

# The PackRat



Newsletter of the Rocky Mountain Ramblers Association

April / May 2002



## WHAT'S INSIDE...

Sandy McNabb Conflict  
Utah Backpack  
Stretching for the Active  
Ramblers at Castle Mountain  
Accident Reporting

The Packrat is published six times a year by the Rocky Mountain Ramblers Association. We welcome comments, articles, and ideas from our members and, if content is deemed suitable, will be used as space permits. Submissions can be e-mailed to the newsletter editor at [packrat@ramblers.ab.ca](mailto:packrat@ramblers.ab.ca) or send contributions to RMRA c/o Calgary Area Outdoor Council, 1111 Memorial Drive NW, Calgary, AB T2N 3E4. Copyright 2002 by the Rocky Mountain Ramblers Association.

## RMRA

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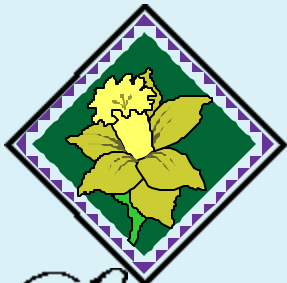
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*Spring*

## President's Report...

By Ron Hunter

**A**s I write this, winter has shown up and decided to stay for a while, just when I thought I'd be dusting off my bicycle to commute to work. The good news is that spring skiing is more like winter snow conditions and we are getting late opportunities in areas like West Bragg and, for the first time in years, Sandy McNabb area. Thanks to the Coordinators who are calling trips to take advantage of the conditions.

We had an Executive meeting in mid-March:

- ◆ Keith presented the Safety Committee proposals for an incident reporting form. The form will help us to have a record of incidents in the event there are any legal procedures afterwards and trip participants who fill out the form will be able to make recommendations to lower the chance of future incidents. When the final version is available we will be asking Coordinators and interested members to take a few copies along on trips so they can be filled out while participants' memories are fresh. Last weekend the draft forms were "test driven" with a shoulder dislocation situation, hopefully this will be one of the few times they have to be used! Keith will post the form on the website and feel free to provide him with feedback.

- ◆ Bob and Keith have been busy working on website improvements to the trip lookup section, coming soon there will be the possibility of more information on each trail and photos. An example might be a trail where it is predominantly of one difficulty and has a short section that is more difficult (eg Heart Mountain where it is mostly Trail 3 or 4 but has the short scramble that rates it Scramble 5. This could be described and a photo of the scramble included so participants can make a better decision about going on the trip. Keith also has some ideas of a map based point & click feature, stay tuned.
- ◆ Dorothy-Ann and I attended the Calgary Area Outdoor Council forum on insurance and liability. It indicated our process of providing prospective members with a comprehensive list of possible activity hazards, requiring them to have 24 hours to properly digest the information and have them sign a well written waiver, minimizes the club and members' risk in any potential legal situation. The insurance broker also indicated that our recommended cost recovery car pooling rate of 5 cents per kilometer per person sounded reasonable and would have no impact on anyone's auto insurance. Notes from the meeting are

on the Rambler website in the **Members Area** General Discussion forum.

Enjoy the remaining snow, hiking season is just around the corner!

## PACKRAT ADVERTISING RATES

The Club offers advertising space in **PackRat** and the following rates apply:

Quarter Page	\$10
Half Page	\$20
Full Page	\$40

Payment **MUST** be received prior to publication.



**Deadline for  
next PackRat  
May 22**



NANKOWEAP CANYON

**P**erhaps it was all the publicity for the Olympics, but I have succumbed to “*Utah dreamin’ on such a winter’s day.*” Since it has been quite a few years since I have enjoyed hiking in this beautiful and exciting state, I have called two backpacks, one in **May** to the **Dark Canyon Wilderness** in Canyon Country, and one in **July** to the **High Uintas Wilderness**.

**May 18 - June 2  
DARK CANYON  
5-day backpack**

**Dark Canyon Wilderness** has been termed “the wildest canyon in southern Utah.” It isn’t as narrow or deep as some, but it is a high desert Shangri-la, with a variety of ecology from ponderosa pine and aspen at the rim and desert environment in the labyrinth of pink sandstone canyons cutting into the high Colorado Plateau. We will do a 60 km loop, dropping 2,900 ft from the 8,000 ft plateau into Woodenshoe Canyon, and returning up Dark and Peavine Canyons. Springs and pools are available about every five miles.

