



THE SUMMIT

Volume XII Number 1

Portland Mountain Rescue Newsletter

August 2006

MRA Spring 2006 Marin County, CA

By Steve Reese

The 2006 Spring Conference of the MRA was held in Marin County, California on June 15-18. It was at the Highlands Institute, which is located on an old military base just across the Golden Gate from San Francisco. The first three days were dedicated to field and classroom sessions on various topics related to rescue. The business meeting was held on Sunday. We had been warned that there is normally heavy fog and high winds at this time of year, with only a few days of nice weather during the summer. However, we got very lucky. The weather was crystal clear and sunny for the entire conference. We may have used up all the allotted nice weather for the summer. Oh, well, it impressed all of us from out of town.

On Thursday, I attended an all-day session on low angle rescue, and a late afternoon surf rescue demonstration. On Friday, my sessions included dynamic shock load evaluations of ice screws, high angle litter scoops, cliff rescue offsets, multi-point pre-equalized anchor systems, and high altitude issues. On Saturday, we all did high angle rescue scenarios.

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An Approach up Tahoma Creek and the Story of a Desperate Glacier

By Chris LeDoux

Sometimes glaciers become too greedy, hoarding large volumes of water as summer dies down, as if they imagine they can turn it into ice. During summer months, large subglacial tunnels develop to move meltwater efficiently through the glacier. As the temperatures drop in the late summer or early fall, meltwater decreases and these linked tunnels begin to collapse. A period of extended hot weather or heavy rains can increase surface melting, providing a rapid influx of water to the glacier. The water infiltrates a thin snow cover, if any, reaching the partially abandoned plumbing system through exposed crevasses. With nowhere to go, continued rainfall or melt water ponds within the glacier, until the pressure forces the water to create a new exit channel. Now, the water volume may be greater than 10 times the normal seasonal stream flow. This sudden release of water uproots trees and rips out boulders, adding them to its destructive slurry mix. On volcanoes, the abundant availability of loose sediment

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PMR Newsletter is Back!

By Steve Rollins

As many have noticed, the PMR Newsletter has been AWOL for quite some time. We're in the process of getting this going again. What is needed most is content. If you go on a trip, a mission, or have anything to say... please email Steve Rollins. As you can see, space is somewhat limited, so even very short articles are welcome. Also needed is someone to keep the newsletter going. Basic MS Word skills are needed, and the

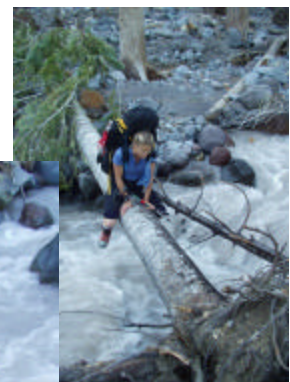
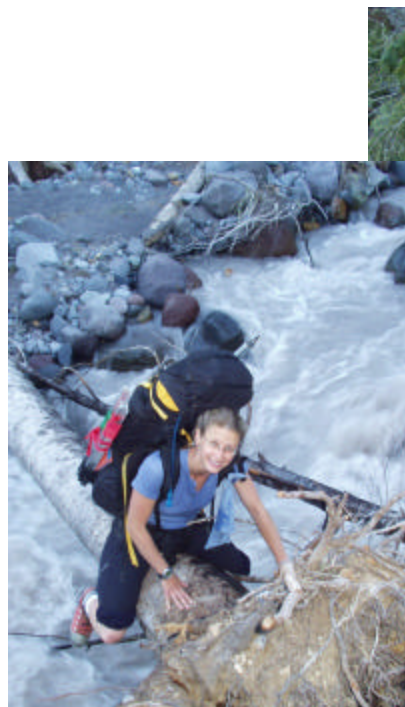
ability to solicit articles from members.

If you are willing to help keep this newsletter alive, please contact Steve Rollins at Steve.Rollins@nike.com.

Search Management Course a Success

By Iain Morris

PMR sponsored a 3-day Applied Search Management course on August 18th-20th. The course was taught by Special Agent Hugh Dougher of the National Park Service, and attracted a number of SAR *(Continued on page:2)*



Tracie Mahon crossing Tahoma Creek in late afternoon.

