



CHICAGO MOUNTAINEERING CLUB

The next CMC General Meeting will be **Monday, January 8th, at 8:00 PM at the Goose Island Brewery, 1800 N Clybourn Ave., Chicago IL (312) 915-0071.**

General Meetings are open to the public and held on the second Monday of each month, September through May. The CMC Board meets from 6:30 to 8:00pm and is open to CMC members.

General Meeting Schedule



Pico de Orizaba, Mexico. 18,700 ft. Lisa Grey Photo.

January 8th, 8:00pm: Climbing the Volcanoes of Mexico. Lisa Greyhill will be telling stories and showing slides of her hikes and climbs in the area.

If you have an interest in giving a presentation this year, please contact the new Program Chair Neil Horn.

Member 50th Anniversaries

This is a big year for CMC anniversaries. At least six members are celebrating 50th anniversaries, and one is celebrating a 60th. If anyone out there knows of others, please send me (Rob White) a note.

Member since 1947:

Loren Jahn

Members since 1957:

Thomas Robinson
George Pokorny
Charlie Pierce
Peggy Pierce
Helena Jakubec
Fred Gunzel

We'll have more on this in upcoming newsletters. Congratulations to all! Hope to see you at the Old Timers outing this summer.



Dave Kenealy, on the way to Mt. Moran. 7/2006. Photo by R. White.

Why is there a photo of Dave on the cover of the January 2007 CMC bulletin, you ask? Why not, I respond. Dave and I climbed Moran via the CMC Route on July 9th last summer. No major problems on the way up, outside of some bad route choices on the approach to get past the headwall (in the dark) on Drizzlepus. We didn't move quite as fast as planned, though, having just arrived in the Tetons two days before. Our descent was a minor epic, and we didn't arrive back at our tent in the CMC camp until after 11pm.

Dave Ireland Memorial Stone

Many of you who have not been to the campground since last summer have not seen the memorial stone for Dave Ireland. It is located just next to the large pine trees immediately southwest of the group fire circle. Ron Rolnicki had the original idea, and the Board voted unanimously last fall to fund the carving and install it in the campground. The rock is a quartzite boulder dug up near the CMC camp and brought to Chicago for engraving.



Here is a photo of the stone prior to being placed in the campground. To give you a sense of scale, the ruler in the photograph is 18 inches.

Dave, of course, is missed. If you have not seen the memorial stone yet, please look for it the next time you're in the campground and remember Dave.

New Baraboo outing store

*Received the following note from a new outdoor shop in Baraboo called **Wildside**.*

"We are a cycling/ski/climbing outfitter in the Baraboo, WI area. Minutes from Devils Lake. We would be happy to support the CMC. We are a group of Baraboo locals that are very well versed in the Baraboo area for

what it has to offer in the cycling, ski and climbing community.

We are a full service cycling/ski/climbing retailer. We can handle any repair on cycling or skiing equipment. We do sell stone grinding services for skis and snowboards. We rent climbing shoes and sell cordage/webbing by the foot. We have top brand names. Black Diamond, Burton Snowboards, DMM, Five 10, Grivel, Metolius, Mountain Hardwear, Montrail, Omega Pacific, Pearl Izumi, Petzl, Salomon, Trek Bicycles and many others.

We would be happy to provide CMC members with a 10% discount when they show their membership card.

We are located in the Baraboo Mini Mall on the opposite street corner from Wal-Mart. On the internet we can be found at www.wildbaraboo.com

Thank you. We really feel we have a professional service for the seasoned climber."

Peter Schmitz for Wildside
880 Hwy 12 #1
Baraboo, WI. 53913
608-356-9218
wildbaraboo@yahoo.com

Southern IL fall outing recap

November 4-5, Shawnee National Forest

From Jamie Norris...

"We had nice weather, 50s during the day, and a group of 27. Not all of these were CMC members, but were at least friends of CMCers. Some went to Drapers the first day and Jackson Falls the next, others did the opposite. Five of us stayed over Sunday night and climbed Monday until about 11:45 when we got chased out by rain. It seemed that everyone had a great time."

New Member Intro...

*New member **Karen Gisburne** sent in the following introduction. I think many will be able to relate. Say hello when you see her at the next outing or general meeting. Thanks Karen.*

"I got my first taste of climbing during a high school retreat at Devil's Lake. I loved the physical challenge of the climbs but what I found I loved the most is the mental challenge. The last climb I did that trip I did not complete, partly because I physically could not continue but mainly because I gave up before I got my feet off the ground. At that moment I learned that climbing is so much more than physically being able to pull yourself up a wall. It is figuring out a puzzle, finding the right combination of hands and feet movements. It is taking a risk, stepping out of your

comfort zone and trying something new. It is about trust, confidence, learning, and having fun. After that I was hooked. All I wanted was to climb again. I had no connections to find a climbing location so I only climbed two more times before I graduated college.

