

The Pack Rat



Newsletter of the Rocky Mountain Ramblers Association

December 2001/January 2002



PHOTO CREDIT: TOM SWADDLE

Rappensehuette - See Pages 10 and 11 for future trips to the magnificent Alps expertly organized by Helmut Microys.

WHAT'S INSIDE...

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EDITOR'S NOTES...

As a result of the Annual General Meeting and a new executive, this issue is full of reports. December should be a fun month with such events as Open House and Christmas Potluck. Don't forget to try your luck at Ken Park's ski quiz that is always so interesting and a sure test for your grey cells.

RMRA

2001- 2002 Executive

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The Packrat is published six times a year by the Rocky Mountain Ramblers Association. We welcome your submissions and comments. Please contact the editor at packrat@ramblers.ab.ca or send correspondence to RMRA c/o Calgary Area Outdoor Council, 1111 Memorial Drive NW, Calgary, AB T2N 3E4. Copyright 2001 by the Rocky Mountain Ramblers Association.

President's Report...

By Ron Hunter

As the hiking season winds down we get to think back about a great summer for participating in the club's activities – there's something to be said for a drought if you are not a farmer, notwithstanding occasional smoke!

I have the privilege of being this year's President and I hope I can live up to your expectations. Fortunately Dorothy Ann will be around as Past President to put me back on course if I go astray.

For those who missed the Annual General Meeting, a few motions were passed.

- ⌘ The membership year was changed to run from December 1 to November 30. This will allow about six weeks for renewals after the fees are set at the AGM, and it also more closely matches the end of the hiking season.
- ⌘ The bylaw making "**all members eligible for membership privileges in the Association for a period of thirty days after the end of the previous Association membership year**" was removed as it had only been in place to keep memberships valid until after the AGM was held.
- ⌘ A motion was passed that "**All Association trips require a trip signup sheet on which all participants acknowledge that they have signed the Release and Waiver of Liability.**" This formalizes the requirement to sign the trip sheet.
- ⌘ A motion was passed that "**An annual or special general meeting requires fourteen clear days notice that may either be hand delivered or mailed by post or electronic mail to all members at their last known address.**" The addition of the electronic mail option will help keep mailing costs down for those members who prefer electronic notification.
- ⌘ A motion was passed amending the Rules. It changes the August 1 date to September 1 for "**Individuals joining after September 1 who have never been members of the Association will pay the standard membership fee to become a RMRA member, and their membership will carry them through to the end of the following membership year.**" This reflects that the membership year now carries on to a later date.
- ⌘ The fees were set at \$25.

A highlight of the meeting was a presentation to members Keith Walker and Bob St. John for extra-ordinary volunteer work

on the new web site. Each was given a framed mountain photograph as a testimony of the club's appreciation.

And last, but not least, your new Executives are:

President: Ron Hunter
Social: Anita O'Reilly
Vice President: Keith Walker
Programs: Carl Potter
Treasurer: Doug Gossen
Membership: Diane Lyders-Reid
Secretary: D. Mulligan
PackRat Editor: Irene Willett
Trips Director: Bob St. John
Past President: Dorothy Ann Reimer

As with any volunteer organization our activities are more successful if there is lots of participation. I encourage you to offer support to the various Executive members, such as helping Anita with the Social Committee, joining Keith on the Safety Committee or providing program suggestions to Carl. Based on my last year's experience, helping out at the Membership desk on a busy renewal night is very much appreciated!

Now all we need is a little more snow in the mountains to get the skiing season started!

Trip Director's Report...

By Bob St. John

During the year 2000/2001, the Ramblers continued to offer more trips than any other outdoor club in Calgary. It is one of the few clubs in town with an open membership that offers activities year round. For \$25 members had the choice of over 300 hiking, skiing, canoeing, cycling, snowshoeing, and backpacking trips. This represents tremendous value, and reflects on the dedication of the many members who volunteer to make it happen. In particular, it is our pool of 44 volunteer Coordinators who deserve special credit. It is they who do the research, preparation, and coordination of our trips. Every Coordinator, no matter how active, deserves our gratitude.

