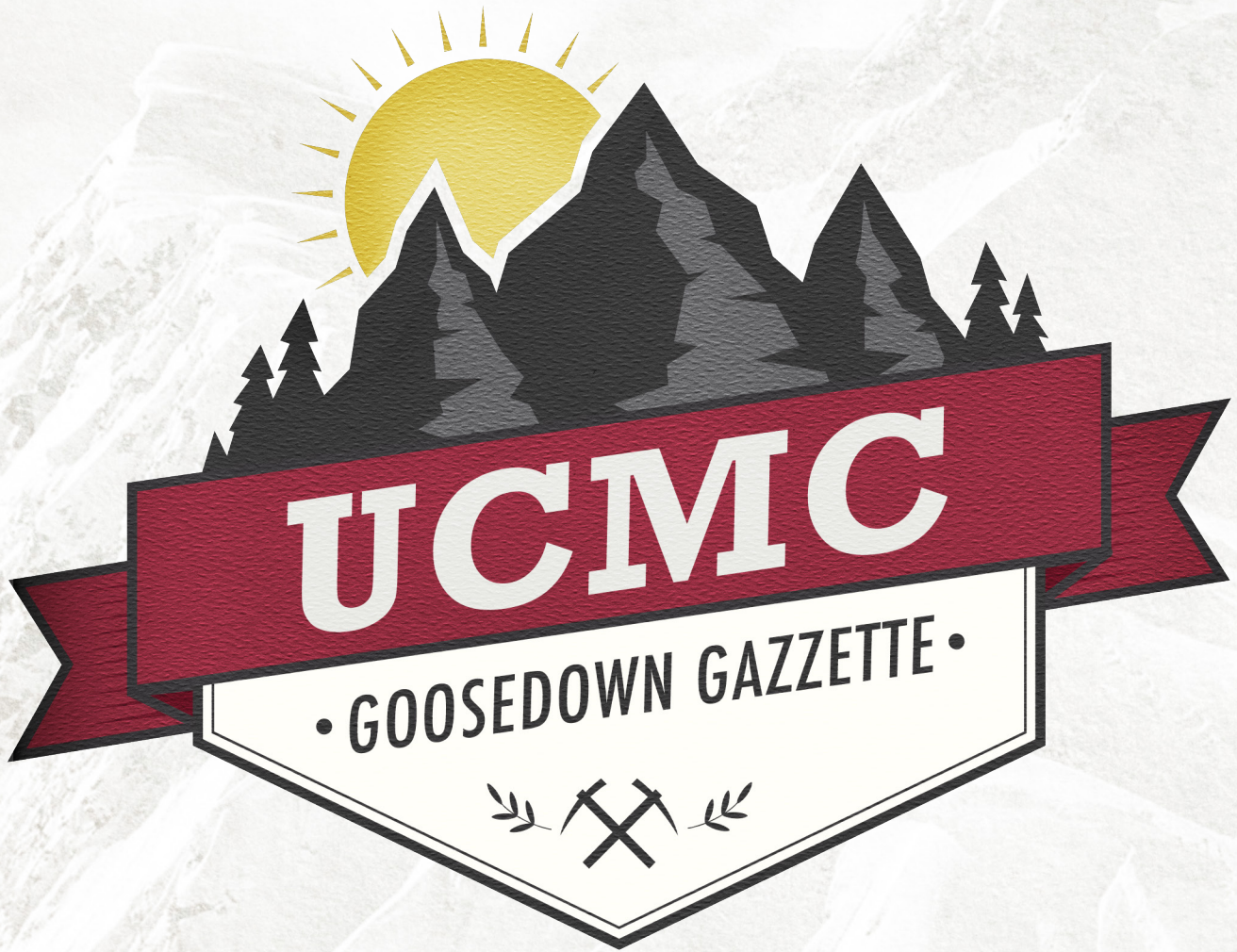


VOLUME 27 ISSUE 1
Spring, 2015



OFFICIAL PUBLICATION OF THE UC MOUNTAINEERING CLUB

EDITORS: Kayla McKinney, Taylor Griggs, and Megan Daniher



"A ROLLING STONE GATHERS NO MOSS"

a letter from your president

UCMC has been the most valuable and educational part of my career at UC. Sure, I learned a lot in my classes and all that, but nothing has taught me more about myself, about others and about the natural world than the trips UCMC made possible for me. I have experienced the most beautiful sunsets on mountain tops with people who were a strangers to me a few days prior, woke up with snow covering my tent in the morning, kayaked in thunderstorms with falling trees, slept in lots of vans, gotten many cars stuck in the mud and snow, told deep secrets over late night fires and made many valuable memories that I will cherish forever. I am thankful for all of the great people I got to meet and make memories with, whether it was one trip, or a lifelong friendship. This club truly means a lot to me and I hope that you can relate to these sentiments. As I graduate and (fingers crossed) move westward this fall, I will take the memories from this club with me, knowing that UCMC will continue to flourish long after I'm gone. Never stop searching, growing, wandering, wondering, travelling, and seeking the things which challenge you and make you feel alive.

With love,

Kayla McKinney

WANT MORE INFO? *Feel free to contact any of our club officers!*

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EDITOR'S NOTE: The Goosedown Gazette is published by the University of Cincinnati Mountaineering Club, a student-operated non-profit organization. The articles and comments within are neither endorsed or acknowledged by the University of Cincinnati. All contributions including articles, poems, stories, pictures, rumors, quotes, cartoons, notes, gossip, money, drawings and food should be sent to the editor.

