

APRIL 2003 A Publication of the Mountaineering Club of Alaska

Volume 46 Issue 04

Box 102037, Anchorage, Alaska 99510

APRIL MEETING Wednesday April 16, 7:30 pm First United Methodist Church 9th & G Streets

Next to the Phillips Building

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

Downtown Anchorage

Program: Charlie Sassara will show slides of daring, palm-sweating, near-death adventure in the high mountains of Alaska.

HIKING AND CLIMBING SCHEDULE

Apr 09-16 Eklutna Traverse

Class Technical: Glacier Travel. Classic Chugach Ski Traverse. Avalanche and glacier travel experi ence and gear required. You must be able to ski comfortably on a variety of terrain.

Leader: Stuart Grenier 337-5127

15 Indian Creek Pass

Tue. Class B. Meet at Upper Indian Creek Trailhead at 5:30pm. Turn left at Turnagain House (about Mile 103), go about 1 mile on Ocean View Road to Upper Indian Creek.

Leader: Deb Luper 345-3543

19 Crow Pass

Hike up, look at the peaks, possibly climb one.

Class C.

Leader: Matt Nedom 278-3648

Apr 23 Basher Rd. - Dome

Wed. Class B. Meet at the North Bivouac Trailhead parking lot at 5:30 pm. Leader: Deb Luper 345-3543

29 Falls Creek

Tue. Class C. Meet at the Falls Creek trailhead at 5:30 pm.

Leader: Deb Luper 345-3543

May 7 Peak 2831

Wed. Class B. West of Mile-High, E.R. Meet at the Eagle River Walmart parking lot at 5:30 pm on the left side of the lot as you face the store.

Leader: Deb Luper 345-3543

13 Penguin Peak Saddle

Tue. Class C. Meet at the Carrs Huffman at 5:30

pm.

Leader: Deb Luper 345-3543

May 15-25 Knight Island Paddle/Climb

Kayak from Whitter and explore the Knight Island area on foot and by boat. Lots of 3000-foot peaks that don't see much attention. Must have sea kayaking and hiking ability. You must also have some avalanche awareness.

Leader: Stuart Grenier 337-5127

June 05 - ? Cook Inlet Paddle/Climb Mt. Redoubt

Kayak from Anchorage and explore Cook Inlet by kayak and climb Mt. Redoubt. Must have expert paddling ability. Also required are previous glacier travel and avalanche training. This trip is very challenging, and will be more than a month long.

Leader: Stu Grenier 337-5127

TRIP REPORTS

Vallunaraju

by Wayne Todd



My stomach sloshes and my head occasionally smacks a metal bar as I try in vain to sleep on the backseat of the mini-van while our driver ascends bumpy Peruvian roads. A time saver this day is we don't have to wait for the

driver to scour the countryside in the dark searching for the holder of a road-gate key. We went through that routine two days previous en route to climb Rimarima, a peak of rock and steep boulder fields. Just before reaching the gate, the driver picks up two local males who are heading up-canyon to work for the day. They offer us drinks from their plastic bottles but as the concoction literally fumes after being bumped, we decline.

We were dropped in a narrow canyon an hour before dawn at fourteen thousand feet. It was the same spot we were dropped to climb Rimarima but this cost \$80, whereas the prior cost was only \$60. (The higher the peak, the higher the price I guess). The price is well worth it however, as the driver waits all day.

Ben was soon ahead hiking up the 45 degree flower and brush strewn slope. Just as we wanted to avoid the heat of the quickly rising sun, our traversing route topped out on a ridge that intersected an immense, vertical rock face. The route options up, down or across seemed hope-

less until we discovered a narrow bench that bisected the face and connected to gentler slopes. Traversing this section, which had a commanding view, I imagined being a bird of prey, perched high above danger and ground predators.

From here we could now see our objective for the day, Vallunaraju Peak, an asymmetrical, twin-tipped glacier and snow-covered mountain in the Cordillero Blanco Range. We had seen this glacier and rock gem two days ago and then sighted a trail. We knew then that we must try and climb it. Hiking up the glacial-scoured rock we passed small shimmering blue-green lakes nestled below striated cliff walls.

