



Greetings! With the freakish weather we've been having in Washington this year, the hiking/backpacking season is rapidly approaching. For those members who didn't avail themselves of the winter activities here in the Northwest, this may signal a need to whip dormant muscles back into shape. In order to facilitate this metamorphosis, we've included in this month's newsletter several articles on conditioning. We hope this will make the process less painful! Looking forward to seeing you at the next meeting!

April 1981

P.O. Box 4214

Wycoff Sta.

Bremerton, Wa

Calendar of Events

4 April. Bicycle trip to the San Michele Winery along the Burke-Gillman trail around the north side of Lake Washington. An easy day trip with a forty minute winery tour in the middle. Call Steve at 479-3892 if you're interested.

4 April. Easy day hike. This one-day excursion will follow the Staircase Rapids trail along the south bank of the Skokomish River. The trail is flat and perfect for families with kids. If interested, contact Nancy at 692-4679.

8 April. Basic Running Seminar. The cost for this seminar is \$2. For details and registration, contact Pete or Judd at Mt. Constance Mt. Shoppe.

15/22 April. A two-part Wilderness survival seminar. The cost of this seminar is \$5 and covers backpacking --how to enjoy it and come back from a trip comfortably, techniques and equipment. For registration and details contact Pete or Judd at the Mt. Constance Mtn. Shoppe.

18,19 April. Overnight cross-country ski trip. An excursion of moderate difficulty (6 miles in) has been planned for Marmot Pass--a site known for its beautiful views into the Olympics. An added attraction to spur your interest for this weekend is the presence of a full moon. Because the size of this trip will be limited to 8, call soon--Bob at 479-4692.

25,26 April. San Juan Islands Bike trip. Meet at O.C. at 5:45 Sat. morning or at the Anacortes Ferry Terminal at 8:30. We will then take the ferry to Orcas Island and bike to Moran State Park to eat lunch and take hikes about Cascade and Mountain Lakes, maybe sighting an eagle, osprey, or hawk. We'll also bicycle up Mt. Constitution (the only steep road on the trip and it's optional). That evening we'll take the ferry to San Juan Island. Those so inclined can stay at the Hotel de Haro, a historic old hotel and restaurant, graced with a prize winning formal flower garden. Cost is \$27/double bedroom. Those willing to brave the possible rain can camp at Lonesome Cove, less than 2 miles away, for a small camping fee. On Sunday we'll bike around San Juan Island, visiting both the English and American Camps and other spots of interest. Then we'll return to Bremerton, hopefully by 9:00 Sunday evening. Please let Steve Tontini know as soon as possible as space may be limited and reservations have to be made. Anyone with a bicycle is welcome as a van will be available to carry tools, camping gear, suitcases, broken bikes, broken bodies, etc. 479-3892.

April Meeting

The 13 April meeting of the Peninsula Wilderness Club will be at 7:30 pm in Room Art 103 at Olympic College. The entertainment this month will feature a film and slide presentation on White Water Rafting---just in time for the 10 May trip! Be sure to be there!

Events continued

29 April. Wilderness Travel Seminar. The cost for this class is \$2 and deals with navigation in the wilderness--map and compass reading, recognizing land features, etc. For details contact the Mt. Constance Mtn. Shoppe.

2 May. A one-day outing with varied possibilities--ranging from family hiking to climbing. Travelling 4 miles from the White River entrance to Mt. Rainier Nat. Park brings one to the trailhead for Summer Land. This 4.2 mile trail starts off at 4000' and climbs gently to 5500'. The views from this meadow include Little Tahoma Peak, and the Emmons Glacier---a perfect place for a Saturday afternoon picnic. Climbers have the option of the Cowlitz Chimneys. If interested, call Craig at 275-6915.

10 May. Whitewater Raft Trip on the Wenatchee River. Don't miss this chance to experience one of the great thrills of the Northwest! Cost is \$40/person and \$35/person if we can get 20 people together. So save yourself \$5 by talking a friend into it. There's no excuse except laziness: You can be a non-swimmer, as young as 8 yrs. old, and terribly out of condition. All you need is the nerve to slap at the water with a paddle (there are no style judges on the banks of the Wenatchee!) and the ability to relax and enjoy the scenery during the quieter stretches. Here's a chance to give Mother a day she'll really remember. Call Steve at 479-3892 as he has to make the reservations as soon as possible to get the discount. The next meeting may be too late.