MEET THE OFFICERS

Behind the scenes of the 2014-2015 Executive Board



JACK BARENDT: *Trip Coordinator*

Hi! I'm a second year Classical Language major (let's just call it languages, too much to explain), an RA at Turner hall (aka, the Turner Palace), and a second year UCMC member. For my first year on the UCMC executive board, I served as Trip Coordinator, a new position, helping trip leaders plan trips so that YOU can have the best outdoor experience possible. My favorite outdoor activity has been and always will be backpacking. I find beauty in carrying everything I need on my person, being as self-sufficient as possible, even if only for a few days. In the past year, UCMC has taken me to Arizona, Colorado, New York, and, this past winter, I lead the annual Colorado winter mountaineering trip, which provided me with invaluable experience about high altitude mountaineering, as well as serious decision making. I look forward to my next two years with the club, and will do what I can to pass on the awesome experiences that I have had with UCMC!

KAYLA MCKINNEY: *President*

WADDUP UCMC! This is your prez Kayla McKinney. Super senior 5th year in environmental studies with a minor in biology. My very first trip with ucmc, and first "real" backpacking trip ever, was when I was a sophomore and I went on the spring break trip to Canyonlands in Utah. The trip basically kicked my butt and changed my life forever. My pack was way too heavy and I wore cotton-only, but Canyonlands is to this day one of the most beautiful places I have ever been. I learned that even though a vertical sandstone slab has ice on it and your pack weighs 50lbs, you're going to keep going and nothing can stop you. I have since gone on many backpacking trips and have expanded to many more outdoor activities such as rock climbing, running, mountaineering and adventure 'splorin.



JAKE BROWN: *Treasurer*

Hello I'm Jake. I'm the treasurer and a 4th year nutrition major. My first real trip with UCMC was a backpacking trip to the White Mountains in NH where we attempted to summit Mt. Washington. That mountain is known for its crazy weather and it rather impolitely told us to get the f**k off of it when we tried. But the trip was super fun. I was instantly hooked on backpacking and I've since been on many fun adventures with the club all around the country.



CAMERON UPTMOR: *Secretary*

Hi, I'm Cameron! I was the Secretary this year, so if you received eccentric emails about people that like nature, it was probably from me. I'm currently finishing up my second year as a Finance and Marketing major with a minor in Psychology. My favorite outdoor activity is backpacking. The first trip I ever went on with UCMC when I was a teeny little freshman was whitewater rafting in West Virginia, and it's been a great two years since then. I'm looking forward to being the Treasurer this next year and another awesome year as a proud member of the Mountaineering Club!



ZACH ALTMAN: *Vice President*

Ello, my name is Zach Altman and I am Vice-President of the Mountaineering Club. I am a fourth year Geology student. My first overnight trip with the club was backpacking in the Smokey Mountains. I learned a lot on the trip; like how to pack a pack (basically, don't bring glass jars of tomato sauce) and how to adjust a pack (most weight should be on the hips). I had always wanted to go backpacking but never had the gear or people to go with, and UCMC provided me with both. My favorite outdoor activity is definitely trail running (preferably in mountains). I am currently preparing for a 35 mile trail run on a section of the Sheltowee Trace Trail within the Red River Gorge. My other favorite activities include backpacking and mountain biking.



LARRY BORTNER: *Advisor*

Hey UCMC I'm Larry Bortner! I'm the manager of the College Physics Labs and an alumni of both UC and UCMC. My favorite outdoor activity is biking. My first trip with UCMC was when The University of Akron sponsored an Ohio Outing Clubs outing one weekend in the spring. About 20 club members piled into cars and vans to show up late on Friday night. We brought the party-- enthusiasm, energy, and fun. Activities over the weekend included hikes, trail runs, and canoeing on lakes. Yeah, I could get used to this. My Gmail username is "tiedyeandcookies" and in 1998 I came in 4th in the world in individual line dancing.





RUNNING UP THE HIGHEST POINT IN TEXAS

Zachary D. Altman

Looking out from Guadalupe Peak towards El Capitan Permian Reef.

I am obsessed with running in the mountains. I watch videos of other people running in the mountains and I plan future projects for when I move out west after graduation. So when I found myself on a backpacking trip in the Guadalupe Mountains, the decision was made. After backpacking 7 hard miles, including a grueling decent down a dry wash, I hastily but carefully packed my running pack for my mountain run: Guadalupe Peak, 8,750 ft. The evening prior, I announced my ambitions to run the entire

8.4 mile Guadalupe Peak Trail, with 3000 ft of elevation gain. My peers said I was crazy, but they encouraged me.

I had my down jacket, rain shell, gloves, snickers, gu, larabar, headlamp, extra batteries, cell phone, water, buff, and a map. I was confident in my ability to survive, but I was very anxious when I first began, as I knew better than to start a solo climb at 15:00. Despite the looming clouds, the winds stayed mild, and I was plenty warm without jackets.



I summited Guadalupe Peak in 1:16:22. I screamed at the top of my lungs into the unconceivable emptiness of the desert. I recorded my summit in the roster, and began my decent in the grey afterglow of the evening sun.