Ben led out on the glacier at sub-warp speed but I soon tired of trying to match his pace. So I slowed to a quick-for-me at altitude pace which meant he was frequently tugging on me with the rope. He soon slowed as well and a symbiotic rope partnership was established. A trail on the glacier began on benign snow-covered rolling slopes but soon led to narrow ridge sections, over towering blue seracs and around gaping blue crevasses, all accentuated by the intense high altitude sun. The climbers trail was a blessing, not only for route, but also for firm footing as stepping off-trail led to a knee or thigh deep plunge in unconsolidated snow.

As we ascended, the views opened to the sheer fluted snow face of Ocshapaica Peak, the hanging and jumbled glacial face of Ranrapaica Peak and other jagged snow and rock massifs.

I was leading when we gained the 'I-canreally-feel-the-altitude-now' level of slow deliberate steps and forced deep breathing. The views of the lakes and jumbled glacier below, the towering peaks and the approaching summit under blue skies, with the apprehension of what might be seen from on high, were incentive enough to keep plodding upwards.

After a break on the ridge between the summit ears, we firmly planted our ice axes on each step up the 40-degree slope to the rounded summit and cold winds. Despite the biting wind it was difficult to leave as we now had an unobscured view of the sharp double-edged snow ridgeline of Ocshapaica, the west face of Ranrapaica Peak and numerous 6000-meter glacial and snow peaks of the Blanco Range, plus our own route dropping away to expansive valleys and lowlands.

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After rounds of photos with numbing fingers, we descended even more carefully from the summit but opted to pass on the short ascent of the lesser summit ear. (We did not place protection in the snow nor put on crampons for the entire climb).

On the initial descent, I felt physically normal for being at altitude, and frequently stopped to visually inhale our majestic vistas. I suddenly began to feel and hear small pressure pops in the front of my head. This was a new and very frightening altitude symptom. At altitude I've experienced severe incessant pounding headaches, vomiting, ataxia, weakness, and panic breathing but never anything like this. Rapid onset of cerebral edema flashed though my mind.

My main thought was to descend before I possibly would not physically be able to on my own. Conveying this to Ben, we loped and jogged down the glacier and then rock. I really wanted to avoid the cliff traverse but after attempts at a more direct descent cliffed-out, we re-ascended to the traverse. I was in a heightened state of being (mildly scared) on this crossing because of my condition and the evening winds. On the descent of our last slope into shadow, I began to calm and feel normal.

Back at our vehicle drop-off site we reflected on our climb and adventure, but wondered 'where is our driver who is supposed to wait for us?' After an hour of cold waiting, and becoming concerned of getting benighted, we began to hike out. Some while after a suspicious dinner invitation by the gate keeper and then an attack by his menacing dog, we exited the canyon into brief evening light. It was going to make for an extremely long day if we had to hike all night to Huaraz.

Just before we hiked to the flats and darkness, our driver showed up explaining that he had numerous flat tires. It might have been a reasonable excuse, except that he was paid to wait for us. We had yet another flat along the way which didn't surprise us as the tires look like racing slicks. As he had done two days earlier, the driver professionally negotiated the bald tire, two-wheel drive, mediocre-ground-clearance Toyota mini-van on a "shortcut" of a cart trail that most drivers in the best 4x4 wouldn't have even attempted. This entailed crossing streams, logs and ditches, ascending short steep inclines, and avoiding deep ruts and boulders.

We arrived back at our hostel in Huaraz late at night, healthy, exuberant and ready for pizza at Limon Lenay Carbon, despite our exhaustion.

We were driven from 10000 feet in Huaraz to 13900 in a canyon between our climbs. We climbed Vallunaraju at 18700, then descended to about 11500 where we met our tardy driver. This was a very aesthetic and memorable climb, though in retrospect it was risky regarding the elevation gains.

We found out later that there is a refugio at 15000 where climbers typically stay and acclimatize and then take a much shorter route to the summit. This climb of Vallunaraju occurred on July 1, 2002 with Ben Still. On June 29, 2002, Ben and Kathy Still and I climbed Rimarima (17200).

ADZE

<u>Lost</u>

I left Raimer ski poles at the Upper Dearmoun trail head for Flattop on Saturday Feb 15. If anyone found them or hears of someone finding them please contact me. I really liked my Raimers and would love to have them back, so I'm even offering a reward. Or if anyone has any Raimers they don't want any more, I'll buy them. Carol 563-3663



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MCA Trip Classifications

The classifications below do not take into account individual trip hazards such as river crossings, scree slopes, snow fields, bears, etc. Trip leaders are required to inform the trip participants of any such hazards either verbally, on the sign-up sheet, or in the trip description. Leader approval is required for participation on all trips.

