

# SCREE

July, 1994  
Vol. 27, #7

Newsletter of the Peak Climbing Section, Sierra Club, Loma Prieta Chapter

## "Sierra Classics"

These days, it seems, anything can be called a classic. Partridge Family reruns are "classic television." Cheesy old Foreigner songs are "classic rock." Even Coca Cola has somehow metamorphosed in to "Classic Coke."

With that in mind, we're suspicious as all get-out when we encounter a new guidebook purporting to list a batch of "classic" climbs. Like, who says?

That was our first impression upon picking up a copy of the new "Sierra Classics: 100 Best Climbs in the High Sierra" by John Moynier and Claude Fiddler (\$25, **Chockstone Press**). We're still a little **confused** about their definition of "classic" (there is none), but the book contains much of value to the typical PCS climber.

Until now, classic climbs have been a market pretty much cornered by Allen **Steck** and Steve Roper. Their "50 Classic Climbs of North America" contained undeniably spectacular ascents and made for great bathroom reading, but most of them had one thing in common: they were way out of our league.

"Sierra Classics" is **different**. About 40 of the 100 are class 3 or 4, and anyone who can handle easy class 5 can get up close to three-quarters of the routes in the book. When was the last time you saw a "select"?

*Continued on page 6*

## Summer Picnic/Swap Meet

Date: Tuesday, July 12, 1994

Time: 6:30 - dark

Placer Serra Park

Bring the whole family to the annual PCS July Picnic at Serra Park in Sunnyvale, on Hollenback near Homestead.

### AGENDA:

6:30 - 8:00

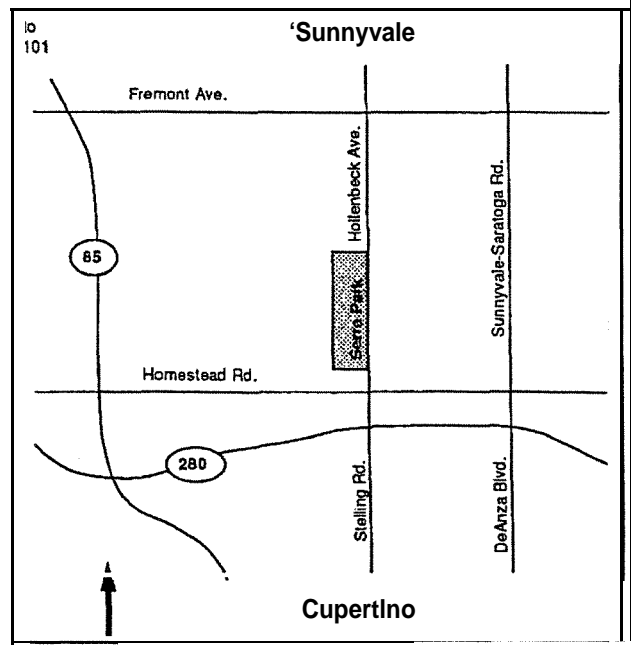
Barbecue, swap meet and social hour - Bring a side dish for the pot luck. Bring your own main course to BBQ drink (alcohol is OK), and utensils. A community grill is provided. Tennis courts, playground, and open grass areas for recreation. The swap meet is informal. Bring your extra equipment and tag items with your name and a price.

8:00 - dark Brief meeting

### DIRECTIONS:

- From I-280 turn north on DeAnza Blvd./ Sunnyvale-Saratoga Rd. in Cupertino, then left on Homestead, then right on Hollenbeck. The park is on your left.
- From I-85 turn east on Fremont, then South on Hollenbeck. The park is on your right.

We will be in group picnic site #4, across the little creek from the tennis courts. The best parking is at the tennis courts, but is limited. There is additional parking to the north, at Safeway to the south, and to the west.



# Official PCS Trips

## Mills/Abbot

13,468', 13,715' elevations  
Class 3

Date: July 16-17

Leader: John Ingvoldstad

Phone: 209/296-8483

Message: 415/299-8504

Starting from the Little Lakes Valley Trailhead (Rock Creek) its a short level hike to our camp near or above Long Lake. On Saturday, we'll continue beyond camp to climb Mt. Mills (13,468') leaving Sunday for Mt. Abbot (13,715') and the trip home.

