



CHINA LAKE MOUNTAIN RESCUE GROUP

P. O. BOX 2037
RIDGECREST CA 93556

TRAINING SCHEDULE

T	10 Apr	Mon	Meeting	Sakai, Hueber, Reindeau
	12 Apr	Wed	Girl Scout Primitive Encampment	Sakai
T	15-16 Apr	Sat-Sun	Stretcher Practice	Training Committee
	21-23 Apr	Fri-Sun	Open	
	29-30 Apr	Sat-Sun	Open	
	5-7 May	Fri-Sun	White Mountain	_____
T	8 May	Mon	Meeting	____, ____
	13-14 May	Sat-Sun	Spanish Needle	Huey
	19-21 May	Fri-Sun	Open	
	27-28 May	Sat-Sun	Rock skills	Training Committee
	2-4 Jun	Fri-Sun	Open	
T	10-11 Jun	Sat-Sun	Search practice	Training Committee
T	12 Jun	Mon	Meeting	____, ____
T	13-14 Jun	Tue-Wed	Summer class	Summer Class Committee
	16-18 Jun	Fri-Sun	Open or Lone Pine Creek North Fork (2 nd choice)	
T	20-21 Jun	Tue-Wed	Summer class	Summer Class Committee
	24-25 Jun	Sat-Sun	Norman Clyde	Huey
T	27-28 Jun	Tue-Wed	Summer class	Summer Class Committee
	30 Jun-2 Jul	Fri-Sun	Lone Pine Creek North Fork (first choice)	_____
	3-4 Jul	Tue-Wed	No summer class	
	8-9 Jul	Sat-Sun	Morgan, Stanford (from Hilton Creek)	Rockwell
T	10 Jul	Mon	Meeting	____, ____
T	11-12 Jul	Tue-Wed	Summer class	Summer Class Committee
T	14-16 Jul	Fri-Sun	Summer class day trips	Leaders
T	18-19 Jul	Tue-Wed	Summer class	Class Committee
	22-23 Jul	Sat-Sun	Heller	Bishop
T	25-26 Jul	Tue-Wed	Summer class	Class Committee
T	28-30 Jul	Fri-Sun	Summer class overnight trips	Leaders
T	1 Aug	Tue-Wed	Summer class final exam	Class Committee
T	2 Aug	Wed	Summer class party	Class Committee
	5-6 Aug	Sat-Sun	Open or Whitney Trail (second choice)	
	11-13 Aug	Fri-Sun	Tahquitz	_____

T designates official training activities.

*Strong winds torment us.
Only summer heat tames them.
Yes, spring in Ridgecrest.*

--Nerol Ortsac



CLMRG is funded in part by United Way of Indian Wells Valley.

GROUP BUSINESS

2006 OFFICERS

President	Linda Finco	375-7951
Vice-president	Bud Gates	793-4671
Secretary	Elaine Riendeau	939-6577
Treasurer	Werner Hueber	375-2165
MRA Representative	Dave Miles	939-4260

2006 COMMITTEES

QUALIFICATIONS
 Tom Sakai (Chair, Operations)
 Tom Roseman (Roster)
 Linda Finco (Activities)

EQUIPMENT
 Mike Renta (Chair)
 Al Green
 Tom Roseman
 Dave Miles
 Dave Doerr

Bob Rockwell
 Bob Huey
 Linda Finco
 Werner Hueber

FIRST AID
 Gina Najera-Niesen (Chair)
 Janet Westbrook
 Debbie Breitenstein

PUBLIC EDUCATION
 Carol Burge (Chair)
 Elaine Riendeau
 Mary Schmierer
 Bob Rockwell

SUMMER CLASS
 Dave Miles (Chair)
 Bob Huey
 Al Green
 Mike Myers
 Debbie Breitenstein
 Dan Bishop

ASTM
 Dennis Burge

STORES
 Carol Burge

TRAINING
 Tom Roseman (Chair)
 Dan Bishop
 Bob Rockwell
 Daryl Hinman

WEB PAGE
 Janet Westbrook (Webmistress)

