

TRACK



Newsletter of the Ski Touring Section

Loma Prieta Chapter

Sierra Club

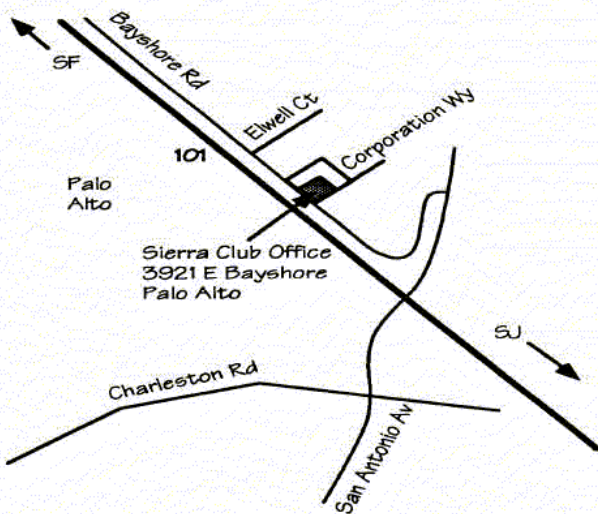


www.sierraclub.org/chapters/lomaprieta/sts

Next Meeting

Monday, November 6th at 7:30 pm

**Peninsula Conservation Center
3921 East Bayshore Road, Palo Alto**



Come join us for an informative seminar on the latest in backcountry skiing, snowshoeing, and snowboarding gear.

Deadline for December TRACK submissions is November 17th

Written descriptions of STS trips and private trips are encouraged, and will be printed as space permits. E-mail submissions (plain text or attached Microsoft Word documents) to xxxxxxxx@xxxxxxxx.xxx.

Leaders are asked to submit trip descriptions and other key information as soon as possible after the planning meeting.

2007 Sierra Club calendars will be on sale at the November and December STS meetings. A percentage of the proceeds directly benefit both our Loma Prieta Chapter *and* STS! \$13 Monthly Wilderness and \$14 Weekly Engagement formats - both boxed ready to mail or wrap!

In this issue ...

- 2006-2007 STS Calendar (page 2)
- Trip/Event Descriptions (page 3)
- Lake Alpine Nordic Ski Patrol (page 6)

2006-2007 STS Calendar

November

11/5 – Ski Tuning Workshop @ John Cordes' house
Leader: John Cordes; **Skill Level(s):** All

11/6 – STS Monthly Meeting
Peninsula Conservation Center (7:30 pm)

11/12 – Avalanche Beacon Practice @ San Gregorio State Beach (10:00 am)
Leader: Andy Hudson; **Skill Level(s):** All

December

12/4 – STS Monthly Meeting
Peninsula Conservation Center (7:30 pm)

12/15-17 – Clair Tappaan Lodge Ski Trip
Leader: Lowell Mouton; **Skill Level(s):** Beg/Adv Beg

12/29-1/1 – NYE Lodge Trip @ Markleeville
Leader: Terri Michel; **Skill Level(s):** Intermediate

January

1/5-7 – Clair Tappaan Lodge Ski Trip
Leader: John Cordes; **Skill Level(s):** Beg/Adv Beg

1/8 – STS Monthly Meeting
Peninsula Conservation Center (7:30 pm)

1/13-15 – Benson Hut to Bradley Hut
Leader: Andy Hudson; **Skill Level(s):** TBA

1/18, 23 & 25 – Snow camping seminar
Leaders: Chris MacIntosh / Steve Sergeant / John Langbein

1/20-21 – Bradley Hut
Leaders: Andy Hudson / David Passmore
Skill Level(s): Intermediate

1/26-28 – Ski Orienteering @ Truckee (CTL)
Leader: Lowell Mouton; **Skill Level(s):** TBA

1/26-28 – Bear Valley Lodge Ski Trip
Leaders: Paul Hsieh / Teresa Callen
Skill Level(s): Beginner

1/27-28 – Bradley Hut
Leader: Dick Simpson; **Skill Level(s):** Adv Beg

1/27-28 – Glacier Point snow camping trip
Leader: Chris Kramar; **Skill Level(s):** Intermediate

TBA – Bradley Hut (or Ludlow Hut??)
Leader: Steve Sergeant; **Skill Level:** Intermediate

February

2/2-4 – Lost Trail Lodge (ski in)
Leader: Terri Michel; **Skill Level(s):** Adv Beg/Int

2/3-4 – Bradley Hut
Leader: John Cordes; **Skill Level(s):** Intermediate

2/3-4 – Snow camping trip TBA
Leaders: Chris MacIntosh / Steve Sergeant / John Langbein; **Skill Level(s):** Beginner (need to have taken the "Snow camping seminar" in mid-January)

2/5 – STS Monthly Meeting
Peninsula Conservation Center (7:30 pm)

2/10-11 – Wilderness First Aid
Leader: TBA; **Skill Level(s):** All

2/10-11 – Bear Trap Basin
Leader: Stephane Mouradian; **Skill Level(s):** Int.