An Approach up Tahoma Creek and the Story of a Desperate Glacier

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often transforms these floods into lahars or debris flows. These events are known as glacial outburst floods (aka jökulhlaups). They have been observed in glaciers on Mt Hood (Zigzag, Coe, Ladd, and White River glaciers), Mt Rainier (Nisqually, Kautz, South Tahoma, and Winthrop glaciers).

Tracie Mahon and I thought we'd approach Success Cleaver by way of the Tahoma Creek trail, which flows from South Tahoma Glacier on the west side of Mt Rainier. Since 1967, South Tahoma Glacier has released 23 outburst floods, which typically transform into debris flows in Tahoma Creek. As glaciers retreat, it is likely that glacial outburst flooding will increase. Anyone who has tried to approach west side climbs on Mt Rainier knows that the West Side road is closed due to washouts. But as you grumbled during your long approach, did ever wonder what silly glacier caused all the fuss?

In the late afternoon of July 7, 2006, we walked a mile up the closed West Side road and turned at the sharp bend where the new Tahoma Creek trail starts. We found the trail detour and followed it to Tahoma Creek. After an uneventful creek crossing, we walked up the flood deposits alongside the creek. Here, it was difficult without a good log to cross the creek again to where we imagined the trail continued. Of course, an early morning approach would have



Now where did that trail go? Tahoma Creek.

provided more options, but sometimes the choice is not ours. Walking up the debris flow deposits can be slow.

Exiting the creek became the crux of the approach and we found some important lessons in the rocks and steep slopes. Waterfalls are more stable than loose deposits. Who needs bushwhacking in the Pickets when you have Rainier at your doorstep? And, traveling at night adds character. We hit the Wonderland Trail, right at the impressive suspension bridge over Tahoma Creek. From our camp above Mirror Lakes in the morning, we saw our intended objective, Success Cleaver. With high freezing levels and an absence of snow cover, we made our unhappy decision. Down Kautz Creek trail and back to the masses, with perhaps with a bit more understanding for that silly glacier that wiped out the road. The route will be there next year, maybe.

Kent Swanson Memorial Avalanche Course Coming this February

By Scott Norton

Portland Mountain Rescue will be hosting the annual Kent Swanson Jr. Memorial Avalanche Course this February on Oregon's Mount Hood. Kent P. Swanson Jr., a young and talented member of Portland Mountain Rescue, was killed in a helicopter crash while attending an avalanche class in Canada in 1997. This course is made possible by generous donations from Kent's family.

This course is intended for Oregon and Washington mountain rescuers, ski patrollers, guides and others involved in winter rescue. It is not an introductory course but is intended for those with previous avalanche training. Lead instructor this year will be Ian Tomm, Operations Manager and Director of Education for the Canadian Avalanche Association.

This course is scheduled for February 4 - 7, 2007 and will be based out of the Mazama lodge in Government camp. Stay tuned for more information and registration in December.

Search Management Course a Success

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organizations, including PNW SAR, Corvallis Mountain Rescue, Deschutes County Mountain Rescue, AMR RAT, Mountain Wave, Clackamas County Sheriff, and Multnomah County Sheriff.

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Portland Mountain Rescue is a nonprofit corporation dedicated to saving lives through rescue and mountain safety education. All members are volunteers. PMR has no paid staff, directors, officers or members.

Officers 2006

President – Steve Rollins
Vice President – Iain Morris
Secretary – Mike Ochsner
Treasurer – Judy Schector

Directors 2002

Aaron Racicot
Dave Clarke
Erik Broms
Marty Johnson
Nick Strehl
Scott Norton
Steve Reese
Todd Marcum

Committee Chairs 2006

Equipment/Truck - Nick Strehl
Facilities Maintenance -
Financial Planning - Steve Blaha
Fundraising – NEED CHAIR
Medical – Troy Norman
Membership - Chris LeDoux
Newsletter - NEED CHAIR
Operations - Hal Lillywhite
Pagors - Hugh O'Reilly
Public Education – Henry Alward
Public Relations - Steve Rollins
Ready Team – Rob Knoth
Rescue – Iain Morris
Small Stores – Erik Broms
Special Events - NEED CHAIR
Training - NEED CHAIR
Website - NEED CHAIR

PMR welcomes new members. Applications can be obtained from our website or the Membership Committee at:

PMR Membership Committee
PO Box 5391
Portland, OR 97228-5391
(503) 972-7743

Annual PMR Picnic A Hit

By Steve Rollins

After having to hustle to find a new location due to the Mt. Hood Complex forest fires, PMR held its annual family picnic at the McNeil Campsite on August 12th and 13th.