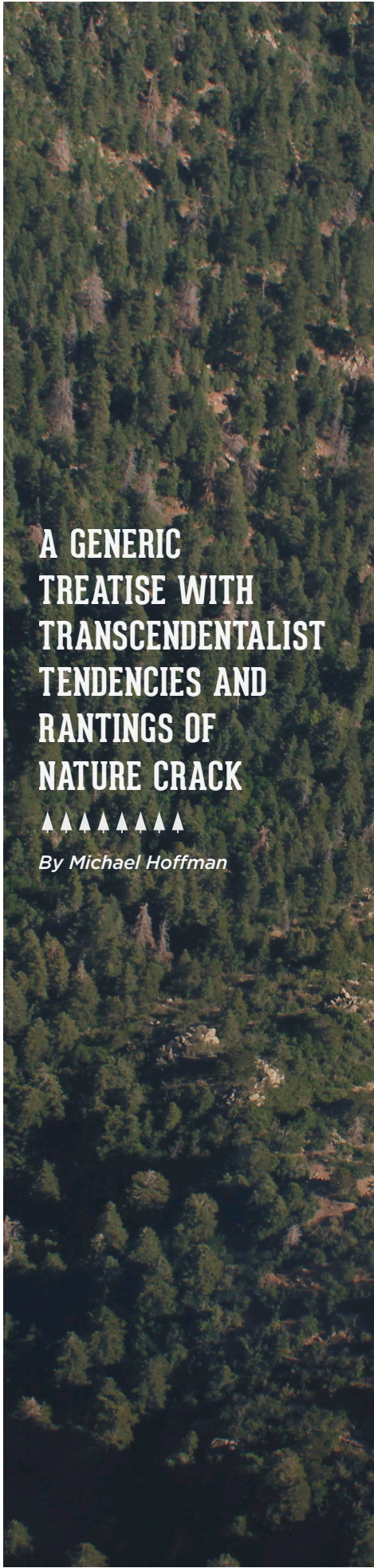
I saw no sunset. The light shrank away, and my vision adjusted along with it. The downhill was exhilarating and very fast. I felt like an animal, whooping and cheering whenever I found myself on runnable singletrack (I was also slightly paranoid about mountain lions). It was the best

feeling. I never needed to use my headlamp. I reached the Pine Springs trail head with a finishing time of 2:19:05. The pride of my first run summit was mostly a confirmation:

I CAN DO THIS!

I promptly recovered with pizza and whiskey.

Summit of Guadalupe Peak.



A GENERIC TREATISE WITH TRANSCENDENTALIST TENDENCIES AND RANTINGS OF NATURE CRACK



By Michael Hoffman

There is a question I am after, and often ask. I've asked it to myself on 24 mile training runs before a 50 kilometer trail race in mantra-like repetition with perfect, well-practiced precision consecutively. It is grumbled inaudibly on bicycle rides beside the swollen Little Miami River during hazy spring mornings. In August 2013, I solicited this vague query to Adam White as he navigated the 15 passenger Ford kidnapper (which I also call Auditing Machines, because they were the source of the 2014 UCMC Audit-scare during the otherwise successful McKinney-Altman Administration of 2014-15) that I was the temporary captain of as we rolled past the Cedar Rapids skyline in the sunset of Iowan flats and smog for which a city of that size could not have assumed full responsibility. I was accompanied with eight other men, boys, and men-boys that were mostly evenly spaced within the ebony shaded perimeter of a rear-view mirror, and though we had been in that vehicle less than eight hours at the time, it was tacitly known we had twenty or so more sixty-minute-cycles to spend in that 75 mph box before we associated for yet an additional week in the wilderness accompanied by no one other than us nine members of the male-genre, and maybe an impalpable grizzly or two. So I had a question to ask Adam, our trip leader.

Why are we doing this?

I am certainly unoriginal, yet my reductionist assessment on nearly everything including this banal platitude (A David Foster Wallace argot, but nothing seems more appropriate) apprehends everyone in a state of discontent and incontinence; as though every action we participate in must be explained, stripped to the molecular level and concurrently stripped of its fun to a predestined purpose, so that fate is utterly imaginative- irrelevant- irreverent- ignorant. I cannot be the first trail enthusiast, outdoor wanderer- provisional seeker of merriment, inspiration, and endorphins to have posed this question. Lewis and Clark must have drunkenly mumbled it while heating canned beans o'er embers in the preliminaries of their blunder across the Lemhi Shoshone while reaching for the cooler to pop open yet another Stella Artois®, and John Muir inscribed this question in his journal, thinking he too was unoriginal and while undividedly captivated in that thought, he tripped over untied shoelaces near the false saddles of Mount Whitney. My father did the same thing we do, except with an external frame pack that would leave the strongest of our group her-

niated and hospitalized, and with cotton-everything bequeathing him chafed to erythema and hypothermic, but if that didn't stop him from walking one continuous loop in an entire seven day interlude, why did he do it? Am I naive enough to think he didn't question this himself, or his father before him, or that my UCMC peers and alumni never asked this question?

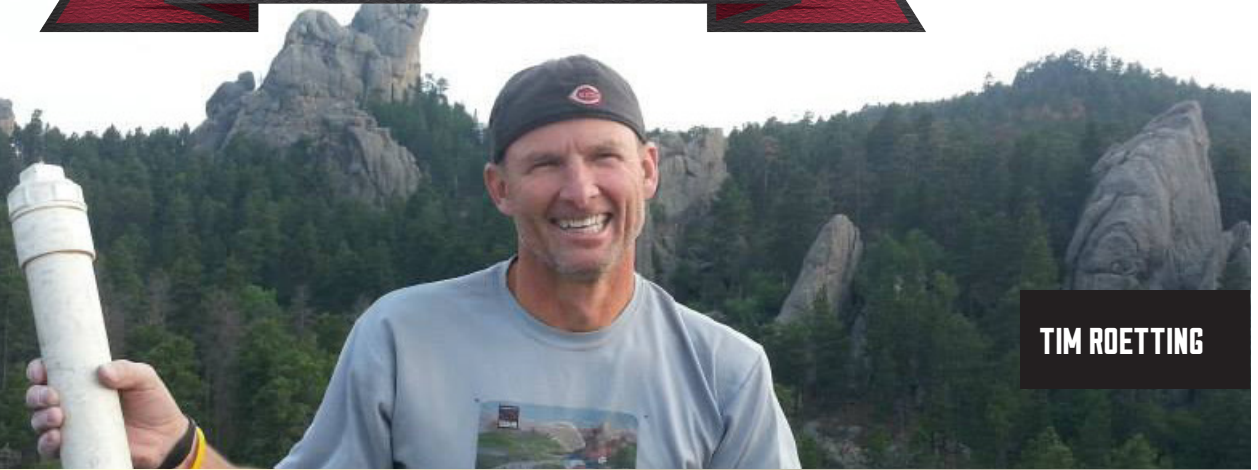
What distracts me most from the actual solution you may wrongfully suppose this brief transcendentalist treatise will resolve, and disgruntles me interminably, is yet another incomprehensibly edifying metaphysical proposal.

