 Greg Vernon/Dave Burdett
 May 14-15 Tahquitz.Students Special*
 Tim Ryan/Claude Lane
 *Campsite Fri/Sat
 May 21-22.....Suicide
 Andy Fried/LeRoy Russ
 *Campsite Fri/Sat
 May 21-22..... Voodoo Dome
 Greg Vernon/??
 May 28-30 Memorial Day..Yosemite Val
 Gerry Cox/Mike Jelf/Claude
 Lane *Group Site A, Hodge-
 kins Meadows 25th-29th

Be sure to call the trip leader before the trip to make sure its going. Trips with ??, leader has to cancel if no Co-Leader signs up.

Trip Leaders Home Phone Numbers:
 John Ripley (818)791-4924
 Tim Ryan (805)526-4430
 Greg Vernon (619)375-2612
 Andy Fried (818)993-1891
 Gerry Cox (213)591-0711
 Donna O (RCS Chair) (213)320-2891

SMS SCHEDULE

April 23-25 Pear lake snowcamp.
 Goebel, Smith.
 May 7-8 Treasure Lakes/Bear
 Creek Spire area.
 Joint trip with SPS.
 Smith, Matulavich.
 May 14-15 Ski Mountainers Peak
 Holleman, Goebel

Nepal Trek

Rich Henke is organizing and leading a NEPAL Trek this fall to the Jugal Himalaya. The trek will not involve climbing but will take trekkers to an area infrequently visted by westerners. The cost is \$2450 including airfare. Dates are Oct 14 through Nov 7. Call Rich at (213) 545-3812 for details or an application.

NEW RCS SECRETARY

BARBARA KAUFAMN is our new RCS Secretary. She graciously accepted the assignment upon the recent mid-term resignation by Mike Meyer. Welcome, Barbara. And, thanks Mike for your service to the both RCS and the SCMA.

NEW SAFETY CHAIR(S)

-- ANNOUNCEMENT PENDING --
 MARGO KOSS, our current Safety Chair (I know she's held the job at least since Oct 84), has announced her imminent retirement. Watch this spot for her replacement(s).

Back to the Future

I've heard it from a good source that Merrell plans to reintroduce the Karhu Comp XC ski under the Merrell label. Merrill recently bought out Karhu and Merrell plans to bring back this SMS favorite with a layer of Kevlar added somewhere in the ski. The Comp will be renamed Ultra or Supreme, my memory fails me here.

Merrell plans to market the Comp as part of a ski-boot system, that is, specific boots that go with specific skis. It should be interesting to see how the Merrell marketing wizzards develop this concept. Editor.

