

February
2024
Peninsula
Wilderness Club

PENINSULA WILDERNESS CLUB

The Peninsula Wilderness Club meets on the first Wednesday of every month at 7 pm at the VFW Hall at 9981 Central Valley Rd, Bremerton, WA. The public is cordially invited.

The PWC Presents: Olympic National Park Trail Maintenance by Larry Lack

Wednesday, March 6, 2024, at 7:00 pm – 9:00 pm
VFW Post 4992
9981 Central Valley Road
Bremerton, WA 98311

Trails take a beating every year from mother nature and from heavy or improper use. Routine maintenance helps to keep the trails safe and fun. Join us as Larry Lack provides some of the basics things you can do to keep trails in good shape now and in the future.



Please RSVP, either by contacting the host or using the electronic calendar, so the host knows how many people to expect.

MAP: Monthly Activity Planning Meeting

Wednesday, March 13, 2024, 7:00 pm – 8:30 pm
 Host: John and Marti Howard
 Phone: 360-516-0222
 Help schedule PWC events and outings, and discuss club business. All are invited. BYOB and snacks to share are always welcome.

Monthly Potluck

Friday, February 23, 2024, 6:30 – 8:30 pm
 Host: John and Anna Marie Jurgens
 Phone: 360-876-3554; E-mail: annamarieljurgens@msn.com
 Potlucks are a great way to meet others and learn more about the club. Host provides dessert; guests bring an entrée or side dish and drinks to share.

Events and Activities

Visit the PWC calendar at <http://www.pwckitsap.org/events-calendar/> for activities, trips, and updates. Please use the RSVP feature on the calendar if interested in a trip.

	Weekly Hike (every Wednesday)	Emily Grice	206-669-0817	emilykgrice@gmail.com
2/25/2024	Hike Lake Angeles	Erin Hennings	360-621-6961	erinhennings@yahoo.com
2/29/2024	Leap Day Happy Hike	Emily Grice	206-669-0817	emilykgrice@gmail.com
3/2/2024	Wildcat Hike with Yoga	Sandra Bochonok		sbochonok@wavecable.com
3/3/2024	Hike/Snowshoe Blue Mountain	Erin Hennings	360-621-6961	erinhennings@yahoo.com
3/9/2024	Duckabush Hike	Doug Savage	360-994-0003	thehiker@comcast.net
3/10/2024	Hike Guillemot Cove	Erin Hennings	360-621-6961	erinhennings@yahoo.com
3/11/2024	Arizona Trail (AZT) Section Hike	Brian Hawkins	360-362-3026	akflyer130@gmail.com
3/13/2024	MAP Meeting	John Howard	360-516-0222	howiejm60@gmail.com
3/16/2024	Little River Hike	Jayson and Dorothy Shoecraft	360-265-7851	dorothyhs@wavecable.com
3/16/2024	Ski or snowshoe: MTTA High Hut	Doug Savage	360-994-0003	thehiker@comcast.net
3/23/2024	Ski or snowshoe: MTTA High Hut	Doug Savage	360-994-0003	thehiker@comcast.net
3/23/2024	Bainbridge Island Sea-to-Sea Hike	Emily Grice	206-669-0817	emilykgrice@gmail.com
3/29/2024	Monthly Potluck	Margaret Poshusta	360-692-0126	marg8733@comcast.net
3/30/2024	Mt. Elinor Climb	Doug Savage	360-994-0003	thehiker2comcast.net
4/8/2024	Total Solar Eclipse Meetup in Big Bend NP	Pat Kerber	360-471-1661	prkerber@gmail.com

About PWC Activities and Outings:

- PWC outings and other activities are open to everyone. If you enjoy our club and what we do, please become a member! For \$25 a year, your membership helps pay the bills and keeps the club moving forward.
- As a courtesy to the sponsor of the outing you are joining, please call with cancellations or requests at least two days in advance for single-day outings, and as soon as possible for overnight outings. This allows the sponsor time to make alternate plans should a trip need to be canceled or changed for any reason.
- Please leave pets at home unless the trip is specifically listed as welcoming them.
- **Carpool and Ride Sharing.** We strongly encourage carpooling and ridesharing to reduce impact to trailheads, minimize our environmental footprint, and reduce costs. Please be considerate of your drivers, including situations when you ride with different drivers in each direction. The amount you contribute to your driver should reflect the distance driven, the cost of gas, tolls, and parking fees.
- **Safety First!** For liability reasons, trip sponsors should not be considered instructors or leaders. If you are unsure of your ability to participate in an activity, discuss the trip thoroughly with the sponsor, but the responsibility for your safety is yours. Each participant is responsible for their own comfort, safety and route finding. **Always carry the 10 essentials!**

Please ensure that you update the events calendar on the PWC website within one week after the MAP Meeting.

Thank you.

MTTA Information:

All of the MTTA huts are full, but people ALWAYS drop out at the last minute. If you'd like to be added to the wait list, please contact Doug Savage at (360) 994-0003.

High Hut: March 16 – 17 and March 23 – 24.



Tony and Bob's Sunshine planned trips for 2024:

Canyonlands NP UT: Group site 21 - 28 Apr

Bell Bay FS campground ID: Group site 14 Jun - 17 Jun

Calado RV park ID: 18 - 20 Jun

Lava Lakes FS campground OR: 20 - 27 Jul

Upper Payette Lake State Park Group site ID: AUG date TBD

Hill City (rent VRBO home) (10 people) SD: SEP date TBD

Steamboat Rock/Curlew Lake/Lincoln Rock State Park WA: Oct date TBD

For further information, call Tony (360) 328-8821 or Bob (253) 719-3098.



Climbing Mount St. Helens:

If you are interested in climbing Mount St. Helens on Mother's Day weekend (May 11 or 12), please contact Doug Savage @ (360) 994-0003. He will be applying for permits on April 1.



Be a PWC Host - who me? yes, you!

MAP meetings only need seating for about 6 to 12, and Potlucks...FUN potlucks are another matter! You will need to provide a dessert (does not have to be your own making) as well as plates/utensils/beverage cups for an average of 15 people. Now, is that asking too much? Enjoy having like-minded folks at your house. Contact Emily Grice @ (206) 669-0817.



Note: Please feel free to send trip photos, trip reports, or any other suggestions/changes that you would like to see in the Penwicle to Margaret Poshusta (Marg8733@comcast.net) so that they may be included in the newsletter. Thank you.

MRTC Big Creek: The handrails on the bridge in the campground received damage last fall when a couple of trees fell on them breaking the top rail and displacing some of the side rails on both sides. The FS provided the new boards.



Before



After



Before



After

Photos by John Jurgens

Mt Walker:



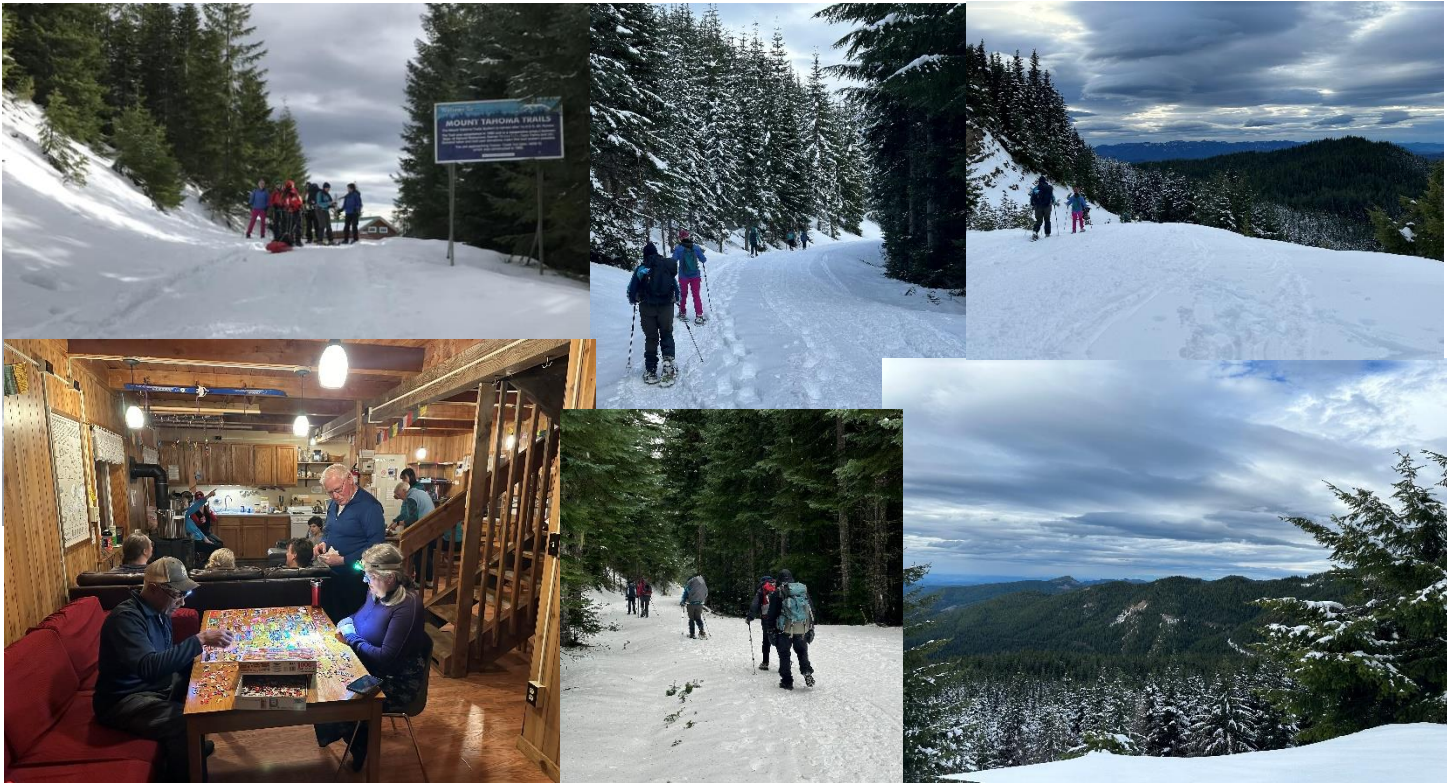
Photos by Behrang Asgharian

January Potluck:



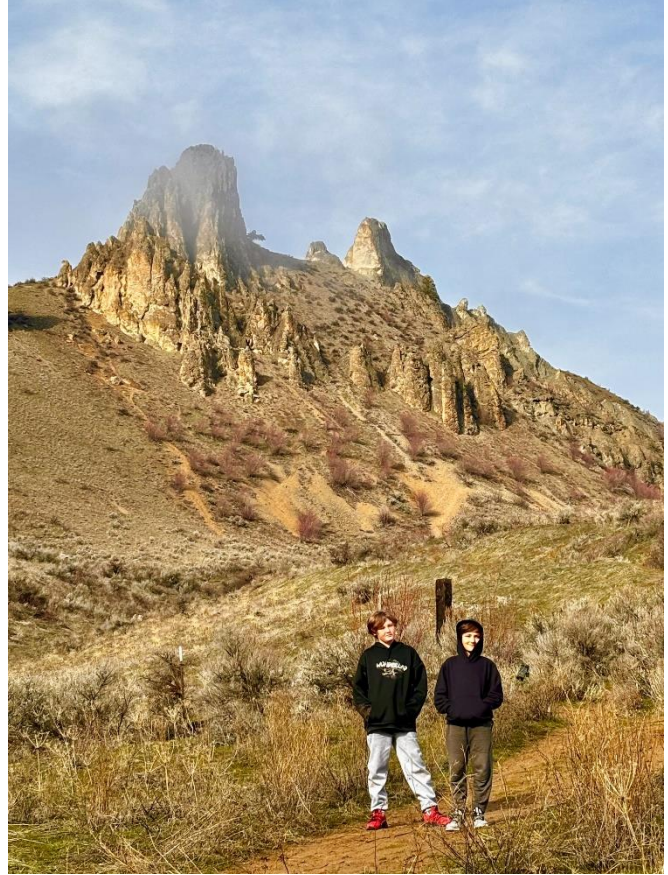
Photo by Emily Grice

Copper Creek Hut:



Photos by Emily Grice and Erin Hennings

Saddle Rock Wenatchee: Saddle Rock is an ideal overlook trail for Wenatchee. The trail follows an old road most of the way to a viewpoint dotted with craggy, pointed rocks called Saddle Rock. The road-turned trail is graveled. After 1.4 miles and 900 feet of elevation gain on the gravel road, you reach a viewpoint with two benches. Here you can see most of the city of Wenatchee to the north and east. From there you can take a single-track dirt trail for 0.15 mile and 80 feet down to another viewpoint at a saddle between two large rock formations. Here you can see the south end of Wenatchee and Columbia River. In spring the trail is dotted with flowers such as balsamroot, desert parsley, and lupine. This is an excellent location for folks looking to get some conditioning in during the winter months, or just wanting to stretch their legs after a long day behind a desk. (wta.org)



Photos by Kristy Kane

NOTICES:

Kanita Sellers has recently offered to take over the role of Program Coordinator. She is replacing Jay Thompson, who is stepping away from the position after many years. If you have any ideas or points of contact for possible guest speakers for the club, please contact Kanita by calling or texting 757-235-0594 or e-mailing @ ksellers04@gmail.com

Goodies are always accepted for the monthly general meeting. You can show off your baking skills or stop at the grocery store; either is greatly appreciated. Thank you.

How to Choose Crampons (rei.com)



Crampons are a necessity to securely travel on snow and ice. With them, you can cross glaciers, ascend snow slopes, climb frozen waterfalls and scale ice-smear rock.

Because most alpinists and ice climbers today wear leather or synthetic-leather boots (instead of plastic mountaineering boots), semi-rigid construction with horizontal frames are the rule. And, thanks to modern design and manufacturing technique, crampons have become lighter and better fitting.

THE RIGHT CRAMPONS FOR YOU:

Crampons are becoming more specialized by activity. Super-lightweight traction devices are made for everyday winter walking. More traditional crampons handle snow and glacier travel, technical hiking (when you bring along an ice axe) and mountaineering. Crampons designed for frozen waterfalls or mixed ice/rock routes are now increasingly technical.

Use this chart to help match the crampon to your activity.

Activity	Materials	Frontpoint Type	Construction	Binding	Points
Snow walking	Aluminum or steel	Fixed horizontal	Flexible construction (i.e., spring center bars)	Strap-on	8 or 10
General mountaineering	Steel	Fixed horizontal	Semi-rigid	Strap-on, hybrid or step-in	10
Technical mountaineering	Steel	Fixed horizontal	Semi-rigid	Strap-on, hybrid or step-in	12
Waterfall ice and mixed climbing	Steel	Modular vertical	Semi-rigid	Hybrid or step-in	14 or more

CRAMPON FRAMES:

Frame Materials

- **Steel crampons** are best for general mountaineering. Their durability makes them essential for technical, steep and icy terrain.
- **Stainless-steel crampons** offer corrosion resistance as well as the other benefits of steel crampons.
- **Aluminum crampons** can be ideal for approaches and ski mountaineering. Their lower weight makes them better on alpine climbs, but they will wear out significantly faster than steel if used on rocky terrain.

Frame Alignment

It used to be that you'd buy crampons with a vertically oriented frame to use with double plastic boots. However, since climbers have generally moved from plastic boots to insulated leather boots, crampons aren't required to be as rigid. **Horizontally oriented frames** are now the rule. Horizontal frames flex for walking and, because the steel or aluminum lays flat, your feet are closer to the ground than with vertical frames so you enjoy greater stability. The flat bars also repel snow efficiently.

