

Mountaineering Club of Alaska

A monthly members-only publication

SCRWEE

September 2002 • • • • • Volume 45 Issue 09

Mailing Address: P.O. Box 102037
Anchorage, Alaska 99510

On the web: <http://www.mcak.org>

List Serv: <http://groups.yahoo.com/groups/MCAK>

September Meeting

Wednesday, September 18th, 7:30 pm

First United Methodist Church

9th & G Streets

Next to the Phillips Building

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

Downtown Anchorage

Wayne Todd
presents

**"Trekking, Climbing,
& Flowers in Peru"**



by Rod Wilson

Two trees along the trail apart
Each thick against the mountain winds
Spruces both: on tall a perfect cone
One close to treeline squat and gnarled.

Fresh and green they stood two years ago
Now brown and sere bark beetle killed
I pass again as many times before
My eyes avert; my friends are gone.

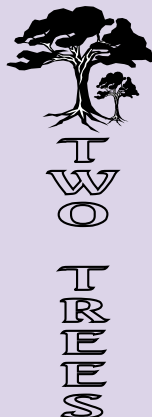


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Hiking and Climbing Schedule

Sept. 14 Day of Departure: SATURDAY
Time of Departure: 9 a.m.
Class D
Trip Description: Pioneer Peak
Leader Name: Amy Murphy
Primary Phone: 338-3979
Email Contact: hayduchesslives@yahoo.com

XTRA COMMENTS: Hike to the south summit of Pioneer Peak and enjoy beautiful scenery. Approximately 12 miles and 6,300' elevation gain. Bring food, rain gear, and lots of water. Meet at the trailhead at 9:00 a.m.

17 Day of Departure: TUESDAY
Time of Departure: 5:30 p.m.
Class B
Trip Description: Peak 2831
Leader Name: Steve Gruhn
Primary Phone: 344-1219
Secondary Phone: 276-7475 (work)
Email Contact: steven.gruhn@hartcrowser.com

XTRA COMMENTS: After work hike in the Eagle River Drainage, starting at 5:30 p.m. Maximum of 12.

19 Day of Departure: THURSDAY
Time of Departure: 6:00 p.m.
Class B
Trip Description: Peak 3980
Leader Name: Steve Gruhn
Primary Phone: 344-1219
Secondary Phone: 276-7475 (work)
Email Contact: steven.gruhn@hartcrowser.com

XTRA COMMENTS: After work hike in the South Fork of Eagle River and Ship Creek Drainages, starting at 6 p.m. Maximum of 12.

21 Day of Departure: SATURDAY
Time of Departure: 9 a.m.?
Class C?
Trip Description: Concerto Peak (5505)
Leader Name: Steve Gruhn
Primary Phone: 344-1219
Secondary Phone: 276-7475 (work)
Email Contact: steven.gruhn@hartcrowser.com

XTRA COMMENTS: Starting from the South Fork of Eagle River Trailhead and heading into the Ship Creek Drainage.

Sept. 28,29 Technical Ice Climbing Clinic
Contact Steve Parry at
248-8710 ASAP if interested!
Instructors needed!

Trip and Trip Report Submissions:

Please submit your trips via the web:

<http://photoalaska.biz/scree>

A copy of your submission will be forwarded to Matt Nedom; Trips Coordinator. If he has any questions about your Club sponsored trip he will contact you. If the trip meets the Club's criteria, it will automatically be published in the forthcoming Scree and then to the MCA website. Trip reports may be submitted via email in Word or text formats. *Please limit your trip reports to 1500 words or less and please spell check your document prior to submission.*

Book Reviewers Needed:

I need help in maintaining our commitment to The Mountaineer Books by doing a review monthly of books they have provided to our club at no charge.

Please visit
www.photoalaska.biz/bookreviews for more information.



Robert Baker SCREE EDITOR
1830 E. Parks Hwy. #600
Wasilla, AK 99654 (907) 357-2944



TRIP REPORT CORRECTION:

In Amy's story on the Matanuska Peak climb in the last issue she named Carol Jewell as Carol Lewis.



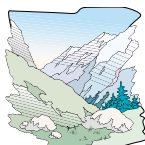
Trip Reports

Vista Peak and Round Top (via Baldy and Black Tail Rocks)

by Amy Murphy

May 18 was another gorgeous spring day that provided great hiking conditions for the following people: Amy Murphy; Matt Nedom; Marina Telouchkina; Mark Lisee; Kristin Dahl; Jose Quendo; Steve and Nancy Parry; Joe McLaughlin; Sean Bolender (and one or two people whose names I'm missing - sorry!!). Quite a bit of the northern face of Eagle River's Mt. Baldy was still covered with snow, but there were numerous footprints to follow as we headed up (meaning very little postholing at this point). After a short break at the top of Baldy, mainly to shed clothing, we headed north along the ridgeline towards Black Tail Rocks. The northern face of Black Tail also had quite a bit of snow. From a distance, some of the steep gullies looked a little imposing, but fun to slide down in the right conditions!

