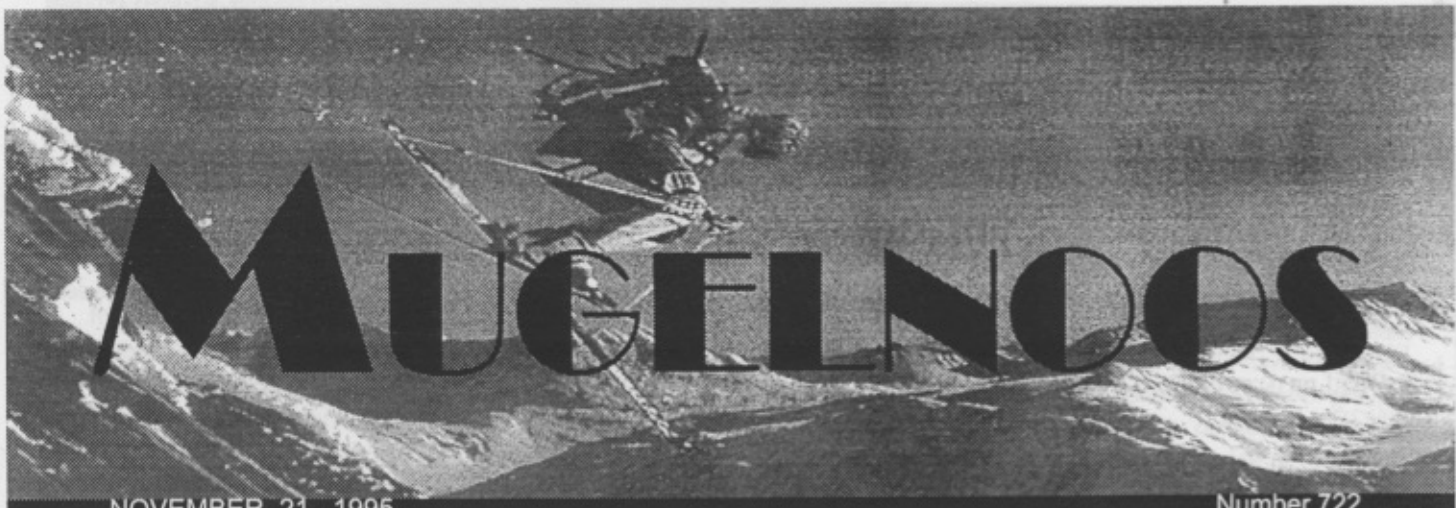


RCH

11/95



MUGELNOOS

NOVEMBER 21, 1995

Number 722



SKIING THE SIERRA CREST FROM ROCK CREEK TO MAMMOTH

A PRIVATE TRIP, May 21-26, 1995

by Reiner Stenzel

With most weekends suffering from bad weather the urge for a long backcountry trip grew stronger and stronger. Toward the end of May a small group consisting of Steve Hessen, Glen Hirayama and myself decided on a six-day tour from Rock Creek to Mammoth, roughly following the crest tour E described in John Moynier's book. We started on Sun, 5/21, in good weather at the snowparking lot of Rock Creek. The road to the lodge was still closed, but we were lucky to hitch a ride in the ranger's truck. We ascended to Ruby Lake to cross Mono Pass. It was avalanche weather as the intense sun shone on the slopes loaded with heavy wet snow. Ascending beyond Ruby Lake on a 35 deg slope it almost happened: A large slab below us fractured, but luckily it did not slide. It is a very scary experience to hear for a few seconds the hissing and cracking sounds all around you, knowing that at any moment the hill could start to slide. Like walking on raw eggs we moved off that

THE MUGELNOOS IS 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. SUBSCRIPTION PAYMENTS ARE NOT TAX DEDUCTIBLE AS CHARITABLE CONTRIBUTIONS.

MUGELNOOS STAFF

EDITOR ANDY FRIED
MUGELPRINTER ANDY FRIED
MUGELMAILER PAT HOLLEMAN

MEETINGS

3RD TUES EACH MONTH NOV THRU MAY EXCEPT DEC. 7:30 PM GRIFFITH PARK RANGER STATION AUDITORIUM 4730 CRYSTAL SPRINGS DRIVE, LOS ANGELES, CA.