NON-TECHNICAL: Following are a few standards used to classify non-technical trips. The classification is made in terms of hiking distance and altitude gain. Many trips are not on established trails.

CLASS A: Easy hikes with a maximum distance of 8 miles for day trips or 4 miles per day for overnight trips. Altitude gain up to 1200 feet

CLASS B: Trips involving a maximum distance of up to 12 miles for a day trip or 6 miles per day for an overnight trip. Altitude gain of 1200 to 2500 feet.

CLASS C: Trips up to 15 miles for a day hike or 8 miles per day for an overnight trip. Altitude gain up to 3500 feet. Scree, steep grass or other rough terrain problems may be encountered.

CLASS D: Hikes and climbs with an altitude gain of over 3500 feet or a distance of greater than 15 miles for a day-hike or greater than 8 miles a day for an overnight trip. Peaks in this classification may require minimal climbing skills.

CLASS E: Hazardous climbing conditions or stream-crossing conditions may be encountered. A basic mountaineering course may be required.

TECHNICAL: Technical trips are open to all <u>qualified</u> climbers. However, the registration on any particular trip must be restricted to a safe and manageable number of climbers. Registration is made directly with the leader, who determines the qualifications needed for the trip.

GLACIER TRAVEL: Trips requiring roped travel over glaciers.

Knowledge of crevasse rescue, and ice axe and crampon skills are required.

Basic understanding of ice and snow anchors also required.

FIFTH CLASS: Trips which involve fifth class climbing. A Basic Mountaineering course or equivalent is required. Knowledge of belay and rappel techniques and placing anchors is required. Climbing difficulty varies widely with each trip.

TRIP PARTICIPANTS have the obligation to acquaint themselves with the nature of the trip and to verify that it is within their capability and experience. Anyone wishing to participate in any trip above CLASS A must have completed one or more trips of the next lower classification, or the equivalent.

Approved: MCA Board, February 15, 2000

General Rules for MCA Sanctioned Trips

- 1. Proper equipment is on the reverse side of this list.
- 2. No dogs. (Among the reasons are bear problems.)
- The trip leader can require special equipment and refuse participation to any person that is ill-prepared (e.g. inappropriate clothing/gear).
- 4. The leader's suggestions are to be followed. Do not go off alone, return or rush ahead without his (her) permission, and don't ford a stream before the leader assesses the situation. Remember, this is a club trip and the leader must know where all participants are. Anyone separating from the group without the leader's approval is no longer considered a participant the MCA Sanctioned trip.
- The trip leader has the authority to split the group (fast and slow), dependent upon current conditions. However, he/she must appoint a qualified co-leader to lead the second group using the guidelines specified in the current Trip Leader Responsibilities.
- 6. Trip participants who, in the leader's opinion, put themselves or other members of the group in danger by disregarding the leader's suggestions, shall be subject to sanction by the club. Sanctions may include, but are not limited to, reprimand at general meeting, exclusion from future trips, termination of annual membership, or lifetime exclusion from the club.
- You must sign up on a trip roster (club meetings) or contact the leader, and you must have signed the club waiver to be on a club trip.
- If you find you cannot participate after signing up on the roster, please
 let the leader know, both for transportation and gear-planning and so
 someone else can go. If you are the leader, help find a replacement.
- 9. Total number of people on club trips:

Minimum: 4 (for safety reasons)

Maximum: Leader option, depends upon the trail and campsite conditions, but generally limited to 12 in trail-less areas or State/ National Parks

Firearms are not encouraged, and please let the leader know if you
want to carry one - it will be leader's option. Aerosol bear repellent is
preferred.

Approved: MCA Board, February 15, 2000

Equipment

Summer

Rain gear that works Mosquito repellent

Wind gear Whistle

Wool or fleece pants

Shorts

Lighter, matches

Light long johns

Map, compass

Wool shirt

Aerosol bear repellent (if desired)

Jacket Moleskin/Spenco 2nd skin

Baseball cap Ace bandage

Ace bandage
Gloves Surgical tape
Extra socks Aspirin
Wool or pile hat Gauze
Hiking boots

Stream-crossing footwear Anti-bacterial ointment 4" x 4" pads, Band-Aids

Sunscreen Wire (continued on page 7)