We will round out the trip

## Utah High Country Adventures

**Co-ordinator: Carl Potter**

with day hikes under the three bridges of Natural Bridges National Monument and Monument Valley at Colorado National Monument, as well as visits to ancient Anasazi ruins at Grand Gulch, Hovenweep and Mesa Verde.

Again, thanks to the Internet, you can take a virtual tour of this trip by checking the following links: I list the proposed hikes with each park.

**Dark Canyon** (TL2)

[www.utahwild.com/desert\\_canyon](http://www.utahwild.com/desert_canyon)

[www.suwa.org/](http://www.suwa.org/)

**Antelope Island** in Great Salt Lake (TL2)

[www.parks.state.ut.us/](http://www.parks.state.ut.us/)

**Natural Bridges**, White Canyon under the 3 bridges (OT4) [www.nps.gov/nabr/Hovenweep](http://www.nps.gov/nabr/Hovenweep), Square Tower Anasazi ruins (TL1)

[www.nps.gov/sqtower/](http://www.nps.gov/sqtower/)

**Mesa Verde**, Spruce Tree Anasazi ruins (TL1)

[www.nps.gov/meve/](http://www.nps.gov/meve/)

**Colorado**, Window Rock, Canyon rim, Monument Canyon (TL3) [www.nps.gov/colm/](http://www.nps.gov/colm/)

**San Juan Skyway**, scenic byway over Colorado Rockies to Telluride [www.byways.org/travel/](http://www.byways.org/travel/)

**Unaweep Scenic & Historic**

**Byway**, western Colorado canyons and history

[www.byways.org/travel/](http://www.byways.org/travel/)

### Activities

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

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### Meetings

Every Wednesday  
evening at 7:30 p.m.

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### Mail

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

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### Trip Info

282-6308 Information Line  
and at Meetings

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### Website

The Packrat is also available on the RMRA website at <http://www.ramblers.ab.ca>. If we have your email address, you will be automatically notified that an electronic copy of the Packrat is available on the website.



**July 13 - 27**

**HIGH UINTAS**  
6-day backpack

**High Uintas Wilderness** is an area of exceptionally high and wild alpine country, more closely resembling the tundra basins of the Yukon than stereo-typical Utah. Unknown to most people, these mountains run east to west in the north-east corner of Utah, just below Wyoming. Huge tundra basins at 11,000 ft elevation bracket peaks of over 13,000 ft. Highest of these is King's Peak, at 13,528 ft.

The ecology is similar to the Rocky Mountains, with lodgepole pine, aspen and Douglas fir in the foothills, and Englemann spruce and subalpine fir in subalpine areas. Wildlife is also similar, with black bear, mountain lion, bobcat, coyote, fox, elk, deer and moose.

Geologically, the mountains are different than the Rockies, being composed of quartzite, sandstone and shale. This geology creates the unique topography of high basins and plateaus with sheer cliff walls and soaring peaks. The climate is also very similar to the high Rockies, with severe winters with huge dumps of champagne powder, and cool summers. July highs may be 20°, with frost possible at night. The Uintas are notorious for daily thunderstorms in the summer.

I have hiked in this area, and have longed for years to do a major backpack into the remote King's Peak. A few years

ago, I drew up a six-day circle route with the apex at King's Peak. To my delight, I now find that someone has hiked the exact circle and has put an extensive trip report with many beautiful photos, on the Internet.

This backpack should be a major memory in one's life, but it is definitely not planned to be a macho eco-challenge or survival test. I have laid out the trip as five backpacking days and one side trip to King's Peak. Each packing day we will hike only 8-10 km, except the last day, which is 15 km but heads down to the trailhead. Our vertical climb each day will be kept between 700 and 1,200 ft. We spend the two nights prior to the backpack at 9,000 ft elevation, then walk up a gentle incline up the Little East Fork of Black's Fork of the Green River, to an altitude of 10,500 ft. The rest of the camps will be above treeline, at 11,200 ft. Combined with the fact we live in Calgary and routinely hike in moderately high country, we should be well acclimatized to the high elevations. If this isn't enough exercise for you, you can climb a different peak every evening!

We will "bag" King's Peak early in the day to avoid potential lightning. This will be only a 2,500 ft climb from our camp. I rate this climb SC5 from published trip reports, but expect it to be just barely a scramble, really mostly OT5, similar to Cascade Mountain. The rest of the trip is mostly TL3.