The festivities started on Saturday, with a 34 miles road bike ride. Participating were Iain Morris, Dave Clarke, Bob and Barb Alexander. According to Dave, no one could catch up with Iain, and he was on a mountain bike too! (So goes the legend of Iain Morris, aka "Extremo")

On Saturday evening Jeremy Buck (our patient from the Reid Glacier mission earlier this year) showed up with his girlfriend Kristi. Jeremy brought an iced keg of Black Butte Porter for everyone to share – his way of saying thanks to everyone who helped him out.

On Sunday Nick Pope led a small group to a little-known rock climbing crag in the area (not French's Dome) while Kristi, Steve Rollins, and Dave Clarke did a 36 mile bike ride past Top Spur Trail and up to Lolo Pass Rd.

The BBQ was a big hit, with probably around 20 people showing up. Jennifer Rollins prepared the food. On the menu was barbecued chicken marinated in lemon and oregano, barbecued shrimp with a lime/ginger/soy marinade, creamy asparagus feta pasta salad, potato salad was roasted potato with a creamy mustard dressing, corn, hotdogs, brownies, and lemon cupcakes.

Thanks to Jennifer and Dave for putting together everything, and for everyone who showed up and made it a special event!

MRA Spring 2006 Marin County, CA

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Evening activities during the conference included a bonfire, a slide show of rescues on El Capitan by Keith Lober, and a keynote address by Mike Gauthier of Mt. Rainier N.P.

Usually, at these conferences the host team shows things that are particular to their working environment. This one was no exception. The local team does a lot of work on sea cliffs. As a result, they do not have access to Big Fat Trees for anchors or high directionals. They overcome this problem by using dirt pickets and Arizona Vortexes.

The dirt pickets are made of steel and are about four feet long. The newer models have removable tips, and heads that are flared to facilitate removal with the driver. Each picket anchor consists of 6 pickets. Nearest the load, three pickets are driven in as a bunch. These are back-tied to a two-picket bunch, which are then backed-tied to one picket.

The Arizona Vortexes are great to have in that terrain. However, at about 78 pounds they are not a great backcountry tool. They also cost about \$3200. They were fun to work with and provided great practice in determining vector forces.

Of more interest to us in the northwest was a paper presented by Marc Beverly on ice screws in personal climbing application. The very condensed conclusion was that screws with a positive angle of about 20 degrees, placed in zones of compression worked best. A short screw, with proper placement in good ice was about equal in strength to well-placed rock pro.

For clarification, a positive angle of placement means that it is screwed so that the inserted end is uphill from the eye. This prevents the screw from acting as a lever and fracturing the ice. (*Editor's note: These conclusions are valid only for good waterfall ice and results may be different in lower density glacier ice.*)

The paper on multi-point pre-equalized anchor systems was also done by Marc Beverly. This paper dealt with anchor systems using only rock protection. It was tested for rescue loads, not for personal climbing anchors. Pre-equalized means that the direction of applied force was predetermined and the cordelette was focused and tied off. In a nutshell, the shortest leg usually sees the highest load, and slack must not be allowed in the system. The bottom line was a three-point system always failed to meet the criteria, and a four-point system failed 50% of the time.

Both of Marc's papers were done using MRA Grants and are posted on the MRA website under member services (Grant information).

The high angle litter scoop involved using an Aztec Kit as a jigger between the litter bridle attachment and the foot of the litter. With this system the litter starts out in a horizontal orientation. While being lowered, the attendant changes the litter to a vertical orientation. At the proper point, the attendant scoops the patient into the litter. He then uses the jigger to put the litter back into horizontal orientation. As a result the patient is no longer putting tension on his own system and can be disconnected from it.

Spring Conferences are always informative and fun.