SHERIFF'S OFFICE
 Linda Finco

EMERGENCY SERVICES COUNCIL
 Debbie Breitenstein (Chair)
 Janet Westbrook

THE TALUS PILE
 Loren Castro (Editor)
 Sheila Rockwell (Cub Reporter)
 Karen Botham (Roving Reporter)

2006 CONTACTS

Qualifications	Tom Sakai	375-7404
Qualifications	Tom Roseman	939-4812
Qualifications	Linda Finco	375-7951
Public Education	Carol Burge	446-7038
Training	Tom Roseman	939-4812
Summer Class	Dave Miles	939-4260
Equipment	Mike Renta	446-4947
First Aid	Gina Najera-Niesen	371-7565
Sheriff's Office	Linda Finco	375-7951
ASTM Representative	Dennis Burge	375-7967
Emergency Services	Debbie Breitenstein	939-0716
Stores	Carol Burge	446-7038
<i>The Talus Pile</i>	Loren Castro	375-3279

WINTER RECERTIFICATION

By Dan Bishop

We had our MRA winter recertification test on March 4 and 5. Tom Sakai and Bob Rockwell were our proctors. Ten other members were in the field. We were given UTM coordinates. Eric Toler was our victim. The final lowering was steep and required multiple anchors. We were the only team to carry a stretcher on a member's back. We finished before 1500.

We passed.

SUMMARY OF PAST TRIPS

Date (2005)	Location	Participants	Notes
Feb 19	Ball	Huey, Miles, guest	Huey's 60 th birthday hike
Feb 21	Westgard Pass	Doerr, Miles	
Feb 27	Whitney Rockwell, Sakai We parked just above the "Road Closed" sign on the Whitney Portal road. We hiked and snowshoed almost to Lone Pine Lake.		
Mar 5-6	MRA Rock Test	Roseman	
Mar 12	Klinker Mountain	Finco, Breitenstein, D. Burge, C. Burge	Wildflower hike on a beautiful day.
	Joshua Tree	Hinman, Roseman	Climbing
Mar 25-27	Telescope Peak from Panamint Valley Rockwell, Sakai, Roseman, Bishop, guests We parked at the mouth of Tuber Canyon (2900') and hiked to a camp at 6900' on Friday. No water, but patches of snow. On Saturday, Rockwell wasn't feeling well, so he came out with Sakai. The others went to the top. We found good snow and summited around 1245. Lucky with the snow because we had made a judgment call and left snowshoes behind. Getting back to camp at 1600, the thought of a nice bed was too much, so we continued out to the car at 2000—the last hour by headlamp		
May 15-16	Wotan's Throne Rockwell, Sakai, Myers, Bishop (day hike), guests Hiked to Outpost Camp. Dropped packs and went on because of expected storm that night. Sakai and Sexton made the summit. The others got to Trail Camp or above. Winter conditions.		
May 19	Lower Boy Scout Lake	Rockwell, Green, Roseman	We had hoped to climb Thor, but conditions prevented it.
Jun 3-5	North Palisades Runkle, Bishop, Franklin, Hinman, Goriesky, Huey (day hike) We climbed Polemonium (14080') and North Palisade (14242'). We hiked in on Friday, climbed the two peaks on Saturday, and came out on Sunday.		
Jun 16	Whitney Trail Rockwell, Sakai We celebrated Sakai's 60th birthday yesterday with a day climb of Whitney. Well, he celebrated by summiting, and I helped by getting to the bottom of the snow slope to Trail Crest		
Jun 25-26	Lone Pine Peak, NE Ridge	Miles, Huey, Gates	Nice class 4 climb.
Jun 28	Cirque Rockwell, Sakai Sakai summited. I turned back 500' short of the summit. Time to get the mosquito repellent out. Also, the snow cups are terrible.		
Jul 2-3	Whitney Trail	Toler, Doerr, Rockwell	A warm, beautiful day. The snow is melting fast
Jul 3	Premier Buttress	Roseman, Hueber	Nice day, rappel anchors on top
Jul 3	Wooly Back	D. Burge, Green, and several past members	
Jul 9-10	Summer class day trips:		
	Thor	Sakai, Renta, Najera-Niesen, Franklin	Everyone summited. One negative comment: Chute was too steep on way down for a novice.
	Trail	Roseman, Green, C. Burge, Finco	Four students
	Dragon	Bishop, Huey, Franklin, Doerr	Eight students. Everyone summited (even the dog).
Jul 14-17	North Fork Lone Pine Creek	Huey, Rockwell	Climbed Thor.
Jul 17	Thor	Rockwell, Huey, guest	
Jul 20-21	Whitney Trail	Rockwell	No CLMRG members, but I went with 3 members of the West Valley SAR team