Why do I even have to ask why I am doing this in the first place? Why has a simple hike, or a weeklong backcountry backpacking trip become so unnatural? It seems that sleeping under the stars, with our only heat from internal exothermic reactions and burning bur-oak-felled-logs has become unnatural. Why is it that carrying everything I need and walking amongst Aspen and Artemisia tridentata while breathing unfiltered diatomic molecular oxygen in the same manner that the Puritans ascended Plymouth Rock unnatural, yet sitting in those shrilling rolling pews amongst the mercury poison of fluorescently-lit-tubes in a windowless Baldwin lecture hall typing notes on a Dell® has become innate, inherent, and comfortably natural?

I was battling both biological and cultural evolution to summit the Middle Teton one morning at 3am as I checked the batteries on my headlamp and secured trekking poles to my pack, just as much as I battled evolutions to walk across a slackline between two Norwegian pines at French Park on a windy and orange Saturday dusk. Yet, even if I sign my name into the peak log or manage to cross the length of bulky nylon webbing without my metatarsals landing on the Lesser celandine, "where they belong", it seems I still will not be independent of the post-tussive emesis of another semester, or work week, or grocery store parking lot that has me garroted at the geodetic marker of artificial light and monetary compensation. In spite of these contemporary societal instinctive necessities, or constraints depending on how closely you align with my argument, I'll be back on the trail and wild as hell as soon as I get another week off work.

SHOUT OUT

to our new Honorary Members!



TIM ROETTING



DAN GALBRAITH



ROB EVEN



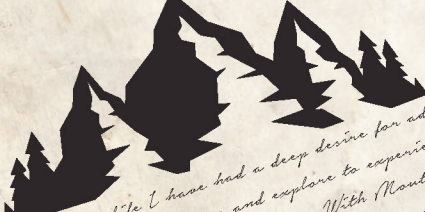
NATE SCHNEIDER



THANK YOU

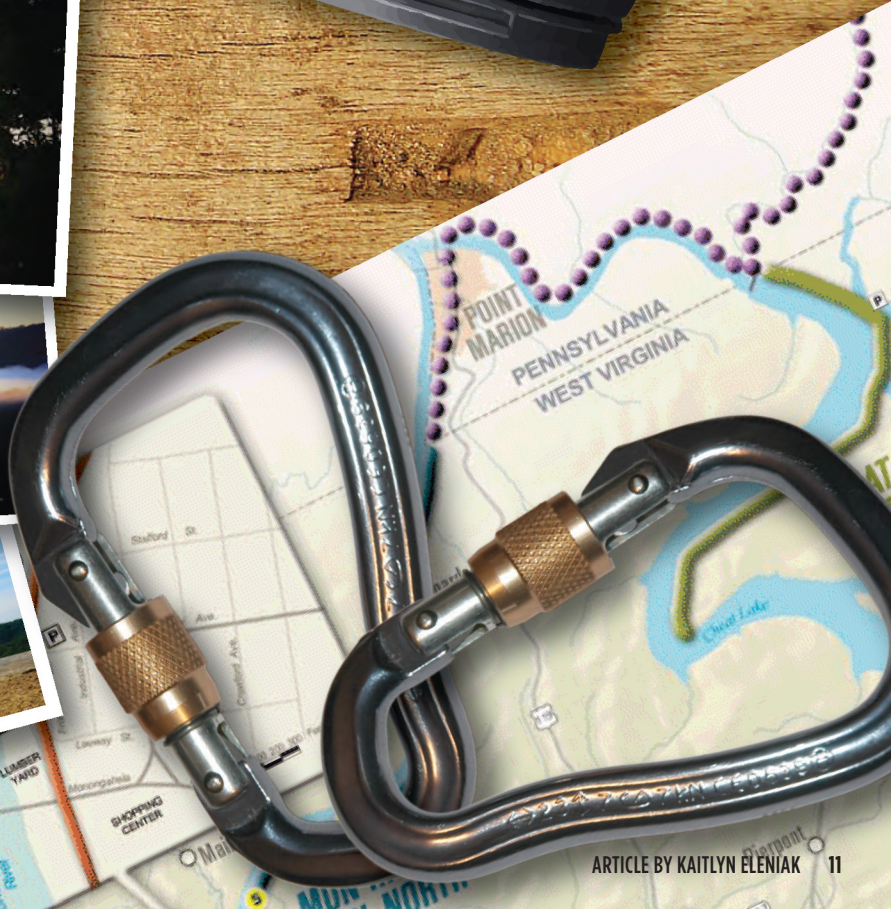
To All of the Gear Shack Contributors!





My whole life I have had a deep desire for adventure. A desire to search the outdoors, to pursue and explore the world for all the amazing things that it contains. With Mountaineering Club I have been able to explore this passion and find other people with the same passion as me. Mountaineering Club is not just a club, we are a family of adventurers, hungry to explore the great big beautiful world around us. These pictures are just a few of my favorite moments with Mountaineering Club. My heart is full of love for every memory made on trips with the beautiful people of Mountaineering Club.