Weight

Aluminum crampons are the lightest, but as you save weight you generally decrease durability and strength. For non-technical climbing, aluminum is a good choice—just avoid mixed rock-and-snow climbing in aluminum crampons.

Construction

While hinged and rigid crampons are still available, the vast majority in use today are considered **semi-rigid**.

A semi-rigid design offers the advantage of good performance in the broadest of conditions. It provides sufficient flex for winter walking yet is rigid enough for moderate ice climbing. For example, I have used semi-rigid crampons to climb Telluride's Bridal Veil Falls since I needed something that could perform on the approach as well as on the technical climb.

On some models, an adjustment can be made to the linking bar (the bar between the toe and heel piece) that changes the crampon from a semi-rigid to a **flexible** mode—making it more comfortable for hiking and less likely to ball up with snow.

Semi-rigid crampons are easier to adjust than the old rigid designs and fit a greater variety of boot shapes. If you have a highly curved boot, you can get an asymmetrical center bar as an accessory to get a better fit. Or you can try a longer or flex (spring steel) center bar depending on the size and type of your boot.

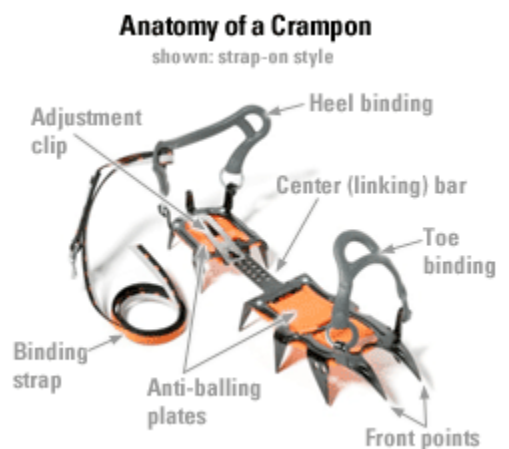
Note: There are left and right crampons in a semi-rigid design. This is determined by the orientation of the center bar.

Types of Bindings

Crampons attach to most boots using one of the 3 binding types described below. If you wear overboots (for high-altitude or very cold conditions), make sure you try on crampons with these boots in place, as their extra rubber and fabric can affect crampon fit. Some manufacturers also make bail wires compatible with telemark boots.

Hybrid

Sometimes called **mixed** or **semi-step** crampons, hybrids feature a heel lever and toe strap. They require boots with a stiff sole plus a heel groove or welt to hold the heel lever. The toe strap, however, doesn't need a welt to fit securely. These are easy to put on with gloves since you don't need to clean out the toe welt and line it up—you just pull on the toe strap and throw the heel lever.



Step-In

In this system, a wire bail holds the toe in place while a heel cable with tension lever attaches the crampon to the heel. If the boot/crampon fit is right, this results in a very secure system. This is also the easiest style to put on with gloves and in snowy conditions. For a step-in binding, boots need to have rigid soles and at least a 3/8" welt or groove on the heel and toe. An ankle strap is also typically part of the system. Another advantage of a step-in system is that you can move the front bail to adjust the length of front points according to the type of terrain. Step-in crampons are recommended for use with ski mountaineering and telemark boots.

Strap-On

This style usually features a pair of nylon webbing straps per crampon. The beauty of this system is that it can be used with virtually any boot or shoe you have (just make sure the center bar is compatible with the flex of your boot or shoe). While these take longer to attach than other styles, they can be fit tightly enough for moderate ice routes. They are a great choice if you'll be using multiple boots with the same crampon. Strap-on bindings, however, aren't quite as precise as step-ins—you can get a small amount of movement between boot and crampon.

POINTS:

Number of Points

Most crampons have 10 or 12 points. You want the points to be in the right place (under your instep and following the shape of the boot). You might need to adjust the front bails of the crampon to get the correct point extension. Nowadays, a few highly technical models have points with serrated sides allowing the crampons to grab even in places where a point doesn't penetrate the snow or ice.

