

THE



BOULDER

motherlode chapter-sierra club

Issue No. 39, November & December 1990

THE CHAIR'S CORNER

I trust everyone had a pleasant summer. Items of current interest are:

Rock-Climber's Social Meeting Rescheduled: Please update your calendar if you planned to attend the Rock-Climber's Social on November 27. It has been cancelled and rescheduled for January 22, 1991, and is still hosted by Judith Fairchild (485-1010). And don't forget about our annual Christmas potluck on December 11 (6:30 p.m.) hosted by Brad Brooks. See the Calendar on the next page for directions to both gala events.

Outings Leaders: I know it's the slow season, but please consider scheduling a winter peak climb (try the coast range) between December 15, 1990 and March 15, 1991 for publication in the next *Bonanza*. Write-ups are due to me (429-8024) before November 10.

The national **Sierra Club Mountaineering Committee** just met in September. The minutes of their meeting (inside this issue) touch several important issues, including the status of the mountaineering restrictions.

It's Election Time Again! How could anyone forget with the pervasive attention given it by the media? The Sierra Club, best-known of the conservation organizations, places a great deal of importance on the outcome of the election, so the remainder of this discussion will be on election issues. Forewarned, here are the Sierra Club recommendations for your vote:

Governor - Diane Feinstein

Lieutenant Governor - Leo McCarthy

State Treasurer - Kathleen Brown

California Senate - Mike Thompson

California Assembly - Tom Hannigan (District 4), Lloyd Connelly (District 6), Phil Isenberg (District 10)
Sacramento Municipal Utility District (SMUD) - Ed Smeloff (Ward 3), Wendy Reid (Ward 4)

YES on Propositions: 128 (Big Green), 130 (Forests Forever), 131 (limit terms and campaign financing),
141 (Prop 65 amendment to apply provisions to local government), 149 (Parks Bond)

NO on Propositions: 135 (Big Brown), 138 (Big Stump), 136 (limiting citizen initiatives), 140 (limit terms & leg. budget)

Of course the Sierra Club isn't the only organization to make endorsements. With so many competing and complex propositions on the ballot, it's as important to know who supports each as it is to be told of their provisions. And while it's nice to think oneself able to maintain a modicum of independent thought, anyone able to wade through the language of each proposition and figure out its ramifications must find life on earth quite boring. The newspapers somehow manage. But besides taking a position on nearly every issue (check the Sacramento Bee the day before the election), they do provide some analysis that is clearly better than listening to the one-liner advertisements permeating the airwaves. The Bee publishes some excellent critiques of the "factual" assertions in such sound-bites; it's sobering reading when the glitz gets too believable.

Enough said about politics. I know where I'd rather be. Happy Hiking.

John Sarna

FOR YOUR CALENDAR

- Nov. 4, Sun. MLC Gr. 3B dayhike up Mt. Wittenberg at Pt Reyes. Meet at the 11th & O Parking Lot at 8 a.m.
Leader: Larry Stearns 489-5340 (before 6 p.m.).
- Nov. 7, Wed. DESERT HIKING at REI Birdge Mall, Sunrise and Greenback - Steve Tabor will present slides of the Panamint Mtns. in Death Valley NM, discussing heat, water, equipment, and where to go. Call him at 415/357-6585 if you need details.
- Nov 10, Sat. - WINTER OUTINGS SCHEDULE Deadline - Outings Leaders, please send your trip writeups for the period of December 15 through March 15 to John Sarna, 545 Windward Way #114, Sacramento, CA 95831.
- Nov. 10-11, Sat.-Sun. DPS climb of ~~Peiasant~~ ^{Peiasant} and Nelson Mtns. Leaders: Pete Yamagata, 916/444-6319 and Steve Thaw.
- Nov. 10, Sat. MLC Gr. 2B Dayhike up Wildcat Peak in Tilden Regional Park. Meet at 11th & O at 8 a.m. Meet at the 11th & O parking lot at 8:00 a.m. Regroup at 10:15 at trailhead (MacBride exit from I-80). Leader: Jack Bussio, 457-3794.
- Nov. 17, Sat. MLC Gr. 3B Dayhike, Bald Mtn. & Sugarloaf (3419'). Rain cancels. Meet at the 11th & O parking lot at 8:00 a.m. Regroup at the donut shop behind McDonalds in Placerville at 9:00 a.m. Leader: Patrick Purcell, 428-0838 (6-9 p.m.).
- Nov. 17-18, Sat.-Sun. DPS climb of Kingston and New York Mtns. Leader: Dale VanDalsem 213/453-4715.
- Nov. 22-25, Thurs-Sun. ODS: Little Chuckwalla Mtns Backpack Loop. Contact Leader: Steve Tabor (415) 357-6585.
- Nov. 25, Sun. MLC Gr. 2C Dayhike, Mission Peak (2517') in Alameda County. Rain cancels. Meet at the 11th & O parking lot at 8:00 a.m.; in Davis at Murder Burger at 8:30 a.m. Leader: Patrick Purcell, 428-0838 (6-9 p.m.).
- Nov. 27, Tues., PGS Meeting / ROCK-CLIMBERS SOCIAL RESCHEDULED to January 22, 1991.
- Dec. 1-2, Sat.-Sun. DPS climb of Avawatz Mtn and Old Dad. Leader: Larry Tidball 714/882-6168.
- Dec. 7-9, Fri-Sun. ODS Traverse of Cima Dome in E. Mojave Scenic Area. Contact Co-leader: Marty Dickes (415) 482-4159.
- Dec. 9, Sun. MLC Gr. 2B Day Hike to the top of Montara Mtn (1898'). Rain cancels. Meet at the 11th & O at 8:00 a.m.; in Davis at Murder Burger at 8:30 a.m. Leader: Patrick Purcell, 428-0838 (6-9 p.m.).
- Dec. 11, Tues., Peak and Gorge ANNUAL POT LUCK CHRISTMAS PARTY at 6:30 p.m. Brad Brooks will host, 7500 Cottontree Way, Sacto, 682-3810 (near Power Inn and Gerber Rd, east of Hwy 99).
- Dec. 16, Sun. MLC Gr. 2B Day Hike up Mt. Tamalpais (2571'). Rain cancels. Meet at the 11th & O parking lot at 8:00 a.m.; in Davis at Murder Burger at 8:30 a.m. Leader: Patrick Purcell, 428-0838 (6-9 p.m.).
- Dec. 22-25, Sat-Tues. ODS Anza-Borrego Car Camp (near San Diego). Contact Leader Steve Tabor (415) 357-6585.
- Jan. 22, Tues., Peak and Gorge Special Meeting, ROCK-CLIMBERS SOCIAL to tell stories, plan private trips, etc. Bring a snack to share and beverage of choice at 7:30 p.m. Judith Fairchild (485-1010) will coordinate, 3561 Greenview Lane, in Sacramento, near Watt and Marconi.