After college I was looking for ways to get active and came across a beginners climbing class at the fitness center in my home town. I signed up for the class and started going to the wall during open climb times. I felt sane if I was on the wall three days a week. A co-worker told me about the wall at Lifetime Fitness. I checked it out, joined the gym, and found I could climb four days a week between the two walls. I was learning how to sport lead climb, do multi-pitch climbs, and rappel. It was all fun but what I really wanted was to get back on real rock.

Last August I made up to Devil's Lake for the first time in 7 years with some friends. A couple of weeks later I was up there again with Vertical Endeavourers on one of their Chillin' Weekends. It happened to be the same weekend of a CMC outing. A guy I knew from Lifetime was up there with the group and told me about CMC the following week. I drove up for the next outing and never looked back.

It is wonderful to have finally found people who love climbing and the outdoors as much as I do. Now I only feel odd some of the time. It is wonderful learning from the knowledge everyone has to offer and sharing what experiences I have. At this point in my life nothing can compare to the feeling of standing on top of a cliff with friends I trust with my life looking out at an unbelievable view. This journey started with only wanting to climb a wall but now I am dreaming about a mountain."

CMCers to Africa

CMC members George Naxera and Jim Considine are planning to climb Kilimanjaro in February. Standing at an elevation of 19,340ft, Kilimanjaro is the highest mountain in Africa, and the highest free standing (base to summit) mountain in the world. Their group will follow the Machame Route to the summit. We wish them good luck and look forward to seeing a presentation on their trip at one of the monthly CMC meetings!

Winter Indoor Outings

Yet once again folks, don't let sloth be your friend this winter. Climbing in April and May is always more enjoyable if you get in a few workouts before hand. Why spend your winters hanging from doorframes and doing pull-ups in the basement, when you can climb indoors. Indoor outings are held about twice a month during the winter. The outing destination is:

Vertical Endeavors
28141 Diehl Rd
Warrenville, Illinois

Admission is \$10 for CMCers, \$15 for non-members. Remember to bring your membership card.

There are no set times for these outings. Some say the afternoon is less crowded, but there should be at least one group of CMCers meeting around 10:30am.

January 14th:	Vertical Endeavors, Warrenville
January 28nd:	January Jollies/Pizza Night Vertical Endeavors, Warrenville 10am-4pm followed by pizza and refreshments from 4-6pm?
February 11th:	Vertical Endeavors, Warrenville
February 16-19th:	February Follies, T.B.D.
February 25th:	Vertical Endeavors, Warrenville
March 11th:	Vertical Endeavors, Warrenville
March 25th:	Pizza Night Vertical Endeavors, Warrenville 10am-4pm followed by pizza and refreshments from 4-6pm?
April 8th:	Vertical Endeavors, Warrenville

Note: The 2007 Outdoor Outing Schedule will be in the February Newsletter.

Notices

Michigan Ice Fest

Got an email from the folks at Downwind Sports in the Michigan Upper Peninsula: "The Michigan Ice Fest will take place Feb 2-4th in Munising, Michigan. Please go to www.downwindsports.com to download the official program. I hope you guys can make it. If you have any questions please don't hesitate to call. Thanks. Bill Thompson. 906-226-7112"

February Follies

is on! ...this from Outings Chair Jamie Norris: "There were a dozen good ideas brought up at the last CMC general meeting, but no consensus, so the decision is to go back to Montreal River Harbor/Batchawana Bay. We will leave the Chicago area Thursday evening Feb. 15th, climb Fri, Sat, and Sun, then return on Presidents Day, Feb. 19th. I hope we can stay at the Mad Moose Lodge again. I have written to them, but have not heard back. If anyone wants more info, or wants to sign up, have them contact me at (climb4953@yahoo.com)."

Devil's Lake Guidebook, new edition.

Olle and Sue Swartling would like to know of any additions or corrections to the Devil's Lake guidebook as soon as possible. The University of Wisconsin Press is looking to release a new edition soon. You can contact them via phone or mail (their number and address can be found in the CMC Yearbook or on the member's section of the website.) You can also contact them via email at swartling@tds.net

New Member Readings. At the December General Meeting, first member readings were given for Sharon Miller and Bill Katra.