This year we welcomed four new Probationary Coordinators: Stan Bobrow, Rick Collier, Dennis Nolan, and Elaine West. Two Probationary Coordinators became Full Coordinators: Philip Creery, and Allan Mathies. An organization such as ours

Activities

Hiking, Backpacking, Skiing,
Cycling, Climbing,
Scrambling, and
Mountaineering, Education
and Awareness Programs,
Social Functions

Meetings

Every Wednesday
evening at 7:30 p.m.

Mail

Rocky Mountain Ramblers
Association
c/o Calgary Area Outdoor
Council (CAOC)
1111 Memorial Drive NW
Calgary, AB T2N 3E4

Trip Info

282-6308 Information Line
and at Meetings

Website

The Packrat is also available on the RMRA website at <http://www.ramblers.ab.ca>. If we have your email address, you will automatically receive an electronic copy of the Packrat in PDF format. Acrobat Reader 4.0 or higher version is recommended for best results. If you don't have the latest version, you can download it for free from Adobe's website at <http://www.adobe.com>



**Deadline for next
PackRat:
January 16, 2002**

Cross-Country Skiing Clinic

\$75

Learn what you need to know to cross-country ski.

OR

Refresh your cross-country skiing skills.

Clinic Date: Dec 7

Outdoor Lesson: Dec 15

For more information, call
Dawn Jones 289-2271
Press 2.



remains especially vibrant when fresh faces come forward to offer their time and effort. I would also like to mention two exceptional Coordinators: Alastair Sinclair and Carl Potter. The Coordinators Council has been wrestling with how to recognize and perhaps award exceptional Coordinators, but as of yet have not come to any solution. While I do not wish to usurp the Awards Committee, I do believe Alastair and Carl would be on the short list of deserving Coordinators. Alastair has taken out the most trips, and year in and year out continues to coordinate numerous and popular trips. Carl is close behind in the number of trips, but offers a surprisingly varied and interesting menu of activities, as many of you can attest.

While we have enjoyed a very successful year, there is room for improvement. As shown in the table, the number of trips that Coordinators offered to the membership (Trips Called) increased 3% over last year. However, the number of trips that actually went out (Official Trips), and the total participation on those trips (Person Days), decreased by about 10%. This can be somewhat explained by the poor winter skiing conditions which resulted in 22% fewer skiing trips and a 14% drop in skiing participation. Another reason for the drop in participation may be seen in the number of Cancelled Trips that increased from 26 last year to 68 this year, or one in five trips called. This may indicate that what Coordinators' feel are worthy trips does not always jive with what the general membership wants.

	Trips Called	Official Trips	Canceled Trips	Person Days	Hiking Trips	Skiing Trips	Hiking Person Days	Skiing Person Days
1999/2000	321	295	26	2922	219	64	2372	476
2000/2001	332	264	68	2616	200	50	2144	408
% Change	3	-11	162	-10	-9	-22	-10	-14

Another area that also needs our vigilance is group management while on trips. Problems often occur when participants become separated from the main group. Coordinators need to make it clear to participants their expectations concerning pace, goals, and group dynamics. This can be made apparent when the trip is announced or at the trailhead meeting. Participants need to adhere to these expectations in order for the trips to be safe and enjoyable for all, including the Coordinator. Use common sense when on trips, and be aware of others in the group.

Finally, I want to thank Alistair Des Moulins who took over from me as Trips Director from May to September. Also I want to thank those members who from time to time filled in as Trips Director when needed, Ron Hunter and Garry Denman, to name just two.

Social Committee Report...