## Red Lake Peak

11,061' elevation

Class 2

Date: July 30-31

Organizer: Judith Yarborough  
415-854-9288 (H) -- no calls after 10 PM, please

Co-Organizer: Nancy Fitzsimmons

Red Lake Peak is in Mokelumne Wilderness area off Highway 88. The Wilderness Press guide to the Silver Lake region says the first recorded mountain ascent in California was when Kit Carson lead John C. Fremont up Red Lake Peak. We will go cross country along the same route. We will climb 2,500 ft to the summit of Red Lake Peak. The route is about 9 miles long and includes a little easy rock scrambling, some scree sliding, and a bit of trail walking (mostly on the return). We will be car camping at Silver Lake National Forest campground. We'll do Red Lake on Saturday and look for something else to do (maybe Round Top) on Sunday. Limit 8 participants. Beginners welcome.

## Mount Langley

14,027' elevation

Cirque Peak

12,900' elevation

Class 1 and 2

Date: August 1-3

Leader: Debbie Bulger

Phone: 408/457-1036

Here's a chance to bag one of California's 14 ers for those of you keeping track of such things. We will leave from the Cottonwood Canyon trailhead bright and early, set up a base camp near New Army Pass and bag Cirque August 1. The next day, Tuesday, we'll leisurely saunter up Langley. Wednesday we pack out and drive on to new adventures (me) or home as destiny takes us. A \$5 check reserves your place. Check with leader to be sure there is room.

## Mt. Silliman

11,188' elevation

Class 2

Alta Peak

11,204 Ft.

Class 1

Date: August 6-7

Leaders: Debbie Benham

Phone: 415/964-0558 (H)

Saturday we'll climb the south slope of Mt. Silliman by following Silliman Creek. Clarence King, James Gardiner, Richard Cotter, and William Brewer were the fearsome foursome who made the first ascent in June, 1857. On Sunday, we'll summit Alta Peak from Panther Gap. A campsite is reserved for Friday/Saturday night at Lodgepole Campgrounds. \$4/person required to cover campsite cost. Co-Leader needed.

## laurel Mountain

11,812' elevation

Class 2

Date: August 13-14

Leaders: Debbie Benham

Phone: 415/964-0558 (H)

From the Convict Lake's trailhead, we hike up Convict Canyon, then ascend via the north ridge. "This is a continuation of the "New Leader" class. If you came to the class, or not, you can sign up and meander up the trail. Co-leader needed.

## Mt. Dana-Mt. Gibbs Traverse, Ragged Peak

13,057'- 12,773', 10,912' elevations

Class 2

Date: August 13-14

Leaders: Bob Suzuki

Phone: 408/459-0772 (eve)

Nancy Fitzsimmons

415/593-5123 (eve)

Enjoy a weekend of car camping at Tuolumne Meadows campground in Yosemite. Saturday we will climb the south slope of Mt. Gibbs followed by a traverse to Mt. Dana. Sunday's hike will entail crossing of Delaney Creek in our pursuit of the summit of Ragged Peak. A \$6 fee will cover the cost of the campsites and Saturday's dinner. Limited to 10 Participants.

## Tenaya Peak

10,301' elevation

Class 1

Date: August 13-14

Leaders: Warren Storkman

Phone: 415/493-8959

Steve Eckert

415/508-0500

Email: eckert@netcom.com

Join me in climbing this walk-up peak that was my first in 1941. Three miles plus a 1400 foot climb will bring us to Mildred Lake, our camp site. This trip is suited for those who want to test their back-packing skills plus peak bagging. Topo map: Tuolumme Meadow

### Tuolumme Meadows Car Camp (Yosemite) Class: I-2-3

Dates: September 2-5 (labor day week-end)

Leaders:

Anouchka Gaillard

408/737-9770 (II)

(before 7-14-94, or after 8-3-94)

Vreni Rau 510/582-5578 (H)

Come enjoy Yosemite high country at the end of the summer. Day hikes will be offered: possibilities include Clouds Rest, Ragged Peak, and Echo Peaks. Bring your family! \$10/person for the whole week-end will secure your spot. Call a leader to sign-up.

### Mt. Henry

12,196' elevation

Class mild 2

Date: September 10-11

Leaders: Steve Eckert

Phone: 415/508-0500

e mail eckert@netcom.com

Warren Storknan

415/493-8959

This highest peak on the LeConte Divide offers the most spectacular views of Goddard Canyon, (South Fork of San Joaquin) Mt. Goddard, plus the main crest of the Sierra. The 2900 foot gain and 11-12 miles puts us at Rae Lake camp site, with an easy nap-sack walk to Mt. Henry. Topo Map: Blackcap Mts.