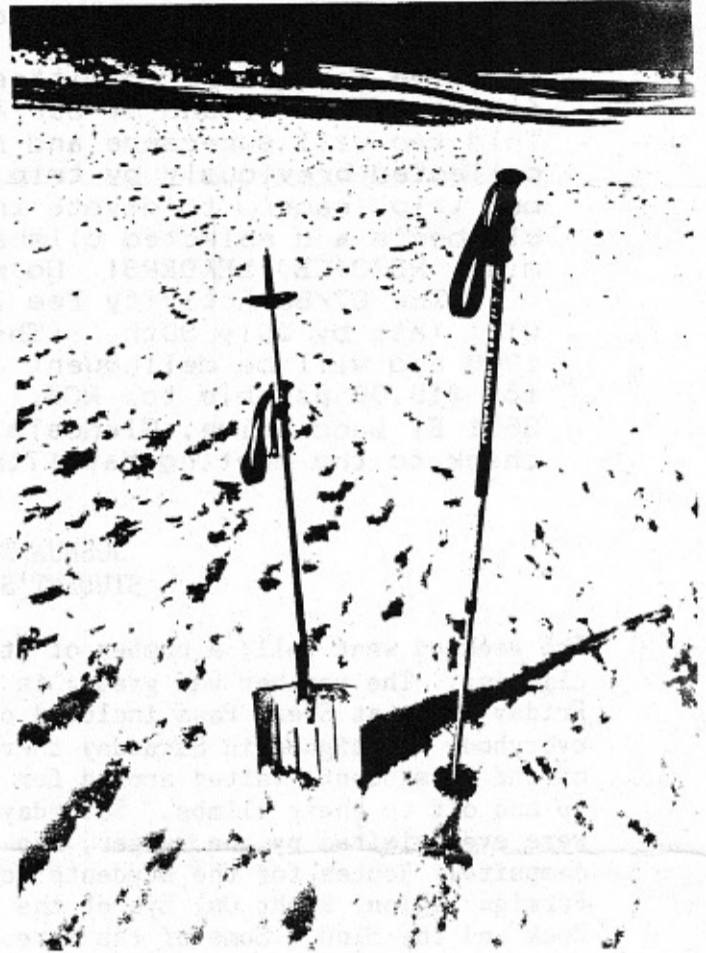
PRODUCT REVIEW

LEKI SHOVEL

As most backcountry skiers know, a shovel can be a life saver. Useful not only for leveling a campsite and digging on those trips to the woods, it is the most efficient way to dig out that unfortunate person who is under the snow after the avalanche stops. The problem with most snow shovels is that they are bulky and heavy, and as a result they usually remain in the car.

One answer to this is the Leki shovel. This shovel is designed to attach to the Leki ski pole and thus eliminates both the weight and the bulk. As most of my friends can attest I am a person who tries to cut back both pack weight and bulk to a minimum. On a weekend ski trip in spring I can usually get by with 30-35lbs in a 2400 cube pack. This includes my Leki shovel, which most of my fellow skiers find useful.

The shovel blade fits inside my backpack and takes little space, the ski pole makes up the handle. Leki says the shovel is designed to be used with its avalanche probe poles, but it will work with any of their sectional poles. There is a nylon twist lock in the pole section, and another in the shovel. Thus you can lock two sections of the ski pole to the blade to act as a handle. This is a light shovel, about 1 pound, and should be used with some caution as misuse could mean not having a ski pole for the trip out. It is strong enough for most uses and is far superior to using ski tails to dig with. It is sold by International Mountain Equipment, Inc. Box 494, Main St, North Conway N.H. 03860 (603) 356-6316. A.F.



NORDIC HOLIDAY RACE MARCH 5-6

ABOUT A DOZEN SKI MOUNTAINEERS SHOWED UP FOR THE RACES AT YOSEMITE. WHILE THE GROUP WAS SMALLER THAN THOSE REPRESENTING BOTH THE L.A. SIERRA CLUB NORDIC SECTION, AND THE LOMA PRIETA SKI SECTION OUR GROUP DID WALK AWAY WITH TWO GOLD AND ONE BRONZE MEDALS. WALT BOGE AND PAT HOLLEMAN EACH WON A GOLD, AND ANNA ZORDAN A BRONZE.

THE RACE COURSE WAS 17 KM THIS YEAR. IT STARTED AT BADGER PASS AND FOLLOWED THE OLD GLACIER PT RD. NEAR SUMMIT MDWS THE COURSE COMES OUT ON THE WOODS, DOWN A HILL AND JOINS THE NEW GLACIER PT. RD. IT FOLLOWED THE RD TO THE CAMPGROUND MADE A LOOP THRU THE CAMPGROUND THEN CONTINUED ON THE ROAD TO HORIZON RIDGE WHERE IT TURNED BACK FOR A RETURN TO BADGER PASS VIA THE SAME RT. MINUS THE CAMPGROUND LOOP. THE WINNING TIME WAS AROUND 50 MIN. THE LONGEST TIME WAS AROUND 4 HOURS. 160 RACERS FINISHED.

AFTER THE RACE ALL FINISHERS WERE GIVEN LIFT TICKETS AT BADGER PASS. THERE WAS A TELEMARCK RACE, FOLLOWED BY AN AWARD CEREMONY AND PARTY IN THE EVENING.

SUNDAY SOME OF THE GROUP TOURED OUT TO DEWY POINT FOR A VIEW OF THE VALLEY AND MT. HOFFMAN.

AF.

RCS BYLAWS CHANGE APPROVED

FINALLY, on April 7th, the Ex-Com put its blessing on the Bylaws change which was approved by the RCS last December. Instead of lowering taxes, we've imposed a yearly Activity Fee as part of the membership requirement AND we've split the Secretary-Treasurer job into two positions.

The Management Committee has set the fee at \$10 a year (the figure tossed around at our Annual Business Meeting last October). This fee will supersede and replace the \$3.00 campsite fee that collected previously by trip leaders on each trip, thus allowing our trip leaders to devote their time and energy to screen the climber's and selected climbs keeping climbers' safety foremost in mind. REJOICE, LEADERS! No more chasing down campers for \$\$\$\$!

