

THE PENINSULA WILDERNESS CLUB MEETS THE SECOND MONDAY OF EVERY MONTH AT 7:30PM AT THE KITSAP UNITARIAN FELLOWSHIP CHURCH ON PERRY AVENUE IN EAST BREMERTON.

MONTHLY MEETING MONDAY 9 MAY 1988 WASHINGTON TRAILS ASSOCIATION

As most our members are aware, our club maintains an associate membership with the Washington Trails Association, an organization dedicated to preserving the wilderness for the enjoyment of those who will care for and preserve it. JIM EYCHANER, WTA's executive vice president, will present a slide show on the state's trails and basic principles of wilderness safety. Jim was born and raised on Whidby Island and has hiked and climbed throughout the Cascades as well as among the Olympics.

UPCOMING EVENTS

OCEAN BEACH OVERNIGHTER SATURDAY 21 MAY OZETTE AREA

Plan on camping out either one or two nights. At least one night will be on the beach. The outing will be under the sponsorship of the Olympic Mountain National Park. Call the Sanborns at 876-8886 for more information.

MT. ADAMS CLIMB SATURDAY-SUNDAY 14-15 MAY

The plan is to take Mt. Adams (12,000 ft.) from the easy south side, also known as the "dog route." Crampons, Ice Ax, and cold weather gear should be considered musts even though this is basically a hard steep hike rather than a technical climb. Call Charlie Pomfret at 697-1876 or Doug Savage at 692-5933 for more information.

OFFICERS

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|-----------|-----------------|----------|
| PRESIDENT | Larry Thomas | 830-4456 |
| VICE PRES | Dick Roemer | 297-2190 |
| SECRETARY | Barbara Luddon | 373-0431 |
| TREASURER | Kevin Kilbridge | 871-2537 |

NEWSLETTER STAFF

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|--------------|
| Jim Luddon |
| 373-0431 |
| Clint Porter |
| 377-3087 |

PENINSULA WILDERNESS CLUB
P.O. BOX 323
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May
APRIL 1988

-TIME DATED MATERIAL-

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NEW NEWSLETTER STAFF NEEDED -- DESPERATELY

As I have previously noted, I have been considering the idea of relinquishing my duties on the Newsletter Editor for some time. At this point Jim Luddon has agreed to take on a share of the burden and responsibility for getting the edition out each month. Doug Savage is also helping out by contributing a steady flow of articles. At this point my primary concern is the July issue since I will have to be out of town for much of the month of June.

Currently, getting out the newsletter consists of the following tasks. First, drafting and organizing the edition each month. I am currently getting some good contributions from the membership which helps. With a home wordprocessor the typing and printing is not too hard, provided the computer is working. Some additional time is required to maintain and update the membership mailing list and printing the mailing labels.

After that, the master copy of the newsletter needs to be delivered to the printer and then picked up again, the mailing labels and stamps affixed, and the batch then delivered to the post office.

Clint Porter

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OLYMPIC FIELD SEMINARS 1988

Want to learn more about the natural wonders of the Olympic Mountains from experts? If so, the Olympic Park Institute, in conjunction with the Olympic National Park, is putting on a variety of seminars for anyone interested this summer, from June through September, at a number of locations on the north west side of the Park. Subjects will range from Indian culture, zoology, and ecology, through woodcarving and photography. For more information on schedules and costs write:

Olympic Park Institute
600 East Park Avenue
Phone (206)452-4501 ext. 227 Port Angeles, WA 98362

SLUSH SKIING IN THE GIFFORD PINCHOT

9 APRIL 1988

By Clint Porter

This XC skiing story will not be much use to you this year. By the time this edition goes out, most of the snow will be gone and what might have been left will have already been chewed up by 50 million pickup trucks. Nevertheless, it is hoped that the gentle reader may get some ideas for the next winter.

Off and on over the years of driving up to Paradise on Mt. Rainier, I had noted a sign to the left announcing entry into the Gifford Pinchot National Forest. Such a romantic sounding name, I think, perhaps I should explore someday. I finally took that opportunity during the last two weekends. The first was more casual though I did do a little XC skiing in the rain, and this weekend, with fabulous weather, was a thirteen mile trip.

In order to explain the situation, let me describe the geography. As I go along I will be giving two different road numbers, first the real forest

service road number followed by the Green Trails Road numbers which I will start with GT. Apparently for some years Ranger Bob has been engaged in a diabolical game of renaming all the Forest Service roads, but not passing this information on to anyone who publishes the maps. Not even the publishers of Forest Service maps have been let in on this sinister secret. But the truth is now out and you read about it here first.

When you turn right off State 706 (the Road to Paradise) you will find yourself on Forest Service (FS) 52 (GT 152), which will take you across the Nisqually River. A little beyond the bridge FS 85 (GT 158) will split off to the right. It will basically climb up the west side of Sawtooth Ridge and if you follow it long enough, it will take you to Randall. If you follow FS 52 about a mile further on you will find yourself at the Big Creek Campground and the trail head of the Osborn Mountain Trail (1800 ft) which leads up along the side of Sawtooth Ridge to a series of lakes at the 4,000 foot level.