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 [RENEWAL [DATE NAME					
INDIVIDUAL (\$10) FAMILY (\$15) 2-YR MEMBERSHIP	FAMILY MEMBERS					
Note that two-year membership dues are double the annual dues and subscription fee.						
	How do you want yo	our SCREE delivered? (check one or both)				
ELECTRONIC (Free)	E-mail attachmer	nt 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: \alpha \$10 \alpha \$15 \alpha \$20 \alpha \$30 \alpha \$10 for paper SCREE \alpha \$20 for 2 years of paper SCREE Membership Card Issued for Yr:

on Date: ___/___ \alpha Cash or Check Number: _____ Address Added to Mailing List \alpha

RELEASE OF LIABILITY—READ CAREFULLY

receive instruction in these active numerous risks, which include, he a belay; being struck by climbin or malfunctioning equipment; an prompt medical care. I further part of either my fellow particip	(print name), am aware that mountaineering sports (including hiking; backpacking; nountaineering; skiing; and ski mountaineering) are hazardous activities. I wish to participate and/or rities with the Mountaineering Club of Alaska, Inc. ("MCA") I recognize that these activities involve by way of example only, falling while hiking, climbing, skiing or crossing rivers or glaciers; failure of g equipment or falling rock, ice or snow; avalanches; lightning; fire; hypothermia; frostbite; defective and attack by insects or animals. I further recognize that the remoteness of the activities may preclude recognize that risk of injury or death may be caused or enhanced by mistakes or negligence on the lants or MCA officers, directors, guides, instructors, or trip leaders. I nevertheless agree to accept all rity damage that may occur in connection with any MCA activity, including use of MCA furnished ry huts.
(initi	al that you have read this paragraph)
participants in MCA activities of policy or related excess insurar damage results from mistake agreement, MCA means the M	GIVING UP MY LEGAL RIGHTS ree to give up for myself and for my heirs all legal rights I may have against the MCA and my fellow (except to the extent that insurance coverage for any claim is provided by an automobile insurance accepolicies). I give up these legal rights regardless of whether the injury, death, or property so or negligence on the part of either my fellow participants or the MCA. (As used in this dountaineering Club of Alaska, Inc., and all of its officers, directors, guides, instructors and trip tement shall remain in effect until such time as I provide signed written notice of its revocation to the
(initi	al that you have read this paragraph)
death, or property damage whi relating to MCA activities or the	MY PROMISE NOT TO SUE therwise make any claim against, the MCA or my fellow participants in MCA activities for injury, ch occurs in the course of my participation or instruction in mountaineering sports. Any lawsuit is release shall only be filed in the Superior Court for the State of Alaska, Third Judical District., sions of this release are severable and if any part of this release is found unenforcible, the remaining price and effect.
(init	al that you have read this paragraph)
both for myself and for my heir	MY RELEASE OF LIABILITY harge the MCA and my fellow participants in MCA activities from all actions, claims, or demands, rs, dependents, and/or personal representative, for injury, death, or property damage occurring in the struction in mountaineering sports.
(initi	al that you have read this paragraph)
	MY PROMISE TO INDEMNIFY uding attorney's fees and court costs, that the MCA or my fellow participants in MCA activities may gal action arising out of injury, death, or property damage suffered by me.
(initi	al that you have read this paragraph)
	MY CONSENT TO MEDICAL TREATMENT medical or surgical diagnosis or treatment which may be necessary as a result of my participation in so understand and agree that I am solely responsible for all applicable charges for such medical and/or rescue cost.
(initi	al that you have read this paragraph)
	O THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT L AGREEMENT BETWEEN ME AND THE MCA.
Dated:	
Signature of Parent or	Guardian (if under 19):

Vice grips or pliers If snow on glacier:

Utility cord Picket

Sewing kit Skis or snowshoes

Tent

Sleeping pad and bag <u>Winter</u>
Backpack cover Wind gear

Cook pot Wool/fleece pants, shift

Stove (fires not allowed)

Fuel bottle

Walking stick or ice axe

Water bottles (not canteens)

Food

Mittens

Double boots

. . . .

