

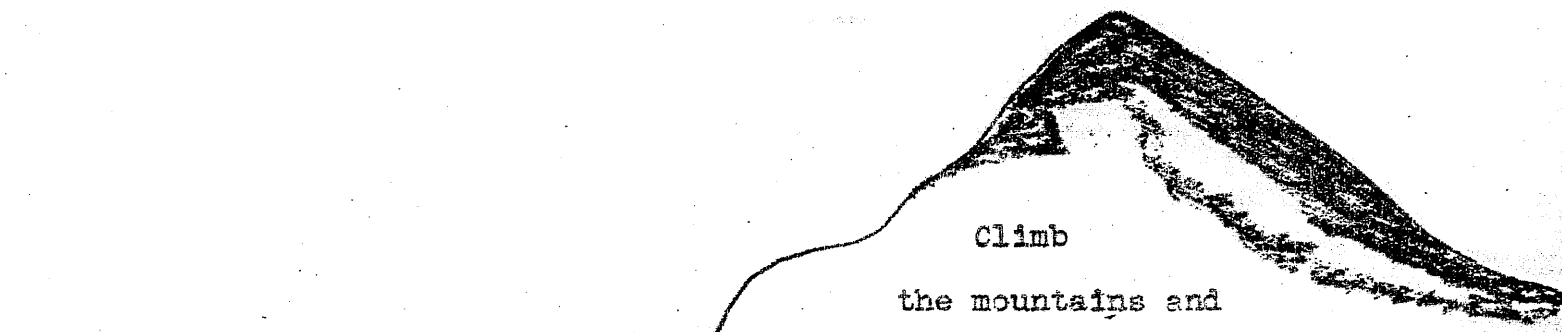


Mountain Ear

MONTHLY NEWSLETTER OF THE ROCKY MOUNTAINEERS

Vol. 1 No. 5

March-April 1962




Climb
the mountains and
get their good tidings.

Nature's peace will flow
into you as sunshine flows
into trees.

The winds will blow their own
freshness into you, and the
storms their energy,

while cares will
drop off like

autumn
leaves.



GREYWOLF MTN. TRAIL, Feb. 10th & 11th, 1962

On Sat. Lionel & Gary Hall and Mary & Gardner Miller skied in with overnight packs for several miles, leaving the car at Twin Lakes, having arrived at the lakes via St. Ignatius. The road was in reasonably good condition all the way, but we had to dig out a parking place at the lakes as the snow was only ploughed out one lane wide. Over the years I've occasionally tried building lean-tos rather than carrying a tent and each time it has proved to be the hard way to do the job - this time was no exception! Finally crawled into the sleeping bag thoroughly chilled by wet snow and rain, but our Jon-e handwarmer did a swell job of warming us and in the morning the wet clothes which we'd put in the bag with us were only mildly damp.

Lionel, Gary, and I left camp, which was about a mile downtrail from the 'burn' areas at about 9:00 a.m., leaving Mary in camp as she was not feeling well, and headed up the trail on skis. Shortly we had to stop twice to repair ski climbers - this seems to be a perennial problem. We finally arrived at the top of the broad, bare ridge south of the Odell Point saddle at about 3:30 p.m. It's uphill all the way with much of the slope exceeding 20 degrees so on skis it's slow going.

There was not much snow for the first mile or so from the lakes and we had to carry our skis for one short stretch. At the camp the snow was about 3 feet deep, while on the ridge south of Odell Point it was perhaps 5 feet deep. That entire weekend it rained in the valleys, at camp we had several ins. of wet snow, while up on the ridge there was about 8 ins. of new snow, the temp. on the ridge was about 10 to 20 degrees F., with a mile west wind. There were no signs of recent avalanching - though the two big burn areas could be quite dangerous, they can be easily avoided by staying in the timber to the west.

At the top we spent about 45 mins. setting off a charge of dynamite at the base of the cornice on the east side in order to test the stability of the snow pack. The pack was apparently stable as we did not start an avalanche.

As it was getting late, we hurried down to camp, Lionel schussing the steep stretches in his inimitable style, always ending in clouds of snow, we arrived at the car at 7 p.m. Then we stopped at the "Malt Shop" in St. Ignatius -- a good short-order fountain for Mountaineers just off the mountain, tired and hungry.