The 87/88 Activity Fee is due and payable IMMEDIATELY and will late by July 30th. (The 88/89 fee will be due in October 1988 and will be delinquent January 30, 1989.) Make your check for \$10.00 payable to: RCS. Send your check to: Mike Feldman, 3551 El Lado Drive, Glendale, CA 91208. OR BETTER YET, bring your check to the meeting May 17th! D DO

JOSHUA TREE MARCH 19-20
STUDENT'S SPECIAL WEEKEND

The weekend went well; a number of students got their first taste of real climbing. The weather was great; in the 70's during the day. Campers staying Friday night at Sheep Pass included only a few students. But by the time everybody had signed in Saturday there were a remarkable 53 participants! A few of the 21 students waited around for a leader, but by 8:45 everybody was teamed up and off to their climbs. Saturday night was the traditional campfire and we were even visited by the ranger, who didn't like the number of cars at the campsite. Routes for the students (climbers now!) included Baby Roof, Aftermath, Foreign Legion, Right On, Eye of the Cyclops, climbs at Echo Rock, Locomotion Rock and the Blob. Some of the more ambitious climbs by members included Tax Man, Illusion Dweller, Exorcist, and Walk on the Wild Side. Yours truly climbed Sunday at Hemingway Buttress, startling a couple of owls out of a cave in the rock!

RH

Suicide Trip: March 26 & 27

The air in the mountains was clear and cool; the eight climbers headed up to the Weeping Wall. Everyone climbed either two or three routes there and/or in the northern area on Saturday. The group had dinner at the Italian restaurant. Amid the comradery and story telling we made plans for the following day.

On Sunday we hiked into the southern area described in the guide book. The approach took a good two hours. We finally started climbing on three short routes: The Root Canal, Le Dent and Jammit. These routes turned out to take much longer than planned--there's more story telling material here. The participants will all relate their own versions under the influence of suitable libations.--We finally started for the cars at 6:00 PM in fading twilight. A half moon in the clear sky provided just enough light during the ensuing one and a quarter hour bushwhack to the road.

In the future everyone in our party agrees to approach these climbs from the top after having climbed a routes on or near the Weeping Wall. We wish to encourage others to do likewise.

SAFETY TIP

I would like to remind all climbers to include a flashlight in their packs. Also people who require glasses should bring a clear pair as well as sunglasses. TR

ATTENTION: RCS T ROCK LEADERS

IT'S TIME TO SCHEDULE YOUR CLIMBING TRIPS FOR THE LAST HALF OF 1988. I'm not going to do a separate mailing or individually call all the T-Rated leaders this time. LISTED BELOW is the PRELIMINARY July to December RCS Schedule AND BELOW THAT is the list of RCS T Leaders with the chapter rating shown after the name. DECIDE on your climbs, GET YOUR OWN CO-LEADER, and CALL Donna O (at 213.320-2891) OR BRING the info to the next RCS/SMS meeting on May 17th. Thanks for making my job easier.

JUL - DEC, 1988 RCS CLIMBING SCHEDULE

DATE	LOCATION	LEADERS
Jul 2 - 4	Sierra So Fork Big Pine Ck	Claude Lane/Bob Somoano
Jul 2 - 4	Courtright Reservoir	Greg Vernon/Jim Erb
Jul 9 - 10	Sulcide/Tahquitz	John Gonzales(1)/??
Jul 23 - 24	Tahquitz	Pat Lysgard(2)/??
Jul 23 - 24	Kings Cyn Gorge of Dispair Backpack	Mike Jelf /??
Aug 6 - 7	Kings Cyn - The Obelisk Backpack	Mike Jelf /??
Sep 3 - 5	Tuolumne Meadows (Labor Day)	
Oct 8 - 10	Tuolumne Meadows (Columbus Day?)	
Oct 16	Big Rock Annual Picnic	Claude Lane/??
Oct 22 - 23	J-Tree Blind Kid's Trip	Mike Jelf/??
Nov 26 - 27	Joshua Tree Turkey Trip	Dick Mundweiler/Margo Koss
Dec 11 (?)	Class-(Stoney Point?)	Training Committee