NOTE:

Some outings carried by other Sections and other Chapters of the Club (NOT marked with a ->) are listed for your information. Details are provided in other Sierra Club Publications; prior consultation with the outings leader is recommended for those unable to check the original (more detailed) description of the trip. ODS = Oakland-based Desert Survivors; MLC = Mother Lode Chapter; SPS = Los Angeles Sierra Peaks Section; DPS = Los Angeles Desert Peaks Section; HPS = Los Angeles Hundred Peaks Section; PCS = Loma Prieta Chapter Peak Climbing Section.

PRIVATE TRIPS: Space available for anyone who wants to call or write in a private trip.

RED PEAK and SILVER PEAK

On July 28, 1990 Bob Buckles, Barney Jones, Barbara Hinkle, Larry Fields, Ben Stoecker, Pete Yamagata, Bill Hauser, and Alan Cook joined me for a long day-hike / climb to bag 2 peaks in the Desolation Wilderness.

We drove to our trailhead at Wrights Lake then set off down the Barret Lake jeep trail. Fortunately it was closed to 4 wheel drive vehicles that day, but we did see some dirt bikers stuck up to their knees in mud.

After about 2 1/2 hours of hiking we sat down for lunch at Lake No. 3 beneath Red Peak. It was here that Pete discovered that Silver Peak was not the high point on the left ridge that he had climbed before, but was the smaller bump closer to Red Peak. This meant that we could all witness Pete's OGUL LIST completion.

The slopes up Red Pk. were talus and slow going for Bill who got a little altitude sick. After a short rest and a dose of Bob's gatorade he recovered and we joined the others atop Red Pk.

At this point Larry decided to give his knees a rest and headed down to the lake to wait for us as Pete led the way across the ridge spine to Silver Pk. The final approach to Silver's summit provided us with some fun rock scrambling. After enjoying the views, we made our way back down to the lake and regrouped. Ben led the long march out over the rolling jeep trail which by this time seemed a lot longer going back than it did coming in. By 8:00 PM we were back to the cars and heading down Hwy 50 to the St. Pauli Inn for our victory feast. -- JOHN BESBEKOS

THE BIG SLEEP OR WHERE DID WE HIDE THE PACKS? Matterhorn, 17-19 Aug 90

With ambitious goals, John Watters led Robin, Terry, Gary, Doug Joy, John Besbekos and myself to the Twin Lakes Mono Campground near Bridgeport late Thursday night. Our first hazard was finding a place in this private campground where we wouldn't get run over by a Winnebago while we slept. The next morning we started up the trail with our heavy packs, looking forward to four days in the high country. Our goals were Matterhorn Peak and as many other peaks as we could get using a long weekend. Reality set in quickly. After 2-3 miles of good trail, we began a tough climb along Horse Creek. At 2:00 we had our first war council. We were at the last sheltered place to camp before crossing the col between Twin Peaks and Matterhorn. That pass was still 2000' above at about 11,000' elevation. No way!

After deciding to stop where we were, a few members of our party decided to scout around. The rest of us quickly found that if you were not eating something hot, you got cold. It's easy to get plenty of rest if you climb in your bag at 4:00 PM.

The second day started with the slog up the col. The terrain realized all our fears from the previous day: little or no trail, hard rock, cold wind, with full packs. By the time we topped the col, the weather was deteriorating badly. Clouds were heavy, no rain yet. Our second conference decided another change of plans was due. Let's grab Matterhorn Peak now while the weather is "good" and then descend to a campsite. About the time we finished covering our packs, the first snow flurries began. In defiance of the mountain gods, we began our ascent anyway. We trudged up the sandy mountainside. The wind built in fury. Snow began to cover the ground. Visibility died. After struggling for a while, we resumed our council in the lee of a large rock outcropping. We could not see 200' and hands and faces were turning blue with the cold.