SUMMARY OF PAST TRIPS (cont'd)

Date	Location	Participants	Notes
Jul 23-24	Summer class overnight trips		
	University	Myers led.	
	Morgan	Finco led.	
Aug 7	Gould	Rockwell, D. Burge, Castro	Rockwell and Burge summited after a rain delay. Castro went out for a little stroll and waited patiently at the parking lot.
Aug 8	Summer party at Mitchell's place		Sheriff and Mrs. Wimbish joined us for dinner.
Aug 19-20	Goddard (24-hour try)	Runkle, Roseman	Climbed at Granite Knob instead.
Aug 20-21	Whitney Trail	Toler, Rockwell, Bishop, guest	Rockwell did Wotan's Throne. Others did Whitney, Keeler Needle, etc.
Aug 26-28	Tuolumne Meadows	Finco (Leader) Runkle, Roseman, Sakai, and Clair Reede did Fairview. Climbed South Crack.	
Aug 28	Carillon	Rockwell, Myers	Turned back short of summit
	Whitney	Myers, Huey, Franklin, guests American Cancer Society Relay donors	
	Temple Craig	Franklin, Hinman	Sun Ribbon Arete – 5.10, mostly 5.7 or less.
	Whitney	Huey, Miles, Rockwell, Myers, Bishop,	
	Cirque and Langley	Rockwell, Bishop	
Sep 9-11	Humphreys	Runkle, Huey, Sakai, guest	We climbed Humphreys
Oct 7-10	Yosemite Valley	Roseman, Breitenstein, Najera-Niesen, Huey, Franklin, Schmierer, Eileen Loughran,	
Nov 18	Owens Peak	Rockwell, Hinman, Runkle, Green, Loughran	Celebration of Rockwell's 70 th birthday!
Nov 25	Owens Peak	Runkle, Davis	Curtis went for time and made it from Kiosk to summit in 1 hour 12 minutes. Runkle went more leisurely in 1 hour 35 minutes. Met Tom Roseman coming down.
26 November	Slate Range: Peak 4938(2x), Slate Benchmark (2x), Searles Peak Rockwell, Hinman, Green, Gates, guest: Corinne Newton		
Dec 2	Corkscrew Peak	Rockwell, Roseman, DeRuiter	
Dec 7	Telescope Peak	Rockwell, Green, Sakai, guests: Bob Joy, David Gillanders	
Dec 17	Telescope Peak	Huey, DeRuiter, Roseman, Hinman, guest	
Dec 20	Christmas Party at Westbrook's	19 people total, 6 kids and 6 guests	
21 Dec	Pajuella Peak Rockwell, Sakai, Runkle, three guests (including Honorary Member Jim Nichols). On this first day of winter, we drove up the Sand Canyon road about 1.5 miles from SR 58 and parked. We hiked a jeep road to a saddle north of the summit and climbed to the top. We got chased off by windmill security, but we were heading north to Red Mountain (5729') anyway. We reversed track and hiked back to the car to drive to Red Mountain.		
Dec 30-Jan 1	Olancha Huey, guest Bill Statton Bill and I drove to Sage Flat trailhead. We were wet before we left the car and hiked in driving rain for 2 1/2 hours with snow the last 1/2 hour (gain of about 2,000 feet). At noon, we stopped and discussed whether to go farther. Finding ourselves wet to the core, we elected to turn back. We were back to the car in 1 1/2 hours. We realized we had dropped the tent somewhere on the trail, so we hiked back (almost to our stopping point) without our packs to retrieve it (hence the almost 4,000-foot elevation gain).		