NEXT ISSUE: DEC 19, 1995

ISSUE DEADLINE DEC. 10, 1995 ALL PHOTOS, SLIDES, AND ARTICLES SENT TO: ANDY FRIED, MUGELNOOS EDITOR, c/o TEC GROUP, 10727 WHITE OAK AVE. SUITE # 205, GRANADA HILLS, CA 91344. 3 1/2" OR 5 1/4 " DISKS (IBM) OR AT 71237.1270@COMPUSERVE.COM. IF YOU WISH TO HAVE PHOTOS RETURNED AFTER PUBLICATION INCLUDE A SELF ADDRESSED STAMPED ENVELOPE. WE ARE NOT RESPONSIBLE FOR LOST PHOTOS.

UPCOMING TRIPS:

Date	Location	Leaders / Program
Dec 2-3	Demo Days (Bear Mt)	Norpine Mountain Sports
Dec 9-10	Mammoth SMS / Leader Training	Owen Maloy, Andy Fried
Jan 6	Local Intro Tour	Paul Harris, Walt Bogue Asst.
Jan 13	XC Downhill Clinic (local mts)	Howard Schultz
Jan 20	Mt San Jacinto	Ken Deemer, Pete Matulavich
Jan 26-28	SMS Training Camp	Nonie DeSurra, P. Harris, M. Goebel
Feb 3	Mt. San Jacinto	Reiner Stenzel, Howard Schultz
Feb 3-4	Mt. Baldy, San Antonio Hut	Ken Deemer, Mark Goebel
Feb 10-11	Snowshelter Course	Reiner Stenzel, Howard Schultz
Feb 11	San Jacinto Tour & Fun Race	Ken Deemer, Don Pies
Feb 17-19	Rock Creek, Mosquito Flts Yurt	Reiner Stenzel, Tom Marsh
Feb 24-25	XC Downhill Clinic Keller Hut	Nancy Gordon, Paul Harris
Mar 2	Mt. Pinos-Abel Traverse	Reiner Stenzel, Howard Schultz
Mar 2-3	San Gorgonio Snow Camp-Climb	Mark Bailey, Don Pies
Mar 9-10	San Jacinto, Intro. trip Snow Camp	Ken Deemer, TBA
Mar 16	Local Peak Day Trip	Mark Bailey, Pete Matulavich
Mar 16-17	Rock Creek Mosquito Flts Yurt	Reiner Stenzel, Owen Maloy
Mar 22-25	White Mountains Ski Tour	Tom Marsh, Paulette Woodward
Mar 23-24	Mt. Baldy	Mark Goebel, Paul Harris
Mar 30-31	Onion Valley-Sardine Canyon	Reiner Stenzel, Howard Schultz
Apr 13-14	Pear Lake, Sequoia N.P.	Ken Deemer, Mark Goebel
April 20-21	Ski Mountaineers Peak	Gerry Holleman, Paul Harris
May 4-5	Mammoth Lakes Touring	Mark Goebel, Andy Fried
May 4-5	Elderberry Can, Mt. Tom	Ken Deemer, Reiner Stenzel
May 11-12	Hilton Lakes Ski Camp	Keith Martin, Owen Maloy
May 18-19	Mtrs Route Gully, Mt. Whitney	Reiner Stenzel, Howard Schultz
May 25-27	Horton Lakes Ski Camp	Keith Martin, Tom Marsh
May 25-27	Mt. Lassen	Reiner Stenzel, TBA
Jun 1-2	Rock Creek Ski Camp	Pete Matulavich, Reiner Stenzel

Ski Mountaineers Central Committee
Chair - Reiner Stenzel Vice Chair- Ken Deemer
Outings/Safetey Nancy Gordon Sec. \Treas-Mark Goebel
Agent for Progress Owen Maloy Mugelnoos Editor- Andy Fried
Mugelnoos Mailer Pat Holleman

Ski Mountaineer Leaders

Mark Bailey Owen Maloy
12612 Fieldstone Lane #73 P. O. Box 2083
Garden Grove, 92645 Mammoth Lakes 93546-2083
(714) 379-0746 (619) 934-4553W
Fax 619 934-9511