Defeated we began the walk down the mountain. Now facing the wind, we covered our faces with hoods, scarves, even an old T-shirt to protect against frostbite. Halfway down another problem became apparent. Would we miss our packs as we descended? I could barely see someone 60' in front of me. Doug suggested we form a line within visual contact to sweep the mountainside. Success! Reunited with our gear, we resolved to retreat to our previous campsite. This meant a 2000' descent with our full packs, losing all our efforts for the day. Accomplished without incident, most of us were back in bed at 5:00 P.M.

Our final council occurred the next morning. Clouds were swirling over the peaks, but not enough to be certain of failure. Many were tired and sore, some had lost the desire, most had lost the will. Our one consolation was that after leaving the area, we saw ugly storm clouds everywhere and drove home in rain and hail. Sonora pass got 8" of snow. Two months later we would learn how close we had gotten.

Bob Buckles

FOR SALE:

35mm Slide Duplicator, with Nikon fitting. Make duplicate slides or prints from 35mm transparencies, very easy to use! \$40.

Shelled fleece jacket, gray, size medium, used only on bicycle commute. \$30.

Mountaineering skis: Fischer F99, 210 cm., \$80. Epoke 900, 200cm, \$40. Both w/3-pin. Thermarest pad, full length, used twice. \$25. Contact Pete Yamagata, 444-6319.

MATTERHORN PEAK
NAS 12,265'

October 6th & 7th
1990

SUCCESS IN THE SAWTOOTH'S

After being driven off Matterhorn Peak in August by a freak snow storm and unseasonably low temperatures just 300 feet below the summit our group of climbers succeeded in making the peak on a beautiful day in early October. The group led by John Watters and including Robin Reed, John Besbeckos, Bob Buckles and Tom Venus left the trail head at Twin Lakes on Saturday and hiked to base camp near the Horse Creek saddle. We left for the Matterhorn early Sunday morning and made the peak in three hours with a round trip to base camp in five hours.

During our trip we had many opportunities to appreciate the Fall colors which were out in full force that weekend. Temperatures were quite cold at first and there was some threat of rain but as the morning went on the clouds disappeared and we enjoyed a mild and slightly windy day. We stopped at the spot where just a month earlier our group had been caught in a sudden snow storm that blinded us and caused some fear and apprehension as we were unable to locate our packs for a time as we came down from our first summit attempt. This trip however was very clear and we were astonished at how close we had come to the top on the first try.

On the way down from Matterhorn we stopped for about $\frac{1}{2}$ an hour at the Horse Creek Col and enjoyed the view down Spiller canyon which was ablaze with colors from the low growing brush. Here we stretched out on large granite slabs and basked in the warm late morning sun.

John Watters

CALIFORNIA MOUNTAINEERING CLUB UPDATE

OCTOBER 11, 1990

The first year of the California Mountaineering Club was wildly successful, with mostly successful climbs and no reported accidents. Membership now stands at 187, with some serious Northern California climbers having recently joined. Peaks I climbed include Ritter, Banner, Lyell, Thunderbolt, Abbot, Clark, Clarence King, Palisade Crest, North Palisade, a number of peaks along the Great Western Divide, in addition to a number of snow climbs and lesser peaks.

The CMC remains open to all qualified climbers, along with provisional membership with or without sponsors. First time dues remain at \$20, with \$10 a year dues thereafter. A study is being made on gaining insurance, although waivers are still required.

I urge climbers to apply soon, for the membership is not intended just for Sierra Club Angeles Chapter climbers, but all interested mountaineers. Next year a mandatory provisional status will take effect for new members until skills and judgement can be evaluated.

Currently, a number of fine peaks are excluded from leads by the Sierra Club, including Shasta and most third class and up climbs in the Sierra as well as all snow climbs on any peak. Join now, and don't miss out!

Pete Yamagata

PEAK 9600+', MT. PRICE (9975'), AND PEAK 9967' SEPTEMBER 16, 1990

Rex Smith and I agreed the night previous to embark on this 3 peak climb in Desolation Wilderness. Rex drove by to pick me up at 7:30 a.m., and we drove up 50 to Camino to pick up our permit, and thence to Wright's Lake to park at the day use trailhead (saves about $\frac{1}{2}$ mile each way from the overnight parking) and began our hike past Grouse, Hemlock, and Smith Lakes, over large talus, and to the summit of Pk. 9600+'. No register was found. We dropped about 50' below the north side of the interconnecting ridge with Price and climbed the short class 3 pitch at the east end of the blocky ridge, and then over to the summit of Price. A cracked plastic canteen and a capless, empty, NAS PVC pipe were found, and luckily, I had a can and a book for a new register.

We then spent 20-30 minutes traversing to the summit block of Pk. 9967', referred to as "Mt. Agassiz" on the Wilderness Press overlay of the USGS Fallen Leaf Lake 15' quad. I really don't see where they get the gall to name a peak without really referring to local climbers or nearby landmarks, such as Lyons Lake. "Lyons Peak" would be more appropriate, or perhaps "Wave," or "Waverider Peak" would be much better, as a reference to its distinctive look when viewed from Price or Pyramid. "Agassiz" confuses the point with 13,891' Mt. Agassiz in the John Muir-Kings Canyon Wildernesses in the High Sierra. There is no Agassiz Lake or any other similar place name anywhere near this peak!

Anyway, after thoroughly examining the summit block, Rex exclaimed, "We can't do it, we'll have to give up." But I found a jam crack with holds that allowed us to ascend to the high point of the massive summit block, and we descended via a sloping ledge with somewhat inconvenient holds, enough to classify this as "S-3." No register was found.