By Anita O'Reilly

The annual dinner and dance held at the Winter Club on October 26, 2001 was a resounding success. Thanks to Barb Fischer for all her hard work. These events don't just happen. Thanks to the following for their donations of draw prizes, awards, and dance prizes:

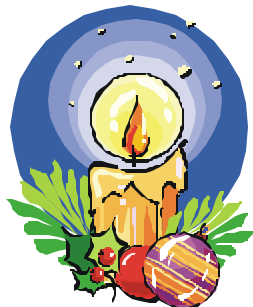
Doug Gossen	Massage.
Jim Powers	Numerous prizes including Gem Trek maps, water bottles, caps, sunglasses, dog dish and leash, slope dope, backpacking water bucket.
Campers Village	\$50 gift certificate
Gord Glass Agencies	T-shirts
Phil Spaulding	One ticket for the 2002 Annual Dinner and Dance
World Health Club	Day Pass
Anonymous	\$25 for prizes

December 12, 2001 - Christmas Pot Luck at 6 PM

Please bring a food contribution of six servings, your dishes, cutlery, and beverage. Coffee and punch to be provided. A loonie to help cover expenses and a Food Bank donation will also be appreciated. See you there.

December 25, 2001 - Christmas Dinner

Tom and Marianne Flanagan have kindly offered to host a Christmas Dinner at their house. Please call them at 239-6988 for further information.



COME to the OPEN HOUSE

December 5 - 7:30 pm

If you thought the Rocky Mountain Ramblers was just a "hiking club" and that the hiking season is over, think again!

Ramblers enjoy a wide variety of activities all year long, including hiking every month of the year on good years. To inform newcomers and new members about our winter programs, our annual winter open house will be held at Rosemont Community Hall Wednesday, December 5 at 7:30 p.m.

Gary Denman will MC the program, with slides of club trips to illustrate each activity. Some presenters will have exhibits set up in the hall. Presenters are:

- Dawn Jones**
Cross-Country (Nordic)
Skiing
TBA
Back Country Skiing
- Danielle Tardif**
Ski Mountaineering
- Ken Park**
Downhill Skiing
- Tony Moran & Jim Powers**
Snowshoeing
- Alistair Des Moulins**
Winter Camping
- Alastair Sinclair**
Hiking



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- Men's Size 9/10
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- Metal Edges
- Rossignol Haute Route extreme Model
- Both Bases & Top Sheet in Excellent Condition
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**Minutes
RMRA Executive Meeting
November 5, 2001, 7:30 pm**

Present: Ron Hunter, Keith Walker, Doug Gossen, D. Mulligan, Anita O'Reilly, Carl Potter, Irene Willett

Absent: Bob St. John, Diane Lyders-Reid

1. Minutes from the August 2001 meeting

All had read the minutes which were accepted unanimously.

2. Business Arising from minutes

Bank charges are slightly reduced.

3. Reports

There was a general discussion on each executive member's duties.

- President, Ron Hunter: No report.
- Vice-President, Keith Walker: One of the VP's duties is as head of the currently inactive safety committee. Keith will look into reforming this committee. There was a discussion on privacy and email issues.
- Treasurer, Doug Gossen: Ron Hunter discussed the use of a spreadsheet or commercial accounting software. There was a discussion on hall rental especially regarding insurance. The web-site fee is expected to be down to \$475 from \$600.
- Social, Anita O'Reilly: The christmas pot-luck will be on December 12, 2001.
- Programs, Carl Potter: The Winter Open House will be on December 5, 2001. Carl will look after setting up a link from the website to announce this. Member Jim Powers will demo transceivers, snowshoes, etc. at the open house. Other probable programs include cross-country skiing tips (advice) by Dawn Jones and Mt. Logan trip by Bob St. John.
- Membership, Diane Lyders-Reid: Note: 2001 membership expires on November 30.
- Trips Director, Bob St. John: Expect a meeting in late November 2001 to discuss trip ratings. Possible fine-tuning of "problem" trips.
- Packrat Editor, Irene Willett: Articles for the next Packrat are required by November 14, 2001. Irene will talk to Denis Longu  p  e about distribution and security issues.
- Secretary, D. Mulligan: D. will send the AGM minutes to Ron Hunter and Keith Walker for editing and website posting. D. is responsible for filing Club details with the Government after March 2002.