Pack light, live long, travel far.
 Kaitlyn Eleniak



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THINGS I WISH I KNEW ON MY FIRST BACKPACKING TRIP

BY KAYLA MCKINNEY

We all remember our first time. The first time we strapped up, laced up those boots, and set off for what was supposed to be a rewarding, life-changing event. Only...the pack was so heavy, you smelled for days, and you just felt so unprepared. Someone told you what to expect, but you didn't really know. It's only after we experience mistakes that we learn from them and this is especially true for backpacking. But that doesn't mean you can't look for advice from those who have been there before.

You don't need 4 pairs of pants.

If you have the right pants, you should be able to wear the same pair for several days in a row. You might not even need two pairs of pants, realistically. The idea is to lighten your pack by only bringing what is necessary.

Cotton is Rotten/Cotton Kills.

Cotton will pull heat from your body if it's wet. It will smell horribly and won't dry very quickly. It will chafe and you will be uncomfortable. This includes your favorite pair of jeans and your snugly soft hoodie. Save them for the city.

There's no point in bringing razors. You're not going to shave out there.

Backpacking is not a beauty pageant. Who are you trying to impress? To tell the truth, you can leave the deodorant in the car as well (but don't forget your toothpaste!)

There's no such thing as bad weather, only bad gear.

Good gear is important. You don't have to go overboard, but you want gear that holds up to the elements. Different gear is appropriate in different situations. Gear can be the difference between staying and leaving, a good time and a bad time, or sometimes even life and death.

Footwear is the most important piece of gear you have.

When backpacking, keeping your feet happy is rule number one. A good pair of hiking shoes or boots coupled with merino wool socks will make a world of difference. The soles on these shoes are designed to protect you from rock bruising and support the muscles in your feet differently than other shoes. Merino wool wicks sweat, prevents blisters, and is anti-microbial. If there is one piece of gear that will make all of the difference, it is proper footwear.

They've started making lighter weight versions of nearly everything.

Sometimes it's really worth it to upgrade your gear. These days, you can turn your 50 lb. pack into a 25 lb. pack without sacrificing much of anything.

Modern backpacks come in various sizes and are adjustable to fit the contours of your body.

Everyone is shaped differently, whether it is torso length, hip width, or shoulder girth. Backpacks can and should be customized to fit your body appropriately. Look to someone who knows what they are doing to help you be as comfortable as possible with your bag on. If you borrowed a bag, make sure it is the right size and ask your friend or local outfitter to help you to adjust it to fit you specifically.

Diversify your meals.

Vary your snacks as well. Save something special for a hard day to reward your accomplishments.

You're going to eat everything you have. Bring more food than you think you'll need.

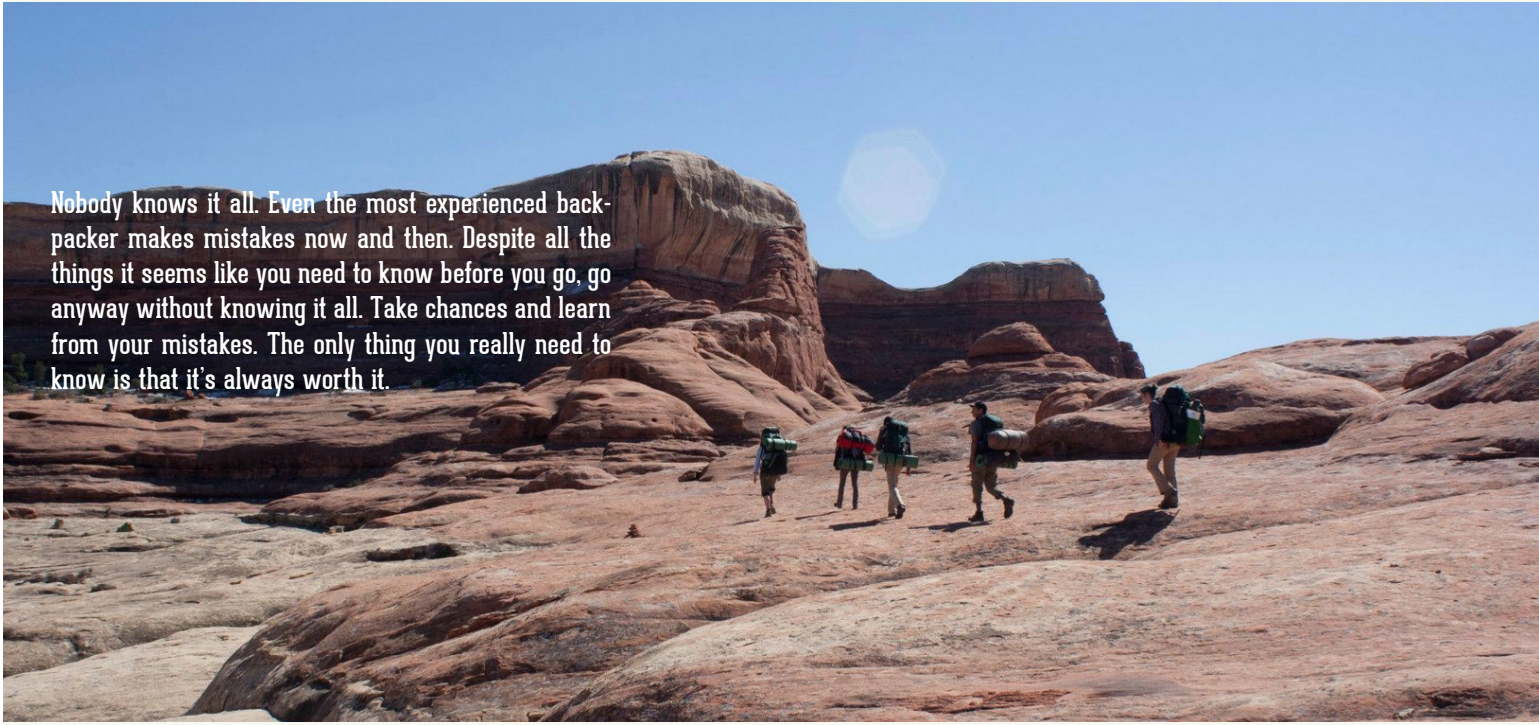
Once again, hiking takes a lot of energy, so be mindful and put in the fuel you need so that you're not running on fumes all day. A long distance hiker can burn up to 5,000 calories a day. Skip low-cal, low-fat foods. Calories and fat are code words for energy.

