

www.TraditionalMountaineering.org

Glacier travel and climbing steep snow!

****Basic to Advanced Mountaineering Technical Safety Skills****

Saturday, April 22, 2006, one day, 9AM to 3PM or so . . .

Offices of Mountain Link, LLC, 164 NW Greenwood Avenue in downtown Bend

CLASS DESCRIPTION:

Learn and discuss skills and gear for rope protected climbing and rappelling steep snow, rock and ice slopes on major peaks, crevasse rescue gear and techniques and light and fast overnight gear for Shasta, Adams, Jefferson, North Sister and more. Traditional and current instruction on this subject by The Mazamas, The Mountaineers, and the Angeles Chapter Sierra Club, for thousands of students over 30 years, begins with hands on class room instruction and practice like this Class.

“Sarene” snow anchors - minimum gear and set-up

-picket, -deadman, -ice axe deadman, -snow bollard, -ice screws

Snow belays, instant and backed up - learn and practice set-up and rope handling

-sitting hip belay, -ice axe boot belay, -standing ice axe/carabineer belay, -dynamic snow leader belays

Roped travel on snow, rock, ice and our Cascades glaciers - rope setup and knots

-portioning the rope for 3 person roped team, -tying in the front, back and middle person, -position of prussics, Texas prussic and pack tie off, -climbing with fixed ropes on steep hard snow.

Rappelling, self belay, climbing the (rappel) rope - minimum gear and set-up

-dulphersitz, ATC, figure 8, etc., -prussic self belay, -prussics and other gear used to climb the (rappel) rope.

Crevasse rescue -Z pulley crevasse rescue systems, -gear, -set up and build various systems

Group dynamics -

The class includes lunch and time for planning climbs. We will be working together with the actual gear recommended in the class.

Required gear -

-your light harness with rappel and prussic gear, light weight locking biners, etc.

-your ice axe, complete with it's gear, - anchors: - snow stakes, dead-persons, and ice screws**,

- 3/18" diameter 6mm prussic loops, - 3/48" diameter, sewn 9/16 nylon runners, -1/22' length of 1" tubular nylon runner, -your crevasse rescue pulleys, prussics and runners**, - your climbing boots and crampons**, - your own rope**

** this is intended to be a basic to advanced hands-on class. If you do not own the items marked with a **, you can use our gear. We suggest that you not buy gear before you attend this class.

This basic to advanced training -

Can be completed in this interesting day. Cost per student is \$35.00 (just \$50.00 for couples!).

The donation benefiting the nonprofit website www.TraditionalMountaineering.org helps defray the rental cost of the room, lunches, door prizes, and also gifts for guest experts. Handouts will include a printed summary of the class information. This is an indoor, hands-on, interactive skills class lead by Robert Speik and a mystery guest expert.

Reserve your places! We are limiting this class to 10 participants!

In fairness to all, you will need to commit and pay the cost by April 19, 2006.

For more information and to join this class: email info@traditionalmountaineering.org or call Robert Speik at 541-385-0445. There is more information on the website.