Walt Boge
13260 Cumpston Street
Van Nuys 91401
818 781-4576

Ken Deemer
2401 Pine Avenue
Manhattan Beach 90266
(310)546-4012H (310)587-3390 W

Nonie DeSurra
188 E 19th St
Costa Mesa, Ca 92627-2831
(714)646-0758 (714) 631-4834 W

Andy Fried
9218 Jellico Avenue
Northridge 91325
(818)993-1891H (818)363-6196 W

Mark Goebel
9522 Innsbruck Drive
Huntington Beach 92646
714 963-9384

Nancy Gordon
6550 Ellenvue Avenue
West Hills 91307
818 884-8065

Paul Harris
PO Box 70765
Pasadena 91117
818 577-4800

Gerry and Pat Holleman
1638 6th Street
Manhattan Beach 90266
310 374-4654

Tom Marsh
5493 Quailridge Dr.
Camarillo, CA 93012
805 388-3984

Keith Martin
P.O. Box 864
Palos Verdes Estates 90274
(310) 316-7617

Pete Matulavich
126 Calle Candids
San Dimas 91773
(909)599-6148 (909)592-2814W

Don Pies
1606 Haynes Lane
Redondo Beach 90278
(310)318-6251 (310)616-9692W

Howard Schultz
3625 Perdue Ave
Los Angeles, 90066
310 391-7711

Reiner Stenzel
519 Almar Avenue
Pacific Palisades 90272
310 454-9787

Paulette Woodward
2740 Pine Creek Circle
Fullerton 92635
(714) 529-8154

FOR SALE

Tua Montet Special (wood topsheet) 200mm, Riva Classic cable, Vole release with brake. Used one time since tune up by Footloose, Mammoth. Retail over \$630. SALE: \$225. Tua Escape S (waxless) 210mm, Rottelfella binding. Used 5 times. Retail over \$345. SALE \$175. Tua Transalp 197mm. New unmounted Retail \$270. SALE \$175. Leki Poles: Super Extreme-3 Section: \$65. HI TEC 50 in. & 48 in. Retail \$100. SALE \$70. Super Makalu Cortec Antishock hiking poles. Retail \$109. SALE \$75. Excel touring pole 150mm. Retail \$50. SALE \$30. Synergy internal frame pack. SALE \$50. Al Tapia (805) 253-3350.

New Snowboard Mag

Snowboard Life will appear at the newsstands in mid-November. What makes this publication different is that it is not for jib-bonking air heads. The mag will focus on free riding and carving and is said to be geared for the mature rider (25+ years). In the first issue: "Getting Started- for first-timers," "Powder Heaven"—a backcountry heli-snowboard story, "Gear Guide", "Ten Cool Places to ride," and "Why Ride!"

Cont. from page 1.

slope into rocks and trees and finally got into safe terrain leading up to Mono Pass. The weather began to deteriorate, low clouds were moving in and soon we were in a whiteout. We decided to stay at Summit Lake (12,000') where we found an avalanche-safe but windy plateau.

Mon, 5/22, we descended down to Golden Lake, followed Golden Crk to Hopkins Crk, from where we ascended toward the Hopkins Lakes. It was snowing all day long. Thick wet flakes eventually soaked our clothes and gear thoroughly. Navigation in the forest was by map and altimeter. Skiing down on breakable crust was no particular pleasure. After each fall the forest had to absorb many strong words of frustration. Near the Third Recess we heard a dog barking in the forest, followed the sound and found a lonely camper. At 5 pm we arrived in the upper Hopkins basin. West of Mt. Hopkins we found a safe campsite on a plateau among trees. We made a campfire to dry our clothes, but after some time the fire disappeared in a 3' hole in the snow.