4. New Business

- The recommended winter car rate remains at 5 cents/km.
- Accident Reporting: Following a discussion, it was decided that Dorothy-Ann Reimer will forward the CASC safety forms to Keith Walker for use by the Safety Committee.
- Website: The cost for 2002 is expected to be \$475 not \$600. The trips database will be revisited by the website committee of Bob, Keith, Ron, Ghullam and Dorothy-Ann.
- Q-cards: Following some discussion, it was decided to go ahead with making a new batch.
- RMRA will join "Trail Minders of the Bow Valley" at \$15/year.
- Budget: That we adopt the previously submitted budget for 2001/2002: Proposed by Ron Hunter, seconded by D. Mulligan, carried unanimously.

The next meeting will be on Monday, January 14, 2002 at 7:30 pm at Anita's #219, 8535 Bonaventure Drive SE (next to Co-op).

The meeting was adjourned at 9:40 pm.



To all members who attended the Club's annual dinner and dance on October 26, I would like to thank Barb Fischer from the bottom of my heart. She made it possible for me to attend this year's function.

This year's event was better attended and I found the buffet an improvement to last year's meal as was the music selection. I have to comment on the companionship I enjoyed at the Wintergreen Club. It gives me a warm feeling to know people like you...thank you. I must say to all the great girls who honoured me with a dance, or

several...thank you. Yolande, I did not forget you this year, did I? Wendy, I did forget you, though!!

Be forewarned I hope to hike more than I did this year, next season. This year I discovered the magic of Waterton. It truly has a place in my heart, it's unique.

Once again, I thank the Club members for their friendship and camaraderie. Barb, I won't ever forget your kindness. God Bless You.

*See you all next year!
Until then, happy trails.*

Dennis Mould



I am writing this to express my thanks to the many Ramblers, especially longer term ones, who gave me so much support in the form of visits, cards, rides or offers thereof, food, flowers, cards, phone calls, wine and even professional advice after and even before my recent brain surgery. These morale boosters have made my surprisingly speedy convalescence easier.

Many thanks to you all!

Wally Drew



Middle-Age Fitness

By D. Mulligan

According to the Rambler's history, Bill Leach, then a young man in his twenties, completed 200,000 vertical feet (61,000 m) in 1976. In recent conversations with Bill and Arnold Westberg, I clarified a couple of points:

1. Arnold accompanied Bill on most if not all of these trips; and
2. This was strictly hiking elevation. This gives an average of 8,000 feet (2,400 m) a week.

I was intrigued. This seems a lot but is it? As a middle-aged male, how much do I ascend in a normal year? I kept track for one year (Oct 1, 2000 to Oct 1, 2001). The stats follow.

I did not come close to his record but then I'm older, was not trying, and do other fitness things (and many other excuses). I consider myself reasonably fit but are my activities excessive? I do not think so. I am a big believer in some kind of daily exercise with hiking and skiing (cross-country) right up there.

Congratulations Bill (and Arnold), 200,000 feet vertical hiking in half a year is a lot by any standards.

My opinionated comments are:

- I did less running than usual because of a knee

problem from May to September.

- The above figures include the 4 km round trip to work. This accounts for 154 days x 4 km = 616 km or 55% of walking and 69 days x 4 km = 276 km or 38% of cycling.
- One 45 minute squash match is equivalent to a fast 8 km run.
- Squash is the second fastest game in the world—singles badminton is the first.
- Good footwear is essential.
- Cross-country skiing is the best exercise—whole body, non-impact.
- The hard/easy concept brings good results.
- Yoga style stretching especially after a workout is beneficial.
- Running hill repeats improves fitness—I did none.

