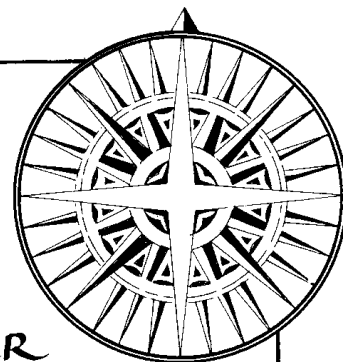




Compass

THE BOULDER GROUP NEWSLETTER



Volume XXI Number 5

May 2005

Monthly Program May 11th

“Wonders of the Open Road: A Coast to Coast Bicycle Trip Across Asia plus Select Mountains of the World”

Join us in the Boulder Clubroom at 7:30pm as Stan Havlick shares his tales and slides of this extraordinary adventure and unique cultural experience.

In June 1999, Stan Havlick, John Rickauer and Mark Snyder dipped their back wheels into the Caspian Sea off the shores of Turkmenistan. Nearly two months and over 4,000 miles later, they dipped their front wheels into the Yellow Sea, southeast of Beijing, China. Their ride took this dedicated cycling team over the Tian Shan mountains of Kyrgyzstan and across the barren Garagum, Taklimakan and Gobi deserts of Central Asia. The mysterious Magao Grottos of Dunhuang, the ancient city of Jiaohe (200 BC), the Silk Road and the Great Wall of China were also highlights of their trip.

Stan is the Co-Founder and President of the Colorado Cancer Foundation. He has completed five transcontinental bike expeditions across North America (1992), Australia (1996), Asia (1999), South America (2001) and Africa (2004) as fundraisers for the Colorado Cancer Fund. He has lived or traveled in six continents and will devote a portion of the program to his mountaineering expeditions to the Matterhorn in Switzerland, Denali in Alaska, Aconcaqua in Argentina, Kilimanjaro in Tanzania Africa and the Himalaya of Northern Pakistan. *The Boulder Clubroom is located in the Table Mesa Shopping Center on Broadway on the upper level, around the west corner from the Neptune Mountaineering store and straight back. You can also park on the lower level and walk up the stairs in front of the Movie Gallery.*

Cathleen, Ken, Steve & Bob Attempting Everest

For the first time in the long history of the Colorado Mountain Club, four Boulder CMC members are attempting to summit Everest in a single month. Bob Guthrie, Steve Poulson, Kent & Cathleen Groninger will all make their bids for reaching the “top of the world” later this May.

The four climbers are members of two separate expeditions. Ken and Cathleen are traveling with Alpine Ascents (see <http://www.alpineascents.com/everest-team05.asp>) while Bob and Steve are with Ryan Waters and the 2005 Summitclimb Everest Tibet Expedition. More information can be found on the Everest News Web page at <http://www.everestnews.com/Default.htm> and you can check Bob’s “Blog” at <http://adventure-zen.com/blogger.html> every now and then to follow the adventure from the comfort of your own computer. Each party hopes to achieve the Everest summit sometime between May 20-24.

— continued on page 2, see **Everest**

Rock Leading School Signup Deadline May 21

Think you’re ready for the “sharp end” of the rope? The Boulder RLS trains rock climbers in safe and efficient techniques for leading on rock. Participants will learn the use of natural and artificial protection, climbing anchor construction and single-pitch and multi-pitch leading techniques. Class participants must be current CMC members, be able to follow moderately difficult rock climbs (~5.6), commit to attending the lecture and all three field trip sessions, and have attended BMS (or have equivalent skills). Prior rock leading experience is not necessary. Check the Web page at www.frontrangerealtor.com/RLS_2005.doc for a complete schedule, course requirements and info on the Rock Lead Weekend Workshop. The application deadline is Saturday, May 21, and the course starts on Wednesday, June 1st.

The cost is \$75, or \$60 for BMS assistant instructors and rock climb co-leaders. For applications and additional information, contact the RLS Director, Clint Locks, at clintlocks@hotmail.com or call the Boulder CMC Clubroom at 303-554-7688.

Virginia Boucher Honored

Longtime CMC member and American Alpine Club member, Virginia Boucher, recently won the AAC’s Angelo Hielprin Citation for her splendid contributions in organizing the Henry S. Hall American Alpine Club Library in the American Mountaineering Center in Golden, Colorado. The AAC library, which also houses the Colorado Mountain Club’s collection, is partially supported by your CMC dues and the CMC wishes to join the AAC in offering thanks to Virginia Boucher for her work in making our joint library into a truly splendid world-class mountaineering research facility.