2/16-18 – Clair Tappaan Lodge Ski Trip
Leaders: Teresa Callen / Paul Hsieh / Alan Hobbs
Skill Level(s): Beg/Adv Beg

2/17-19 – Mt. Hoffman snow camping trip
Leaders: David Passmore; **Skill Level:** Advanced

2/17-19 – Mount Lassen Volcanic NP Lodge Trip
Leaders: Cecily Harris / Terri Michel
Skill Level(s): Intermediate / Adv Intermediate

2/20-25 – 10th Mountain CO
Leaders: John Cordes; **Skill Level:** Intermediate

2/24-25 – Pinecrest cabin trip
Leaders: Joe Schmidt; **Skill Level:** Adv Beg

2/24-25 – Peter Grubb Hut trip
Leaders: Dick Simpson; **Skill Level:** Intermediate

2/24-25 – Grover Hot Springs car camping ski trip
Leaders: Steve Sergeant; **Skill Level:** Adv. Beg.

2006-2007 STS Calendar (cont.)

February (cont.)

2/24-26 – Echo Summit to Loon Lake

Leader: John Langbein; **Skill Level:** Advanced Int

March

3/3-4 – Kings Canyon lodge trip

Leader: Terri Michel; **Skill Level(s):** Intermediate

3/5 – STS Monthly Meeting

Peninsula Conservation Center (7:30 pm)

3/9-11 – “Loop Around” Mt. Lassen

Leader: John Langbein; **Skill Level:** Advanced Int

3/17-18 – Pinecrest cabin trip

Leaders: Joe Schmidt; **Skill Level:** Adv Beg

3/17-22 – Tioga Pass Resort to Tuolumne Meadows

Leaders: Lowell Mouton / Terri Michel

Skill Level: Advanced Intermediate

3/24-25 – Iron Mountain

Leader: Janet Hoffmann; **Skill Level:** Intermediate

3/30-4/1 – Ostrander hut trip (Yosemite NP)

Leader: TBA; **Skill Level:** TBA

TBA – Dewey Point snow camping trip

Leader: Steve Sergeant; **Skill Level:** Intermediate

April

4/2 – STS Monthly Meeting

Peninsula Conservation Center (7:30 pm)

4/14-21 – Trans-Sierra ski tour

Leader: Andy Hudson; **Skill Level:** TBA

May

5/7 – STS Annual Potluck (location and time TBA)

Trip Basics

Trips are cooperative ventures organized and lead by volunteers. Trips range from leisurely single-day tours to strenuous multi-day expeditions. Each trip has a classification, which indicates the level of skiing ability and experience that the leader feels is the minimum required. The trip leader has the final say in whom

may join a trip and may refuse anyone at any time that they feel has not demonstrated the required level of ability.

Trip Classifications

Beginner: Includes first time cross-country skiers. Leaders frequently provide some type of beginner instruction. 1-2 miles on gentle terrain.

Advanced Beginner: Skiers in good condition who have learned the basics of the diagonal stride on the flats and on easy hills. 2-5 miles over rolling terrain.

Intermediate: Uphill and downhill skiing on slopes that can be traversed if too steep. An intermediate has developed skill and confidence to snowplow, step turn, and control downhill speeds. Overnight hut trips with a moderate pack load. 3-10 miles average.

Advanced Intermediate: Same as Intermediate plus poor snow and weather skills, winter navigation, greater endurance, and snow camping. 10-15 miles.

Advanced: These tours are for the hardy skiers who can ski 10 to 30 miles in one day, are able to climb high mountains using skins, and descend with Telemark turns. The advanced skier must be in good shape, acclimatized to high altitudes, and have a working knowledge of map reading, compass, avalanche hazards, and winter survival.