As a crampon's end-use transitions from winter walking and mountaineering to overhanging mixed routes, its number of points (and rigidity) increases.

- Most 10-point crampons are ideal for ski touring and glacier travel. You can use these to climb volcanoes or traverse the Haute Route.
- Crampons for technical ice and mixed climbing have more aggressive frontpoints that are often adjustable and replaceable. These waterfall-specific crampons sometimes allow you to change the length of the front points on the body itself.

Waterfall-specific crampons allow front points to be configured as dual-point, monopoint or monopoint offset. Sometimes climbers change the droop angle of their crampons, with steeper droops set for dry tooling, when pulling in with the feet is necessary (like with climbing slippers on overhangs).

For general mountaineering, it is easier to walk with less frontpoint sticking out. For technical climbing, you'll want longer frontpoints. Most step-in technical crampons have different front bail positions, so you can adjust the toe position according to whether you are walking or climbing.

Frontpoints

This refers to the forward-facing points (or point) on crampons:

- **Horizontal:** These dual points are suitable for almost any alpine climbing or ice/snow climbing.
- **Vertical:** These dual points are preferred for steep waterfall and mixed climbs. These frontpoints slip easily into cracks and are adjustable and replaceable. Some technical-ice crampons have secondary frontpoints for added support and traction.
- **Monopoint:** This single point is popular for technical waterfall and mixed climbing. The specific demands of a technical waterfall or mixed alpine route (as well as the conditions) often dictate the type of crampon that's best suited for the task.

Modular vs. Non-Modular

Points are either modular (adjustable) or non-modular (fixed).

- With **modular front points**, you can replace the teeth or reconfigure them to support the type of walking or climbing you have planned. If you are doing a lot of mixed rock-and-ice climbing and think you'll need to replace your points eventually, get modular crampons.
- While **non-modular points** can be sharpened, they get shorter with wear. These one-piece forged marvels tend to be lighter than their non-modular cousins. Also, since there are no moving parts, you don't have to worry about screws coming loose.

CRAMPON/BOOT COMPATIBILITY:

Boot and crampon compatibility is essential for performance and safety. Your boot type ultimately tells you what options you have in binding systems. For example, ultralight strap-on crampons will work on ultralight hiking boots, but they are not suitable for mountaineering or ice climbing. A crampon strapped to a flexible-soled boot will not fit as securely as on a rigid-soled boot. Some considerations:

Determine what type of boot you have. Is the sole highly flexible, semi-flexible or rigid? Does it have toe or heel welts, or both? If you have highly flexible boots without toe welts, you may need a new boot if you are planning to wear them with technical climbing crampons.

What activities are you planning? For mountaineering or ice climbing, look at the toe and heel of your boot. You have several crampon binding options. For walking rather than climbing, consider less-technical crampons with a strap-on binding. If you want step-in crampons, keep in mind you need stiff-soled boots with thick welts or grooves at the toe and heel.

Match the flexibility of your footwear with the flexibility of the crampon. For highly flexible boots, get crampons with a flexible center bar that connects the front and back. You can wear aluminum crampons with sneakers (and strap-on bindings) for light mountaineering or glacier travel, just make sure the flexibility is similar.

Bring along your boots when shopping. This is a smart way to make sure a crampon fits. Make sure the center bar fits the boot for flex, shape and length. Climbers often make micro-adjustments, like adjusting the toe bail, to secure a seamless fit.

When in doubt, go with a strap-on system. This fits most footwear best, and it's always better to error on the side of getting a crampon that fits!

CRAMPON ACCESSORIES:

Anti-balling plates: All crampons come with an anti-balling plate (usually made of ABS plastic) to prevent snow from sticking to the bottom of the crampon. This is important to keep you from losing traction. Anti-balling systems are highly recommended by the UIAA (the International Mountaineering and Climbing Federation).

Crampon cases and point covers: Protect your pack and yourself from sharp crampon points with rubber point covers or a crampon case which is typically made of rugged, puncture-resistant nylon. Cases make for quick and easy storage; rubber point covers are less bulky and less expensive.