Additional for Glaciers Avalanche beacon

Ice axeShovelGaitorsLighterClimbing bootsHeadlampSlings, carabinersFirst aid kitRappel deviceRepair kit

Rope Tent (or snow shelters)
Wands Sleeping bag and pad
Mittens Large cook pot

Crampons Stove

Seat Harness Windscreen for stove

Ice screw(s)Fuel bottlePulleysThermosPrussiks/ascendersGaitors

Glacier glasses/cream Skis or snowshoes

Leader Qualifications

- 1. Must be a member of the MCA.
- Must have approval of the Hiking and Climbing Committee (A simple majority.)
- Must, have received certification in Standard First Aid or a more advanced medical certification (e.g.WFR, EMT) within the last 10 years or have an accompanying co-leader that meets this requirement.
- Must attend an MCA Trip Leader Orientation course once every five years.
- Must have participated in trips of the same or higher classification than the one being led, showing competence in the opinion of the leaders of those trips; or equivalent experience acceptable to the Hiking and Climbing Committee.
- 6. Leaders on trips of Class E or higher must have served as a co-leader with an approved MCA trip leader on at least one trip of the same classification or higher, or have equivalent experience acceptable to the Hiking and Climbing Committee. Persons with technical climbing experience wishing to waive this requirement must provide a letter to the Hiking and Climbing Committee outlining their climbing/guiding experience, training, and at least one personal reference.
- Leaders on trips that may involve any avalanche-prone terrain must have completed formal training in avalanche hazard recognition and victim search as approved by the Hiking and Climbing Committee.
- Leaders on trips that involve any hazardous stream crossings must have either formal training in safe stream crossing methods or have extensive experience crossing streams.

Trip Leader Responsibilities

- The leader must get approval of the proposed trip from the H&C Committee prior to advertising the trip.
- Per MCA by-laws, club trips must be advertised in a club publication.
 In other words, the MCA membership must be informed of the trip.
 The H&C committee must approve the club trip about 35 days before the trip so that the H&C chair can forward the approved trip list to the editor of the Scree.
- 3. Important: If a H&CC approved trip cannot be planned a month in advance, the organizer may announce the trip as a personal trip at the next club meeting when the MCA president asks for announcements. Anyone may advertise a personal trip at the general membership meeting, which is an important service the club offers to all members to help bring hikers and climbers together. The value of a club sanctioned trip is it offers the membership a trip leader that has been approved by the H&CC as a qualified leader.
- 4. The leader is responsible for providing and maintaining the trip signup sheets at monthly meetings. Coordinate with the H&CC Chair if unable to make the monthly meeting prior to the trip.
- 5. The leader should describe their proposed trip at club meetings.
- The leader should contact members that have signed up for the trip to discuss the details of the trip, including proposed route, required gear, hazards, and meeting arrangements.
- 7. The leader must leave a trip roster containing a brief description of the proposed route and the names and telephone numbers of participants with a responsible person that will be able to contact a H&C Committee member (names and telephone numbers are on the sign-up sheet) in case of an emergency or delayed return.
- The leader should brief trip members on the general rules for MCA sanctioned trips using the Trip Leader Checklist. If members already know each other and have been on previous trips, not much may need to be said. If new members are on the trip, use the checklist.
- For safety and liability reasons, the leader must follow the general rules for MCA sanctioned trips as published in the MCA policies.
- 10. After the trip, the leader is encouraged to provide a trip report (over the phone or in writing) to the H&CC This is just "how did the trip go" and who participated. It also serves as a means to let the H&C Committee know the trip members returned safety.

Other documents trip leaders should consult:

- MCA Club Sanctioned Trips policy, sections on: trip classifications, general rules, leader qualifications, and recommended gear).
- 2. Trip Leader Checklist

Approved: MCA Board, February 15, 2000

Approved: MCA Board, February 15, 2000

Mountaineering Club of Alaska

Officers Board

President	Jayme Mack	694-1500	Stuart Grenier	337-5127
	Karen Herzenberg		Dave Hart	227-9584
Secretary		274-4457	Richard Baranow	694-1500
Treasurer	Tom McDermott		Matt Nedom	278-3648
			Bill Romberg	677-3993

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 <u>not</u> forward the newsletter.

SCREE is a monthly publication of the Mountaineering Club of Alaska. Articles and notes submitted for publication and other communication related to the newsletter should be mailed to Scree Editor Box 102037 Anchorage, AK 99510, or e-mailed to jaymack@alaska.net. Articles should be received by May 2nd to be included in the May 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... Willy Hersman, Temp. Editor.

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, richard baranow, 694-1500

HUTS: mark miraglia, 338-0705

WEB: www.mcak.org (go here to change your address)
MAILING LIST SERVICE: mcak@yahoogroups.com