Trip/Event Descriptions

Ski Tune Workshop

November 5th, 1-4 PM

Skill levels - All

It is time to dust off the skis and check the bindings. I am hosting a workshop in my yard in Sunnyvale to fix the base gouges, nicks and dull edges generated from all of last year's fun. Please bring your own P-tex, wax, iron and tools if you have them. Please bring saw horses or workbenches if you have them. I am willing to provide tips or let you borrow my guide book. I'll be leaving at 4 pm to lead an optional hike to the top of Mission Peak in Fremont to watch the full moon rise and have a moonlight picnic. We should be down from Mission Peak around 7 pm. If interested, please contact the leader (John Cordes, xxx-xxx-xxxx or xxxxxxxxxxxx@xxxxx.xxx)

Trip/Event Descriptions (cont.)

Avalanche Beacon Practice

Sunday November 12, 10 AM

All skill levels

You've got a nifty avalanche beacon, but when is the last time you practiced? Practice with your beacon now so you don't have to worry about it during ski season. Get your ski buddies out here too so they can find you if you should ever get buried. All levels are encouraged to join the serious fun. We'll meet at San Gregorio State Beach at 10 am. Bring your beacon and a zip lock bag (to keep the sand out), and a bite of lunch for afterwards. Let me know if you'll be there. I will cancel the practice in event of rain, so I'll need your contact info in order to let you know. (Leader: Andy Hudson xxxxxxxx@xxxxx.xxx)

Markleeville NYE Lodge Trip

29 December 2006 – 1 January 2007 (Fri – Mon)

Intermediate

Spend New Years in this lovely and peaceful setting in Markleeville near the Carson River. The area offers day skiing opportunities in Carson and Luther Passes, Hope Valley, Forestdale Creek, and Kirkwood's ski trails, to name a few. All this followed by a possible soak in Grover Hot Springs to bring the evening to a close. We'll depart the Bay Area on Friday morning the 29th, in time for a short ski and maybe also a trip to the Hot Springs. We'll share 4 rooms (2 beds to a room) at the J Marklee Toll Station on Hwy 89 in downtown Markleeville <www.tollstation.com>. Cost for 3 nights lodging (includes private bath and linens) and happy hour munchies is \$115/person (cost based on 8 people). There are restaurants nearby for dinners and/or breakfasts. Limit 8. Part or all of deposit nonrefundable if you cancel after November 1st and we can't get a qualified replacement. All participants must bring metal edged skis and climbing skins, sign a Sierra Club Liability Waiver and complete a Sierra Club Medical form and return both completed and signed to the leader prior to the trip. Send 2 long SASEs for trip sign-up application, waiver, medical form and check for \$115 to: Terri Michel, xxxxxxxxxxxxxxxx, xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx. (Leader: Terri Michel xxx-xxx-xxxx or xxxxxxx@xxxxx.xxx)

Snow Camping Seminar

January 18, 23 & 25 (classroom sessions)

February 3-4 (field session)

All skill levels

Learn to be comfortable in the snow; all day and all

night! This course teaches participants the basics for camping, staying comfortable, and surviving the snow. Items discussed in the course include hypothermia, cold weather 1st aid, clothing, ski and snowshoe gear, packs, cooking, shelters (including tents, emergency shelters, and snow caves), route finding, and avalanche awareness. Participants must be familiar and comfortable with summer backpacking. In the field session, participants will apply what they have learned including constructing various snow shelters, cooking, and adapting to the environment. Participants will either snowshoe or ski into the field area. To sign up, contact Chris MacIntosh and send \$40 and your contact info to BSCS, xxxxxxxx, xxxxxxxx, CA xxxxx. Cost for the course includes a book and other printed material. (Leaders: Chris MacIntosh xxxxxx@xxxxxxxxxxx, Steve Sargent xxxxxxxxxxxxxxxx@xxxxx.aaaaaaaaa.xxx, and John Langbein xxxxxxxxxxxxxxxx@xxxxx.xxx)