There's no bathroom.

No bathroom for days.

If you're going to use leaves as TP, plan ahead. Make sure there are appropriate leaves where you're going.

Sometimes I grab nice leaves as I walk past them knowing that they will be useful later. You want large, smooth, and abundant leaves.



Nobody knows it all. Even the most experienced back-packer makes mistakes now and then. Despite all the things it seems like you need to know before you go, go anyway without knowing it all. Take chances and learn from your mistakes. The only thing you really need to know is that it's always worth it.

Bring sunscreen.

If you are outside all day, the sun will burn you. This goes especially for times when you're above tree line, right up in the sun's business. Sleeping in a sleeping bag is terrible if you are sunburnt.

Watch out for spider webs if you're hiking early in the morning.

If you do have the job of being first in line, first thing in the morning, consider waving a stick in front of you as you walk to clear the spider webs. Trekking poles work great. If you're afraid of spiders, perhaps let someone else lead.

Marmots are cute, but can be evil. Same goes for mice, raccoons, porcupines and chipmunks.

If you let them, they'll eat everything. Your food, socks, hip belts, etc.

Snakes, bears and other dangerous animals rarely want anything to do with you.

You are a bear's only predator. They want to be far away from you. Let them be and obey proper bear country safety tips.

Most snake bites occur when the animal is handled. Give them space and they'll give you space.

Waking up to watch the sunrise is always worth it no matter how cold and tired you are.

The sun will warm your body and getting an early start will ensure that you enjoy all that nature has to offer. Every day starts with a sunrise. Enjoy them.

Never try to cross an exposed ridge or summit after noon if possible.

Afternoon storms are the real deal and should not be taken lightly. Never underestimate a big cloud. Things can escalate quickly and there's little to no protection up above tree line.

It is worth it to climb out of your tent and urinate in the middle of the night.

You will sleep better. You will be warmer not having to keep waste fluid at body temperature all night. Plus, you will get the chance to appreciate the night sky in all of its glory.

Don't bring firewood into the forest.

Surprisingly not as obvious as it should be: there's usually a lot of dead wood in the forest (and only use dead wood! Live, green wood doesn't burn well). Pay attention to the regulations in place if you plan on building a fire. Also note that bringing in firewood from another area can spread parasites and is forbidden in many states.

Duct tape is extremely useful.

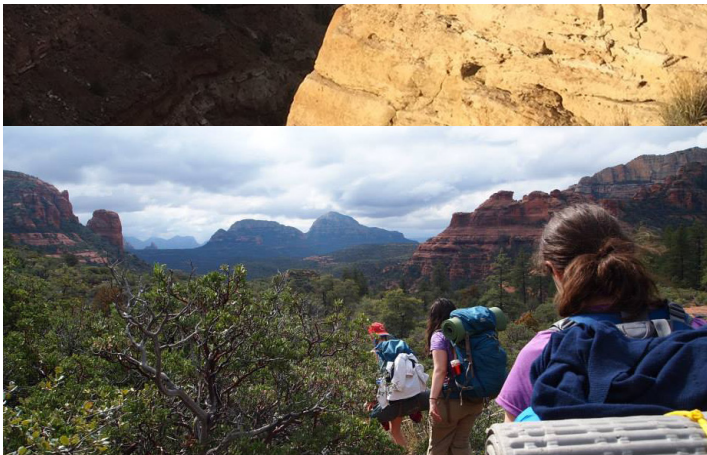
You can repair gear, prevent blisters, make a belt, and find a hundred other uses. Wrap it around your water bottle or trekking poles to save room. It is a multifunctional tool.

Cameras will never do it justice.

If you really want someone to see the place, take them there.



THANKS FOR AN AWESOME YEAR!





DR. BIGFOOT

INTRODUCTION BY **DEAN NELLIS** WITH CONTENT BORROWED
FROM THE **JOE ROGAN EXPERIENCE PODCAST**

Do you believe in Bigfoot? It's a difficult question to answer. For many, the simple answer is no. With no definitive evidence and a plethora of eye witness accounts, pseudo-scientific reports, and of course that grainy Patterson-Gimlin footage; the evidence we do have creates more questions than it answers. With all of this hoopla, it is easy to write off Bigfoot as nothing more than a folk legend or just a hoax.

Dr. Jeffery Meldrum would argue otherwise. In a field of crackpot, self-proclaimed "Bigfoot hunters", Dr. Meldrum stands out as a voice of reason. A professor of anatomy and anthropology at Idaho State University, Dr. Meldrum spends most of his time teaching anatomy and researching the evolution of human bipedalism. But in his free time, Meldrum puts his mind to solving the mystery that is Bigfoot.