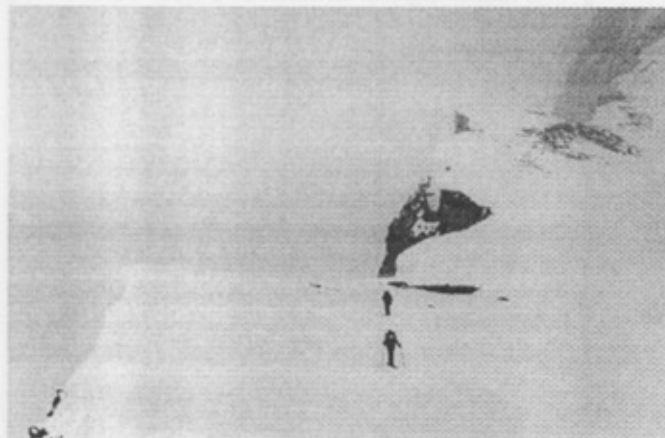
Tue, 5/23. We awoke to intermittent sunshine, dried our gear and got off to a late start. By 11 am a thundering avalanche came down from Mt. Hopkins. It was time to get over the next pass. Hopkins Pass (11,400') looked trivial from the South, but we changed our mind after looking over a mighty cornice to a shear dropoff to the North. From the pass the view into McGee Canyon and beyond to the White Mtns was spectacular. To the West was Red and White Mtn (12,850') which came periodically out of the clouds. We ate lunch, enjoyed the view, and looked for a break in the cornice to descend. Belayed on a short rope, a narrow escape route was found just in time before a thunderstorm moved in. After kickstepping down a 45 deg slope with a 30' cornice in the back, we were relieved when we reached gentler, skiable terrain again. We contoured well above Big McGee Lake to a plateau (10,800') at the base of Corridor Pass where we set up camp. Of course, it snowed again, and this time very badly. Using a tarp supported with rope and skipoles we constructed an improvised shelter, cooked and ate under it and finally erected the tents without getting everything wet.

Wed, 5/24. The sunshine in the morning after a snowstorm was a blessing. We took time to dry our clothes, sleeping bags, tents, etc. Although we had discussed going over McGee Pass, we actually ascended Corridor Pass which leads into the upper Convict Canyon North of Red Slate. The ascent to the pass was not the safest since there were steep walls and plenty of avalanche signatures. We descended East of Red Slate toward Lake Constance and Lake Wit-no-so-pah, none of which were recognizable due to the snow coverage. The view toward Mt. Morrison and Baldwin beyond snow covered Lake Dorothy was superb, but the summits were

in the clouds. Above Lake Dorothy there was a suitable campsite where, for the first time, we set up tents before it started to snow.

Thur, 5/25. Today's pass was Pretty Pass (11,900') which required a short but 1,000' ascent. Many switchbacks were necessary since the slope got steep (40 deg) and the snow was still frozen. We made our kickturns carefully above rocks since otherwise a fall would have been fast and long. Bad weather moved in again with plenty of graupel. We were lucky that the cornice on top of the pass was easy to overcome. On the North side of Pretty Pass there was a foot of powder but no visibility. Thus, it was skiing by gravity since everything around us was uniformly white. From Franklin Lake to the Ram Lakes we were in a winter blizzard. We opted out of Pika Pass and turned Southwest to Purple Lake where we hit the John Muir Trail. The weather cleared up. An eagle circled above us. Beyond the end of Purple Lake we found an excellent campsite with a wonderful view of the Silver Divide. A rare event happened, sunshine at dinner time.

Fri, 5/26. This was our last day. The weather was perfect. We roughly followed the invisible John Muir Trail to Duck Lake. After lunch we ascended Duck Pass and then enjoyed the long run down Mammoth Creek past Lake Mary. Since the roads were still snow covered we could ski all the way down to Steve's home in Mill City/Mammoth. We retrieved my car from Rock Creek for my next day's trip to Mt. Ritter and finally celebrated the trip with plenty of beer and pizza. It was a great backcountry skitour with many adventures and challenges. Thanks to Steve and Glen for being such fine companions.



MUGELNOOS RENEWAL NOTICE!

If you have not renewed your Mugelnoos subscription for the '95-96 season, it is due! Check your mailing label for your current status. To renew, send a check for \$7.00 written to "Mugelnoos" to the Mugelmailer: Pat Holleman, 1638 6th St., Manhattan Beach, CA 90266.

TELEMARK SKIING



FREE-HEEL DOWNHILL INSTRUCTION

Come learn the turn whose revival has sparked a new interest in skiing.

Learn downhill and backcountry skills by practicing where there is the opportunity for lots of runs, and professional coaching.

Our instruction will give you the means to enjoy more challenging slopes and difficult snow conditions, both in the backcountry and at the ski resorts.

Bear Mountain Telemark Instructors are **certified** and teach a **refined skills progression** that blends the best of nordic and alpine movements.

No other ski school or resort in Southern California offers such a program **seven days a week**.