## Cherry Creek Canyon: The Valley Alternative

If the summer crowds of Yosemite Valley are disheartening, Cherry Creek Canyon, with its miles and miles of white, gray and rust-colored granite, is the place to go. On June 18-19, seven of us decided to practice our navigational abilities and hike cross-country to the much-talked about Cherry Creek Canyon. The descent into the Canyon was made much easier than it might have been with the help of Laura Sefchik, Wade Larsen and their dog, Tiklat who have been to this particular spot in Emigrant Wilderness many times. From the Kibbie

Ridge Trail, head toward 'Lookout Point' (elevation approximately 7000'). About 1/4 mile up the trail from 'Lookout Point', watch for a level clearing where obvious trail maintenance has been done. This is an optimal descent route.

Once down in the Canyon, we found beautiful whirlpools eddy formations ("moulin") clear mountain pools and thunderous waterfalls. Seeing sheer, vertical granite cliffs overhangs exfoliated granite with room for hand jams thoughts turned to dreams of rock

climbing first ascents". Granite walking was fun and our boots stuck like super-glue!

There were no bear sightings; however, we saw very fresh bear scat and bear tracks. Plenty of mosquitoes and ants at our campsite and whenever we paused for too long. Wildflowers were plentiful and varied: wild Western Azalea, penstemon, pink and yellow Lupin, Mariposa Lily, a Washington Lily, snowplant, naked buckwheat, Hound's Tongue, and pussy-paws. Dogwood were in bloom in the forested areas of the Canyon. Butterflies were our guide, mostly Orange Spot and Swallow-Tail.

The way out of the Canyon was quick and we returned to the cars in no time. Many thanks to all: Laura Sefchik, Wade Larsen, Toklat, Vreni Rau, Kate Ingvaldstad, Mark Woolbright, and Judith Yarborough.

-Debbie Benham

### The Unicorn

Debbie and Debbie

I do declare

Climbed up the Unicorn  
And there was lots of air.

Debbie was leading  
And she was on the go  
Every couple inches  
She placed a piece of pro.

Debbie followed after  
Cleaning up the route  
When they reached the summit  
They both began to shout.

Hooray, hooray, we made it  
But we'd really like to see  
The person who can open up  
This hunk of PVC.

But the point is we made it  
And we had a splendid time  
And we'd like you all to notice that  
A woman led the climb.

—Debbie Bulger

# Private Trips

"Private trips are not insured, sponsored, or supervised by the Sierra Club or the PCS. They are listed here as a courtesy to the organizers because they may be of interest to PCS climbers."

**Recess Pk**  
**12,863' elevation**  
**Mt. Hilgard**  
**13,361' elevation**  
**and Mt. Gabb**  
13,711' elevation  
**Class 3**

**Date:** July 15-17 (Fri-Sun)  
**Organizer:** Ron Hudson  
415/872-1858 (H)  
415/244-2592 (W)  
**E-mail:**  
70421.3642@compuserve.com

Class 3 routes on the peaks with interesting variations including cross country with backpack. Nice area near Lake Italy on this 3-day trip. Start at Lake Edison; have permit for 6. Recent conditioning and confidence on 3rd class rock required.

**Mt. Sill Southwest Slope**  
**14,162' elevation**  
**Class 2-3**

**Date:** July 15-17  
**Organizers:** Debbie Benham  
415/964-0558 (H)  
Joe Coha 408/447-5760 (W)

Roper describes this peak as the "most massive" of the Palisades. We'll go over Bishop Pass, camp in Dusy Basin, and enter Palisade Basin from Knap-sack Pass. Limit: 6. NOTE: No permit reserved - we'll be crossing our fingers while waiting in line (alternate plan probable!).

**Mt. Clarence King**  
12,905' elevation  
**Class 4 class 5 summit block**

**Date:** July 16-17  
**Organizer:** Chris Kramar  
**Work:** 415/926-6861  
**Home:** 510/796-6651

Starting in Onion Valley and crossing over Kearsarge Pass, we see this area's outstanding feature - the pyramid of Mt. Clarence King. Proceeding on the east ridge route, this is class 4 travel, except for the 5.4 summit block. Roper says there is some "airy and intricate" class 4 climbing near the top. A true Sierra classic. Since this is a 2 day trip, we will have to travel amazingly fast and light. Class 5 experience required. Permit for 4 people.