The following excerpts were taken from an interview with Dr. Meldrum on the Joe Rogan Experience Podcast:

WHAT IS IT ABOUT BIGFOOT THAT SPEAKS TO MAN?

There are different levels, there's simply the mystery, something that's undiscovered, unresolved. I think there's an added mystique because it's so human-like. That's been an icon, an archetype, of the human experience since the beginning of history. Some of the earliest heroes hung out with wild men. Whether it was Beowulf and Grendel, Gilgamesh and Enkidu. There were these denizens of the forest that maybe represented our lost connection to wilderness and to wild places.

WHY DO YOU THINK BIGFOOT IS A LOON MAGNET? BECAUSE WHEN YOU HAVE PEOPLE SEARCHING FOR OTHER THINGS, LIKE BUTTERFLIES THAT THEY THEORIZE MIGHT EXIST OR OTHER UNDISCOVERED SPECIES, THEY HAVEN'T GONE COMPLETELY MAD. BUT FOR SOME REASON A LOT OF THESE BIGFOOT HUNTERS, IT SEEMS LIKE THEY HAVE LOST THEIR MIND IN THIS PURSUIT. WHY DO YOU THINK THAT IS?

Well I think part of it is that when Bigfoot sort of fell into the lap of academia back in, well it was coincident with the Patterson-Gimlin film essentially. That's when it was thrust under the nose

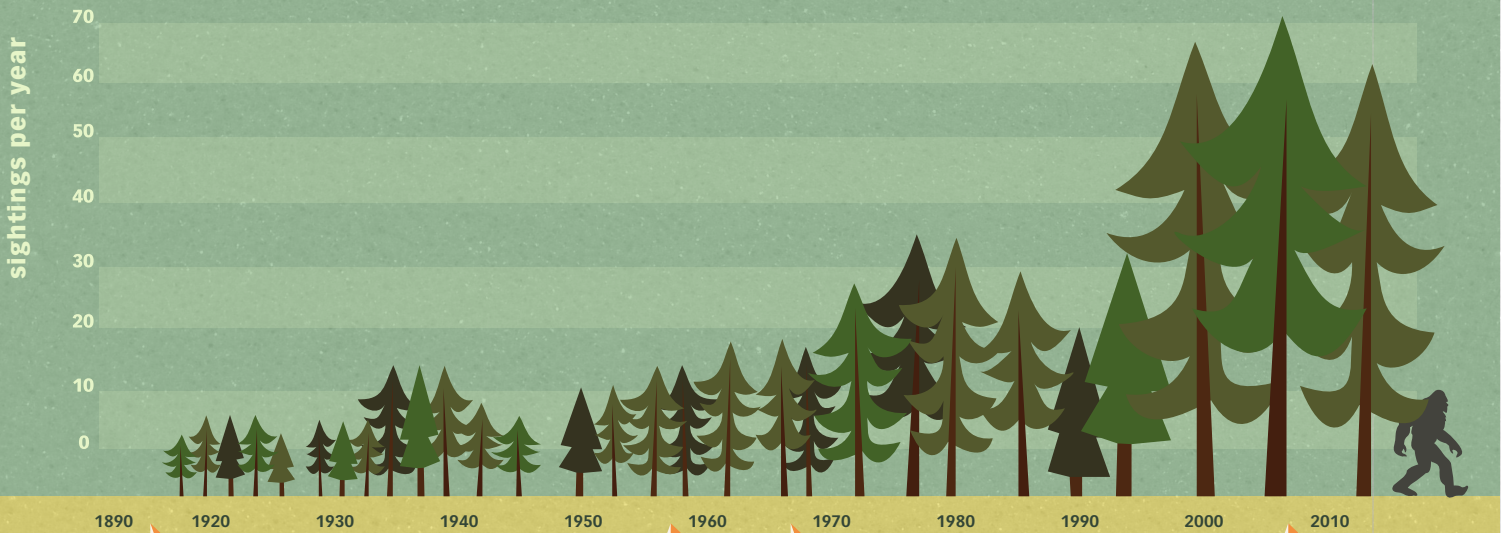
of the scientific community. Before that it was just a bunch of logger stories and forester stories coming out of the northern woods of British Columbia or Northern California, which was still really wild back then.

It came at a time that preceded a lot of what we understand now about early human evolution and great ape natural history, and there was no place to put it. There was no pigeonhole to stick this in. So it was rejected by the scientific community. And in that vacuum came the amateur fortune seekers or enthusiasts or those that thought it was left here by a UFO or travelling through inter-dimensional portals, or any type of explanation as to why we are not finding them; what makes them different from other common wildlife.

WHAT'S THE MOST COMPELLING PIECE OF EVIDENCE? IF A PERSON WAS ON THE FENCE AND THEY WERE LIKE, "WELL GEEZ DR. MELDRUM I DON'T KNOW. I MEAN YOU SEEM LIKE A NORMAL GUY. REALLY BIGFOOT?"

Well for me again, for my point of expertise, it's the footprint evidence. That's what drew me into this because my study of

Bigfoot Sightings Through the Ages



In the year 1893, President Theodore Roosevelt publishes his novel *The Wilderness Hunter*. In his novel he describes an encounter with a beast that has a strong odor, a great body, and which walks on two legs. Some think this creature to be bigfoot.

In 1958, a taxidermist named Bob Titmus finds several 16 inch tracks around a road construction site near Bluff Creek, California. Titmus casts the tracks in plaster. The Humboldt Times newspaper picks up Bob's story and coins the term "Bigfoot".