Save yourself from years of frustrating trial and error.

For a change of pace, a challenge, and lots of fun, come telemark with us.

Daily Group Lessons

- 3-8 guests - 90 minute clinic
- Fewer than 3 guests - 60 minute clinic
- Clinics - midweek - 9:30 a.m. - 1:00 p.m.
- Weekends and holidays - also at 11:00 a.m.

Private Lessons

- The quickest and most effective way to improve your skiing skills.
- Pricing and reservations at Ski School Office. **One Hour • Half Day • All Day**
- Please register at least one hour before class begins.

Special Events.

- **Dec. 2 & 3** Norpine's Telemark Demo Days **Must Pre-register** • Contact Norpine Mt. Sports

Skiing Clinics

(619) 276-1577

- **Nov.** PSIA "Level-1 Exam-Prep" Hill-Clinic
- **18** PSIA "Skiing-through-Level-2" Hill-Clinic
- **Nov.** PSIA "Level-2 Exam-Prep" Hill-Clinic
- **19** PSIA "Skiing-through-Level-1" Hill-Clinic

Must Pre-register • Contact PSIA (209) 586-1408

Information

- Ski School Office (909) 585-2519, ext. 231



BEAR
MOUNTAIN
SKI RESORT

P.O. Box 6812 Big Bear Lake, CA 92315-6812
Phone 909-585-2519 Ext 231 Fax 909-585-6805

Nov 18 & 19 Cancelled- Lack of snow
For More Info call Joe McCoy (909) 585-1686
Dec 16 Level 1 Exam Prep, Clinic, Skiing Thru Level 2
Dec 17 Level 2 Exam Prep, Skiing Thru Level 1

ON-LINE WITH MAMMOTH MTN.

Mammoth Mountain is going "live" on-line this season with the "Mammoth Weather Cam". If you are on the electronic information superhighway, you can now experience Mammoth weather conditions as they are happening at: <http://www.rsn.com/~mammoth>

Mammoth is also currently building its own WWW Home Page, and the address will be published when it becomes available. Other current Mammoth Web sites are: AMI Recreation Network: <http://www.aminews.com/ami> and Southland Ski Server: <http://www.cccd.edu/ski.html>

OTHER MAMMOTH NEWS: with Mammoth's daily lift ticket now \$43.00; consider skiing at June Mountain where an all day ticket is only \$35.00, and only \$10.00 every Wednesday (nonholiday). Also, during stormy weather June is a good bet because its upper lifts don't have to close down like they do at Mammoth when it is windy. Thus, the lines are shorter, plus June can get some really good powder.

FREE-HEEL THE INTERNET VIA THE SMS WORLD WIDE WEB HOME PAGE

The SMS will be jump-turning onto the Information Super Highway in December. The SMS Home page will include lots of good stuff such as:

- SMS News
- SMS Membership
- Mugelnoos Subscriptions
- Scheduled & Private Trips
- Equipment/Technique Info
- Library (photos, books)
- SMS Resume of Trips
- Member E-mail Addresses
- Links to other ski mountaineering related websites

As you can see, the page will have information for both potential and current members.

The URL (Uniform Resource Locator) for the page has not been determined yet. A link from the existing Angeles Chapter Home Page will also be established by selecting Ski Mountaineers Section found under the Special Activities list. The Angeles Chapter URL is <http://www.sierraclub.org/chapters/angeles/>.

If you would like more info and/or have your e-mail address on the home page, e-mail your request to Mark Bailey, 102045.3411@compuserve.com. Future enhancements may also include an e-mail broadcast list.

GPS Navigator Wanted for SMS Trip

Provisional leader, Mark Bailey, is searching for a person to demo GPS navigation on an SMS trip this season. A GPS receiver, that's Global Positioning System to you compass/altimeter diehards, could be/is the ultimate navigating instrument for the backcountry. With handheld units at \$200, GPS offers some new navigational approaches to ski mountaineering. Anyone having access to a GPS receiver and interested in participating on a SMS trip please contact me. 714-379-0746.