We returned to the class 3 downclimb to the interconnecting ridge SW of Price, and descended over slabs and grassy slopes to the trail above Twin Lakes. There was a nice fruity stand of Chokecherry along the trail, and we finished our figure 8 loop at the Twin-Grouse Lakes junction and returned to the car by about 5:30 p.m. The views had been great, and the weather was excellent! We finished the day with a meal at Carl's Jr. in Placerville.

Pete Yamagata

THREE SISTERS (10,619'), KAISER PEAK (10,310') OCTOBER 6-7, 1990

Steve Thaw and I drove to camp near Shaver Lake Friday night, and after having breakfast, continued to Courtwright Reservoir and Trapper Springs trailhead for a hike to the high point of Three Sisters. The time to the summit via scenic Cliff Lake was about $3\frac{1}{4}$ hours. We had the nice, faraway views of the entire High Sierra Crest from the Clark Range and Lyell to the Great Western Divide and the Kaweahs. A 200mm telephoto lens comes in real handy on this peak. Stretch cameras are nice, too. Steve needed this peak for his SPS Senior Emblem, now only 4 peaks away. He had had bad luck last month, with an arson fire burning his camp on an attempt on Starr King, and snow and ice on rocks on a try of Clyde Minaret.

We drove back to Shaver Lake and hit the town, Saturday night style, with dinner at Sierra House. Steve had a whole vegetarian pizza (\$8.00), while I had a pastrami sandwich (\$4.75). They were out of dessert, so we visited a number of establishments including the Sawmill, Poppa Bear's, and the Shaver Lake Lodge before settling at the Short Horn Bar and Grill where I had some awful chili over a tamale and breaded mushrooms (totaling about \$5.00).

After a solid night's sleep at Swanson Meadows, apparently a no charge USFS campground this time of year, we again had breakfast at BJ's Kountry Kitchen (good, open at 6 a.m.) and drove to Huntington Lake to search for the trailhead for Kaiser Peak. After asking at the nearby restaurant/market, we walked up Upper Deer Creek Lane to the pack station and hiked the fine trail to the top of Kaiser Peak (about a three hour hike over 5 miles o.w. and about 3200' gain). This summit has such a nice view I would recommend it as a good climb. I placed a book and can, and we returned to the car after two hours, after climbing class 3 College Rock (we think). I was home at about 8:00 p.m. after a nice chilito dinner in Livingston.

Pete Yamagata



SIERRA CLUB MOUNTAINEERING COMMITTEE

590 SOUTH RACE STREET, DENVER, CO 80209

(303)777-7049

MINUTES OF THE SEPTEMBER 30th MEETING

The meeting was called to order at 9:00 am in the small conference room at Club headquarters in San Francisco. Present were Bruce Hope (chair), John Cheslick (Angeles Chapter MTC), Bill Oliver (Angeles Chapter SPS), Owen Maloy (Toiyabe Chapter), Robin Ingraham (Sierra Register Committee), and Eugene Mita (Sierra Register Committee). Discussions were wide-ranging but focused on the following topics:

1. **CHAIR** - Bruce Hope (formerly Knudtson) was re-appointed chair of the committee on August 29th by Sue Merrow, Sierra Club president. There were no objections to this appointment by members present at the meeting.
2. **REGISTERS** - The Sierra Peaks Section and Sierra Register Committee positions on register preservation are now almost identical. The definition of "historic registers" as those existing before 1960 is held by both entities but it was recommended that this definition be amended to time now less 30 years, rather than a fixed date (i.e., 1960), thereby making it unnecessary to constantly amend the policy. Bill Oliver agreed to put this proposal before the SPS Management Committee. When the SPS and SRC policies are in agreement, a uniform policy statement will be prepared and submitted to the cognizant federal agencies. It was agreed that having a single policy was essential to prevent confusion and to preempt federal attempts at "managing" the register "problem".
3. **INSURANCE** - The insurance underwriters re-affirmed their position that it is within the scope of our current insurance coverage for leaders and assistant leaders to carry ropes and/or ice axes for emergency purposes (but not for climbing - see enclosed letter from Bob Howell). Beyond this, we still do not have insurance for climbing nor are we likely to obtain any in the foreseeable future. Reluctance on the part of underwriters, cost of coverage, and absence of a sizable (or vocal) mountaineering constituency within the Club are all contributing factors to this lack of insurance. Therefore, although the SCMC remains committed to the restoration of insurance coverage, reality dictates that we move beyond defining our role in such limiting terms.
4. **ACCESS ISSUES** - By focusing so heavily on insurance, and by having become disillusioned and disinterested when it wasn't immediately restored, we put ourselves in the position of missing opportunities to be active in defending the interests of the mountaineering community as a whole. Whether you climb within or without the Sierra Club, your freedom to do so can be profoundly affected by local, state, and federal government actions. The SCMC, as a Sierra Club entity, is in a position to take an activist stance to resist unreasonable limitations on the right to enjoy the environment through climbing and mountaineering activities. To this end we have been working with the Access Committee of the American Alpine Club, specifically on the Mt. Shasta Wilderness EIS. We will be looking for other opportunities along these lines.
5. **ENVIRONMENTAL ISSUES** - We will also be taking a look at how mountaineering and climbing activities impact the environment (this being the other side of the access issue). We will be working with the Sierra Register Committee to limit the damage done by the placement of climbing hardware (bolts, slings, chalk, etc.) on rocks/peaks in National Parks and Forests. We will be looking for other opportunities along these lines.
6. **VISIBILITY** - It was agreed that the SCMC has so far held too low a profile in Sierra Club affairs. This low profile limited our effectiveness on the insurance issue and has placed us outside the mainstream of Sierra Club activities. In an effort to raise our profile and be better integrated with Club activities, the chair will attend at least two BOD meetings and perhaps one Council meeting during 1991.
7. **CENTENNIAL PARTICIPATION** - It was also decided that, given the significance of mountaineering to John Muir and to the formation of the Club, we should make an effort to participate in the 1992 Centennial celebrations. What form this participation might take is yet to be defined; the chair will be contacting the Centennial Office for guidance.
8. **SUMMARY OF SCMC GOALS FOR 1991:** (1) RESTORATION OF INSURANCE, (2) INCREASED VISIBILITY, (3) INCREASED ISSUE/ENVIRONMENTAL ACTIVISM, (4) CENTENNIAL PARTICIPATION.