All CMC members are invited to visit and use the library. For more information about availability and library hours please call 303-384-0113.

— **Everest**, continued from page 1

All four have had extensive mountaineering experience and all four have been active Colorado Mountain Club members for a long time. Attempting Everest is an incredible feat which only a very few human beings on the planet ever get to do. For a more casual CMC member engaged in occasional backcountry skiing & easy trail hiking (such as the person currently writing this article) climbing Mt Everest seems a super-human endeavor and it is exciting just to follow their great adventure from afar.

We are pleased and honored here in Boulder to wish Bob, Steve, Kent and Cathleen our very best. We look forward to hearing their stories when they return!

Intro to Rock Climbing Offered for Ages 11-15

The Colorado Mountain Club Youth Education Program will offer three five day sessions: June 20-24; July 11-15; and August 1-5, 2005.

Courses will introduce kids to the fundamentals of rock climbing through indoor and outdoor experiences. Each five day session will focus on equipment, knot tying, belaying, rappelling, and basic techniques, while encouraging team building, leadership, and decision-making.

All sessions are based at the American Mountaineering Center in Golden with field trips to local state parks from 8:30a.m.-3:30 p.m.

For more information contact Krista Javoronok at javork@cmc.org or (303) 996-2751.

Advanced Crevasse Rescue Seminar May 9 & 14

It's that time of year again -time to brush up on your glacier skills before heading off to Mount Rainier, Denali or any other mountain around the world where crevasses pose a danger.

The ACRS consists of one evening at the CMC's American Mountaineering Center in Golden on Monday, May 9th, 2005 and one field trip, Saturday, May 14th, near Loveland Pass. We will be reviewing knots, rescue techniques, and the "C" & "Z" pulley systems. During the field trip we'll simulate crevasse conditions by hanging multiple victims over a cornice on top of Loveland Pass. This has worked great for the last several years with lots of hands on experience both as the rescuer and the victim.

This seminar is open to anyone who has graduated from Denver's High Altitude Mountaineering School, Boulder's Advanced Mountaineering School, or has other comparable experience.

Cost of the seminar is only \$35.00. To apply and register call the American Mountaineering Center at 303-279-3080. Deadline for sign-up is May 2nd. If you have questions, comments or concerns call Vern Bass at 303-458-5250 or e-mail at 4efs@eazy.net

Compass Editor Needed

The Boulder Group's beloved newsletter is in desperate need of an editor.

The Compass newsletter is the chronicle of the Boulder Group of the CMC, keeping members informed and sharing stories for more than twenty years. The editor's job is to gather together (usually by email) all the articles submitted during a given month and assemble them into the final product you see here. This means doing the layout and then sending the finished product to our printer. Qualifications for editor include some capability with desktop publishing. Plenty of OJT is available, so if you even vaguely think you might be interested, then contact Boulder Chair, Doug Turley at dougsturley@yahoo.com, or temporary editor Don Walker at dwyattwalker@direcway.com for more information.

Thanks, Merchants!

The Boulder Mountaineering School would like to thank the following merchants for supporting BMS by offering students discounts on the purchase of gear required for the school: Boulder Army Navy Store, EMS - Eastern Mountain Sports, Mountain Miser, Neptune Mountaineering and The Mountain Shop.

Photos and Stories Wanted

Do you have any neat photos you've taken recently (either digital or film)? How about a story of one of your hikes or climbs? If so, the Compass would like to hear from you!

If you have a tale to tell or a picture to share with your friends, please send it via email to the Compass at dwyattwalker@direcway.com or via the U.S. Postal Service to: *Compass Newsletter*, c/o Boulder Group, Colorado Mountain Club, 633 South Broadway, Unit N, Boulder 80305

Compass Mailing Party April 21

Come to the Clubroom and help us mail out the May Compass. This is a relaxed way to meet people and give something back to your favorite club.

The May newsletter will be ready to mail on Thursday, April 21, at 5:30pm, so please just drop in and pitch in! Phone Sheila at 303-554-7688 for more information.