**"Great Western Divide"**

**Class 1-2, Backpack;**  
**Class 3 Climbing**

**Date:** July 16-23  
**Organizers:** Paul Vlasveld  
408/257-7910 x3613 (W)  
408/241-1144 (H) Before 9pm

This is a Great Western Divide trek, starting at Onion Valley to Center Basin in King Canyon. Then over Forrester Pass to the base of Table Mountain and Milestone. Finally cross-country back over Kearsarge Pass. There will be several layover days to climb peaks.

**Seven Gables**  
**13,075' elevation**  
**Class 2-3**

**Date:** July 22-24  
**Organizers:** Debbie Benham  
415/964-0558 (H)

A west side entry via Edison Reservoir. Probably climb the west ridge to the top. A special note: this was my very first peak climb with the PCS! Limit: 8 on permit. There will be a \$3 permit fee and a \$5 "holding" fee refundable at the trailhead.

**Clouddripper**  
13,501' elevation  
**Class 2**

**Date:** August 6-7, 1994  
**Organizer:** Chris MacIntosh  
415/325-7841  
or email: chrism@clbooks.com.

The name of this peak tempts me to check out the weather on its summit. Trailhead is near South Lake (Bishop) and we'll ascend the peak from Green L. Topo map is Mt. Goddard 15'. Private trip until/unless I renew my 1st aid certification. Room for 8.

**Mt. Darwin**  
**13,831' elevation**  
**Mt. Mendel**  
**13,710' elevation**  
**Class 3**

**Date:** August 12-14 (Fri-Sun)  
**Organizer:** Jim Curl  
**Work:** (408)452-6557  
**Home:** (408)371-4741  
**Email:** jim\_curl@bannet.ptltd.com

From North Lake, southwest of Bishop, we'll follow the Lamarck Lakes trail for a couple of miles before heading cross-country over Lamarck Col (class 2) and descending into Darwin Canyon. This approach is about 7 miles, mostly cross-country, with 4000 ft total elevation gain. The next day, leaving camp by dawn, we will bypass the Darwin glacier on its right side and climb the West Ridge (class 3) to the summit plateau. The summit pinnacle, southeast of the plateau, should entertain us for a while. Depending upon our speed on Darwin, we will then climb nearby Mt. Mendel via the East Face or perhaps the Northeast Ridge (both class 3). A class 2 scramble up Mt. Lamarck on the hike out Sunday is a possibility. Participants should be experienced on class 3. We will be starting early and moving quickly on Saturday. A refundable deposit is required to secure a place on the trip.

## and if that's not enough...there's more.....

### Bear Creek Spire 13,713' elevation Northeast Ridge

Class 4

Date: August 13-14

Organizer: Kai Wiedman  
(415)347-5234

Co-Organizer: Charles Schaffer  
Work: (408)321-6003

Home: (408)354-1545

This impressive rock spire lies at the head of beautiful little Lakes Valley. Our route is one of the 100 classics of the Sierra. Norman Clyde said this about the peak "On all sides except the West, drops away in almost vertical walls hundreds of feet high. The summit itself is a monolith only a few feet in diam-

eter". Come join us on one of the Sierras most electrifying climbs.

### Mt. Tom 13,652' elevation Class 1/2

Date: August 20-21

Organizer: Bill Kirkpatrick  
408/445-2804

This is a huge mountain west of Bishop. There is an unused road that goes almost all the way to the top. On Saturday we will pack about six miles and about 3,000' to the Horton Lakes, elev. about 10,000', where we will set up camp. On Sunday we go the peak, a climb of about 3,600', then pack out. If you would like to find out what it is like to stand on the top of a big mountain, but have never done so, this is an excellent trip. No

special equipment is required except for sturdy shoes and a good sleeping bag. This is a long walk up a very big hill. Topographic maps are "Mt. Tom" and "Tungsten Hills".

### Bear Creek Spire Class 3,4 or 5.8 III

Date: August 20-21

Organizers Tim Hult  
408/970-0760

Tim has a permit for 4 to climb this Sierra classic. Elaine Holland and I will make up one rope team, and we are looking for another pair of "rock-jocks" to accompany us on this route, or two peak baggersto climb one of the non-technical routes in support. Preference to rock-jocks.