TRIP REPORTS

Aconcagua 2005

January 2005

By Dan Bishop

In January of 2005, four climbers traveled to Argentina to attempt Mount Aconcagua (6962 meters or 22,840 feet). Our leader was Jan Lorenzen (52) of San Clemente. Jan had gotten to within 400 feet of the summit in 2003 and was well acquainted with the mountain. Joining her from Ridgecrest this time were three CLMRG members: Dan Bishop (34), Daryl Hinman (57), and Bob Rockwell (69).

We would climb the Falso de Polacos, or False Polish Glacier, route. The approach is the same as the Polish Glacier, but instead of ascending the glacier, the route continues west across its lower portion and joins the Normal Route a couple of thousand feet below the summit.

We flew from Los Angeles on January 10 and arrived in Mendoza, Argentina on January 11. We had contracted with the Fernando Grajales company to handle all in-country arrangements for us. This included pickup at the airport, transportation to our hotel, transportation to purchase our climbing permits, the three-hour drive to Penitentes (a ski resort near our intended trailhead), and mules to carry our gear to base camp.

We traveled three days from the trailhead at 7600 feet to base camp at Plaza Argentina at 13,800 feet. After a rest day, we carried our gear to our planned Camp 1 at 16,200 feet. The weather pattern for the next few days was to start out nice, then deteriorate in the afternoon to wind and snow flurries.

On January 19, we established Camp 1 at 16,500 feet, 300 feet higher than we had planned. The next day, we carried a cache up to 17,500 feet near where Camp 2 would be. Again, the weather deteriorated, and by the time we got back to Camp 1, it was soaked in, windy, and very cold.

Our original plan was to have Camp 2 at 19,200 feet, but the moves from 16,500 feet to 19,200 feet would have been very hard days. Once on the mountain, it seemed better to have Camp 2 at the intermediate elevation and Camp 3 at 19,200 feet. These easier days between camps required giving up rest days at Camp 1. Also, Camp 2 was on a very wind-exposed ridge.

On January 21, we moved past our cache and established Camp 2 at 17,900 feet. The last hour to camp was particularly hard with a strong headwind—easily 50 mph. Camp 2 had wind walls and only enough room for four tents. We moved in, set up one of the tents and guyed it down solidly, and then set up the other tent. The entire process took about an hour.

During the night, Daryl's health, which had been deteriorating for several days, reached a point where the obvious decision was for him to descend. His breathing was rapid and shallow, about 20 per minute, and his resting pulse was 84.

The next morning, after a sad parting, Daryl and Bob headed down, and Jan and I carried gear to Camp 3 at 19,200 feet. (The split groups did not meet the rest of the time in Argentina because Daryl and Bob flew back on an earlier flight.)

On January 23, we moved to Camp 3 and prepared for a summit attempt the next day. The next morning at 0300, we awoke to severe winds, so we opted for a rest day, the first after five consecutive hard days.

On January 25, Summit Day, we awoke at 0200 to a full moon. The temperature was 17 degrees inside the tent, but the wind had subsided. For the first three hours, we traversed a well-worn path across a steep snow slope to the intersection of the Normal Route.

Aconcagua 2005 (cont'd)

We ran into solid 35 mph winds beginning at Independencia Hut (21,000 feet), which continued until the start of the Canaleta (the final loose bowl that leads to the summit). It was late afternoon when we reached the cloud-covered summit. However, the clouds did recede for a moment to reveal the impressive south face.

Heading down, we were able to find the intersection from the Normal Route back to the snow slope traverse just before darkness fell. We returned to camp in darkness and spent a good half-hour trying to locate our tent.

In the middle of the night, the wind started again with even more vigor. The next day, the wind continued, so we opted for another rest day. It was so cold that we did not even leave the tent.

That night, the wind continued. By morning, it had subsided a little, and the inside of the tent had warmed up to 8 degrees. We decided to pack up and head down. Along the way, we picked up all our stashed gear and descended to Plaza Argentina.