16 May. A family day hike. A good trip to get the family out on will be headed possibly for Lena Lake or perhaps the ocean, depending upon interest shown. If interested, call Nancy at 871-4691.

31 May. Annual club ski trip down from Camp Muir. Take your downhill skis, your cross-country skis, or just your Sunday-go-to-meeting

hiking boots and come along to Paradise at Rainier. Although it is only a simple walk, it is a chance to get up to the 10,000' level. It would especially be suitable for new comers to the club who have not had a chance to drink in the wonders of the south side of Rainier. For skiers it would be a chance to get one last 2500' or more run before hanging up the skis for the season. For information, call Sussette at 479-3892.

20,21 June. Mt. Hood trip in Oregon. We plan on leaving Fri. night at 6pm. arr. at Hood around 11pm. Camping is available on a first come/first serve basis. We plan on X-C skiing or hiking Sat. morning, holding a crevasse rescue and rope use session on Saturday afternoon and climbing Hood early Sunday morning. Call Steve at 479-3892 if you're interested. The Hogsback Route is excellent for a first major mountain. If enough people are interested, a more difficult route will be arranged to meet the beginner group at the top for a little party. Here's a chance to give father a day he can remember.

Workshop held in March

The workshop held last month was well attended and many ideas were tossed about. Among those suggested were the following:

1. A club picnic-potluck to be held in June at Manchester State Park. Ted Wiles volunteered to help organize.
2. Translating the logo into T-shirts at an approximate cost of around \$6. Skip McKenzie is researching the possibilities.
3. Establishment of a planned break at every meeting to facilitate organization of planned outings and allowing new members a time to meet old members.
4. Lynn Howat has revamped the phone tree! It was suggested that phone-tree captains call the people on their list to get acquainted. Anyone wishing to disseminate information to the membership should contact Lynn Howat at 598-4873.

Conditioning

By Steve Tontini

"Sure I want to climb Rainier, but I'm a little out of condition. Give me a chance to shape up." Just about every club meeting, I hear someone bemoaning their 'beyootiful bod' gone bad. (Half the time, the regrets are my own!) Any hike, whether it be Wheaton Way or Willis Wall, will be more enjoyable if we can dispense with the huffing and puffing, and get on with the getting on.

In this article we'll try to define "conditioning", how to tell if you're in condition, and how to get into it if you're out of it. Every cell in your body is a tiny engine, and needs oxygen to metabolize sugars, carbohydrates, etc. to generate the energy it takes to 'move on down the road'. The more fit your body is, the more oxygen it is capable of delivering to and using in your cells. (Marathon runners can use as much as 85 milliliters of oxygen per kilogram of body tissue, whereas sedentary adults may be capable of using as little as 20 ml/kg when they are straining their pencil-pushing bodies to the limit.)

Few people have access to the machinery needed to measure their oxygen-using capabilities. How can you measure it then? Well, the amount of oxygen delivered is directly proportional to the amount of blood the heart pumps. (An athlete's heart can pump as much as 40 liters/minute, whereas a normal college student's heart can pump 20 liters/minute. Some people are so out of shape that their hearts have to beat faster at a higher pressure just to maintain a normal 5 liters/minute flow at rest) Obviously, though, the average guy on the street can't measure the blood flowing out of his heart without making quite a mess, so what can you do? The answer is in the simple act of taking your own pulse. With this tool, a person can determine if the exercise program he has selected is actually improving the fitness of his body. This program must be designed to load the heart muscle enough to improve its strength, but not enough to injure it; just as those who "pump iron" will add weights to build a muscle up, but not too much to cause injury. For us, then, conditioning may be defined as repeatedly loading the heart muscle to make it capable of delivering more oxygen to the cells when called upon (for example when hiking up 28 consecutive switchbacks with a full pack!) With this definition, let's present the following principals of a conditioning program:

1. LEARN HOW TO MONITOR YOUR PULSE RATE. We have said that your heartbeat is the single, most important measurement made in any conditioning program, but it is often difficult to take your own pulse, especially while exercising. With practice, however, anyone can do it accurately. I like to use the soft part of my wrist at the base of the thumb, but others prefer to use the temple just in front of the ear, or the side of the neck just below the hinge of the jaw. Push lightly with your four fingers or else you may cut off the blood flow and not feel the pulse at all. Practice counting pulses for ten seconds and multiply by six to get your pulse rate. (This is because many conditioning exercises require you to stop exercising to measure your pulse and even a 15 sec. halt would affect your pulse count.) It is interesting to note that many great endurance athletes have pulse rates at rest of below 40 beats/minute. I find my own pulse rate at rest varies from 48 just before I get out of bed in the morning to the upper 60's in the afternoon of an exasperating day.
2. SELECT YOUR TYPE OF ACTIVITY. Any activity which uses the large muscle groups (eg. hips and legs) and is rhythmic and continuous in nature will pump the blood back to the heart. We need this return flow to "load" the heart to condition it. Good examples are walking, jogging, bicycling, hiking, swimming, cross-country skiing and rope jumping. Stretching, flexibility, and strength training are good adjuncts to condi-

4.

Conditioning continued

itioning, but will not contribute to the loading of the heart we are concerned with. The decision you make must be based upon what facilities are available to you and what special health problems you may have.

3. SCHEDULE YOUR ACTIVITY AT LEAST THREE TIMES A WEEK. Studies have proven that twice-a-week sessions will maintain your level of conditioning, but will not improve it. Every other day is pretty much a minimum frequency to consider. 5 times a week is better than 4 and 199 times is better than 198. Once-a-week activity verges on the useless from a conditioning standpoint.

4. USE YOUR PULSE RATE AS A GUIDE FOR THE LENGTH AND INTENSITY OF YOUR TRAINING SESSION. To properly and safely "load" your heart, you must exercise at between 60% and 80% of your maximum aerobic capacity. This translates to between 72% and 87% of your maximum heart rate. Your maximum heart rate can be approximated by subtracting your age from 220. For myself at age 33, my maximum heart rate would be (220-33)=187. Thus, as I train, I should keep my heart rate between 135(72% of 187) and 163 (87% of 187) beats per minute (or between 23 and 28 beats per a 10 second period). I like to call this my "loading zone." It is imperative that you stay in your "loading zone" during the entire session, since dropping below the lower limit even for a minute or two will significantly reduce the conditioning effect and going above the upper limit is very uncomfortable and may be dangerous. After 2 months or so you will find your body will automatically seek out the 80% pulse rate level (the middle of the loading zone). Each session should include a five minute warm up time, a 15-25 minute session in the "loading zone" and a 5 minute cool down time. longer sessions would be better of course, but 15 minutes in the "loading zone" should be considered the minimum time from a conditioning standpoint.

Below is a chart showing the approximate "loading zones" for different ages. Use it to start a program of your own and I guarantee that within two months you will be rewarded with a certain smugness as trails that leave you huffing now will become "pieces of cake."

Age (yrs)	Loading zone (10 sec. count)
15	25-28
25	23-28
35	22-27
45	21-25
55	20-24
65	19-23

Information for this article was taken from a booklet entitled, Your Heart Rate: The Key to Real Fitness by A. Garth Fisher

Basic Mountaineering Class

Over the course of every year one reads about various accidents that occur in our wilderness areas--climbers fall to their death, backpackers taking off into the wilds never to be seen again, attacks from wild animals, hikers being caught in bad weather unprepared. One such incident involving a local highschool student years ago prompted George Martin, a N.W. climber, to convince the community college of Bremerton that it needed a course in mountain safety. What began as a reaction to a tragic accident is now the oldest class of its sort in any college in the U.S.--Basic Mountaineering 171.

Every Spring, Olympic Community College offers Basic Mountaineering for a total of 10 weeks. The class meets every Thursday evening from 7-9 p.m. and field trips are planned for each of the weekends throughout the quarter. The lectures on Thur. evening are designed to give one a well-rounded base---covering topics such as food and equipment, basic rock and snow climbing, mountaineering first aid and safety, mountain history and climbing philosophy. The field trips each weekend, then, are

cont. page 6

Wilderness and Running

By Pete Flynn

Sure, you say, those two things go together like mustard on jello. How many of you love the wilderness?one, two, three....Well of course you all do or you wouldn't be reading this newsletter. Let me restate the question. How many of you love to run? ...There that's better, I can count those on one hand.