Highlights of the circle route (all 11,000 and 12,000 ft)



include Squaw Pass, Porcupine Pass, Tungsten Pass, Smith's Fork Pass and Bald Mountain. Peaks around include the spectacular Red Castle. Many high lakes dot the landscape.

To round out the two weeks, we will also do three more peaks as day hikes. These are: (another) Bald Mountain, 11,776, Mt. Nebo, 11,877, and Mt. Timpanogos, 11,750. This Mt. Temple imitator looks quite similar from Provo, is almost the same height and the same amount of climb. Again, someone has posted a full trip description with many beautiful photos.

Costs of the trip include about \$200 car pooling, camping fees and groceries. No cost or reservations for the backpack.

For a virtual hike, check out these websites. This is the only way to "climb" these peaks without breaking a sweat!

**Backpack:**

[www.members.tripod.com/~dlwick/hiptut.htm](http://www.members.tripod.com/~dlwick/hiptut.htm)

**Timpanogos:**

[www.lal.cs.byu.edu/people/jones/ketav/timp/timp.html](http://www.lal.cs.byu.edu/people/jones/ketav/timp/timp.html)

**Mount Nebo Loop/Mirror**

**Lake:**

[www.byways.org/travel/](http://www.byways.org/travel/)

Costs will be similar to the summer trip, but the car pooling will be more like \$300.

Both trips will be limited to six people. If you want to try something really different this summer, please call me at 281-8040.

## YOHO & OHO VALLEYS

**August 2 - 5**

**Coordinator: Ken Park**

Yoho is a Cree expression of awe and wonder. You'll see why on this trip. First night is at the Twin Falls campground, then it's past Twin Falls Chalet, Twin Falls and up and along the Whaleback and down to the little Yoho camp for two nights and day hiking from our camp. Day 4 takes us to the fantastic iceline trail and its closeup views of glaciers, glacial pools, moraines and finally stunning views of Takkakaw Falls from high above on the return to our start point.

Trip deposit is \$20 due upon registration. Please register early 244-6809.



## SAWBACK TRAIL

**September 6 - 10**

**Coordinator: Ken Park**

Actually this trip could be a somewhat leisurely five days or a very busy and strenuous four days. Being a "wuss" I'm electing to make it a five-day venture. Enjoy the ink pots, Lluellen Lake, Badger Pass, Pulsatilla Pass, Baker Lake, Ptarmigan Lake, Boulder Pass and historic halfway hut.

Trip deposit is \$20 due upon registration. Please register early 244-6809.

## Kananaskis Country

*Addressing equestrian/skier conflict on Sandy McNabb trails.*

*By Carl Potter*

**O**n Saturday, March 2, I co-ordinated a ski trip at Sandy McNabb, and we were delighted to find the finest snow and best track skiing I have seen this winter. To add to the beauty, we didn't meet another soul until lunch time.

Later in the afternoon, however, we were stunned to meet three cowboys riding horseback, right down the track. From that point, we had to herd our skinny skis over thoroughly excavated crud and dodge fresh "road apples" on steep corners. We were appalled at their thoughtlessness and spoke with them later. They were somewhat indignant, as, they explained, this was an equestrian trail, and acted totally surprised that those tracks were intended for skiing.

I was rather unsatisfied to have such unacceptable trail use conflict, as I very much appreciate the provincial government allocating scarce resources to setting these trails for our recreational enjoyment. On returning home, I fired off a complaint to the Kananaskis Country management, and Pat Ronald, the district conservation officer, promptly replied with an update on the situation, indicating that the rangers are

aware of the problem and are working on a solution.

His response is quoted below:

"In the past the Sandy McNabb ski trail system was on forest land without any regulations to restrict the use of horses on the groomed ski trails.

Regulations did exist within the Sandy McNabb Recreation Area but only included campground and day use areas. This past summer the Bluerock

Wildland Provincial Park and the Sheep River Provincial Park were established which now include a little over 50% of the ski trail system into the Provincial Parks Act and General Regulations.

The park regulations restrict the use of horses except where the park management plan allows for equestrian activities. The management plan for these parks will be developed over the next few years and equestrian activities will be included into this plan. The interim guidelines that we use until the management plan is established will likely include some direction of the existing equestrian activities to protect the grooming work that is done on the ski trails. These interim guidelines are presently being worked on and sign packages are being ordered for installation next year.