GREYWOLF MOUNTAIN TRAIL - Road approach via St. Ignatius

	<u>Time</u>	<u>Miles</u>	<u>Elevations</u>
Missoula County Courthouse -----	00	00	3220'
St. Ignatius, via US HWY #93 -----	0:53	43.4	2920'
Twin Lakes via County dirt roads:			

South from downtown on St. Mary's Drive, turn east on Mission Falls Drive, keep on main travelled road generally going eastward. At 2.9 miles from downtown St. Ignatius turn south at a corner intersection of several well-travelled roads. On occasional power line poles you'll note small white, hand lettered in red, signs with the letter 'B' with an arrow underneath. Follow these, until they lead you off to a private property to the right, at which fork you stay to the left. At 9.9 miles you'll pass a junky loggers' house which is the last inhabited place and is 1.1 miles west of St. Mary's Lake.

St. Mary's Lake (dam) -----		54.4	4020'
Twin Lakes -----	1:40	55.6	4120'

Note: Elevations are from aneroid barometer and miles from car speedometer.

MARSHALL BOWL SKI TOUR On Feb. 11th, 1962, a party of five, Hank & Jimmy Florin, Pete MacLachlan, Craig Byington and Sam Braxton climbed from Marshall Ski Area via the "Carla Mtn. Route" to Marshall Bowl, encountering cloudy skies in the morning hours and snow during the afternoon.

The trip up took five hours with an hour out for lunch and about an hour out for fixing climbers. One pair of our buckle-on climbers was rotten and had to be lashed on with nylon cord and adhesive tape (this proved quite successful). The snow was crusty during the morning, making it difficult to climb on steep pitches with poor climbers. Up higher it started to snow a "wettish powder" and the going was perfect with an inch or so of powder on a hard crust. Up on the ridge above the bowl the wind was blowing about 20 mph from the east. It was getting late so instead of skiing down into the bowl we decided to ski out. The return trip provided exceptional skiing and all five tourers had a delightful journey. The ski down took about one hour 45 mins. with time out for tea. A non-stop trip with good conditions should take only 3½ hours up with about an hour to ski down.

NOTES ON SKI MOUNTAINEERING: Carry along plenty of food of a light, compact variety. Dried fruit and raisins are delicious and energy giving during climbs. Prunes are also useful. Almost indispensable is some instant coffee and a tube of condensed sweet milk. Concentrated boullion tastes delectable on a mountain, and concentrated fruit juices, when diluted with melted snow are better than a shaker full of martinis at sea level. Hard sausages and tins of meat come in very handy, and butter won't spoil at cool alpine temperatures. Chocolate, jam and sugar are also good energy boosters. A flat thermos flask or canteen for carrying hot tea is imperative. (Does anyone know where a flat thermos flask may be purchased?) A little honey added to your hot tea makes a delicious high energy drink. This honey is best carried in a plastic tube which is available at "Gerry's".

There are two things without which no one in high altitude can survive -- a good pair of dark glasses and a lip cream which filters out all sun light (Glacier Cream, also available at Gerry's). Ordinary sun tan lotions are not adequate under the prolonged exposure of glacier travel. Actors' grease paint (clown white) or zinc oxide pastes give virtually complete protection, and a grease base insures against their being washed off by perspiration. The disadvantage is that they are very messy and one needs cold cream for easy removal. The above mentioned Glacier Cream was developed in England and used on Everest where it worked perfectly.

GARY'S MULLIGAN STEW

Boil 2 qts. water and add boullion to taste.
About half of this boullion water may be used
as a hot drink while cooking the stew.
To 3½ cups of boullion water add 2 oz. of Veg.
Stew Blend (dehydrated veg. mix from the Co-op)
and simmer for 15 min.
Add 3 pre-cooked hamburger patties and cook until
hot.
Add 1 tbsp. butter & ½ tsp. salt. Then remove from
fire and whip in a packet Betty Crocker Instant
Potatoes. (they require no milk)

Makes 1½ to 2 qts. stew. Serves 2 people well.

Note: Maggi's Boullion Cubes seem to be much softer than other brands and dissolve very readily. Obtainable at Safeway Stores.

POINT SIX SKI TOUR On March 20, 1962 Dave Line, Gary Hall, and Gardner Miller left Missoula at 7:30 a. m. and drove to the Snow Bowl Ski Area near Missoula. We left the area at 8:30 a.m., carrying our skis up to the top of the Pomalift north run at which place the deep snow forced us onto the skis.