Bear Valley Beginner's Ski Trip

January 26-28, 2005

Beginner to advanced beginner cross-country ski trip. Come join us for a weekend stay at Base Camp Lodge in Bear Valley. We arrive the evening of Friday, January 26, and leave the afternoon of Sunday, January 28. Please meet us at 9:00 PM in front of the fireplace at Base Camp. We will ski at the Bear Valley Cross-Country center Saturday morning with an option to ski again in the afternoon. On Saturday night, MAS will host an avalanche and snow awareness seminar for our group. On Sunday there will be an option to ski in the back-country area of Bear Valley. There is a bar at Base Camp and some local restaurants and coffee cafés in the area. There is also a game room, dry sauna and living room with a fireplace. Cost for lodging for two nights, two breakfasts, Saturday night dinner plus avalanche/snow awareness seminar and tax is \$101.00/ bunk, \$134.00 /triple, \$150.50 /double, \$200.00/single. The "single" or private rooms are limited. Trail fees are about \$25.00 per day. There are ski rental packages available. Beginners can take a lesson on Saturday morning at the cross-country center and join us in the afternoon. Sign up by contacting one of the leaders, but please make your own reservations by calling MAS at (209) 753-6556. Payments for all activities will be directly to Base Camp and to the Cross-Country Center. Please join us for a fun filled weekend of cross-country skiing, learning, socializing and relaxing. Event is co-listed with SF Bay and LPSS

Trip/Event Descriptions (cont.)

Sierra Singles. **Meet at Base Camp Lodge on Friday night at 9:00 pm.** (Leaders: Paul Hsieh xxxxxxxx@xxxxxxx.xxx and Teresa Callen xxxxxxxx@xxxxxxx.xxx)

Glacier Point Snow Camp

January 27 – 28

Intermediate (with snow camping experience)

We will start skiing Saturday morning at Badger Pass and proceed up the Glacier Point road (tracks are usually, but not always, set by the NPS) to Glacier Point. We make camp there that night and return the next day. Exploration plans for the return trip on Sunday include Sentinel Dome and other South Rim points of interest near Glacier Point. Distance is 11 miles and includes ~500' of elevation gain/loss one-way. All participants must sign a Sierra Club Liability Waiver. Send 2 long SASEs for trip sign-up application, medical form, and waiver to: Chris Kramar, xxxx xxxxxx, xxxxxx, CA xxxxx. (Leader: Chris Kramar xxxxxxxx@xxxxx.xxx or xxx-xxx-xxxx)

Bradley Hut Overnight (alternatively, Ludlow Hut)
TBA (TENTATIVE for January)

Intermediate

Join us for a night in the Bradley Hut. This is the newest of the Sierra Club's ski huts. A cost of \$25 covers Saturday night hut fees, Saturday dinner and Sunday breakfast (all vegetarian). Bring lunches and personal gear and leave room to help carry group gear into the hut. Limit 10 including the leader. To register, contact the trip leader (Steve Sergeant xxx-xxx-xxxx or xxxxxxxxxxxxxx@lomapieta.sierraclub.org)

Luxuriate at Lost Trail Lodge

2 – 4 February 2007 (Fri – Sun)

Advanced Beginner / Intermediate

A rare opportunity to stay in this off-the-grid and uniquely appointed lodge that is close to civilization yet remote in NW Tahoe near Donner. This trip would be a good way to find out what it's like to ski with an overnight pack to your lodging without having to carry sleeping gear. We'll share a cabin at the Lost Trail Lodge, which is a 4 mile relatively flat ski into the lodge <www.lostrailodge.com>. We'll start from the trailhead on Friday morning the 2nd to ski the 4 miles to our cabin so we can explore the local backcountry for the rest of the weekend. The area offers day skiing

opportunities in places like Cold Stream and Emigrant Canyons, Shallenberger Ridge, etc (climbing skins would be handy for the day tours from the lodge). Skiing and dining followed by a possible live piano serenade or jacuzzi soak in the evenings. Cost for 2 nights lodging (includes linens), 2 dinners and 2 breakfasts is \$179/person. Limit 6. Part or all of deposit is nonrefundable if you cancel after January 1st and we can't get a qualified replacement. All participants must be comfortable skiing up to 4 miles with a small overnight pack, bring metal edged skis, sign a Lodge and a Sierra Club Liability Waiver and complete a Sierra Club Medical form and return all completed and signed to the leader prior to the trip. Send 2 long SASEs for trip sign-up application, waivers, medical form and check for \$179 to: Terri Michel, (Terri Michel xxx-xxx-xxxx or xxxxxxxx@xxxxx.xxx)