- Swimming lengths is boring although nearly as good for you as cross-country skiing.
- Some weight training, once per week, is beneficial.
- Cross-training is beneficial.
- Body Mass Index (BMI) = $\text{Weight(Kg)} / [\text{Height(Metre)}]^2$ is a quick check on how fat you are. Your BMI should be between 20 and 27.
- 25% of Americans are overweight by this calculation. Mine = $66 / [(1.80)(1.80)] = 20.4$.
- Much processed food contains excessive salt and sugar.
- The best fitness magazine is **Impact** distributed free six times per year—try MEC for a copy.
- I am getting slower—and older.

Your comments are invited.

STATISTICS			
Activity	Year Total	Weekly Average Normal Season	
Hiking Vertical	34,520 m	1330 m	(May to October (26 weeks)
Skiing Vertical	15,690 m	600 m	(November to April (26 weeks)
Total Vertical	50,210 m	965 m	Year Round (52 weeks)
Hiking Distance	1,120 km	21 km	Year Round (52 weeks)
Skiing Distance	478 km	18 km	November to April (26 weeks)
Running Distance	736 km	14 km	Year Round (52 weeks)
Total Distance	2,334 km	45 km	Year Round (52 weeks)
Squash Matches	92	2.7	September to April (34 weeks)
Road Cycling	674 km	20 km	March to October (34 weeks)
Tent Nights	32	-	Year Round
Hut/Hostel Nights	12	-	Year Round

A CROSS-COUNTRY SKI QUIZ

By Ken Park

Try your luck on this ski quiz involving ski history, ski technique and waxing. Nordic skiing involves much more than just walking on skis. It encompasses, physics, biomechanics and other high-falootin' scientific sounding stuff. Whether you're a beginner or an experienced back-country mountain trekker make sure you enter the contest. All entrants are eligible to win draw prizes (dinner for two for example!!) plus prizes for the top three scores. Submit your entry to Ken Park at our meetings; or fax Ken at 244-6809; or by mail. Call for mailing address.

- 1. The recognized father of Canadian X-C skiing is :** (a) Sondre Norheim (b) "Jackrabbit" Johannsen (c) Nordic Norm (d) Olaf Svenson (Hint: He's Norwegian) **Print Clearly**
- 2. What is one-step double poling?** (a) The simple way to do double poling (b) Double poling and diagonal stride combined (c) The first of double polings' 3 steps (d) Double poling when one ski or binding is broken
- 3. Classic X-C skis' most powerful, efficient stride is:** (a) Skate skiing (b) Diagonal stride (c) One step double poling (d) Double poling
- 4. What is the camber on X-C skis?** (a) The "paper test" area under the foot (b) The good stuff to have lots of for traction (c) A measure of a skis' stiffness or springiness (d) The opposite of a skis' sidecut
- 5. What does "ironing-in" refer to?** (a) "Trail testing" the wax at the trailhead (b) Heating your base wax after applying to your ski (c) Ironing your grip wax to make it smoother (d) Staying home Saturday night to do your ironing
- 6. In most cases correct ski length is:** (a) 30 cm greater than your height (b) Ski tip should reach the wrist of your vertically extended arm (c) Either (a) or (b) is OK (d) Ski should reach the top of your head
- 7. Generally, when waxing single camber skis for maximum grip, you should:** (a) Avoid corking the wax too much (b) Apply grip wax on the skis' full length (c) Grip wax the middle and glide wax the tips & tails (d) Have the trip co-ordinator do it for you
- 8. To wax for grip apply the wax:** (a) In a thin, even layer then polish with a cork to achieve a "floor shine" (b) In "gobs or blobs" under the foot area (c) Working from tip to tail only using short strokes (d) Later, after trying your skins first
- 9. The first ski lift in North America was building in:** (a) Collingwood, Ontario (b) Squaw Valley, Lake Tahoe, California (c) Mont Tremblant, Quebec (d) Sunshine Ski Village, Alberta
- 9a. BONUS POINTS! Who built the first ski lift?** _____ (print clearly)
- 10. If your grip wax isn't working, you should:** (a) Scrape it off and try another colour (b) Apply another layer of the same colour (c) Apply gobs under the foot area and don't cork it (d) Try no-wax skis next time

PackRat Note: Ken is the founder and director of the Alberta Nordic Ski School. He has CANSI (Canadian Association of Nordic Ski Instructors) Level 2 certification and National Coach certification in both theory and practical. He feels he can help anyone improve their technique. Watch for his free Nordic tour/ski improvement trips.