CHAPTER RATED/RCS T ROCK LEADERS (4/88)

Mike Adams	M	Tony Bird	O	Mindy Bagdon	M
Scott Bailey	M	Mark Cole	O	Alan Baty	M
Leonard Bayless	E			David Burdett	E
Ruth Carter	O			Nick Clinch	E
Kathy Crandall	M			Dick DeRusha	E
Tom Duryea	M			Jim Erb	E
Al Fowler	E			Andy Fried	E
Paul Harris	O			George Holland	M
Anna Houpt	O			Ron Hudson	E
Mike Jelf	M			Tom Jenkins	E
Tom Jeter	E			Horton Johnson	E
Margo Koss	O			Claude Lane	M
Hans Lees	E			Bob Lindgren	E
Frank Meyers	E			John Moore	M
Dick Mundwiler	O			Karen Patterson	M
Dave Perkins	M			Don Pies	M
Phil Rabichow	M			John Ripley	M
LeRoy Russ	M			Steve Russell	M
Theresa Rutherford	E			Tim Ryan	O
Virgil Shields	M			Abe Siemens	E
Alois Smrz	E			Bob Somoano	E
Larry Tidball	E			Maris Valkass	E
Greg Vernon	M			Chuck Wilts	E
Ellen Wilts	E			Fred Wing	M
Emory Young	M				

- (1) Provisional Lead for Chapter/RCS Rock Leader rating--Based on completion of LTC requirements prior to trip.
- (2) Provided RCS Regular Membership attained and LTC requirements completed before trip.

THE CRACK-CLIMBING WORKSHOP: Climbing 5.10

As a member of the first crack-climbing workshop, I hope to inspire this year's students and other RCS members to climb 5.10. I graduated from the RCS training course in 1986. Because of the intensity of the crack-climbing workshop, I have just started to lead 5.10 crack climbs.

A number of elements are involved in climbing 5.10 cracks. Most important, in my opinion, are the following:

DESIRE - The first step is to expand your expectations. Don't limit yourself. You can do it. Then you have to really want it. For example, I finally led "A Woman's Work is Never Done" (5.10c). I worked on this climb on four separate occasions and fell on lead at least ten times! I really wanted to do that climb. During the week, I would think about doing that climb.

DEDICATION - Desire is not enough. You must be mentally and physically ready. This means hard work. When I climb on the weekend, I go to the gym on Tuesdays and Thursdays. I do 18 different exercises -- mostly free weights -- with at least three sets of 10 reps or about 540 repetitions. Also you can't ignore aerobic exercise. All in all it means working out or climbing almost everyday.

Mindset is also important. Controlling fear is a big factor. Probably the best way to accomplish fear control is to have confidence in your ability to place protection, your climbing skills and your belayer.

Also with practice you can better judge your limitations. To advance you must try to climb close to your limits. Are you mentally strong enough to leave your comfort zone? 5.10 cracks are not in my comfort zone. It becomes a mental battle sometimes to go on.

Another mental trick is to visualize yourself making those tough moves successfully. This can really improve your climbing. Also always think positive.

CLIMB You have got to climb in order to get better. A great way to do this is to join next year's crack-climbing workshop. We climb nearly every week-end.

One method we employ to climb those tough climbs is top-roping. First we top-rope a problem to figure out the moves and check protection possibilities. Next we lead and lead until we can do the climb with no hangdogging and no falls. I know some people would consider this method unethical. I don't. All athletes practice. An Olympic skier has skied the run the day before, then he goes out and does his best performance.

In order to put so much time and effort into climbing you have to really love climbing. Climbing 5.10 for me is intense, exciting and very satisfying. All problems are forgotten and things are put into perspective. Hopefully Jim Erb and Theresa Rutherford will allow me to participate in next year's workshop. I hope to see you there too.

Pat Lysgaard

ON-GOING CRACK CLIMBING WORKSHOP

PROGRESS REPORT - MARCH 1988

After a number of attempts over several weeks, Pat Lysgaard and Theresa Rutherford savored clean leads of "A Women's Work Is Never Done", rated 5.10c. We were beginning to think the climb was aptly named!