CONGRATULATIONS

Roger Winters
of San Jose
awarded
the Tahoe OGUL Emblem
on October 15, 1990

John Sarna
awarded NAS Super Emblem
and Tahoe OGUL
List-Finisher Status
on Sept. 20, 1990

"The following are prohibited: All hikes, climbs, expeditions, instruction courses, schools, and similar training that involve in any manner the use of ropes, ice axes, or any form of climbing hardware. However, ropes and ice axes may be carried by the outing leader and assistant leader only, to ensure the safety of an outing in unexpected situations; examples are stream crossings and rescues. Ropes or ice axes may not be used as climbing aids or on any outing where their use is recommended by the opinion of experienced local climbers and leaders; and such outings may not be conducted by the Sierra Club." From correspondence between the Sierra Club and their insurance carrier regarding their policy with the Admiral Insurance Co.

PROPOSED COASTAL PEAKS LIST

A few issues ago, John Besbekos requested input on a new Coastal Peaks List to promote climbing the lower mountain ranges to the west during the winter months. Bill Hauser responded with a list of such peaks that he had already put together for the Loma Prieta Chapter Peak Climbing Section (PCS) of San Jose. Although the PCS wasn't interested, such a list could still help serve our needs, and it's printed below. It includes many peaks in the Coastal and Klamath Ranges starting from the Oregon border down to the west side of the San Joaquin Valley where the LA HPS list leaves off. Many questions still need to be answered before this list can be organized into an official (Peak and Gorge Section) list: what peaks to include (many are on private land and others are a good day's drive away); what are the requirements for recognition (emblem status); locating these peaks on USGS Maps; and characterizing their difficulty (class, grade, sneak-peak rating). My apologies to Bill for taking this long to type it up. Anyone with comments should give them to John B. (729-2725), Bill H. (408-243-4566), or me (John Sarna, 429-8024). The following guidebooks could assist in locating routes up these peaks: Hiking the Bigfoot Country by John Hart (1975), a Sierra Club Totebook; Pinnacles Climbers Guide by Chuck Richards; Trail Guide to Los Padres National Forest, Bentana Chapter Sierra Club, Box 5667, Carmel, CA 93921; 41 Hiking Trails Northwest California by Don and Roberta Lowe; Getting off on 96 by Dennis Bleything and Susan Hawkins; San Luis Obispo County Trail Guide (1981), Santa Lucia Chapter, Sierra Club, 985 Palm St, San Luis Obispo, CA 93401; Marble Mtn Wilderness, Hiking and Backpacking in Far Northern California by David Green (1987), Wilderness Press, Berkeley, 2440 Bancroft Way, Berkeley, CA 94704; The Trinity Alps, a Hiking and Backpacking Guide by Luther Linkhart (1987), Wilderness Press.

The peaks are organized generally from north to south:

DEL NORTE COUNTY

- >Gasquet Mtn 2610
- >Four Brothers (No. 1) 5237
- >Four Brothers (No. 2)
- >Four Brothers (No. 3)
- >Four Brothers (No. 4) 5310
- >Sawtooth Mtn 5832
- >Chimney Rock 5742
(Sacred Peak)
- >Doctor Rock 4960
(Sacred Peak)
- >Bear Mtn 6436
- >Twin Peaks 5962
- >Wounded Knee Mtn 4778

SISKIYOU COUNTY

- North of Hwy 96
- >Preston Peak 7309
- >Boulder Peak 6030
- >Baldy Mtn 5720 (L.O.)
- >Cottonwood Peak 6628
- >Bear Peak 5740
- >Lower Devils Peak 5040
(L.O.)
- >Upper Devils Peak 6041
- >Tanners Peak 6610 (trail)
- >Red Buettes 6739
- South of Hwy 96
- >Lake Mtn 6886
- >China Peak 4808
- >Craggy Mtn 5588
- >Eddy Gulch 6435 (L.O.)
- >Mt. Eddy 9038
- >Cory Peak 7737
- >Marble Mtn 6880
- >Boulder Peak 8299
- >Black Rock 7486
- >Kings Castle 7405
- >Black Mtn 7580
- >Orleans Mtn 6184
- >Bear Wallow Peak 6900
- >Yellow Dog Peak 7044