## E-Mail—The Superhighway to the Mountains?

Otherwise entitled "Scree On-Line?", we'd like to hear if there's any interest in having electronic access to trip lists, trip participants and/or the text of old issues of Scree. Steve Eckert has offered (thanks, Steve!) to set up either or both of an email broadcast system and anonymous FTP access. The day hikers have a broadcast system which is an effective way of setting up carpools etc. This would be available to anyone who has email. The FTP approach would be available to those with direct Internet access.

This all sounds wonderful, but there's no point in setting anything up unless there is sufficient interest. We figured the best way to find out is to poll members, which is what this is all about. If you'd like

to see something as described above, please send email to Peter Maxwell (peterm@aoraki.dtc.hp.com) indicating which or both interest you

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I (Steve Eckert) can set up an anonymous FTP area for those with Telnet or FTP access to the internet. This directory (or folder for Mac fanatics) would contain files with whatever the Scree editor thought was appropriate. It might range from advance trip listings (by month, updated when trips that month change) to copies of the Scree (ascii text, no pictures)

I could also set up a broadcast facility similar to the one now in use by the Day Hiking Section. Anyone sends a message to eckert@netcom.com with a "spe-

cial" line in the message, and my automated mailer daemon spins the message back out to everyone without human intervention. This is really useful for carpools and short notices of general interest that may not get to those who don't attend meetings. It could be used to spit out trip details as soon as they are received by the editor, one at a time.

Note that many on-line services like CompuServe do not allow FTP access (to my knowledge). They all have Email, which might make the broadcast facility more generally accessible. The FTP facility has the advantage of not showering people with messages they don't want to read - it is "on demand" by the receiver.

## Keeping Cool about Heat-Stroke

We know that hypothermia is the illness that comes from severe chilling. During the warmer months, desert travelers must guard against its hot-weather counterpart: hyperthermia.

Hyperthermia is what happens to you when your body is unable to dispose of heat as fast as it manufactures it and absorbs it from outside. Sweating is our most effective way of losing heat, and inadequate sweating is usually what leads to hyperthermia. In hot-weather hiking, one may have to sweat more than two quarts an hour to stay healthily cool. Hardly anybody can do this on the first hot hike of the season. But as time goes on the body adapts to heat stress, "learning" to sweat more copiously and with less loss of the important salts called electrolytes. An otherwise fit hiker needs eight to ten days of intermittent exercise in a hot climate to make this adjustment.

If you do overheat, the temperature of your vital organs rises and you begin to feel sick, then sicker. Early symptoms vary. You may feel faint and nauseated. You'll still be sweating a lot; yet your skin may feel oddly cool. Your face is likely to be pale, and your heartbeat may be rapid and uneven.

But the most important thing to watch for, in yourself or others, is a haziness, a growing indifference to surroundings. Whenever somebody offers to sit down and catch up with the party later," one physician remarks, "it's a worrisome sign." In this early stage, the condition is often labeled heat exhaustion.

As the victim's temperature rises to high-fever levels, the system goes haywire. There may be a pounding pulse, labored breathing, and seizures. In the textbook case, the person stops sweating his skin will be hot and dry. But the most reliable symptom is the person's mental state: A severely overheated hiker will lapse from indifference into confusion. At this stage, the disorder becomes heatstroke...and heatstroke can kill.

The treatment, early or late, is the same: rapid cooling. If there is a stream nearby, lay your friend down in the water; if there is no stream or pool, cover him with wet cloths and fan him. Keep doing these things until he is rational and steady. Once he is clearly aware and able to swallow, give him plenty of water,

Once the crisis has passed, you face the decision of whether to continue the trip or head for home. Except when dealing with a very mild case, getting out is probably the better choice - especially if the weather continues hot. After a severe attack, a person may remain oversensitive to heat for some time.

Even a relatively minor brush with hyperthermia is a warning. The body has tried to handle a taxing combination of effort and heat, and it has failed. Don't give it the same test again until conditioning is more complete.

*[Excerpted from "Sierra" magazine]*

## Book Review

*Continued from page 1*

climbing guide that slumped in the class 3 range?

It contains many ascents well-known to PCSers: Dana Couloir, Swiss Arete, Mt. Abbott, U-Notch. But its real value comes in pointing out some obscure yet tasty-looking class third and fourth-class routes. (Yes, you're right. How something can be both obscure and a classic is a bit of a mystery to us, too.)