Heilbronnerweg Snowfield

THIS IS A TRIP for the mountain connoisseur: great scenery, a light pack, cozy places to stay and excellent food and drink. It starts and ends at Oberstdorf in the heart of the Allgäuer Alps, which are located along the Austrian/German border east of Lake Constance. The mountains of this range are of moderate height (no glaciers), offer numerous trails and a conveniently located hut system. The highest peak is the Großer Krottenkopf at 2657 m and the huts are generally located at an elevation of 2000 m. Many of the peaks can be reached by trails or relatively easy scrambles but there is some rugged terrain and exposure on the way. Weather permitting, it is possible to ascend over 12 peaks in the course of this trip.

The hiking/scrambling is of moderate difficulty with exposed sections. Good physical fitness and sure-footedness are required as well as the endurance for daily walking times

between four to seven hours (one nine-hour day in the second week).

The first and last days are spent in one of the best hotels in town. German or Austrian Alpine Clubs offer comfortable mountain shelter the rest of the time with the exception of three nights on the way where the group can enjoy the comforts of an inn.

Travel will be with relatively light packs. Meals are taken at the huts and for the longer days a packed lunch will be provided. Besides personal gear, only a climbing harness (for possible belaying on steep snow) and a sleeping bag liner. It is called a "hut sleeping bag" and is a requirement in all huts.

The time of the year chosen for this outing offers an abundance of wild flowers. Wildlife can be observed on most days. The additional advantage is that the holiday season (when companies shut down operations) does not start

Hiking & Scrambling in the Allgauer Alps

**Sunday, June 30 to
Sunday, July 14, 2002
4 to 6 Participants
CAD \$2300**

until the middle of July. Except for weekends, the huts are, therefore, not crowded.

The cost covers all expenses except airfare, alcoholic beverages and soft drinks and showers at the huts (breakfast drinks and drinking water, where it has to be purchased, are covered). It includes transportation by bus and cable cars as well as taxi from Zürich airport to Oberstdorf and return, all meals, all stays at hotel, inns and huts. It also includes membership in the Austrian Alpine Club, which provides liability and rescue insurance as well as emergency transportation back to Canada, should it be required. A physician will accompany the group. All you have to do is show up at the Zürich airport in the morning of June 30th and we take care of the rest.

For more information, contact:

<p>Helmut and Gisele Microys 109 Woodland Lane Calgary, AB T3R 1G4 CANADA Tel (403) 241-0717 Fax (403) 241-0796; email: microys@telusplanet.net</p>

A Traverse of the Lechtaler Alps

**Sunday, July 14 to
Sunday, July 28, 2002
4 to 6 Participants
CAD \$2300**

THIS IS A TRIP for the keen hiker/scrambler. Traverse a complete mountain range with varied scenery with a light pack, cozy places to stay and excellent food and drink. It starts and ends at the airport of Zürich, Switzerland. The mountains of this range are of medium height, offer numerous trails and a conveniently located hut system. The highest peak is the Parseier Spitze (3036 m), the only peak over 3000 meters in the range, and the huts are generally located near an elevation of 2300 meters. Many of the peaks can be reached by trails or relatively easy scrambles. Weather permitting, it is possible to ascend as many as 20 peaks in the course of this trip. Some of them will be traversed.

The hiking/scrambling is of moderate difficulty with exposed sections. Good physical fitness and sure-footedness are required, as well as the endurance for daily walking times between four to eight hours.