This trip was a novel experience for Gardner ---- he had forgotten his ski boots, so determined to make the trip using after-ski boots! Actually they weren't bad going up, but coming down was an experience - now he knows why you need a ski boot with strong ankle support! This experience did point up the versatility of his new Ramy-Securus release toe-pieces or 'bear-traps', finding that they can be used with most any boot, except a thick soled climbing boot since the toe-lugs can't be raised high enough, Gary, for the first time, had good boots - he's been using Army ski boots which gave him no ankle support - and likewise learned the value of good boots.

From the top of the ski run we worked upward and to the right (northeastward) steeply to the ridge where the Pt.6 road makes a switchback just under High Park (about 2 hrs.), thence up along the power line along the ridge to the High Park Ski Area. From here we went up the road on the west side of Slide Rock Mtn. and then along the road on the north side of Slide Rock to the saddle between it and Point Six (about 3 hrs.), thence up the ridge passing the next switchback on the road (where we found the Weather Bureau sno-cat) and on up to the radar station at the top where we arrived at 1:00 p.m.

We spent an hour or so visiting the weather bureau men at the station - they only come up to make repairs to the wholly automatic machinery. It was a dismal day, weatherwise, with Point Six in the clouds, snowing moderately with mild gusty winds and a temperature of about 25° F., while down in the valley there were occasionally light rain showers.

The prevailing winds are relatively mild westerly winds though this winter a gale of 70 knots was observed by the men at the weather bureau. The worst storms, however, have south and southeasterly winds. According to the W.B. men the much talked of 'temperature inversion' over Missoula often tops out at about 5,000-5,500 ft. with the temperature again dropping above this level - Point Six may be 10-20° warmer than Missoula.

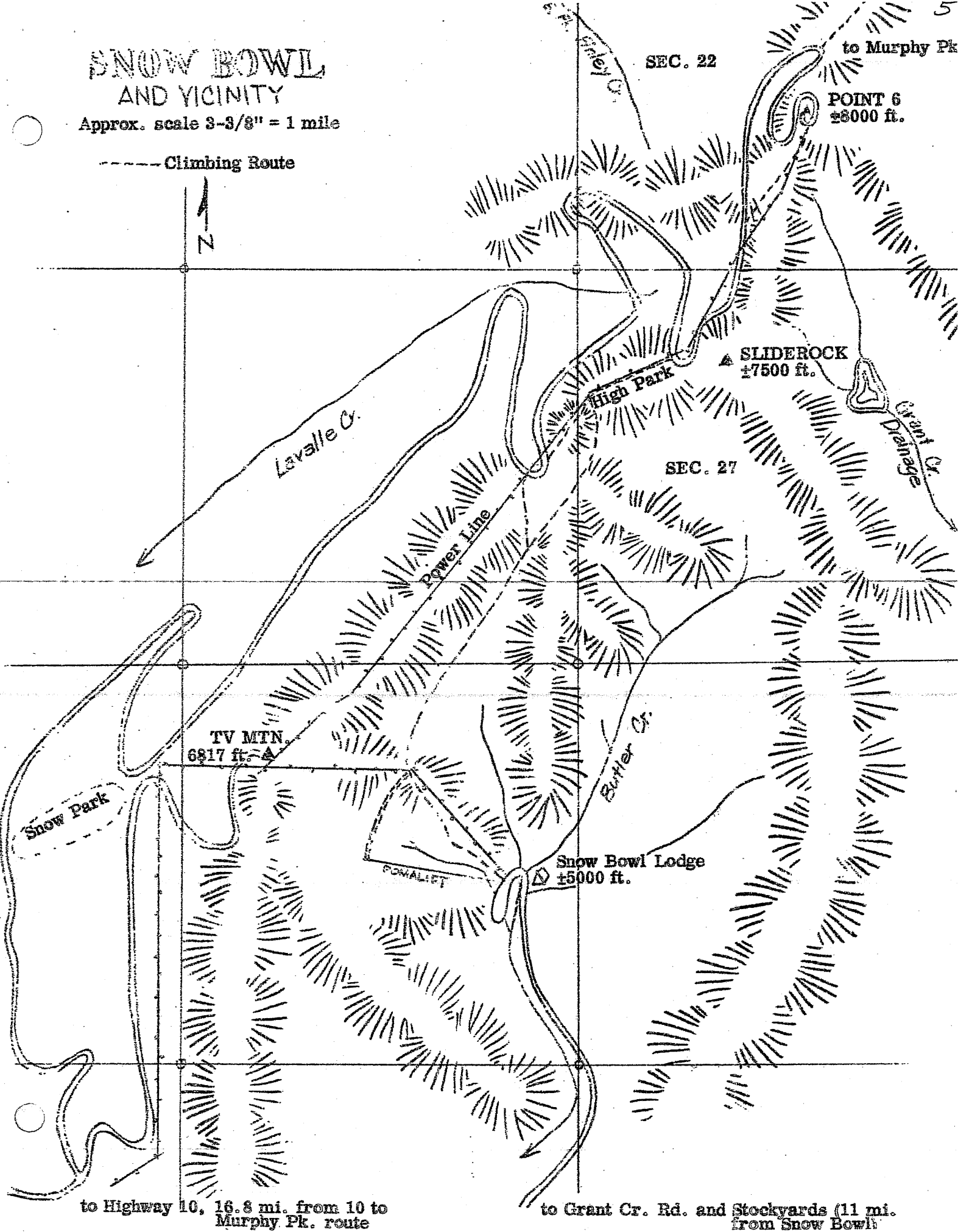
Along the route we followed, the avalanche danger is low, except for two places. As you come up out of Snow Bowl to the saddle east of TV Mtn. there are 25-35° slopes with fairly open timber, and on up the final ridge to Point Six, the slope angle varies from 10-35°. On neither slope could we find evidence of avalnching but on such slopes the snow is bound to slide once in a while. I'd be especially careful after a major storm with southerly winds, particularly up near the top, and when the snow is melting rapidly.