Compass

Editors: Don Walker, Danita Dickinson

Published monthly by: Boulder Group, Colorado Mountain Club, 633 South Broadway, Unit N, Boulder 80305

Boulder Group Chair: Doug Turley, email dougsturley@yahoo.com

Clubroom hours: Open Monday thru Thursday, 5 to 7 pm. (Voicemail always activated).

Telephone: 303-554-7688

Email: bcmc@bcn.boulder.co.us

Web Page: <http://cmcboulder.org/>

Annual CMC membership dues start at \$63. For membership information, call the Clubroom.

We welcome announcements, articles, letters, artwork, and photos. Please submit material by the first Monday of the month for inclusion in the following month's issue. Contact Compass editor at dwyattwalker@direcway.com

We Need Volunteers

The Colorado Mountain Club has been a volunteer-driven organization for more than 90 years. As a CMC member you are an important part of the formula for our success, so please step forward and offer a little of yourself to keep the club going!

Below are immediate openings that we need to fill. For information please call Sheila Delamere, Boulder CMC Volunteer Coordinator, at 303-554-7688 during Clubroom office hours, Monday through Thursday, 5pm to 7pm.

- *Safety Committee Member*
- *Publicity Committee Member*

Compass Newsletter Editor. The Boulder Group's venerable *Compass* newsletter is in dire need of an editor ASAP. The *Compass* newsletter is the chronicle of the Boulder Group of the CMC, keeping our members informed and sharing stories about CMC'ers for more than twenty years. Qualifications for this position include some understanding of desktop publishing and a general desire learn and write about the CMC. Plenty of OJT is available so if you even vaguely think you might be interested, then please contact Boulder Chair, Doug Turley, for more information at dougsturley@yahoo.com, or temporary editor, Don Walker at dwyattwalker@direcway.com.

Mountaineering Skills and "Automaticity"

(A bit of belay chair psychology from John Keller)

A climbing friend once described what it felt like as a belayer to catch their first leader fall. They were amazed at how fast everything had occurred, that there had been no time to think and how they had locked off using their brake hand without even realizing they had done it. Their reaction was 'automatic' and everything worked out just as it should. In another example, I had a group on a snow climb. During the glissade down (after having climbed up the snow), I was shocked, dismayed, and scared to see that one person didn't know how to use their ax properly. Now this person was recently out of BMS, had been on one other snow climb and had a recommendation from the leader of that trip. They didn't take an uncontrolled or unexpected fall. They started a glissade from a seated, self arrest position. And yet, when they got sliding just a little bit, they panicked and tried to use the palms of each hand down at their sides to stop. Nothing bad happened that day (luckily) but somehow this person had not learned the self arrest action sufficiently for it to be 'automatic'.

These two stories and the underlying psychology have implications on how we learn and how we teach some of our most basic skills. In the context of human actions, one definition of automaticity is the ability to complete a task without conscious thought or use of a step-by-step process¹. When we learn a new skill we must perform sequentially using a lot of mental effort. In order for a skill to become automatized, it must be repeated to the point that it becomes effortless. As a skill is repeated, the brain recognizes the information and can process it more quickly. The physical side of this concept is often referred to as 'muscle memory'.

I'm sure we all remember how difficult it was to learn how to drive. Sheesh... there were just so many things to pay attention to when we first started. The mechanics of controlling the vehicle, especially when learning to use the clutch, kept interfering with the need to perceive and process all the traffic around us. As we got better at the mechanics of the car it became easier to maintain awareness of the driving situation. As the physical tasks got more and more automatic they took less and less conscious thought. Much to the relief of our fellow drivers, I'm sure.

In the world of mountaineering, we learn a huge number of skills and techniques. For many of these there is time for conscious thought. Knot tying, rope management, kicking snow steps, assessing avalanche danger, etc are all things that you have time to think about. I'm not saying that it isn't good if a person can tie a knot quickly, behind their back, with mittens on, in a cold shower but it is not something that requires a split second reaction. Even the sequence of the belay motion, although better when it becomes automatic, often includes time to think the action through if

you need to. However, I'll argue that this is not the case for self arrest or locking off when a climber falls. These actions must be automatic. There is no time to think through the task sequentially. If you've lost control on the snow, hit a patch of ice or been pulled off your feet on a rope team, you **MUST** be able to self arrest without thinking. If you are belaying a lead climber and they fall, in most cases you must lock off instantly. If you have to think about it, it's already over.