We continued up the ridge, hiking through some snowfields and doing some scrambling on some of the numerous false summits. Near the top of Black Tail (4,446'), we took a break to decide who wanted to continue on to Vista Peak and who wanted to turn around and head back to the vehicles. Most of the group turned around, but Amy, Kristin, Joe, Mark and Sean decided to continue on another 2 miles or so to Vista Peak as the trail conditions looked good and the weather was great.

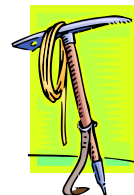


Joe had already gone on towards Vista ahead of the group, so the four of us dropped down a steep, scree-filled gully on the south face of Black Tail Rocks and traversed over to the main ridgeline that led to Vista Peak. We continued along the mostly snow-free ridge until we got to the bottom of some rock faces that led to the summit. Mark decided to wait for us at this point, so Sean, Amy and Kristin scrambled up the rocks to the summit of Vista (5,070'). We sat on top soaking up the sun and enjoying the tremendous views for a while, and saw Joe napping in the sun farther down the ridge from us. Joe met up with us while Sean scouted out a steep snowfield for us to slide down from the summit. We slid down the soft snow as far as we could, and then had to posthole our way over to where Mark was waiting. The snow was so deep that I sunk up to my hips more than once! After we met up with Mark, we headed south, back along the ridgeline we came in on.

At the trail intersection where you can turn to go back to Black Tail or up to Roundtop, we decided to hike to Roundtop since we were there. Sean had seen a fun-looking gully he wanted to slide down, and we agreed that would

be the easiest way down. So, we continued hiking to the summit of Roundtop (4,755'), and slid down a fun, fast, narrow gully, which ended up at the creek that eventually goes down through Ptarmigan Valley. We hiked up the far side of the creekbed, doing some postholing, and then hiked through the bowl at the base of Black Tail, doing some more postholing through somewhat deep, wet snow. I'm sure glad that Sean had volunteered to break trail that day! (Actually, he had **BEEN** volunteered and he does a great job!) Luckily there were patches of dry ground in between the big patches of snow. We finally got back to the ridgeline between Baldy and Black Tail and headed back to Baldy.

Slightly below the summit of Baldy, we ran into Matt and Marina, who were on their way down from hiking to Roundtop. We slid down the snow on Baldy wherever possible, and finished our hike by tromping through sloppy mud along the bottom of the trail. It was a long day, but very satisfying as Kristin and I both had our eyes on Vista for a while!



THAT'S THE RIGHT ONE, BABY!

Trip Report by Tom Choate



The 2001 "solstice" trip to the Crescent Lake area climbed Wrong Mountain, Crescent Peak and L.V. Ray Peak, all from camp at Carter Lake. This year's trip was based at the outlet of Crescent Lake, near the cabin. A group left from Anchorage at 6:00 p.m. Friday and picked up three more at Girdwood; all arrived about 8:00 p.m. at the Quartz Creek trailhead.

Four fast hikers: Steve B., Jon E., Paul D. and Carol J. zoomed off to outrun the mosquitoes, arriving about 10:30 p.m. while the other five of us, Robert B., Deb L., Dwight I., Dave R. and I arrived about a half hour later, we all camped by the shore and arose to a beautiful day about 7:30 a.m.



Soon we were leaving flagging along the west shore trail for Steve G. and, after half a mile, turned up the steep ridge we chose as least brushy. We found a route with only 30 feet of alder, and about 1000 feet up from the lake, stopped for a break in the tundra. All around were blooming flowers, especially white heather bells and yellow Potentilla.

Down where the lake narrowed and disappeared around the corner to the left, it shone in reflected sun, a silver shield surrounded by midnight blue. I started to compose a poem (see the August Scree).

At this point, a heavily sweating Robert elected to stop, and the rest worked their way up the 45 degree ridge, which became rocky toward the top. Just below the steepest part, a small snow-patch touched the ridge, and soon it was covered in foot glissade tracks by the fast four as they waited for the three of us. We took different routes through the rocks to reach the plateau, and no sooner had I arrived, than Steve G. showed up. He had rushed up a different ridge to catch us up and therefore arrived first on the plateau, his only greeter being a black bear.