HUMBOLDT COUNTY

- North of Hwy 299
- >Onion Mtn 4748
- >Fish Creek Butte 4838
- >North Trinity Mtn 6262
- >Tish Tang Point 4595
- >Brannan Mtn 4002
- South of Hwy 299
- >Grasshopper Peak 3381
(L.O.)
- >Monument Peak 3188
(Mt. Pierce)
- >McClellan Mtn 3042
- >Bald Jesse 3473
- >Iaqua Buttes 3729

King Range

- >Chemise Mtn 2596
- >Horse Mtn 1929
- >Saddle Mtn 3290
- >Hadley Peak 3020
- >King Peak 4087

TRINITY COUNTY

- North of Hwy 299
- >Thumb Rock 7735
- >Yeatapon Peak 7596
- >Caribou Mtn 8575
- >Black Mtn 8019
- >Packers Peak 7828 (trail)
- >Red Rock Mtn 7853
- >Billy's Peak 7343
- >Little Granite Peak 8043
- >Red Mtn 7928
- >Middle Peak 8095
- >Gibson Peak 8400
- >Seven-Up Peak 8132
- >Little Bally 4210
- >Weaver Bally 6895 (L.O.)
- >Monument Peak 7771
- >Thompson Peak 9002
- >Granite Peak 8091 (L.O.)
- >Mt. Hilton 8964
- >Sawtooth Mtn 8880
- >Thurston Peaks 7309
- >Pony Mtn 7478
- >Scott Mtn 6844
- South of Hwy 299
- >Black Rock Mtn 7755 (L.O.)
- >Shasta Bally 6209
- >Little Bally 5419
- >South Fork Mtn 5189
- >Shoemaker Bally 5366
- >Eagle Creek Peak 4602
- >Buckhorn Bally 5053
- >North Yollo Bolly 7863

SHASTA COUNTY

- >Shirttail Peak 4017
- >Bohemutosh Mtn 4432
- >Dog Creek Mtn 4502
- >Castle Dome 4600 (Castle
Craggs State Park)

TEHAMA COUNTY

- >South Yollo Bolly 8092
(Mt. Linn)

MENDOCINO COUNTY

- >Anthony Peak 6963
- >Little Baldy 6209
- >Bals Mtn #2 6739
- >Monkey Rock 6300
- >Bald Mtn 4060
- >Brush Mtn 4862

- >Black Rock 4003
- >Brush Mtn 3761
- >Black Oak 3691
- >Signal Peak 4115
- >Cahto Peak 4234 (L.O.)
- >Strong Mtn 3242
- >Impassable Rocks 2612
- >Williams Peak 2783
- >Grizzley Peak 2947
- >Snow Mtn #2 3225
- >Ward Mtn 3068
- >Red Rock 3250
- >Gube Mtn 2602
- >Buck Peak 2376
- >Gualala Peak 2210 (L.O.)
- >Mahnke Peak 3662
(Mayacuma Mtns high point)

GLENN COUNTY

- >Black Butte 7448
- >St John Mtn 6743
- >Long Point 3482 (L.O.)

LAKE COUNTY

- >Mt. Konocti 4299
- >Clark Peak 2850
(Mt. Konocti)
- >Buckingham Peak 3967
(Mt. Konocti)
- >Wright Peak 4299
(Mt. Konocti)
- >Howard Peak 4286
(Mt. Konocti)
- >South Peak 4050
(Mt. Konocti)
- >Cobb Mtn 4722
- >Brushy Sky High 3195
- >Sky Rock 4087
- >Bally Peak 2294
- >Windy Point 4789
- >Harbin Mtn 2582
(above Harbin Hot Springs)
- >Mt. San Hedrin 6183
- >Crockett Peak 6161
- >Hull Mtn 6873
- >Snow Mtn 7056

SONOMA COUNTY

- >Sonoma Mtn 2463
- >Pole Mtn 2204
- >Bald Mtn 2729
(Sugarloaf Ridge State Park)
- >Red Mtn 2530
(Sugarloaf Ridge State Park)
- >Bennet Mtn 1887
- >Mt. Veeder 2673
- >Bismark Knob 2337
- >Geyser Peak 3457
- >Mt. Hood 2730

NAPA COUNTY

- >Elkhorn Peak 1330
- >Sugarloaf 11686
- >Mt. George 1877
- >Mt. St. Helena 4343
- >Potato Hill 2769
- >Sugarloaf Peak 2987
- >Mt. St. John 2375
- >Atlas Peak 2663
- >Castle Peak 1318
- >Devils Head Peak 1112

SOLANO COUNTY

- >Signal Hill 2394
- >Mt. Vaca 2819

MARIN COUNTY

- >Mt. Tamalpais 2604
- >Mt. Caroline Livermore 781
(Angel Island high point)
- >Pine Mtn 1762
- >Barnabe Mtn 1466
- >Mt. Wittenberg 1407

CONTRA COSTA COUNTY

- >Mt. Diablo 3849
(Devils Pulpit)
- >Mt. Diablo 3357 (North Pk)
- >Mt. Olympia 2946
- >Eagle Peak 2369
- >Brushy Peak 1710
- >Rose Hill 1507
- >Briones Peak 1484
- >Vollmer Peak 1913
(Tilden Regional Park)
- >Wildcat Peak 1250
(Tilden Regional Park)