A couple of miles further down FS 52 you come to the intersection of FS 84 (GT 149) which leads up to the High Rock lookout tower. Because this road climbs up the east side of Saw Tooth Ridge, the snow level is a lot lower than for FS85. On the morning of 9 April this was a couple of miles up at about 2,400 feet.

Although the snow was initially rather thin, and even bare in couple of spots that I had to walk across, things got gradually better as I climbed up, using a trail groomed by snowmobilers. The sky was bright and blue with Mt. Rainier rising magnificently in the background. As I traveled on I noted the side roads leading off to the right up the mountain. According to the map, FS 8410 (GT 1454), and 8420 (GT 1496) will lead up to trails connecting with the Osborn Mountain Trail above. If you follow FS 84 long enough you will end up in either Packwood or Randall but I had other plans. At FS 8440 (GT149) I took a right to follow the road up to Towhead Pass (2 1/2 miles beyond) Nobody, either snowmobiler or skier had passed this way recently, making the going a little slower. (The Trail connects with this road as well.) Finally reached the pass (4400 ft) and treated myself to some magnificent views of both rolling snow covered hills and jagged peaks. From here, a path leads up the ridge to the lookout, which sits perched on a particularly jagged looking pinnacle. If you follow this road through the pass and on down the west side, you eventually run into FS 85 and from there on down to FS 52 in the valley below.

I, however, turned back the way I came. With the warm temperatures, the going was getting slow and slushy. Almost back to my car I encountered a Ft. Lewis soldier who was out for a day with his pickup truck and dog. He insisted on my sharing a beer with him. It rather topped off a very fine day.

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### KEEPING WARM by Doug Savage

A sure fire way to remember a camping trip is to spend the night in your sleeping bag shivering from the cold weather. With the exception of your tent partner assaulting your olfactory sensors with the byproducts of freeze dried Mexican Bean Tostadas, nothing will make your trip more miserable. Your body's metabolism affects how well you respond to the cold weather, but you can improve your level of comfort by remembering the following tips:

(1) Sleep on a pad. Sleeping pads provide both insulation and added comfort. Therm-a-rest pads are very good, but they are not cheap and do not work if punctured. (Carry a therma-a-rest repair kit) Ridge Rest pads are lighter,



and cheaper but more firm than therm-a-rest. Blue lite foam pads are even lighter and cheaper than the Ridge Rest, but not nearly so comfortable. Whatever type of pad you buy, get a full length (six foot) pad rather than the 3/4 (four foot) length. This keeps your feet warm.

(2) Drink lots of water. Dehydration causes poor circulation to your hands and feet. Keep a water bottle handy at night, and drink whenever you feel thirsty.

(3) Eat before bed. Your stomach's metabolism of food generates heat, helping to warm your hold body.

(4) Go to bed warmed up. Moderate exercise prior to sleeping will raise your body's latent heat. (Doing pushups by moonlight may look weird, but what the coyotes think of you really doesn't count.)

(5) Wear a hat or balaclava to bed. Over 40 % of a body's heat loss is through the head. Wearing a hat retards this loss.

(6) Wear extra (dry) clothes to bed. (The sweaty duds you wore all day just add to the moisture inside your bag.) Water proof barriers will provide extra warmth, but will cause your perspiration to condense next your body. Pile or polypropylene will work best.

(7) Get out of the wind. Wind blows your body heat away. Use of tents, bivy sacks, tarps, snow caves and any other type of shelter will keep in the warmth.

(8) Use a hot water bottle in your sleeping bag but make sure that it does not leak.

(9) Sleep close to another person (a significant other is best.)

(10) Buy a warmer bag than you think you need. Temperature ratings of bags are subjecting at best. Ask a sales person for advice on which bag is best to suit your type of camping.

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#### MOUNT HOOD CLIMB APRIL 9-10 By Doug Savage

Club members Shane Backer, Ted Wiles, Dale Boyle, Sonja Bickle, Mac MacDowell, Charlie Pomfret, Doug Savage, Bruce Kitterage, along with guest Walter Fielder and Mark Bock, successfully climbed Mt. Hood on the weekend of April 9/10. The route chosen started at the Timberline Lodge and followed the snow cat tracks to base camp on the Triangle Moraine (8000 feet). From base camp we climbed to the Upper White River Glacier and into the Devil's Kitchen. (10,400 feet) The fumaroles were quite active, and the smell of sulfur permeated everything, making eating a chore. Even our water tasted like old eggs. Our route then followed a hogs back to the north wall of the crater, up a 60 foot moderately steep was of ice, and from the a short stroll to the summit.

The weather turned out to be better than expected; Saturday was clear and sunny with 20-30 mile winds. Sunday was clear, bright, no wind and 50-60 degrees F. All in all, it was a near perfect climb to start the season.