Seriously now, why don't people enjoy running? Most of us who enjoy hiking and climbing, use running to stay fit. So, there is some correlation between the two. But, why don't you enjoy one as you do the other? Both are meditative.....Well the simplest answer is that running hurts and the rewards gained are not quite as easy to see as the view from a summit or a mountain meadow. But, the rewards most definitely are there. The secret is that you must approach running slowly and with caution as you would a new peak or hiking area.

The most serious problem people have with running is that they attack it. They feel that there is no reason why they can't do five miles a day as soon as they start, or run sub-5 minute miles. Most of us seem to feel that running is so basic that it needs no precaution or preparation. That's the first and probably most serious mistake. Running too long and hard causes immediate stiffness and soreness as well as stress and overuse problems. The body must slowly get used to the pounding it is going to take. The leg muscles must gradually build up to the stress, and the cardiovascular system must also have time to build if you're not in top-notch shape.

There are many theories on how best to begin running, but it really depends on your physical condition. Let's assume that all who are reading this are above average in fitness; this gives us a place to begin.

The simplest approach is to start running for 20 minute sessions daily, with at least one rest day per week. If you find 20 minutes is too long, you are probably running too fast. You should be able to carry on a conversation as you run and if you can't, you are pushing too hard. Stay with the 20 minute sessions until you feel comfortable with them. It's now time to start going longer at least two days a week. Try to get it up to 30-35 minutes. Always intersperse the long days with the short days. Build your time as you feel comfortable.

As you begin this routine, it is important that you start warming up before your run and cooling down after. Stretching is a very important aspect of this. It's those who proceed to run without stretching who end up with muscle and ligament damage. It is also wise to begin your runs slowly and add speed into your run. This allows the body to stretch more naturally. When you finish your run, walk for a while to allow yourself a chance to cool down.

It is also important to stress that in the beginning, SPEED KILLS; at least it can quickly kill your desire to continue running. Remember, you should be able to converse easily. If you should later decide to get into racing and want to work on speed, by all means do some speed work to build quickness and endurance. But, we are more concerned here with those who will use running as a training mechanism for hiking and climbing.

Running can be done anytime and anywhere, given that the right precautions are taken. Many people regiment themselves and do their routine at a specified time. This is much simpler, because if a routine is developed, it is not as easy to say, "I guess I'll do it later!" If you run at night or early morning, it is important to be highly visible, especially if there is a lot of traffic to contend with. Very light or reflective clothing is excellent for that situation. Even at mid-day clothing can be important, as it is in the backcountry. Moisture is always an enemy

Running continued

and must be taken care of whether it is rain or perspiration. Many of the same things you use in the mountains will fill the bill, Polypropylene underwear, wool, gore-tex, etc. The more comfortable you are with your running, the better off you will be and the easier it will be to continue. Lightweight and loose are the keys to comfort in running clothing.

The most important item, I have kept till last, the shoes. The key to footwear is this: racquetball shoes are for racquetball, tennis shoes are for tennis and running shoes are for running. Yes, there are significant differences and there are differences in running shoes. Once you have made the commitment to run, purchase a fairly good running shoe. This is the only essential piece of equipment for the runner. The quality of shoe you use is commensurate to the amount of pain you end up with.

Remember these points:

1. Do not attack running.
2. Stretch well before and after
3. Speed kills
4. Schedule your running
5. Good shoes are essential

What we have discussed here is very basic and if you are going to pursue running seriously then you should do some other things like:

- A. Read some books such as:
 1. "Jim Fixx's 2nd Book of Running"
 2. "Medical Advice for Runners" by Sheehan
 3. and many others...
- B. Attend a seminar on Basic Running at Mt. Constance Mtn. Shoppe
- C. Talk to other runners
- D. Attend the Fun Runs every Sunday at 10:00 AM at Mt. Constance Mtn. Shoppe.

There is much written on running and many varied ideas, some better than others. Listen and absorb as much as you can, but remember that what works best for you is what you should do. I expect that the next time I ask, "how many of you enjoy running?", I will need at least two hands to count all of you.

Mountaineering continued

an attempt to put that knowledge to practical use. The trips include Green Mt., Shurman Rock, Mt. Rainier, Mt. Ellinor, Mt. Angeles, Mt. WA, Lightening Peak, The Brothers and Mt. Baker. The leaders of these trips and lectures are all experienced Northwest climbers--many of whom are members of Olympic Mt. Rescue.