Clair Tappaan Lodge ski trip

February 16-18

Beginner / Advanced Beginner

Come join us for a weekend stay at Clair Tappaan Lodge in the Norden area. We arrive the evening of Friday, February 16 and leave the evening of Sunday, February 18. We will ski at Royal Gorge on Saturday and on the track behind the lodge on Sunday. If you have snowshoes and a headlamp, please bring them for a night hike on a local trail. Cost for two nights lodging and all meals is approx. \$98.00. The track fee at Royal Gorge is \$26.00 per person. There are ski rental packages and snowshoe rental packages available at the lodge. Beginners can take a lesson on Saturday morning at Royal Gorge and join us in the afternoon. There is a hot tub, library, living room and sometimes live entertainment at the lodge. Sign up by contacting one of the leaders, but please make your own reservations by calling Clair Tappaan Lodge at (xxx) xxx-xxxx. Payments for all activities will be directly to Clair Tappaan Lodge and to Royal Gorge. Please join us for a fun filled weekend of skiing, socializing and relaxing. Event is co-listed with SF Bay and LPSS Sierra Singles. **Meet at Clair Tappaan Lodge Living Room on Friday night at 9:00 pm.** (Leaders: Alan Hobbs xxxx.xxxxx@xxxxx.x, Paul Hsieh xxx-xxx-xxxx or xxxxxxxx@xxxxxxxxxxx.xxx and Teresa Callen xxxxxxxx@xxxxxxx.xxx)

Trip/Event Descriptions (cont.)

Mount Lassen Volcanic National Park

February 17-19, 2007

Strong Intermediate / Advanced Intermediate

Enjoy Mt. Lassen over President's Day Weekend. (Three day ski trips, Saturday – Monday). In February, when snow is usually plentiful and traffic is usually light in this southern Cascades park. We'll ski to places that might include Bumpass Hell or Brokeoff Peak depending on conditions. We will stay two to a room in the Mineral Lodge motel near the southwest Park entrance. (www.minerallodge.com) Three nights lodging (Friday – Sunday) and happy hour munchies are only \$133.00 per person. Bring your own lunches and plan to eat breakfast and dinner at the motel restaurant. Limit 8. Part or all of deposit is refundable if you cancel by January 17 and we can't get a qualified replacement. All participants must bring metal-edged skis and climbing skins, sign a Sierra Club Liability Waiver and Medical Form. Send 2 long SASE's for trip sign-up application, waiver, medical form and check for \$133.00 to: Cecily Harris,

Questions? Contact

Cecily Harris at xxxx or

xxxxxxxxx or co-leader Terri Michel at (xxx) xxxxx.

Grover Hot Springs Camp-out

February 24-25

Advanced Beginner

Join us for a car camping ski trip. We will camp at Grover Hot Springs State Park. The park is just west of Markleeville, four miles from Highway 89. We will ski in the Hope Valley/Carson Pass area on both Saturday and Sunday. Dinner Saturday night will be in historic Markleeville, at the Wolf Creek Restaurant. Remember to bring your bathing suit and towel for soaking in the hot springs at the park. Trip cost is \$25 which covers camping fee and breakfast Saturday and Sunday. We'll be camping in the snow, so be prepared! In past years, night time temperatures have dipped to the single-digits. You'll also need extra money for dinner Saturday night (entrees start at \$12.95), and \$4 for each visit to the hot springs. For additional information, contact the leader (Steve Sergeant xxxxxxxx or xxxxxx@lomaprieta.sierraclub.org)

Dewey Point Beginner's Snow Camp

TBA (TENTATIVE for late March or early April)

Intermediate

Camp in the snow overlooking Yosemite Valley! This

is a good trip for someone ready to graduate from Advanced Beginner to Intermediate. This trip will start at the parking lot for the Badger Pass ski area, and will cover 3.75 miles by cross country skis or snowshoe into our campsite. Campers will be encouraged to try alternative winter shelters, such as a snow cave, or a hybrid tarp/trench structure (tents are OK too). On Sunday morning we'll explore the rim of Yosemite Valley to the east of Dewey Point -- perhaps as far as another 3.6 miles to Taft Point -- before traveling back to the Badger Pass parking lot on the Glacier Point Road. Prior snow camping experience is strongly advised. The leader can advise you on appropriate gear and preparation. Skiers should have experience skiing with a full pack (on a hut trip, for example). The trip is individual commissary, but participants will be encouraged to team-up for shelter and cooking. Limited to seven participants. This trip is co-listed with the Backpack Section. To register, contact the trip leader (Steve Sergeant xxxxxxxx or xxxxxxxx@lomaprieta.sierraclub.org)

Looking For Nordic Ski Patrol Candidates

Lake Alpine Nordic Ski Patrol (located in Bear Valley) is looking for cross-country skiers to join us in patrolling the beautiful backcountry around Lake Alpine. We are affiliated with the National Ski Patrol (NSP), and we maintain our first aid skills at the same level as alpine patrollers, but our emphasis is more on other aspects of traveling safely in the backcountry in a winter environment.