ALAMEDA COUNTY

- >Mt. Deception 3840
(County high point)
- >Mt. Allison 2658
- >Weller Peak 2450
- >Mission Peak 2517
- >Monument Peak 2594
- >Gossop Rock 948
- >Walpert Peak 1852
- >Forbidden Peak 3817
(VABM Rose)
- >Cedar Mtn 3675
- >Maguire Peaks 1688
- >Mt. Boardman 3593
(Named Summit)
- >Mt. Boardman 3626
(North Summit)
- >Redwood Peak 1619
- >Round Top 1761
- >Wildcat Peak 1250
- >Grizzley Peak 1754

SAN FRANCISCO COUNTY

- >Twin Peaks 1000
- >Mt. Davidson 925

SAN MATEO COUNTY

- >Borel Hill 2572
(County high point)
- >San Bruno Mtn 1314
- >Scarper Peak 1952
- >Mantara Ridge 1702
- >Windy Hill Peak 1791

SANTA CLARA COUNTY

- >Black Mtn 2810
- >El Sombroso 3550
- >Mt. Umunhum 3486
- >Mt. Loma Prieta 3806
- >Nibbs Knob 2694
- >Mt. Sizer 3216
- >Mt. Lewis 3770
- >Mt. Day 3915
- >Mt. Black 3869
- >Mt. Mocho 3664
- >Mt. Isabel 4230
- >Mt. Hamilton 4372
(Copernicus Peak)
- >Pyramid Rock 4026
- >Mt. Misery 2502
- >Mt. Eylar 4089
- >Pacheco Peak 2770
- >Kickham Peak 2250

STANISLAUS COUNTY

- >Mt. Oso 3347
- >Red Mtn 3654
- >Mt. Stakes 3804
- >Copper Mtn 2678
(on a Naval Bombing Range)

MERCED COUNTY (North of Panoche Rd, South of 152)

- >Bonanza 3721
- >Ortiguilla Peak 3302
- >Twin Peaks 3677
- >Mt. Ararat 3408
- >Spikes Peak 1935
- >Mariposa Peak 3468
- >Antimony Peak 3300

SANTA CRUZ COUNTY

- >Chalk Mtn 1609
- >Pine Mtn 2208
- >Mt. Bielawski 3231
(County high point)
- >Santa Rosalia Mtn 2600

SAN BENITO COUNTY

- >Santa Ana Mtn 3112
- >Henrietta Peak 3626
- >San Joaquin Peak 2877
- >Laveaga Peak 3801
- >Reinoso Peak 3480
- >Fremont Peak 3169
- >Mt. Harlan 3262
- >McPhails Peak 3335
- >Mt. Johnson 3453
- >Call Mtn 3943
- >North Chalona 3305
- >South Chalona 3305
(Pinnacles Natl Monument)
- >Scout Peak 260?
(Pinnacles Natl Monument)
- >Mt. Defiance 2657
(Pinnacles Natl Monument)
- >Buck Peak 3534
- >Hepsedam Peak 4492
- >Laguna Mtn 4520
- >Condon Peak 4971
- >San Benito Mtn 5248
- >Santa Rita Peak 5164
- >San Carlos Peak 4843

- >Griswald Hills 3234
- >Cerro Bonito 3584

FRESNO COUNTY

- North of Hwy 198
- >Kreyenhagen Peak 3558
(by Coalinga Mineral Springs)
- >Sherman Peak 3848
(Juniper Ridge)
- >Center Peak 4541
- >Twin Peaks 4285
- >Joaquin Rocks 3649
- >Wright Mtn 4560
- >Three Sisters 4209
- >Panoche Mtn 2092

South of Hwy 198

- >Mine Mtn 3674
- >Mustang Peak 3617
(3426 USGS)
- >Castle Mtn 4336
- >Penasco Rock 2718
(or Picacho Rock)
- >Smith Mtn 3947 (L.O.)

MONTEREY COUNTY

- >Mt. Ollason 1500?
(El Toro County Park)
- >Eagle Peak 1479?
(El Toro County Park)
- >Mt. Toro 3560
- >Palo Escrito Peak 4465
- >Jacks Peak 1068
(Jacks Peak Regional Park)
- >Mt. Carmel 4430
- >Uncle Sam Mtn 4781
- >Ventana Double Cone 4833
- >South Ventana Cone 4965
- >Pico Blanco 3710
- >Mt. Manuel 3379
(Manuel Peak)
- >Anderson Peak 4043
- >Cone Peak 5155

- >Junipero Serra Peak 5862
- >Bear Mtn 5477
- >Pinyon Peak 5264
- >Mt. Mars 2674

KINGS COUNTY (Diablo Range, North of Polonio Pass)

- >Three Peaks 2629
(Avenal Ridge)
- >Johnson Peak 2625
(Avenal Ridge)
- >Garza Peak 2698
(Reef Ridge)
- >Table Mtn 3473

SAN LUIS OBISPO COUNTY

- >Branch Mtn 3773 (L.O.)
- >Garcia Mountain 2928
- >Machсна Mtn 4054
- >Pine Mtn 3777
- >Lopez Mtn 2868
- >Hi-Mtn Lookout 3180
(Santa Lucia Wilderness)
- >Valencia Peak 1345
(Montana de Oro State Park)
- >Oats Peak 1373
(Montana de Oro State Park)
- >McKittrick Summit 4332
(Temblor Range)
- >Yeguas Mtn 2976
(Temblor Range)
- >Cerro Alto 2620
- >Pine Mtn 3094
(above Hearst Castle)

The Seven Morros

- >Alan Peak
- >Bishops Peak
- >Black Hill 665
- >Cerro Caprillo
- >Cerro Romaldo
- >Cerro San Luis
- >Hollister Peak



Twin Peaks (near Matterhorn peak)*

* Actually, this may be pt. 11,600' + 2/3 mi. NNW of Twin's high point---JPY

WHO WILL YOU TAKE ON A HIGH MOUNTAIN EXPEDITION?