The first and last days are spent in the four star Hotel Alpenrose in the old-



PHOTO CREDIT: HELMUT MICROYS

Mindelheimer Bridge

town district of Feldkirch, Austria, just across the border from Liechtenstein. Comfortable mountain huts of the German or Austrian Alpine Clubs offer shelter the rest of the time.

Travel will be with relatively light packs. Meals are taken at the huts and for the longer days a packed lunch will be provided. Besides personal gear, only a climbing harness (for possible belaying on steep snow) and a sleeping bag liner - it is called a "hut sleeping bag" and is a requirement on all huts - are needed.

This time of the year there is still an abundance of wildflowers. We should be able to observe wildlife on most days. While all the huts are classic, small mountain huts, they should not be too crowded at this time of the year (except on weekends), because the season has just started.

The cost covers all expenses except airfare, alcoholic beverages and soft drinks (breakfast drinks and drinking water, where it has to be purchased, are covered). It includes all transportation by train, bus and taxi, all meals and all stays at the hotel and huts. It

also includes membership in the Austrian Alpine Club, which provides liability and rescue insurance, as well as emergency transportation back to Canada, should it be needed. A physician will accompany the group. All you have to do is show up at the Zürich airport in the morning of July 14, and we take care of the rest.

For more information contact:

Helmut and Gisele Microys
109 Woodland Lane
Calgary, AB, T3R 1G4
CANADA

Tel (403) 241-0717

Fax (403) 241-0796

email: microys@telusplanet.net

RMRA Trips: October 1,2000 to September 30,2001

By Coordinator	HIKE				XC-SKI				OTHER					Official Trips	Person Days	Trips Called
	trail	off-trail	scram	mntn	track	trail	off-trail	mntn	canoe	cycle	downhill	s.shoe	other			
Bobrow														0
Collier				1										1	15	1
Creery	1	3	1											5	53	6
Denman		5	1			1	2		1					10	86	12
DesMoullins	1	2				1	3		1					8	134	10
Drew	5	3				2	1							11	103	12
Fischer, B.	2	1												3	22	3
Fischer, P.			1								1			2	12	3
Fritz	1											3		4	21	11
Fryling														6
Gali														1
Grotefeld		1	4			1	3							9	48	13
Hunter	7	1												8	106	9
Jones					5	2				3				10	50	14
Kittle	4	3												7	69	7
Logos														0
Lowndes	1	1								1				3	21	3
Mangels	7													7	49	7
Mason	4	1	1		1		1							8	63	14
Mathies	1	4	4											9	67	9
Moran	3											1		4	23	5
Mulligan	2		5	1		1	1	1						11	133	12
Nolan	2													2	17	3
O'Reilly	3	1												4	27	4
Park	5				3						2			10	103	17
Polt		2	7											9	101	11
Potter	7	10			4						1			22	216	25
Powley														0
Reid	8	5					1							14	202	18
Reimer	9	2												11	135	15
Safety Comm.	1													1	25	1
Sargent														0
Saunders		1	3											4	38	5
Schleinich	5	1			9	1								16	92	17
Sinclair	24	4												20	362	29
Sobon														0
St.John	2	4	3		1		5							15	143	16
Stopford														0
Tardif			1											1	4	3
Walker	2		1											3	36	4
Watson	1													1	7	1
Weger	1													1	11	3
Westcott	1	1												2	22	2
Wolters														1
By Difficulty														264	2616	332
1	7						2							9	75	
2	38	4			7	5				2		2		58	540	
3	48	14			14	2	1		2	2	4	2		90	932	
4	15	24			2	1	6							40	515	
5	1	14	10			1	6							32	362	
6			17				2							19	138	
7			5	1				1						7	61	
8				1										1	3	
Official Trips	110	56	32	2	23	9	17	1	2	4	4	4	0	264		
Person Days	1289	583	254	18	117	56	231	4	17	18	15	14	0	2616		Person Days