Member Address Change (Phone)

Marcia Male
P.O. BOX 566
MOOSE, WY 83012
(307) 734-0376

Mary & Rayne Motheral
2195 Double "O" Mine Trail
Cool, CA 95614
(916) 889-0380

Telemark Demo Days Dec. 2-3 Bear Mountain Ski Resort

Sponsored by Norpine Mountain Sports. Telemark mini-lessons, Drawing for prizes, try out newest equipment, talk to factory reps., earn frequent skier credits.

You must pre-register with Norpine (619) 276-1577 1022 W. Morena Blvd., San Diego 92110 Cost \$40 per day incl. lift ticket. Bring your own ski equip and safety straps or leashes. (for lessons and between demos).

Conditioning and Avoiding Risk of Injury

by Nancy Gordon

I try to keep myself in shape for skiing by backpacking and climbing in the Sierra during the summer. But there is always a gap between my last backpack and the first time my skis glide on snow.

We probably all know what we need to do to get ready for the ski season and we all wish we could condition using the Ned Gillette method of "Horizontal Training" (Gillette and Dostal: Cross-Country Skiing.). Ned doesn't believe one should waste energy; he subscribes to the basic rule of "Never stand when you can sit, never sit when you can lie." By following this method, he believes one stores vast energy reserves which can be utilized later when one needs it. This is not laziness, he protests, but requires a rigorous commitment and strict discipline. One needs to get ten hours of sleep, often sleeping until the afternoon to avoid the energy-draining morning hours. Naps are beneficial, also. Of course, Ned's diet of beer and pizza is his way to the "proper balance of nutrients to maximize the storage of energy."

Being a "morning person," I disagree with Ned's program.

But I agree that there are many exercises to avoid:

Climbing the wall
Dragging your heels
Grasping at straws
Skipping your meals
Tilting at windmills
Spinning you wheels
Jumping the gun
Passing the buck
Kicking yourself
Pushing your luck
Stretching the truth
Running amok

Unfortunately, most of us are all too familiar with these exercises. Maybe if we avoid these futile exercises and seek out a happy medium between Ned Gillette's "Horizontal Training" and a full-time, intense athletic training schedule, we will experience a higher level of performance and have more fun skiing.

The benefits are too good not to put forth some effort: You can smile while your physically unconditioned friends are popping Advil to get relief from the aches and pains of sore muscles. You can ski the next day while these friends are in bed writhing in agony from skiing the previous day. You can return to work walking normally without having to learn ingenious ways to ambulate. Besides, a well-conditioned body helps prevent serious injury.

There are other important things to do to help reduce your risk of injury: avoid high risk behavior, learn to recognize potentially dangerous situations, and develop a personal strategy for responding to these situations. Also, be sure your ski equipment is in good shape and follow the Skier Responsibility Code when skiing at a lift-served area:

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

So, as the first snow flakes are dancing and swirling to the slopes, flex those joints and stretch those muscles to prepare yourself for an exhilarating 95-96 ski season.

Ski heil!

Found: Eyeglasses left at SMS Potluck. If they belong to you and someone was kind enough to read this to you please call Andy Fried (818) 993-1891 for return.

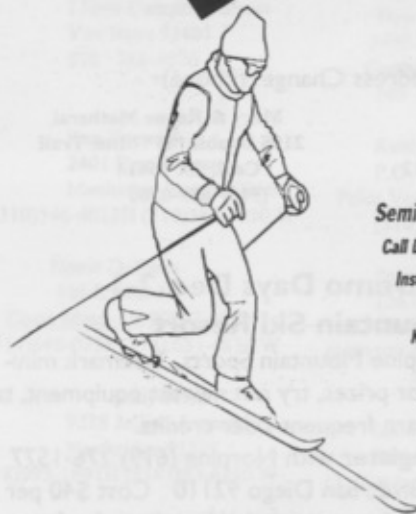


THE MUGELNOOS

Pat Holleman
1638 6th St.
Manhattan Beach, Ca 90266

Richard L. Henke
652 Marine Ave.
Manhattan Beach, CA 90266
SMS RCS-R 1996

Telemark And Nordic Downhill Instruction (In The Local Mountains)



Private or Semi-Private Lessons

Call Dennis for information

Instructor: Dennis Yates:
(213) 874-4148

Kratka Ridge Ski Area:
(818) 440-9749

24 Hr. Snow Report:
(818) 449-1749

Kratka Ridge Ski Area

Operating Under Special Use Permit, US Forest Service, U.S.D.A.