Thank you very much for your comments".

## Trip of a Lifetime!

**August 1 - August 10**

This is beautiful country. Hike the Continental Divide Trail from Cutbank ending 90 miles away at Goat Haunt. I plan to hike the Boulder Pass Trail afterwards as well (optional). Trip is limited to four people. Contact Dennis Mould at 546-4069.

## X-C Ski Quiz Results

*By Ken Park*



**1st Prize**

**Micheline Barbeau**

Polar Fleece Gloves

**2nd Prize**

**Irene Willett**

First Aid Scissors and

**Carl Potter**

Avalanche Study Guage

**Draw Prize**

**Alastair Desmoulin**

Dinner for 2

**Booby Prize**

Confidential

## Quiz Answers

1. (b)      2. (b)

3. (c)      4. (c)

5. (b)      6. (c)

7. (b)      8. (a)

9. question withdrawn

**Answer: Shawbridge, Que.**

9a. Alex Foster

10. (b)

Thanks to Chianti Restaurant and to Anita O'Reilly for donating prizes.

Check your copy of the Dec/Jan PackRat for the questions or visit the Rambler website.

## Let's Get Stretching...for the active folks

**T** rue fitness encompasses a *daily* routine of physical activity, stretching, deliberate strength building, (2-3 times a week), and a relaxation-quiet mind period.

Before doing the stretches, one must increase the circulation, the heart rate and one's synovial fluid by walking slowly, or marching on the spot, for about 5 minutes. Arms should be involved.

During the above warmup phase, you are not only warming up your muscles for the stretching, but you should contract and extend both your arms and legs. These latter movements are in the category of dynamic (moving) stretches.

When I refer to stretches, I mean static-held stretches. These are the most important stretches and are done after moving, such as after a sports activity. Daily exercise should be done a **minimum** of 30 minutes using all aspects of fitness.

When you have an exercise awareness of how to maximize your physical, mental and emotional well being, you will concentrate on working all parts of your muscle development as you move to use an activity mode, a stretching and strength building mode.

Some say that stretching daily is the overall most important aspect controlling how fit we are.

Stretching does the following:

- ◆ increases overall flexibility, so decreases the chances of injury;
- ◆ enables one to move more freely without discomfort or at least to move with less discomfort, to experience a free flow of motion;
- ◆ increases blood flow, thus oxygen and nutrients arrive at the muscles in larger amounts and faster; and.
- ◆ increases the mood elevating chemicals in the brain.

The protocol for stretching for active persons looks like this.

1. Static stretch daily, beginning with your feet and working up to your head.
2. The day of a particular activity, as soon as you get to your activity start-up spot, begin it (hiking, xc skiing) by doing the activity slowly for about 10 minutes. The theory now is that static stretches done before an activity can actually make the muscles too flexible and thus make them more prone to injury.

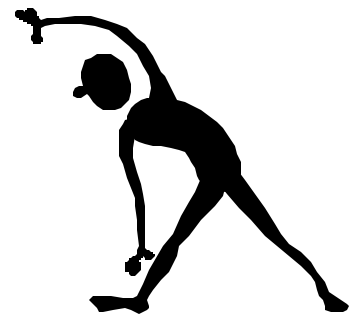
3. Once a day's activity is over, it is time for static stretches. Major muscles that have been used are stretched and held for a minimum of 20-30 seconds. Spend 10 minutes.

The major benefit of this stretching is that of less gelling of muscles-you can bounce out of the car at home. There will be less EIMS (exercise induced muscle soreness) as well as a decrease in any fatigue that you might normally feel. Of course, because you will take a body that is stretched daily at home on activities, you may have decreased your possibility of sprains, strains and even more serious problems.

You can get an illustrated copy of some of the many stretches that you can do by sending a self-addressed stamped envelope to Dawn Jones, 1402 Crescent Road NW , Calgary T2M 4B1.

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*prepared by Dawn Jones,  
AFLCA (fitness certified)*





# Ramblers Get "Leied" at Castle Mountain Hostel

by Anita O'Reilly

The three-day ski week end coordinated by Ken Park got off to a precarious start as we drove through the worst winter conditions any of us had encountered this season. We were all relieved to arrive safely at the hostel. After a day of skiing or (in the writer's case) reading by the fire a lasagna dinner complete with appetizers, salad, garlic bread and dessert was enjoyed by all. As the evening progressed 14 members of the Parkland Cross Country Ski Club arrived. Apparently, travelling to this hostel for a weekend of skiing is a monthly event for them.