	<u>Travel</u>	<u>Travel</u>	<u>Elevation</u>
	<u>Distance</u>	<u>Time</u>	
Snow Bowl to	0	0	± 5,500'
Point Six	Airline 2 mi.	4 hrs. up	7,900'
	By skis 3.25 mi.	1½ hrs. down	

SNOW BOWL AND VICINITY

Approx. scale 3-3/8" = 1 mile

----- Climbing Route



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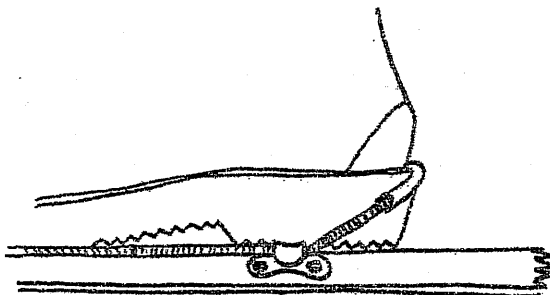
AVOIDING HEEL INJURIES: by A. E. Ellison, M.D.

An increase in injuries of the Achilles tendon or heel cord has been noted in recent years, resulting from the ever more rigid fixation of the foot to the ski through improved boots and bindings and the force of forward falls under such fixation.

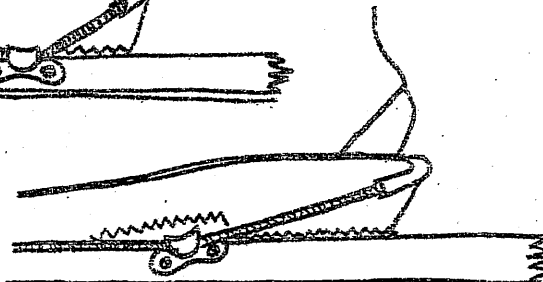
This problem is being met by the development of progressively better forward - fall release mechanisms, including the many variations of front throw release cables. They would seem to be valuable aids in preventing such injuries, but spot-checks have also shown a frequent defect in the mounting of such bindings: the rear cable guides are often improperly placed.

If a front throw release cable is to function properly, it should be placed so that, as the heel begins to rise, the cable continues to slide smoothly through the guide; otherwise, release is prevented, resulting in a severe strain on the Achilles tendon or injury to the lower leg. To avoid this, the rear of the guide should be placed no further back than the leading edge of the boot heel. In addition, it should slant about 10 degrees from front to back. If these two simple suggestions are followed, the angle of the cable to the guide will never become great enough to impede the expansive (and protective) motion of the cable. Dependable forward releases can still be assured and many severe heel injuries can be averted.

Dr. Ellison is involved in a continuing study of ski safety for the National Skier Research Foundation and would welcome comments and suggestions from readers. Correspondence should be addressed to Dr. Ellison at Box 1200, Williamstown, Massachusetts.



Too great an angle



Better angle