Charles S. Houston, M.D.
(Professor Emeritus, University of Vermont College
of Medicine.)

My predictors of success on an expedition are based on three major Himalayan climbs, 12 years of medical research on a mountain at high altitude, and a 45-day research project in a chamber at simulated altitude. Information used to choose participants in these ventures include: personal characteristics, historical "track" record, physiological testing, medical history and physical exam. A similar approach can be used for other kinds of wilderness expeditions.

The personal aspects of the candidate are important. Is he or she someone with whom you would like to spend days or weeks stormbound? Does his or her personality mesh with yours and with others already chosen? Will he or she be a good conversationalist and know when to talk and when to keep silent? Motivation is hard to ascertain but it may be the most important consideration in choosing the right companions and, thereby, improving the chances of success.

In 1936, four of us put together the Nanda Devi expedition; we knew each other well, had climbed together, and we were all fit and healthy. We invited four Brits, whom we did not know, on the basis of their track records. It was a supremely happy and successful trip. In 1938, two of us put together the first American K-2 trip. We looked at track records, personalities, references from friends, and relied heavily on a personal interview, choosing people we liked over some with longer and harder climbs to their credit. In 1953, two of us followed the same procedure: we chose people who had experience, who were strong (not necessarily the best) climbers, but above all, people we liked and could enjoy even in tough situations. Both of these trips were unforgettably happy expeditions; our survival in 1953 depended on the cohesiveness of the team.

For the Mt. Logan physiology studies that ran every summer from 1967 to 1979, I selected the subjects. People heard about the study by word of mouth and volunteered. I asked for eight letters of reference (and settled for six), as well as completion of a form that asked about career plans, aspirations, climbing record, and other interests. From several dozen applicants, I interviewed one-third. During the interview, I tried to understand the person's motivation in life and for the project. I looked for humor—in retrospect, the few persons who did not do well did not have a sense of humor. I probed for what the candidate considered his or her strong points and weaknesses, and usually got revealing and helpful answers. The letters of reference (which I acknowledged) were often very helpful not only to exclude someone, but to rank his or her desirability. The form did ask about health, medications, injuries, previous mountain experience, etc. and a recent medical examination and doctor's statement were required, but seldom helpful. In the end, the selection was made by my assessment and intuition, primarily from the interview, of what each person would be like in the stressful environment of research at 17,500 feet over a six-week period.

A list of previous climbs, with some estimation of difficulty and the course of events, is helpful but limited. It will tell what the individual has done, but it may not reveal how well or poorly it was done. But in reviewing this record, some insight can be gained into the personality and motivation of the candidate. A long list of climbs done with the same companions is a plus; numerous extreme solo ventures or climbs with widely different teams needs further investigation.

Physiological testing for altitude tolerance is still imperfect. No test or battery of tests will predict how one will adjust to high altitude, or to the extreme cold and privation to be anticipated on a great mountain. Decompression chamber and hypoxic ventilatory response tests are affected by too many variables to yield accurate predictions.

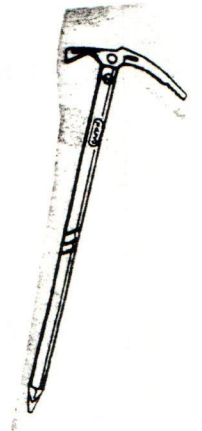


Given a healthy, physically fit person, the cardiogram, pulmonary function tests, treadmill stress studies, blood chemistry and others are also of little help. One reason is that we do not have a precise definition or measure of how well an individual is acclimatized at any point in time, only a perception of the ability to perform without symptoms, or at least with minimal symptoms, since everyone has problems at very high altitude. In fact, training does not improve altitude tolerance, only the ability to exercise. In short, physiology will not help us much in predicting success or in choosing a team member for a mountain expedition.

We look at the medical history and examination. What illnesses or injuries has the person experienced? How has he or she tolerated altitude and privation in the past? Someone who has had HAPE or HACE or even severe AMS once or several times in the past is not a good candidate, because we know that those who have had altitude illness are more likely to have it again. Does the person have some underlying problems with any part of the oxygen transport system—lungs, heart, circulation, blood or tissues? Some lung problems (e.g., asthma) may or may not impair performance. Some heart problems (congenital absence of a pulmonary artery) are absolute contraindications. Some heart murmurs, like mitral valve prolapse, are innocent; others are significant. Anemia is often a deterrent, as is poor peripheral circulation, including Raynaud's disease and a history of severe frostbite. High blood pressure, kidney disease, diabetes, epilepsy and many others need to be examined very carefully. But few of these are absolute criteria: history is full of remarkable achievements by severely handicapped persons. In summary, the medical history and examination will help to identify persons with the potential for extreme problems, but those individuals would be unlikely to apply. In most cases, the history and physical will not be helpful in predicting success or failure.

In conclusion, the priorities I would give the various factors in selecting members for a mountaineering expedition are:

1. personality;
2. intuition of whether this person will fit with the others;
3. climbing experience;
4. prior altitude illness (only serious, repeated episodes are significant);
5. physiologic and medical tests.



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