Gaiters: In addition to a crampon case, consider a sturdy pair of [gaiters](#) to protect your lower legs and apparel from getting nicked by sharp crampon points.

Spare parts: You can buy alternative center bars for most crampons. These bars can make the crampon more or less flexible, or allow you to extend a crampon to fit bigger boots. If traveling to remote area, it's a good idea to bring along extra toe and heel bails, screws and center bar.

CRAMPON CARE:



On a typical climb, crampons can take a lot of abuse from walking and climbing on mixed snow-and-rock routes. Here are some tips on how to keep them in peak condition.

Inspect the Bindings

Prior to every outing, be sure to inspect your crampons before you put them in use.

- Check for loose screws and rivets. Tighten or replace as needed.
- Check for worn straps and buckles. Replace as needed.
- Ensure that the bails are in good shape and still fit the radius of your boots.
- Consider your boot/crampon interface: Do your boot welts still ensure a secure toe and heel fit?
- Carry a wrench, bailing wire and spare parts such as straps, bails or screws.

Sharpen the Points

Crampon points need to be sharpened after use, especially if you've crossed rock.

- Use a flat mil bastard (hand file), making sure to file in the direction of the file's teeth.
- Do not use a grinding wheel, as it generates heat that can weaken the metal by changing the temper of the steel.
- File the side and points as sharp as possible, being careful to maintain a straight line from frame to tip.
- Straighten any bent points if possible.

Protect Yourself

Sharp teeth make crampons perform better on delicate ice, but they can also wreak havoc on your clothes, skin and ropes. Your protection options:

- Padded crampon case: The most convenient choice, usually made from puncture-resistant nylon.
- Rubber point covers: The less bulky, less expensive option.

Storage

Be sure your crampons are dry before storing. If you are storing them for the season, coat them with a light oil or a water-displacement spray such as WD-40.

Next month: Snowshoeing Footwear: Tips for Choosing Your Boot

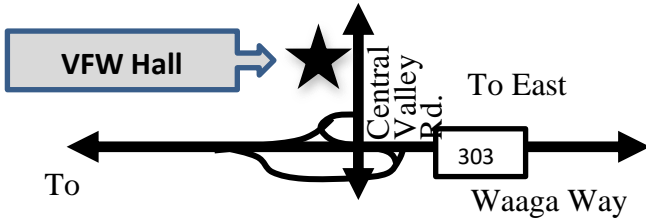
Club News

PWC Online... <http://www.pwckitsap.org/>

Go to the website to find upcoming trips, trip reports, photos, a discussion forum, and more!

PWC General Meeting

The PWC General Meeting is held the first Wednesday of each month at 7:00 p.m. at the VFW Hall at 9981 Central Valley Road in Bremerton WA.



WELCOME FRIENDS!!! If you are a guest or new member, please introduce yourself and ask for help, or look for someone who can answer questions and point out members who share your interests. However, to really get to know us – come to a potluck or go on an outing with us!

Sponsor an Outing!

If you are a club member and interested in leading an outing, let us know about it so we can post it! Even if you list your trip in other forums, including it as a PWC event helps connect people and groups, and helps the club stay active. To sponsor an outing, come to a MAP meeting to discuss your trip, or fill out the form on our website, or email or call the info to our Calendar Editor, Christine Plepys, at c_plepys@yahoo.com and 859-240-2704 or Emily Grice at emilykgrice@gmail.com and 206-669-0817, or to our Webmaster, Jay Thompson, at pwadmin@pwckitsap.org and 360-307-0037.

We Need Your House!

The club's Monthly Activities Planning (MAP) meetings and potluck dinners are held at a member's home. If you can handle a small home invasion, please contact the Calendar Editor, Emily Grice at emilykgrice@gmail.com or 206-669-0817.