In order for a skill to become automatic it has to be repeated, correctly, over and over **AFTER** the task sequence has been learned. A good example of this in BMS is the frequent supervised repetition of belaying during the first three field trips. Students learn it during the first field trip and then are required to belay other students and instructors throughout the next two field trips. For most students, the action of belaying has become automatic before they are finished with the class. Getting sufficient repetition for self arrest is more difficult as it is used in a supervised environment during only a single field trip. Also, it is a much more physically demanding task than belaying, requiring the whole body and no small amount of strength and aggressiveness. Some students on the snow field trip get fatigued very quickly and do not wish or have the energy to repeat the self arrest action sufficiently for it to even begin to become automatic.

While I don't have a research reference

— continued on page 5, see **Automaticity**

for this assertion I suspect that the number of repetitions required to reach automaticity for a given skill varies across people. As such, there is no frequency prescription that I can give to students or instructors sufficient to determine if automaticity has been reached. The only suggestion I can make for both students and instructors in any learning environment (not just BMS) is to be aware of this information. Any person learning or teaching mountaineering skills should understand which ones don't have to be automatic and which ones do (even if they don't know the psychological term). Experienced instructors can often see when a skill is becoming automatic for a specific student. The fluidity and quickness increase to the point that it is clear they aren't really thinking the action through. They are just 'getting it'. Students should also pay attention to their own learning. If you feel that you aren't comfortable with a skill or technique that you think needs to be automatic, realize that you'd better practice it some more before you are in a situation when you may need it. I think most mountaineers feel they are responsible for their own actions. Knowing that you are teaching or have learned the skills properly is part of that responsibility. Those who you climb with or near will certainly appreciate the extra effort.

I can't imagine what it must have felt like for the participant on my snow climb to lose control during that glissade. I know that my heart stopped as I watched. How must it feel to fall and have your belayer not catch you? There are lots of ways to teach and to learn and I'm certain that some folks will argue with this assessment. My goal here wasn't to prescribe a specific methodology. Rather, I thought I'd use some information from my professional life to help provide another level of understanding; another trick in the bag to help us out there.

May the mountains keep you safe.

Editor's note: John Keller is a long time CMC member, high altitude mountaineer, climbing instructor and telemark skier.

The Magic of Mesa Verde and a Special Invitation

The Colorado Mountain Club, in partnership with the Colorado Mountain Club Foundation, has created a distinguished honorary group, the 21st Century Circle, to recognize the caring friends and supporters whose commitment to the diverse elements of our mission has led them to provide for our future, even beyond their lifetimes.

Gifts for the Future

Circle members have created future gifts for CMC through gifts such as bequests in their wills or living trusts, beneficiary designations on life insurance policies or retirement accounts, life income gifts, such as charitable remainder trusts, or other estate planning methods.

Special Benefits

Members enjoy a variety of benefits, from recognition in the annual report to invitations to preview our exhibits and programs. We are very excited about our first event in 2005 for Circle members only – a presentation on May 12, by Ken Wright describing his extraordinary work in understanding the magnitude of the advanced knowledge, and its application, in the creation of Mesa Verde. Ken is past president of both the Colorado Mountain Club and CMC Foundation. As a Circle member, you have the opportunity to come to this presentation and meet Mr. Wright in person.

Become a Member

If you have already remembered CMC through one of these gifts, please let us know. This will allow us to make certain you receive your invitation to the VIP Ken Wright presentation and welcome you as a member of the Circle.

If you would like to learn more, we invite you to attend this special event as a guest of the 21st Century Circle. Please reply to Brianna Depperschmidt at (303) 996-2752 or deppeb@cmc.org. For additional information, please contact Kristy Judd as (303) 996-2742, or juddk@cmc.org.

CMC Adventure Travel

Lewis and Clark at the Pacific Ocean August 7-12, 2005, \$1092

We will meet in Portland to visit some of the same sites as Lewis and Clark after their 4,132 miles of swollen rivers, backbreaking portages and difficult mountain passages.

See Beacon Rock where they detected tidal effects, hike in old growth forests of hemlock and redwood, spend a day with a Yakima/Bannock tribesman to watch dip net fishing and hear about the importance of salmon and sturgeon to the tribes. At the Indian community at Celio Falls, visit a long house and hear stories about the expedition. Hike to a rock art site, tour Bonneville Dam, do a loop hike in the Columbia River gorge.