From:
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TO:

ADDRESS CORRECTION REQUESTED

FIRST CLASS MAIL

NEWSLETTER: Please submit your comments, announcements, outings or personal climbing reports, items of interest, ephemera, or questions to the Editor: Robert White at 1845 N. Orleans Street, Apt. 2R, Chicago, IL 60614 or e-mail: cmsecretary@cmwebsite.org. Also, please contact me if your newsletter was damaged in the mail and you would like a fresh copy sent.

New 2007 CMC Board

Directors:

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cmcdirectors@cmwebsite.org

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cmcpresident@cmwebsite.org

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Editor's Choice

How can any climber not love the sight of this?



The central Teton group, from just outside the AAC Climber's Ranch. Moose, WY. July, 2007. R. White photo.

In 2000 Rolando Garibotti completed the Grand Traverse (linked Teewinot, Owen, Grand, Middle, and South Tetons, Cloudveil, et al.) in 6 hours 40 minutes car-to-car. Among the many technical 'routes' included in this is the North Ridge of the Grand, 5.8 Grade IV, which Rolando soloed in running shoes. Says Rolo, "The scenic aspect and the beauty surrounding me was very important. The 6:40 doesn't mean much whatsoever. The peaks are not an end, they're a vehicle to an end for your own inner self. For myself the sport does not have a particular interest. It's the human experience that has some value."



Chicago Mountaineering Club

Western Outing 2007

Canadian Rockies

“The spectacular Canadian Rockies form a natural boundary between the provinces of British Columbia and Alberta. Along this frontier only four roads divide cross the Continental Divide, attesting to the rugged character of the range. The Canadian Rockies are justifiably renowned for their lofty peaks and colossal glaciers; the vistas of serrated ridges and icefalls framed by vast primeval forests are unmatched on the continent. Mountaineers have long been fascinated with this area, and climbing historians regard the Rockies and adjacent ranges as the birthplace of North American climbing.”

Roper and Steck, Fifty Classic Climbs of North America, 1979.

General Destination

Canadian Rockies, Banff National Park, Alberta. Also, possibly adjoining National Parks such as Kootenay or Yoho or Jasper, or Mount Assiniboine Provincial Park. There are a lot of different areas; many are in distinct but adjoining national or provincial parks.

Setting

Alpine and rock climbing in a stunningly beautiful National Park setting. Areas may be very close to the road and popular, or extremely remote. In most cases, alpine climbing is in a wilderness or backcountry area. Rock climbing on quartzite and solid limestone is common, but broken sedimentary rock with poor anchor placements and stances can be encountered also. A little research beforehand will let you know what you may be if for on any particular climb. Snow climbs, ice climbs, walk-ups and glacial travel abound in most areas, and proper knowledge in the use of an ice axe is essential.

Dates of the Trip and Weather

August 4-12, 2007 for this Western Outing. But go a week early or stay a week late and climb and enjoy the area if you want. We will establish a time and place for the group to meet in the Canmore or area to kick off the trip. You must decide if you are going or not by July 1, 2007. For planning purposes, it would be *greatly appreciated* to have a rough idea of who is going sometime in March, 2007. Campground and hut reservations will be much easier to get, and waiting too late could significantly affect the climbing objectives if there is nowhere to stay! Hut space and campgrounds are very limited, which only adds positively to the wilderness and climbing experience.

The best time to go (unless you're looking to climb vertical ice and mixed routes) is July and August. Early July offers colder conditions for morning snow travel, but there can still be much Spring snow left over - leaving the rock wet and increasing the chance of snow slides. Rock is drier and snow is more stable and at a minimum in late July and August, but wait too long and wet and sloppy weather periods may hit in mid to late August, when there seems to be a storm every year. Snow conditions are very dependent on weekly weather; so it's best to hope for cooler weather so snow travel isn't too tiresome. The local weather can be fickle, and no matter how much planning is done, the local weather patterns will determine day to day activities – so be prepared to be flexible. After reviewing weekly reports filed during last Summer by Canadian mountain guides, the best “weather and snow conditions” window appears to be early August.

Skill Level

Should not be a concern. Climbers with all skill levels are encouraged to participate, from beginner to seasoned veteran. There are climbs for everyone in the Canadian Rockies, including simple walks to the top of many peaks.