The fast four moved quickly over the rocks of Right Mountain (5085 feet) and were at the stream to the south when I arrived on top. I improved the cairn and started a register before the other four arrived. Lazing around in the 70 degree sun, we admired the views from the Mystery Hills to Isthmus Peak to Harding Icefield.

Working our way down through talus toward the lake, we first found a marmot jaw, and then a pair of white-tailed ptarmigan. At the snowfield stream we enjoyed a drink of ice water and then parted company: Three starting back while Dwight and I continued south to the lake. Here we met the first four on the way back from Axis Peak, complaining that the steep snow patch was too soft to glissade. In a half hour we too were on the high point, investigating the 1942 Army Corps of Engineers VABM, surrounded by USGS 1964 markers (5170 feet). I placed a register in the northwest cairn; and after checking out the parts of Lake Kenai visible far below, started back. The steep ridge went fast, with bits of glissading on scree and snow, but I had to keep stopping to admire the ever-changing late light on the mountains and lake. Robert provided a fine welcome at camp, with some warm food and drink, and later we swapped stories around the campfire.

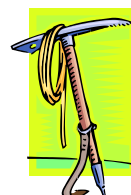
On Sunday morning about 8:00 a.m. some sleepy faces greeted another fine day and decided there was no excuse for not doing more peak bagging. Besides, I had to flag a route through the alder toward Crescent Peak for a High Adventure group that was coming in a week. Deb wanted to read. Steve G. had



returned Saturday night. Carol had to leave early. Robert was leaving at noon and Dave joined him on a lakeshore walk. The remaining five of us scouted a way through the alder to a spring near brush-line. Just above here we parted ways at 10:30 a.m. promising to meet at the same place at 2:30 p.m. Steve, Paul and Dwight went straight up the ridge to Crescent Peak. Jon and I traversed right into the cirque filled with a rock glacier and snow. As we trudged up the lateral moraine among flowers and marmot whistles, we could see three figures against the skyline ridge above. Soon we reached the cirque headwall and thought the steep snow to the cornice reasonable, so kicked steps upwards. It was Jon's turn to do the 75 degree stuff where the cornice turned into a wall, and soon we were at the col to the prominent peaklet southwest of Crescent Peak. It only took twenty minutes to the top and we yodeled to the three on the higher peak. Two started down toward us while I built a cairn and dubbed the spot Star Point, closest summit to the curve of Crescent Lake. The views included Trail Lake and the glaciers to the east. The "missing" third climber appeared glissading down the steep snow below the Crescent Peak as we started down the west ridge. Several sheep trails led us through flowery ledges down to the rock glacier.

At the meeting place we only found Steve. Paul and Dwight never showed up 'till camp, having taken a new gully down to the lakeshore. So we climbed three peaks and a point, and among them was the right one, baby!

For additional images of the Solstice trip, visit <http://www.photoalaska.biz/mcafun>.



ADZE

(VISIT WWW.MCAK.ORG FOR THE MOST CURRENT LISTINGS)

For Sale

BACKPACKS FOR SALE: DANA DESIGN K2/T-1 External frame Approx 6000-7000 cubic inch Used Twice, like new New \$425.00 Sell for \$225.00 CAMP TRAILS internal frame Used a few times New \$225 Sell for \$75 **Chris 301-0673**

For Sale

La Sportiva Karakoram 8 1/2(will fit crampon)almost new \$200 Call **Paul 336-2745**

For Sale

1 pr. of Scarpa Inverno standard liners (older purple model). Brand new, never used. Mens's size 11.5. \$40. **Bill 677-3993**



TECHNICAL ICE CLIMBING CLASS

Place: Matanuska Glacier

Date: September 28 - 29 ,2002

Fee: \$35.00 covers access to glacier, camping and club equipment replacement.

Meeting: Wednesday, September 25, First United Methodist Church 9th and G 7:00 P.M. This meeting is mandatory, so plan to attend.

The ice climbing class is for all levels of experience from beginner to leader. We will present the techniques necessary to become at least a competent second on steep ice. We will not emphasize glacier travel techniques.

PRE-REGISTRATION WILL BE REQUIRED. Sign-ups are at the regular September club meeting - for MCA members only. Potential instructors should call Steve Parry at 248-8710. Participation will be limited this year by how many instructors there are. Leader meeting Wednesday, September 18th 6:15 P.M. just before the regularly scheduled club meeting...we will be discussing goals and safety issues.