Patrolling provides the chance to regularly get out and enjoy the backcountry with others of a like mind, while providing the opportunity to do something beneficial for others, and who knows, maybe save a life. There are other benefits as well, such as the great educational programs that are administered by the NSP.

You don't have to be a great skier to join us, but you should have basic skill at traveling cross country, and be in reasonably good shape with the stamina to put in a full day of fairly strenuous exercise. To get a feel for patrolling please join us for a weekend of skiing, no commitment required. To find out more please contact Charles Schafer at xxxxxxxxxx or xxxxxxxx@xxxxxx.xxx.



STS'ers preparing to ski out from Ostrander Hut (January 2006)

Announcements

Looking for one person to share ski lease in Truckee – Ski lease available Dec 1-April 31st to share with a group of 11 other Bay Area backcountry skiers. Three-bedroom, three bathroom house in the Northwoods area of Truckee. Mix of singles and couples. No live-ins, no pets, no smokers. Contact Denise Hart at xxxxxxxx@xxxxxxx for more details.

Carson Pass to Bear Valley tour – Roy Lambertson is considering leading a snow-camping tour (Carson Pass to Bear Valley) in early March. Contact him if you are interested in this trip.

Avalanche course offerings – Those interested in avalanche courses should take a look at the following web sites:

http://www.mtadventure.com/pages/avalanche/avalanche_education.html

http://www.alpineskills.com/cat_avalanche.html

Section Information

Purpose: The Ski Touring Section leads cross-country ski trips to the Sierra Nevada and elsewhere.

Meetings: The Section holds open meetings monthly from November thru May. Date, time, and location of the next meeting are announced in TRACK.

Newcomers of any experience level are welcome. A special program is featured at most meetings.

Membership: To be a member of the section requires membership in the Sierra Club and additional dues of \$5/yr paid to the section Treasurer. This entitles members to all the rights outlined in the bylaws and standing rules.

E-mail list: To join the STS e-mail list, send an e-mail to the list server at: <listserv@lists.sierraclub.org>.

Include the following one line in the body of the message (not Subject line): <SUBSCRIBE LOMAP-SkiTour yourfirstname yourlastname>. Be sure to send the email from the address at which you wish to receive postings and the newsletter, TRACK. You must be a member to be on the STS e-mail list.

Newsletter: TRACK is published monthly from October through May. To subscribe, send a check for \$15 (\$10 for paper newsletter and \$5 for annual section dues) payable to Ski Touring Section with your name, address, telephone number, and proof of Sierra Club membership to Treasurer John Langbein (see address below). Proof of membership is one of the following: a mailing label from your Chapter newsletter (Loma Prieta) or Sierra magazine,

(continued on page 8)

Section Information (cont.)

a photocopy of your Sierra Club membership card, or your canceled check for membership dues.

To join the Sierra Club, enclose a separate check for \$35 payable to Sierra Club with your STS payment.

To submit meeting announcements, trip announcements, and trip reports for publication in TRACK, email them to TRACK editor Kevin Flynn at xxxxxxxxxxxxxxxxxxxx, (plaint text or attached Microsoft Word documents preferred) or submit them as text files. Photos in jpeg format may accompany trip report submissions and will be included if space permits. Advertisements will be carried for members free of charge on a space-permitting basis. Ads will

run for one month unless resubmitted and will be limited to 6 lines or one inch. Notices from commercial enterprises will be carried at the editor's discretion on the same basis.

Trips: Trips are scheduled by VC/Scheduler Eric Valentino. Potential trip leaders should contact him (see address below) and new leaders should contact Chair of the Leadership Committee (position is currently open) for leader qualification. Potential trip participants should contact the trip leader listed for each trip. The trips are classified according to the minimum ability required of participants. The categories are listed inside under Ski Trips. The Sierra Club does not assume any liability for carpools to the "trailhead".

Chair	Lowell Mouton
VC/Scheduler	Eric Valentino
Secretary/Editor	Kevin Flynn
Treasurer	John Langbein
Conservation	Dick Simpson
Leadership	open
Webmaster	Brenda Geise

SKI TOURING SECTION

Loma Prieta Chapter
Sierra Club
3921 East Bayshore Road, Ste 204
Palo Alto, CA 94303

First Class Mail