We'll see the replica of Fort Clatsop where the expedition spent the winter of 1805. Enjoy a beach hike through a virgin coastal forest the same as 200 years ago.

Class B. Price includes three nights camping, two nights hotel in Cannon Beach, transport to trailheads, most meals, cook, guide, tents, Native American speakers, entrance fees.

For more information contact leader Bea Slingsby, 303-422-3728 or beahive@comcast.net.

Sunday, May 1

Breezy, Wind Tower III Climb, 5.5

Breeze up mixed, crack, and face pitches on this Eldorado classic, amid climber's-eye views of the Bastille and Redgarden Wall. Call 303 257-5026. Alan Klein, 303 369-6774

Monday, May 2

Cosmosis, Boulder Canyon III Climb, 5.9

Follow balancy moves through a strenuous, overhanging dihedral. Call 303-665-6370. Michael Amato, 303 665-6382

Wednesday, May 4

After Work Social Hike, Boulder Mountain Parks and Open Space Moderate A

Relaxing 1-2 hour hike. No need to call; just show up at 6:00pm at the Clubroom (around the left corner from Neptune Mountaineering and above Video Update in Table Mesa Shopping Center). Steven Haymes 303 444-4765.

Sunday, May 8

Ruper, Redgarden Wall III Climb, 5.8

This classic route scales the entire Southwest Face of Redgarden Wall in Eldorado Canyon. Experience the famous Ruper crack and traverse. Ron Olsen, 303 449-1935.

Monday, May 9

Darkness til Dawn III Climb, 5.10

Climb a challenging corner system that offers sustained but diverse climbing. Call 303-665-6370. Michael Amato, 303 665-6382

Wednesday, May 11

After Work Social Hike, Boulder Mountain Parks and Open Space Moderate A

Relaxing 1-2 hour hike. No need to call; just show up at 6:00pm at the Clubroom (around the left corner from Neptune Mountaineering and above Video Update in Table Mesa Shopping Center). Connie Schwab, 303 516-9797

Thursday, May 12

AMC Wall, Golden Top Roping

Top rope at the American Mountaineering Center! This is the Milton Klein Birthday Memorial Climb. Bring a 50's CD (not LP or album) and wear a pompadour!!! Call 303-257- 5026. Alan Klein, 303 369-6774

Saturday, May 14

S Boulder Pk 8,549' & Bear Pk 8,461' Mod. B

Start the Mesa Trail from Eldorado Springs through Shadow Canyon to So. Boulder Pk and then on to Bear Pk. Great views. 8/2,700'. 15 mi. James Dimmick, 303 250-1072

Naked Edge III Climb, 5.11

Climb the first 2 pitches of this Eldo classic. First pitch (5.11a) is an exquisite, sustained finger crack with stemming. 2nd pitch is an

Doing anything for Memorial Day Weekend?

If you have a couple of hours here and there, how about volunteering to sit at the CMC tent at the Boulder Creek Festival? The times are Saturday and Sunday, the 28th and 29th, from 10am-6pm, and Monday, the 30th, from 11 am-5pm. Contact Linda at work, 303-449-2916, or home, 303-438-9816, or by email at lsarrazin@msn.com, to let her know what hours you're available.

The publicity committee will have a meeting on the Wednesday before, May 25th, at 6pm in the Clubroom to inform you on what you need to know. We will be sharing the booth with the Wildlands Restoration Volunteers, so it should be a fun time for all!

exposed arete with a 5-10 crux. Must be advanced Group III rock climber. Carol Kotchek, 720 304-6343 or cchinker1@comcast.net

Monday, May 16

Blind Faith, The Bastille III Climb, 5.10

A classic route that follows a 5.10a hand crack through an overhanging bulge. The long 2nd pitch tackles yet another overhang (5.9) and leads to the summit. Bring tape! Call 303-665-6370. Michael Amato, 303 665-6382

Wednesday, May 18

After Work Social Hike, Boulder Mountain Parks and Open Space Moderate A

Relaxing 1-2 hour hike. No need to call; just show up at 6:00pm at the Clubroom (around the left corner from Neptune Mountaineering and above Video Update in Table Mesa Shopping Center). Debbie Tewell, 720 304-9572