Who, for example, has ever heard of Mt. Carl Heller? But take one look at the photo of the cleaver-like East Arete on page 51 and you'll immediately add this climb to your to-do list.

In the tradition of Roper and Steck, "Sierra Classics" includes a paragraph or two of the history of each climb. Compared to the lively storytelling of R&S, though, the prose here comes off as dry as a Powerbar. Still, it's better than no history at all.

Some aspects of the book are bogus. The actual route descriptions are downright skimpy, and the photo captions don't always point out where the climb is. This, according to one salutary review of the book, is to preserve the spirit of pioneering. If we were really interested in pioneering, we wouldn't be shelling out \$25 for a guidebook, thank you.

And, according to Bela Vadasz of Alpine Skills International, a few descriptions - such as the East Face of Whitney and North Pal - are a bit inaccurate.

Still, all things considered, we found "Sierra Classics" worth buying. It has opened our eyes to some apparently great climbs we've never heard of, and that alone is worth the price. It's a pretty good effort, and who knows? Twenty years from now when they're showing "Married...With Children" on Nick at Nite, the book might even

### Wanted-This Could Be You!

#### **INSTRUCTORS**

Rock Climbing Park is hiring (Arete Climbing Gym) Supervisory position available Experienced climbers only.

M-F 3:30-7 PM  
14700 Oka Rd.  
Los Gatos 358-3576

be considered a classic. These days, it seems anything can be called a classic. Partridge Family reruns are "classic :&vision." Cheesy old Foreigner songs are "classic rock." Even Coca Cola has somehow metamorphosed into "Classic Coke."

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## Outing Leader Handbook

There's a possibility of getting a group rate on the Sierra Club's Official 'Outing Leader Handbook'. If interested, please contact Debbie Benham (415/964-0558) or Chris MacIntosh (415/325-7841) for further information.

## Maps of Sequoia-Kings Canyon

The ranger station in Bishop has "A Guide to the John Muir Wilderness and Sequoia-Kings Canyon Wilderness" - it comes in a bii envelope, so you'd never guess that it contains 80' interval topo maps at the same scale as the 15 minute quads that are no longer in print. It covers east and west side trailheads from Cottonwood Lakes (south of Whitney) to Mammoth Lakes (north of Bishop). This huge fold-out map comes in three sections, and covers most of the Sierra for \$6.00. It was revised in 1992, so trailheads and camping restrictions are up to date. A great buy for trip planning, or if you have a hard-to-wallpaper rec room

## Wilderness Etiquette *By Emily Postpile*

Dear Emily Postpile,

Not long ago a PCS group infuriated another group of backpackers by camping too close to "their" secluded lakeside spot. What should one do in these situations?

*From. In Search of Walden*

Dear Seaker,

There are alternatives to unpleasant spots in the backcountry. First, you need to do some advanced planning. Practice wild animal sounds at home

until you are an expert. I suggest the roar of a crazed black bear or the snarl of an anger cougar.

Then, when you find the choice campsite already occupied, simply nod politely and walk on. Conceal yourself in the trees nearby and commence your impression of the savage critter. Soon the campers will abandon their site. Works every time!

*Emily*

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*— John Flinn*

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Scree is a publication of the Peak Climbing Section of the Sierra Club, Loma Prieta Chapter. Subscriptions are 810 per year. Checks should be sent to the treasurer (payable to the PCS). To ensure an uninterrupted subscription, renewal checks must be received no later than the last Tuesday of the expiration month.

For change of address, contact Paul Vlasveld, 789 Daffodil Way, San Jose, CA 95117; (H) 408/247-6472, (W) 408/257-7910x3613

PCS meetings are held on the second Tuesday of every month. See Scree for meeting location and program information.

The following trip classifications are to assist you in choosing trips for which you are qualified. No simple rating system can anticipate all possible conditions:

Class 1: Walking on a trail.

Class 2: Walking cross-country, using hands for balance.

Class 3: Requires use of hands for climbing. A rope may be used occasionally.

Class 4: Requires rope belays.

Class 5: Technical rock climbing.

Scree articles and contributions must be received by the editor no later than noon on the second to the last Friday of the month: email, 3 1/2" diskettes (Mac preferred), fax, or U.S. mail okay. Photos welcome.



Deadline for the next issue is July 22!

*printed on recycled/recycleable paper*



Peak Climbing Section  
157 Kellogg Way  
Santa Clara, CA 95051



First Class Mail  
Dated Material!