Preparation

OK - this should be a concern! Anyone who wishes to participate should be in reasonable shape, and should have some basic knowledge and skills for safe travel in the mountains. You as a potential participant have the responsibility to be prepared for a safe and enjoyable mountaineering trip. Following are the basic recommendations and requirements for the trip:

Physical conditioning. You don't need to do a thing. However, it is strongly recommended (for your own enjoyment) that some basic aerobic conditioning be undertaken prior to the trip. Running outdoors is fine – as is the use of a stairmaster or treadmill. Aim to maintain about 70% of your maximum recommended heart rate for 30 minutes straight three times a week, and work up to 60 minutes for three times a week if possible. (To calculate your maximum heart rate (MHR), subtract your age from 220. Then multiply your MHR by 0.6 to get your lower exercise range and by 0.8 to get your higher exercise range.) Take occasional hikes with a 30# to 40# pack. (Trip logistics will dictate a heavier pack than this.) The level of conditioning is the individual's decision.

Climbing skills. There will be some required climbing skills for the trip. All easy stuff that many already know. Required of anyone who is not a current or former rope leader with the CMC: demonstrate belay and rappel skills, ability to second and clean a pitch, tie some basic knots (figure-8 follow through for tie in, clove hitch, overhand bend, ring bend, double fisherman's or grapevine knot, prusik, girth hitch), and know how to tie off and escape a belay. All simple stuff that can be learned in an afternoon at Devil's Lake or an indoor climbing gym (if desperate!) Also, required of everyone: ability to use an ice axe and self-arrest, ability to prusik a rope, ability to travel safely on a glacier. Again, all easy stuff – but necessary.

The CMC will offer practice sessions (to be determined) for many of these skills. These sessions may be at Devil's Lake this coming spring for rock climbing skills. Perhaps at the February Follies or on a weekend day around Chicago this coming winter if snow permits for ice axe skills, or inexperienced participants are encouraged to arrive early for the trip and take a one-day "snow school" from one of the guide services in Alberta. We will have recommended guides/courses and perhaps a CMC-only 1 or 2 day course if sufficient interest.

If you have not led or seconded a climb, this trip is not the place to get your first experience. Get this experience locally at Devil's Lake first. You do not need to have lead experience to go on this trip, but you will need experience seconding a pitch. There should be sufficient lead climbers on the trip, so everyone should have plenty of opportunities to climb.

Research. Read guidebooks. Review maps. Internet and literature research is very helpful, especially guiding company websites and the Parks Canada site. Strongly recommend reading the classic tome: "Mountaineering - Freedom of the Hills", even if you have read it before. It is available from the club's library or REI. Check out these also, "Selected Alpine Climbs in the Canadian Rockies", by Sean Dougherty and "Climber's Guide to the Rocky Mountains of Canada – South", by the American Alpine Club and the Alpine Club of Canada. The latter is in the extensive John Speck Memorial Library – available to CMC members (see Pieter Fockens).

Most anyone who wishes to go on the trip can, from a standing start, be ready in 6 weeks with no previous experience. A little conditioning, a day or two at Devil's Lake, and some ice axe practice is all you need for moderate climbs.

This is what we climb for! Sure, the surroundings are great, companions are fine, etc. But everyone wants to get up a climb or two, right? Or just enjoy the surroundings and hike for a week. Like many things in life, the key here is flexibility and communication. Weather in one area may not be cooperating, but 30 miles (or about 45 kilometers for the Canucks) away the weather may be great. So the solution is to switch areas and climb there. It will be necessary to have a main plan and one or two fallback plans. Woven into these plans are the individual climbs that pairs or groups of climbers may wish to attempt. It will be up to each climber to select the climbs they

wish to do, but to communicate to the group what their plans are and when they are leaving and returning to the camp or to the group.

Specific areas and objectives will develop from discussions amongst CMC members and trip participants. There is a lot to choose from! There are about 15 distinct climbing areas in the better-known Canadian Rockies, which is an area roughly 200 miles by 50 miles. The entire Canadian Rockies encompass a much larger area. Each area may have different weather, types of rock, types of climbing, approaches, accommodations and commitment level. Each area has two to fifteen classic peaks and dozens of classic routes of all ability levels. On a typical day, a large club group may split up into three or more parties - heading out to climbs ranging from Grade II walk-ups in spectacular settings to committing multi-day Grade V to VI with the infamously generic 5.9 A2 rating common among hard Canadian routes. Doubtful that our CMC group will be on anything like a Grade VI, but we will find a great selection of easy to moderate climbs in many areas.

It is intended that one primary climbing area be selected and that the group will travel and stay together during the Outing week. There are six very likely areas: Kananaskis Country, Banff Area, Lake Louise, Valley of the Ten Peaks, Lake O'Hara and Tonquin. These areas are similar in several respects: many peaks, similar elevations (2500 to 3500 meters), large variety of routes, beautiful surroundings, reasonable approaches and in four of these areas the ability to establish a central camp from which to directly climb or hike. Differences in these areas include rock quality, popularity and style of camping and approaches.