Reggae, Wind Tower III Climb, 5.8

Climb this classic in Eldorado Canyon. The crux is an excellent finger crack. After work. Jean Aschenbrenner, 303 786-9411

Friday, May 20

Twin Sisters Pks 11,413', 11,428' Difficult B

Classic Rocky Mountain hike with classic views. Experience a nice alpine summit without too much stress and strain. Be prepared for some lingering snow on the trail. Gary Schmidt, 970 613-0396

Saturday, May 21

Cozyhang, The Dome II Climb, 5.7

Boulder Canyon Classic 3-pitch climb. High step past the 1st bulge. Jam and stem your way up the awkward 2nd roof. Brenda Leach, 303 525-3660

Heil Valley Ranch Open Space Mountain Bike Tour Moderate

Let's get the legs in shape for the mountain biking season! This is an intermediate ride, not overly technical, but with some loose rock. It's an excellent aerobic workout on the uphill climb! Birgit Mueller, 303 524-9830

Sunday, May 22

Tour of Plotinus Wall III Climb, 5.9 Boulder Canyon

Tour this area near Boulder Falls. Sport climbs of 5.9 and 5.10. Ron Olsen, 303 449-1935

Crooked Couloir Mt Audubon Adv. III Ski Tour Moderate C-E

Bike up the closed section of Brainard Lake Rd to the Trailhead, then ski in and climb the couloir and ski back down. Cynthia L Gagnon, 303 938-8564

Wednesday, May 25

After Work Social Hike, Boulder Mountain Parks and Open Space Moderate A

Relaxing 1-2 hour hike. No need to call; just show up at 6:00pm at the Clubroom (around the left corner from Neptune Mountaineering and above Video Update in Table Mesa Shopping Center). Marilyn Fellows, 303 499-6099

AMC Wall, Golden Top Roping

See Thursday, May 12, for contact info.

Thursday, May 26

AMC Wall, Golden Top Roping

See Thursday, May 12, for contact info.

Disappearing Crack Boulder Canyon I Climb, 5.5

Follow a crack that goes away. Finish on a slab and over a bulge. Afternoon climb. Perhaps we'll climb it again. Bruce Immele, 303 903-4517

Saturday, May 28

Bridal Veil Falls Easy A, Casual Pace

Follow the McGraw Homestead Trail up Cow Creek through meadows and forests to this striking waterfall. Good bird and wildlife watching area. This will be a slow hike, open for children 5 years and up. Plan for lunch on the trail. Bruce Immele, 303 903-4517

East Slab, The Dome I Climb, 5.5

Walk the bridge over Boulder Creek, then follow a disappearing crack on this short, fun climb. James Garnett, 303 564-8173, garnett@acm.org

Sunday, May 29

Ouzel Lake Moderate B

Follow Thunder Lake Trail past Calypso Cascades and Ouzel Falls to Bluebird Lake Trail to reach this sylvan lake in Wild Basin. Louis F Genduso, 303 530-3795



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Joshua Tree at AMC May 18

Joshua Tree National Park is one of the most popular technical rock climbing areas in the world. Located in the high desert of southern California, JTree has 5,000+ routes ranging from 5.0 to 5.14+. Diane and Charlie Winger will take us on a fun and colorful tour of their 15+ years of climbing at Joshua Tree. They've recently written a book for "the rest" of us: *The Trad Guide to Joshua Tree - 60 Favorite Climbs from 5.5 to 5.9*. The Wingers will be available before and after the presentation to sign copies of the book. Books will also be available for purchase. You'll be sure to enjoy this informative and entertaining presentation even if you don't rock climb.

The Wingers are also the authors of *Highpoints Adventures - The Complete Guide to the 50 State Highpoints* and *The Essential Guide to Great Sand Dunes National Park & Preserve*. They

love being outdoors, and love writing about the places they've been.

This presentation will be held in the Foss Auditorium at the American Mountaineering Center on May 18 at 7:00 pm. The AMC is located at 710 Tenth Street, Golden, Colorado.



Where Are We?!?

The Boulder Clubroom is located in the Table Mesa Shopping Center on Broadway. It's on the upper level, around the west corner from the Neptune Mountaineering store and straight back. You can also park on the lower level and walk up the stairs in front of the Movie Gallery.



*A Joshua Tree in Joshua Tree National Park
—photo from National Park Service*