This month we launched into Level 4, with some participants accomplishing Foreign Legion 5.10d, What's It To You 5.10d, Clean and Jerk 5.10b, Fisticuffs 5.10b, and Bearded Cabbage 5.10c. Everyone who tried, however, failed on O'Kelley's Crack 5.10c, The Importance of Being Ernest 5.10c, and Rubicon 5.10d. RCS Chairperson Donna O', who joined us for a day to observe the workshop in action, saw one leader after another log air time on Rubicon. Interestingly, most participants top-roped Rubicon without falling, but could not hang out long enough to place protection.

During April, our seventh and last month, we expect to continue working on Level 4. Three people, Tom Brogan, Mark Maier, and Greg Rzonca, are within two climbs of achieving their six Level 4 leads. Much like an expedition tries to get at least one team to the summit, my main goal is for one or more of these front runners to reach Level 4!

Following is a list of the 48 workshop climbs. RCS members may find this a useful list of premier Joshua Tree crack climbs in the 5.9 and 5.10 range. Claude Lane plans to present a slide show of the workshop, probably in June, which should illustrate a number of these fine routes.

Level 1

Cake Walk 5.9
Colorado Crack 5.9
Continuum 5.9
Dummy's Delight 5.9
Gem 5.8
Invisibility Lessons 5.9
Looney Tunes 5.9
Middle Peyote Crack 5.9
Nurn's' Romp 5.8
Pope's Crack 5.9
Room to Shroom 5.9
Touch and Go 5.9

Level 2

Aftermath 5.10b
Bird of Fire 5.10a
Effigy Too 5.10a (TR)
Left Mel Crack 5.10
North Overhang 5.9
Orphan 5.9
Right Baskerville Crack 5.10a
Right Mel Crack 5.10a
Sphincter Quits 5.9
Spiderman 5.10a (TR)
Tossed Green 5.10a
Watanabe Wall 5.10a

Level 3

A Woman's Work is Never Done
Bruiser 5.10c (TR)
Dangling Woo Li Monster 5.10a
Exorcist 5.10a
Friendly Hands 5.10b
Halfway to Paradise 5.10 (TR)
Illusion Dweller 5.10a
Lower Right Ski Track 5.10b
Roller Ball 5.10a
Super Roof 5.9
Tax Man 5.10a
Tinker Toys 5.10b

Level 4

Bearded Cabbage 5.10c
Book of Changes 5.10b
Caught Outside on a Big Set
Clean and Jerk 5.10b (TR)
Fisticuffs 5.10b
Foreign Legion 5.10d
Morning Thunder 5.10d
O'Kelley's Crack 5.10c
Perpetual Motion 5.10d
Rubicon 5.10d
The Importance of Being Ernest
What's It to You 5.10d (TR)

Jim Erb, and Theresa Rutherford

CHRISTMAS TREE PASS Feb 27-28

Nine climbers and one non-climbing guest met in southern Nevada on a cloudy Saturday morning on a weekend that mostly rained in L.A. The weather was mild with clouds giving way to sun for most of both days, the views were spectacular, and the company good.

This area offers many bolt protected face climbs of varying difficulty ranging from 5.6 upwards. Nothing like a guide to the area exists, although local knowledge of the main canyon has been sufficient to ensure good climbing so far (i.e. we find the bolts and follow them). Weger and Mathias climbed a formation called the Space Needle that contained a 10b traverse. The rest of us climbed in the main canyon where the 5.7 mini-classic, Wilkinson's Sword, was climbed. This climb follows a vertical flake that stairsteps up the north side of the main canyon; it is sharp enough to shave with, if tapped resonates to a high C, and should be followed by a liberal application of Aqua Velva.

No one was attacked by the Yellow Peril Hornet on this trip, but Bob Havens, who has a nose for such things, found a big cat den as he attempted to find a subterranean passage from rock face to canyon bottom. Bob was pleased to report that the owner of the den was not in.

Saturday night found us tasting the delights of the \$4.95 all you can eat Prime rib buffet in nearby Laughlin Nevada, but I am sad to say that only two of our number upheld the section tradition of main course seconds (the rest of us wizzed out).

On Sunday none of us climbed in the main canyon. Seven of us climbed on something called H&R Block, but found no answers to our tax dilemmas. Weger and Mathias explored, but found no climbing on a formation that is called Ambrosia. We did find, however, a rope that was small for its size and short for its length. The rumor that this area is climbed out is perhaps false; more climbs might be found, and the hard core Christmas Tree Pass climbers will schedule more trips to find them. D.P.

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