An equipment check will be done at the organization meeting on the 25th. Students are required to bring their boots and crampons for inspection. Club equipment will be handed out. (The club has limited supplies of crampons, ice axes and helmets.) Fees will be collected. Questions will be answered. **ALL STUDENTS MUST ATTEND.** AMH, on Spenard Rd., also rents boots, crampons and ice tools for people signed up for the class. Some equipment is sometimes available from instructors, but you should not count on it.

Club crampons are not designed for serious ice climbing; you should consider other options. For this class all attendees must have helmet, crampons, climbing harness, ice axe, two locking carabineers, and climbing boots.

The school begins at 9:00 A.M. on Saturday, September 28th, at the Matanuska Glacier parking lot closest to the glacier. Plan on leaving Anchorage no later than 6:30 A.M. or go up on Friday night. Signs will be posted. Please leave your dogs, cats, horses, llamas and other four-legged things at home. Under-age drinking will not be tolerated. In fact, all minors must be accompanied by a guardian who will be responsible for them.

Course Goals

- To learn useful and safe techniques for climbing ice in alpine and waterfall environments.
- To learn to use modern climbing tools in order to insure maximum safety and speed.
- To learn and practice all of the basic state of the art rope management techniques, with emphasis on skills most useful for winter ice climbing.
- To learn to belay a leader with mechanical devices and non-assisted or traditional technique.

· To learn to build safe anchor systems, regardless of terrain or conditions.

Equipment for Ice and Winter Alpine Climbing

Technical gear:

Ice axe - your basic tool. Most useful in 55 cm to 60 cm range as the primary tool. Modern ice tools have curved or re-curved picks with serrated teeth for maximum holding power in most ice conditions. Taller climbers or those who primarily are snow-climbers will prefer a 70 cm axe. The second tool will be in 45 cm to 55 cm range, specialized for steep water ice climbing. A great variety is available, so try to use as many styles as possible to find the tool that best suits your style.

Crampons - rigid 12-point are the best choice for ice climbing. The new one-buckle system is far superior to the neoprene straps. Footfangs are an obvious choice also.

Helmet - a must for the beginning to experienced ice climber, ice hurt.

Boots - double plastic or leather. Plastic boots are the warmest and as stiff as the best leather without breaking down. Alveolite foam inner boots are the best liner yet made, in terms of warmth vs. weight. Neoprene socks or booties which are loose fitting are also helpful. Neoprene or cloth/insulated over boots are necessary for altitude and all but spring conditions in Alaska. A margin of warmth must be maintained for safety.

Harness - must be adjustable with wide leg loops, that will open up to put on over all your various clothing systems. Most modern styles have this capacity.

Ice Screws/Spectres - you should employ a variety of types and lengths to accommodate varying ice conditions. Pound-in and screw-in types should be carried on the rack.

Carabineers - you must have two large locking types and several regular carabineers. As you increase your proficiency and the difficulty of the routes you lead, you will require increasing amounts of hardware to protect your leads.

Slings - you will need to carry several lengths, plus you should have a quick-draw for each ice screw on the rack. You will also need one six foot length sling and two 10 foot length slings of 6mm perlon for prussic slings and other specialized uses for which tubular webbing is not suitable.

Special mechanical devices - jumars, figure-8 and other gizmos will be used and discussed to establish their relevance.

Clothing Systems for the Winter Alpine Environment:

This will be covered extensively in the classroom training sessions.



MOUNTAINEERING CLUB OF ALASKA

MEMBERSHIP APPLICATION

The Mountaineering Club of Alaska (MCA) was formed in 1958 to promote the enjoyment of hiking and climbing in Alaska and the exploration of its mountains. We welcome all who wish to become members.

Participate and Learn: The MCA conducts scheduled hikes and climbs led by experienced club members, technical mountaineering and climbing courses, and other instruction throughout the year. The club maintains eight mountain huts in the nearby Chugach and Talkeetna mountains. The MCA's Vin Hoeman Library, located upstairs in Alaska Mountaineering & Hiking at 2633 Spenard Road, contains hundreds of books, numerous periodicals, bound volumes of the **SCREE**, and a 'Peak File' with information on local climbs. The club also loans climbing gear to members, including ice axes, helmets, crampons, snowshoes, and avalanche beacons.