Each participant has the responsibility to develop their own objectives and arrange their own climbing and hiking partners, and to share their plans ahead of time with the rest of the group. This includes hiking plans as well as climbing. Each participant has the responsibility to tell the group and leader on a daily basis what their plans are and when they will be returning to the group. We will climb together in groups of two or three, and hike in groups of two or more. Don't worry if you don't know anyone, because we will all know each other well by the end of the trip! If you need a climbing partner or someone to share a hike with, I'm sure that it will work out.

Approaches and Permits

The approaches are as varied as the climbing areas. Generally two hours to half-a-day to a day, rock climbs are shorter and alpine climbs longer. Some huge alpine climbs can be a three-day approach, and are not practical for this trip – but nothing is ruled out. Be prepared to cross glaciers, traverse scree slopes and use your ice axe frequently.

Each climbing area is different. One area may have a half-day approach to a hut or central camping area, and after that climbs are within an easy half-hour to 2-hour walk. Some approaches require technical climbing to get to the hut or camp. Other areas have no central hut or camp, and climbers stay in town or a commercial campground and need to drive and walk into the climbs daily. These may be very short approaches from the highway, and are typical with some of the more popular alpine areas with classic climbs like Banff and Kananaskis.

Backcountry camping permits (limited to 10 people in the National Parks) are issued by the national or provincial park authority; ACC (Alpine Club of Canada) huts accommodate many more people. Each climber in a national park needs a Wilderness Pass for \$63/annual (or \$7/day), vehicles are \$16/day for parking. It is anticipated that we will share parking and gas expenses if people share cars in order to get around.

Cost Estimate

Travel like Fred Beckey and spend about \$300 – but plan on bumming a ride out there and living very frugally (hitchhiking and cooking). Otherwise spend about \$1000-1200 if you are flying and sharing a ride from the airport. If you need equipment, well.....

Accommodations

Hut system or tent camping, initial group to decide based upon climbing areas and objectives. There are pros and cons for either approach, and this will be a decision for the initial group participants. In the meantime, go on the ACC website to check out the huts, and on the Parks Canada website to check out camping options. See www.alpineclubofcanada.ca and www.pc.gc.ca for more information. If camping, sharing tents will be strongly encouraged, both for weight savings as well as lower impact on the local environment. Also, tent sites may or may

not be plentiful, depending on the area. Cooking is encouraged to be in groups, to save effort and weight, and will be determined after the final trip members are signed up.

Equipment and Clothing

Unless you wish to carry extra weight, we will share the following equipment whenever possible: tents, ropes, climbing racks, stoves and cookware, and other group items. A suggested personal equipment list will be available later, but many people know what will be required already. It will be encouraged that the group members, as far as it is practical, have a meeting prior to the trip and bring all the gear and equipment (packed up) that they are planning on bringing to the outing. We'll go through everything, suggest changes and sort things out. That sure beats doing it at a trailhead!

Transportation to Area

It will be up to each participant to arrange transportation as far as Canmore, which will be our meeting place. Work with your fellow travelers to get there, and to get back to an airport or home after the trip. The plan is to meet on Saturday, August 4th and stay in Canmore that night. The following day we'll be off early to our climbing area and new accommodations, either campsite or hut.

You can fly or drive, but it's about a 2-3 day drive one way. For those who are driving, carpooling is encouraged and once we see who is going, carpooling might be arranged among trip participants. (It will be very convenient to have a car or two out there in order to get around.) If everyone flies, we will have to rely on rental cars to get around. Buses are great, but their schedules will probably not fit ours. Air travel is available to Calgary or Edmonton, AB and Spokane, WA and Helena or Kalispell, MT. Shop around for the price and schedule that suits you. It will be up to each participant to get from the airport to Canmore on August 4th. Driving times range from 2 hours to 8 hours from the different airports. This is a great opportunity to explore the area, so go early or stay later or do both.

Waivers and Releases

The CMC Board has decided that a signed waiver or release will be required in order to participate in this trip. Copies will be available in early 2007.

Questions

Contact Dave Kenealy

- Use the CMC website, Contact Us page, and select Expedition Chair
- Or dk@dakequipment.com
- Or any phone number below:
- 630-516-1115 x222 (work)
- 708-386-5180 (home)
- 312-933-4499 (cell)

“Solitude and companionship, sudden snow showers and warm evening sun, gentle whispering winds, wild exposure and total freedom of movement, sharp hard granite and soft alpine meadows, the valley dropping away below – the memory of these things make the return from the civilized mountains to society easier to bear.”

–Anton S. Johnson