

# TRACK



Newsletter of the Ski Touring Section

Loma Prieta Chapter

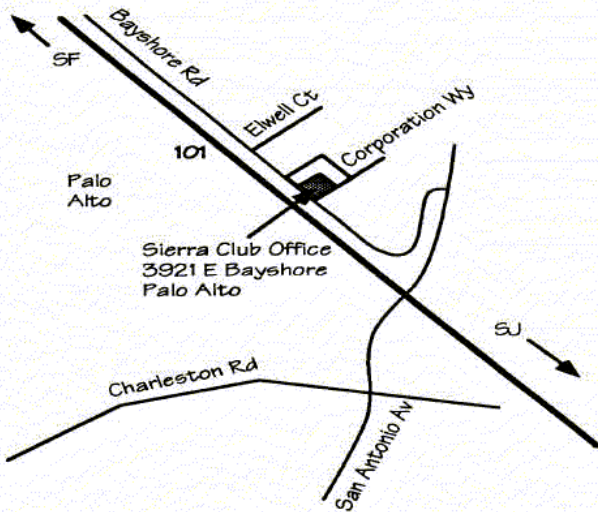
Sierra Club



[www.sierraclub.org/chapters/lomaprieta/sts](http://www.sierraclub.org/chapters/lomaprieta/sts)

**Fall Planning Meeting  
For Leaders and Potential Trip Leaders  
Monday, October 2<sup>nd</sup> at 7:30 pm**

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



All leaders and potential trip leaders are invited to help put together a tentative schedule of trips for the 2006-2007 ski season.

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***Deadline for November TRACK submissions is October 20<sup>th</sup>***

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.

**Ski Hut Work Parties**

The Sierra Club owns and operates four backcountry huts in the Donner Summit/Lake Tahoe area for winter use by backcountry skiers, snowshoers, and others. Each hut provides basic shelter and is equipped with a wood stove and firewood. Visitors bring their own food, cooking utensils (although some may be found in the huts), sleeping bags, and warm clothing.

The huts are maintained by volunteers in a series of "work parties" running into late October. The common task is collecting and stacking firewood, but there are general maintenance and cleaning chores as well. The Sierra Club provides tools and supplies (including food); volunteers need only bring

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## Ski Hut Work Parties (cont.)

equipment as for an autumn overnight backpacking trip and a healthy attitude toward manual labor. No experience is necessary; and there is a sizeable contingent each year who don't even use the huts during winter -- they simply enjoy the fresh mountain air, the camaraderie, and the satisfaction that comes from contributing to a good cause.

The remaining work party schedule is listed below. Please contact the sign-up coordinator for more information or to volunteer.

### **Ludlow Hut September 30 – October 1**

Coordinator: Joel Brody  
(xxx) xxx-xxxx or xxxxxxxx@xxxxxxxxxxx.xxx

### **Bradley Hut October 7-8**

Coordinator: Harvey Ceaser  
(xxx) xxx-xxxx

### **Peter Grubb Hut October 21-22**

Coordinator: Joan Marshall  
(xxx) xxx-xxxx

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## 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 (xxx) xxx-xxxx or xxxxxxxx@xxxxx.xxx.

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## 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 had a lesson and has skied several times, having 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.



STS'ers enjoying the breathtaking views at Dewey Point (March 2006)

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### 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 Tracey (see address below). Proof of membership is one of the following: a mailing label from your Chapter newsletter (Loma Prieta) or Sierra magazine,

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## 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 xxxxxxxx@xxxxxxx.xxx, (plain 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".

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

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## SKI TOURING SECTION

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## First Class Mail