Stay Informed: The MCA publishes a monthly newsletter, **SCREE**, and sends it to all members. The **SCREE** contains announcements of upcoming events, the hiking and climbing trip schedule, and trip reports written by club members. A monthly meeting and slide show are held on the third Wednesday of each month at 7:30 p.m. at the First United Methodist Church at 725 West Ninth Avenue (corner of Ninth & G Streets, downtown Anchorage). Special events or changes to the meeting will be noted in the **SCREE**. Be sure to visit our website at: www.mcak.org

- ? **Complete both sides of this form. Write neatly!** To participate in club-sponsored trips, every member must read and complete the Release of Liability Agreement on the back of this application.
- ? Please make checks payable to **Mountaineering Club of Alaska, Inc.**
- ? Annual dues are \$10 for an individual or \$15 for a family (includes electronic **SCREE** subscription – either **delivered** to your e-mail address or **downloaded** from the MCA webpage).
- ? Mailed **SCREE** subscriptions are \$10 per year and are non-refundable (one **SCREE** per family).
- ? Annual membership is for one calendar year, through the 31st of December.
- ? Two-year, non-refundable, memberships are available for double the annual dues.
- ? Memberships paid after October 1st are good through December 31 of the following year.
- ? If applying by mail, please include a self-addressed, **stamped** envelope for your membership card. Otherwise, you may pick it up at the next monthly meeting.
- Our address is: **P.O. Box 102037, Anchorage, Alaska 99510-2037** www.mcak.org

NEW	<input type="checkbox"/>	DATE	<input type="text"/>
RENEWAL	<input type="checkbox"/>	NAME	<input type="text"/>
INDIVIDUAL (\$10)	<input type="checkbox"/>	FAMILY MEMBERS	<input type="text"/>
FAMILY (\$15)	<input type="checkbox"/>		
2-YR MEMBERSHIP	<input type="checkbox"/>		

Note that two-year membership dues are double the annual dues and subscription fee.

How do you want your **SCREE** delivered? (check one or both)

ELECTRONIC (Free) ☐ E-mail attachment or notify when available for downloading (circle one).

PAPER (\$10/yr.) ☐ Postal Service – please include \$15/year if outside the U.S.

STREET or P.O. BOX

CITY / STATE / ZIP

TELEPHONE

E-MAIL ADDRESS

I am interested in joining a committee (Circle which ones: Programs, Hiking & Climbing, Huts, Geographic Names, Parks Advisory, Equipment, Honorary, Membership, Training, or ad hoc committees). _____ I am interested in leading a trip. ____

Do not write below this line:

Pd: ~~\$10~~ ~~\$15~~ ~~\$20~~ ~~\$30~~ ~~\$10~~ for paper **SCREE** ~~\$20~~ for 2 years of paper **SCREE** Membership Card Issued for Yr: _____
on Date: ____/____/____ ~~Cash~~ or Check Number: _____ Address Added to Mailing List ~~_____~~

RELEASE OF LIABILITY—READ CAREFULLY

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

_____ (initial that you have read this paragraph)

GIVING UP MY LEGAL RIGHTS

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

_____ (initial that you have read this paragraph)

MY PROMISE NOT TO SUE

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

_____ (initial that you have read this paragraph)

MY RELEASE OF LIABILITY

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

_____ (initial that you have read this paragraph)

MY PROMISE TO INDEMNIFY

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

_____ (initial that you have read this paragraph)

MY CONSENT TO MEDICAL TREATMENT

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

_____ (initial that you have read this paragraph)

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

Dated: _____ Signature: _____

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

Mountaineering Club of Alaska

Officers

President	Bill Romberg	677-3993
Vice-President	Tom McDermott	694-5788
Secretary	Jayne Mack	694-1500
Treasurer	Steve Gruhn	344-1219

Board

John Hess	348-7363
Karen Herzenberg	223-0351
Dave Hart	227-9584
Stuart Grenier	337-5127
Sean Bolender	274-4457

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

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

SCREE is a monthly publication of the Mountaineering Club of Alaska. Trips should be submitted via <http://photoalaska.biz/scree>. Articles and notes submitted for publication and other communication related to the newsletter should be mailed to my address: 1830 E. Parks Hwy. #600, Wasilla, AK 99654, or e-mailed to scree@photoalaska.biz. Articles should be received by October 5th to be included in the October issue. Sorry, no exceptions.

Paid ads may be submitted to the attention of the Vice-President at the club address and should be "camera ready" and pre-paid. Your cooperation will be appreciated... Robert Baker, Editor, 357-2946.

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

MAILING LIST/DATABASE ENTRY: Don Smith

HIKING/CLIMBING CHAIR: Matt Nedom, 278-3648

HUTS: Mark Miraglia, 338-0705

WEB: www.mcak.org (go here to change your address)

MAILING LIST SERVICE: mcak@yahoogroups.com