Next year it will be in Weber County (Ogden), Utah. In 2008 it looks like it will be in Stowe, Vermont. In 2009 PMR will be hosting the 50th Anniversary of the founding of MRA. It will be at Timberline and there will be many ways for you to help. Stay tuned for that.

On the business meeting side of things, MRA is seeking a person to fill the position of Legal Counsel. If interested, let me know.

If you want to buy something from MRA Stores please use the internet and your credit card.

The MRA contract with Advanced Rescue Technology will not be renewed this October. The magazine has changed hands and the emphasis has moved in the direction of firefighters. MRA will be looking at replacement options at the winter meeting.

Marty Lentsch of Central Washington Mountain Rescue gave an update on the SAR Memorial project. This memorial will probably be located in the Seattle area.

Officers elected to two-year terms were: President Fran Sharp of Tacoma, Vice-president Charlie Shimanski of Colorado, and Member-at-large Glenn Henderson of California.

Search Management Course a Success

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The course proved to be valuable to all involved, providing students with the tools to effectively manage both the initial buildup of and several days into a major search operation. Lost persons in the Mt Hood area should benefit significantly from the knowledge gained from this course.

KEY PHONE NUMBERS/ INFO

PMR Voicemail: 503-224-3195
PMR Truck: 503-367-1244
Answering Service (Public): 503-222-PMRU (7678)
Website: <http://www.pmr.org>

County Sheriffs:

Clackamas 503-655-8218
 CCSO SAR Trailer 503-703-1579
 Hood River 541-352-6353
 Multnomah 503-823-3333
 Washington 503-629-0111
 Deschutes 541-383-4393
 Columbia 503-397-2511
 Tillamook 503-842-2561
 Skamania (WA) 509-427-9490
 Cowlitz (WA) 360-577-3092
 Yakima (WA) 800-572-0490

Ski Areas:

Timberline 503-231-7979
 Meadows 503-337-2222
 -Legacy Clinic 503-337-2292
 Ski Bowl 503-272-3206
 Summit 503-272-0256
 Cooper Spur 541-352-7803
 Hoodoo 541-822-3799
 Bachelor 800-829-2442

Ranger Stations:

Mt Hood (Zig Zag) 503-622-3191
 Mt Hood (Hd Rvr) 541-352-6002
 Mt Adams 509-395-3400
 Mt St Helens NM 360-247-3900

State Police:

Oregon 503-731-3030
 Washington 360-696-6161

Emergency Dispatch:

AMR Dispatch 503-231-6300
 Life Flight 503-413-5433
 Dispatch /or/ 800-452-7434

Weather and Avalanche:

Nat'l Weather Svc 503-225-5555
 Avalanche Frcst 503-808-2400

Climbing Hotlines:

Mt Hood (Info Ctr) 503-668-1700
 Mt St Helens 360-449-7861
 Mt Adams 360-891-5015

Mailing Lists:

All Members - members@pmr.org
 Rescue Level - rescue@pmr.org
 Support Level - support@pmr.org
 Trainee Level - trainees@pmr.org
 Associate Level - associates@pmr.org
 In-Town Operations Leaders (ITOL) - itol@pmr.org
 Board Members - board@pmr.org
 Medical Committee - medical@pmr.org
 Membership Committee - membership@pmr.org
 Truck Drivers - truckdrivers@pmr.org
 PMR Records - records@pmr.org

PMR Small Stores

By Steve Rollins

Need some new PMR duds, maybe an MRA sticker? Erik Broms manages PMR's small stores. He's your hookup if you need some new threads.

Contact Erik at ebroms@msn.com for more information.

Fundraisers Needed

By Steve Rollins

PMR needs assistance in fundraising, specifically some people to organize and perform fundraising activities.

If you have any interest, please contact Steve Rollins or any Board member.

Additionally, if you have any friends and family that might believe in our cause, please recruit them. We need people to help with these types of activities, and no climbing or rescue experience is necessary. Fundraising is a great way to have a direct impact on our unit and our community as a whole!



Photo of the month - PMR Rescue member Iain Morris at 11,000' on the Fuhrer Finger, Mt. Rainier July 15, 06, saying OMFG I can't believe there's 3000 more feet of this!!!