We rested a day at Plaza Argentina waiting for the mules to return. The following day, we hiked all the way out to Penitentes in wind and snow flurries.

Jan and I spent four days in Mendoza recovering. It's a great place to spend the last few days of a trip. During our stay in Mendoza, we spoke with many returning climbers. Most of them had not made the summit because of the storm conditions on the mountain.

Owens Peak

26 June 2005

By Walter Runkle

Curtis Davis, guests Evan Thomas, Charles Morton, Jay Kucera, Dan Goriesky, Peter Waters, and I were trying for speed. We timed ourselves from the kiosk to the summit. We started up about 1705. Charles, Evan, and I got a little off route and went too far to the east. We heard Curtis in the correct gully and soon got back on track.

Charles was first to the summit with a time of 1:11 or slightly better. I was second with a time of 1:13:05. Curtis, Evan, and Dan soon followed over the next few minutes. Jay and Peter took a more reasonable pace and were on the summit about 30 minutes later.

On the way down, Evan and I spotted a mother bear in a tree with her cub. Evan and I took 50 minutes to get down, and we were back at the car enjoying a beer at 1925. Charles and Dan got down about 2000, and Curtis, Jay, and Peter were down by 2030.

McCady, Hitchcock, Muir, etc

17-18 Sep 05

By Bob Huey

Tom Brown and I started from the car at 0930 up the Whitney Trail to Consultation Lake. The scree slope to Arc Pass was brutal. Tom stayed at the pass while I climbed McCadie with David Harris. (David is Dan Harris's oldest son and was in the area with a group from San Jose to climb the 4th class route from the bottom of Mt. Muir. Dan was a member of CLMRG in the '80s.) Tom and I should have hauled our packs up the 4th class notch below McCadie and drop down to the lake on the other side. Instead, we went down from Arc Pass and spent the night above Sky Blue Lake.

The next day, we followed the drainage from Sky Blue Lake back to the west side of McAdie, down the lake to the west of McAdie, and up the scree slope toward Discovery Pinnacle, where we dropped our packs along the ridge and climbed Hitchcock (8 hours).

We returned to our packs and joined the Whitney Trail below Discovery Pinnacle. We got back to our car after a 14-hour day.

THE CLINIC

OTHTC President Chris Rios sent this to the running club's membership.

8 September 2005

I'm from Long Beach, California, and after 3 bum tries with podiatrists (yes, including the famous John P. in Long Beach), I went straight to the source (the lab that makes the orthotics). It's in Orange County right by John Wayne Airport. It's called Foot Comfort (www.footcomfort.com), and the owner-director is Rick Lamirande. I've sent many runners there after I had success with him, and everyone has been very pleased. Plus, it cuts down on the middleman costs of a podiatrist. And believe me, they are foot experts in there. They have all the latest and greatest technology. Step on this thing, and it shows in a computer exactly where the pressure is (telling if you are pronating, supinating, etc.). Here is the information:

3198J Airport Loop Drive
Costa Mesa CA 92626
800-721-7251

You don't really even need an appointment. You can just drop in, and they will test you and do the foot molds. You will have the orthotics in like 2-3 days max. I think Gov. Arnold got like 11 or 12 pairs made by Rick so that he could have them in all his shoes! This place is awesome and cured all my ills. Good luck.

Tracy Y. Thomas, MA, ACSM H/FI, CSCS
Owner-CEO BodyMechanic Fitness, LLC
Personal Trainer & Running Consultant
www.bodymechanicfitness.com
217-714-1388

DONATIONS

Carol Burge

CLMRG gratefully acknowledges recent gifts from the following friends:

United Way	Fourth Quarter 2005
Combined Federal Campaign	Fourth Quarter 2005

SCREE

Check our web page at clmrg.org.

Check the California Region's web page at crmra.org.

Newsletters from other MRA groups, catalogues, etc. are available in the hut.

All telephone numbers in *The Talus Pile* are area code 760 unless noted otherwise.