PENWICLE Submissions

Email your PENWICLE submission by the deadline to ensure it is included in the next issue. *Please send calendar entries in advance (see "Sponsor an Outing!" on this page),* and for other PENWICLE submissions, send an email to the Webmaster, Jay Thompson, at pwadmin@pwckitsap.org

Your Trip Photos Wanted!

Do you have some great PWC trip pictures you'd like to share? Each month we need your photos to share during the PWC General Meeting slide show and in the PENWICLE. Contact Jay Thompson (jaythom1@hotmail.com), our Dropbox manager, to find out how!

Club Business

Email, Address or Phone Number Changes

Send changes to the PWC Treasurer, Marti Howard at:

Peninsula Wilderness Club
P.O. Box 323
Bremerton, WA 98337-0070

Joining/Renewing your Membership

To join or renew, please see the form on the back of this newsletter. PWC members receive a discount on select merchandise or services at the following businesses (check with vendor for details):

- Ajax Café, Port Hadlock, <http://www.ajaxcafe.com/>
- Back of Beyond, Bainbridge Is., <http://www.tothebackofbeyond.com>
- Commander's Beach House Bed and Breakfast, Port Townsend <http://www.commandersbeachhouse.com/>
- Wilderness and The Gear Stash, Bainbridge Island <http://wildernessoutdoorstore.com>
- Olympic Outdoor Center, Port Gamble <http://www.olympicoutdoorcenter.com/>
- Poulsbo Running, Poulsbo, <http://www.poulsborunning.com>
- The Quick Fix, Port Orchard, cmountaindave@aol.com and 360-871-5577

PWC Officers and Staff

Co-Presidents.....	Erin Hennings.....	360-621-6961
	Stevo Pavkovic.....	360-813-2743
	Cathie Strand.....	714-328-6697
Vice President.....	Tony Abruzzo.....	360-871-5754
Secretary.....	Megan Thompson.....	360-473-6126
Treasurer.....	Marti Howard.....	360-620-2991
President Emeritus.....	Doug Savage.....	360-994-0003
Members at Large.....	Barbara Ablitt.....	253-225-9350
	Truett DuPuis.....	253-358-0242
	Amanda Piesik.....	701-770-2698
Program Coordinator.....	Kanita Sellers.....	757-235-0594
Annual Picnic.....	Tony Abruzzo.....	360-871-5754
Refreshments.....	Tina Fox.....	360-649-0424
	Sandy Bochonok.....	360-620-7777
Membership Database.....	Marti Howard.....	360-620-2991
Webmaster.....	Jay Thompson.....	360-307-0037
Calendar Editor.....	Christine Plepys.....	859-240-2704
Dropbox Manager.....	Jay Thompson.....	360-307-0037
PWC Historian.....	Margaret Poshusta.....	360-692-0126
PENWICLE Editor.....	Margaret Poshusta.....	360-692-0126



The Peninsula Wilderness Club (PWC) is an organization for people interested in active outdoor pursuits. Main activities include hiking, backpacking, mountain climbing, rock climbing, skiing, snowshoeing, kayaking, and bicycle riding. All outings - from casual hikes to technical mountain sports - are initiated by individual members who volunteer to make minimal arrangements so an outing can take place. They do not accept responsibility for the safety, training or care of any participant, and members are expected to have whatever clothing, equipment, skills, and physical conditioning are appropriate for the outing they wish to join. Members practice responsible environmental stewardship and accept that there are dangers and a risk of injury in most outdoor activities.

Dues are \$25 per household per year. Bring dues to a PWC General meeting, or send a check or money order to:

Peninsula Wilderness Club
P.O. Box 323
Bremerton, WA 98337-0070

Please check if: New Member(s) Renewing Member(s) Change of Address

Name(s): _____

Mailing Address: _____

City, State, Zip: _____

Telephone: _____ E-mail: _____

For new members – how did you hear about us? _____

(Please print clearly)

NOTE: New members will receive the PENWICLE newsletter by email, or can download a copy via the PWC website.

Check here if you do NOT wish any information to be included in the membership list distributed to members.

JUNE 2020 - Time Dated Material
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