Saturday night is their theme night and as most of our group were attempting to ski to Skoki, we were happy to

PHOTOCREDIT ANITA O'REILLY



Happy and smiling Ramblers after getting leied.

accommodate their using the kitchen first. Within minutes the kitchen was transformed into Hawaii with palm trees and skiers in muu-muus and speedos wearing leis. As we took over the kitchen to enjoy soup, a chicken pasta dish, salad and dessert a couple of

the Red Deer ski club leied our group to thank us for our cooperation. It was fun to meet another group and we all had an opportunity to see how another club operated.

Thanks to Ken Park for a fun and well-planned weekend.



## First Rambler on a Canadian Stamp!

Last year, Canada Post issued a stamp to commemorate Petro-Canada's 25<sup>th</sup> anniversary. Our very own, Lorri Badran, was one of several people who represented the employees of Petro-Canada on

the stamp. Congratulations, Lorri! How many can say they got onto a national stamp!

Hmmm...now let's see what can be done for the Ramblers 50<sup>th</sup> anniversary coming up in 2004.

## Social Calendar

### MAY

SAIT dinner - exact date to be announced

### MAY 22

Spring Open House

### JUNE 15

Day of hiking in the Elbow Falls area and Weiner Roast

### JULY 13

Annual Stampede Breakfast at the home of Brian Westcott and Marietta Portigal

### SEPTEMBER 20, 21 & 22

Annual Car Camp at Etherington Group Camp

### OCTOBER 25

Annual Dinner & Dance at the Calgary Winter Club



## 18<sup>TH</sup> ANNUAL ULTIMATE GEAR SWAP

The **Calgary Area Outdoor Council** and the **University of Calgary Outdoor Program Centre** will hold their **18<sup>th</sup> Annual Gear Swap** on Saturday, April 20, 2002 at the Olympic Oval.

This hugely popular outdoor recreation consignment sale will once again pack the Olympic Oval with thousands of new and used items ranging from backpacks, tents, bicycles, canoes, boots and kayaks to skis and clothing.

Outdoor enthusiasts can clean out their garages and basements by consigning their **Previously Enjoyed** and grab great bargains on both used and new gear. Yup, new gear too. The **Yet-to-be-Enjoyed** equipment, consigned by outdoor recreation sales reps and retailers, will add even more deals to Calgary's biggest garage sale this year.

<b>WHERE:</b>	Olympic Oval – U of C
<b>WHEN:</b>	Saturday, April 20, 2002 from 12 – 3 PM
<b>PUBLIC</b>	Friday, April 19 from 3 – 9 p.m.
<b>CONSIGNMENT:</b>	& Saturday, April 20 from 8 – 10 a.m.
<b>COST:</b>	Free Admission

### For more information:

[www.caoc.caoc.ab.ca](http://www.caoc.caoc.ab.ca)  
[www.ucalgary.ca/opc](http://www.ucalgary.ca/opc)

Calgary Area Outdoor Council 270-2262  
U of C Outdoor Program Centre 220-5038

## Rocky Mountain Ramblers Association

### Incident Reporting Procedures

1. The purposes of Incident Reports are:
  - ◆ to ensure that an accurate record is kept of all incidents;
  - ◆ to document recommendations arising from these events;
  - ◆ to provide a basis for reducing risks and promoting safety for Rambler trips.
2. First aid and notification of emergency services, if required, are to be performed at the discretion of the trip coordinator, and take precedence over complying with these procedures.
3. Definition: An **incident** is a death, serious injury, illness, or any situation that has the potential to become a death or serious injury.
4. Incident Report forms will be available to all members from the Membership Director or from the website. Coordinators are encouraged to carry an Incident Form with them on trips.
5. Incident Reports should be completed **as soon as possible** after an incident by:
  - ◆ the coordinator of any trip on which an incident occurs,
  - ◆ any other members who witnessed the event.
6. The forms (along with a copy of the trip sign-up sheet) should be returned to the Vice-President (as Chair of the Safety Committee), to be kept on file. If the Vice President is not immediately available, the forms can be submitted to any member of the Executive for forwarding to the Vice-President.
7. A summary of the event may be published in the Packrat, along with appropriate recommendations.