The instructor for this course is Kent Heathershaw. I spoke recently with his assistant, Charlie Zeek. Now... Charlie is not a man of large stature... but he sure appeared to be in good condition. It seems he runs throughout the week several miles a day and then goes out with the O.C. class on the weekend field-trips to stay in condition.

I asked Charlie what it was they tried to accomplish with each of these classes. He said, "The main focus for this course is safety in the mountains. We want to prepare people to go into the mountains safely and to enjoy themselves. Part of that safety comes from teaching them such skills as route finding and part of it comes from building their confidence in their abilities. So many people feel they can't do it. That's where I hope I help. People look at me and say, 'Boy, if he can do it, if he can climb this mountain, then maybe I can too.'" Why would someone look at an obviously well-conditioned man and be astonished that he could climb a mountain? Charlie Zeek is over 60 years of age!

So... if you're in moderately good condition, have the basics as far as equipment goes (wool clothing, lug-soled boots, etc.) and would like to earn 5 college credits while getting into better physical condition and learning the basics of mountaineering from the best---drop into Olympic College this week and register for Basic Mountaineering 171.

IGLOO!

by Ted Wiles

Our first annual igloo building outing was a success!

Our construction crew of 19 managed to stack up a somewhat perfect igloo in only $2\frac{1}{2}$ hours. At first we weren't sure if the blocks of ice were going to form an igloo. After minor experimenting with size and shape of blocks, we managed to find the secret of sticking them together. Everyone worked industriously until the job was completed.

Jerry Hewitt, Nancy Dohse, Ted Wiles and brave daughter, Becca, after inspecting the igloo thoroughly, decided to risk their lives and spend the night. We were fairly warm and comfortable through the snowy night.

For those of you who were wondering, yes, we could stand on top of the igloo. We each took a turn sliding down the side. Nancy took the fatal slide down the igloo, causing a large section to collapse beyond repair, which was the beginning of the end for our igloo.

I'm sure I can speak for all. The true purpose of the Peninsula Wilderness Club was there for all to see: people meeting new people, working together, having fun, and enjoying the outdoors. Thank you for the success of the first annual igloo trip. Ted Wiles

How does the PWC stay in shape?

by Nancy Busek

Now is the time to get in good physical shape for outdoor pursuits and there are as many ways to do that as there are people. Several club members at the March meeting were generous enough to share their methods about how they get in and/or stay in good shape.

Skip McKenzie said, "Find something you like to do, then do it regularly. You have to be dedicated to it, put in the time and work very hard." Skip uses swimming to help prepare for his many mountaineering activities.

Nancy Hamilton finds time for calisthenics, jogging, biking, and running races. Her longest race so far was a 6-miler and she feels she needs to really psyche herself out each time: "Running is not fun--it's work."

Ted Wiles said, "Have fun." I don't get in shape, I just think about it. I guess I should probably do it."

Doug Vercoe prefers bike riding to work and back, up and down some pretty steep hills. For him, "if it isn't fun, it isn't worth it." He also prescribes lots of bed rest.

And how does Jim Busek get into shape? His only comment was: "I eat".

Trying to loose weight, or convert excess body fat into muscle? 3500 calories constitutes one pound of fat, and in order to get rid of this fat, you have to either diet or burn it off through exercise. Below are some of our favorite recreational activities and the number of calories used up per hour. (Figures are based on a 150 lb. individual)

Biking	$5\frac{1}{2}$ mph	230
	10 mph	395
	13 mph	620
Hiking (20 lb. pack)		
	$3\frac{1}{2}$ mph	360
Hill climbing		565
Jogging	$5\frac{1}{2}$ mph	620
Mountain climbing		565
Sailing, rough water		175
Skating, roller leisure		330
Skating, roller vigorous		590
Soccer		565
Skiing, downhill		560
Skiing, x-c 5 mph		660

Officers

President-	Bob Shaffer	479-4692
Vice President-	Jim Busek	871-4691
Treasurer-	Dale Boyle	377-9042
Secretary-	Nancy Busek	871-4691
Activity Coordinator-		
	Steve Tontini	479-3892
Entertainment Coordinator-		
	Charlie Miller	479-0463
Editor-	Nancy Dohse	692-4679