On October 20, 1967 Roger Patterson and Bob Gimlin filmed 952 frames on 16mm film. This film which is said to contain a walking bigfoot, has been one of the most widely debated pieces of bigfoot history and is still discussed to

On September 16, 2007 hunter Rick Jacobs captured an image of a supposed Sasquatch by using a trail camera attached to a tree. A spokesperson for the Pennsylvania Game Commission reported the creature to be, "a bear with a severe case of mange."

INFOGRAPHIC 1/2 DEAN NELLIS

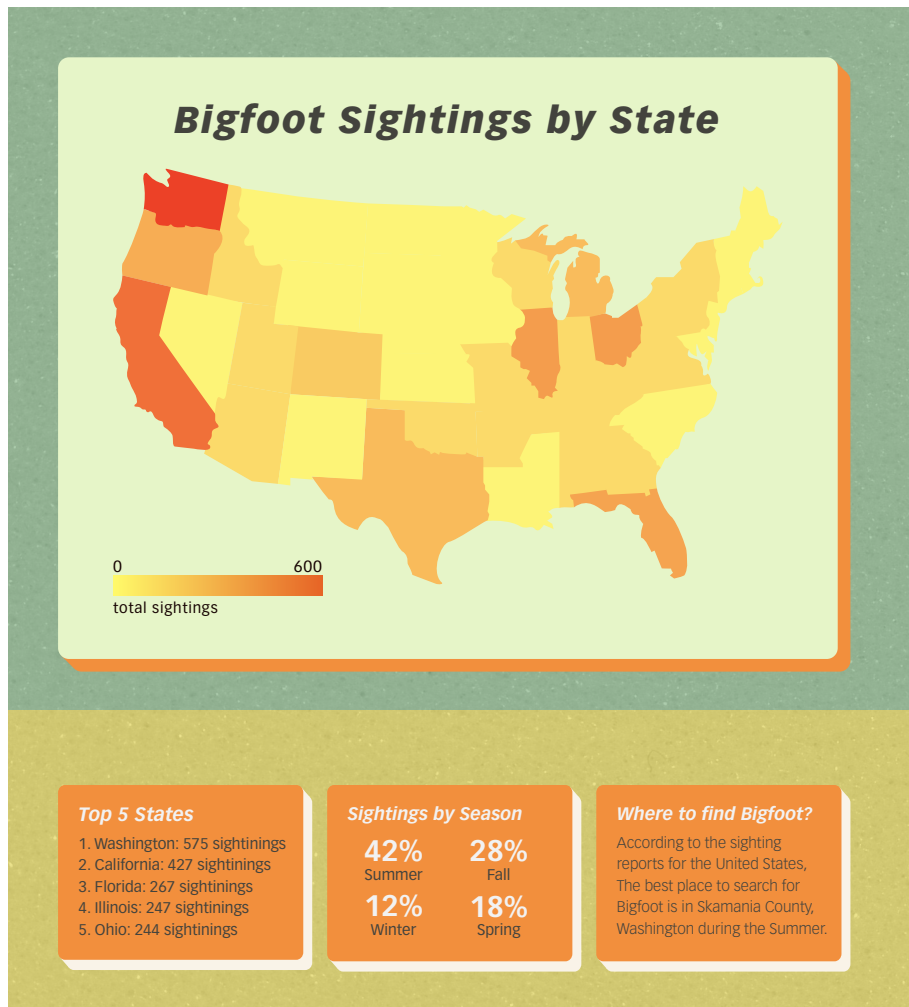
the evolution of human bipedalism prepared me I guess you'd say. I mean why wouldn't I be fascinated by the possibility that there is another biped out there. I mean it's a perfect natural experiment against which to compare and contrast our own adaptation for walking on two legs. Which is otherwise considered to be unique amongst primates.

SO THE FOOTPRINT EVIDENCE IS IN YOUR OPINION IS THE BEST EVIDENCE? AND THIS ONE THAT WE HAVE, WE BOTH HAVE THE SAME ONE, WHAT IS THE ORIGIN OF THIS FOOTPRINT?

This was cast by a deputy sheriff by the name of Dennis Heryford in the eighties in Gray's Harbor County, Washington state, so over at the base of the Olympic Peninsula. He was responding to a report of a disturbance at a construction site, and there on that spur road; hard packed dirt with a layer of fine pulverized dust from the movements of the heavy machinery, wet down by a rain, left this remarkably clear imprint. These are actually desiccation cracks where that wet mud was beginning to dry in the sun and shrink and crack. But the extrusion of the mud around that footprint and between toes and all left a very striking facsimile of that foot.

As we talked to one Sasquatch hunter, what he said was that even if he doesn't find Sasquatch, he's still camping. Still enjoying himself.

I always tell people, you know, cultivate an appreciation for natural history, enjoying the outdoors. Because it's like me with fishing; if I don't catch a fish in the first five minutes, I'll start to lose interest pretty soon. And if you're that way the chances of you catching a fish or having a Sasquatch encounter in the first weekend you go out are pretty slim. Enjoy what you're doing.



INFOGRAPHIC 2/2 DEAN NELLIS

And with that thought in mind I will end this article. So next time you're camping out in your favorite forest or wilderness, keep an eye peeled for that old ape they call Sasquatch. You never know what you might find!

GATEWAY TO MOUNTAINEERING

BY KAYLA MCKINNEY

“Walk away quietly in any direction and taste the freedom of the mountaineer. Camp out among the grasses and gentians of glacial meadows, in craggy garden nooks full of nature’s darlings. Climb the mountains and get their good tidings, Nature’s peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you and the storms their energy, while cares will drop off like autumn leaves.”

– John Muir



One often turns to John Muir for inspiration when planning for any mountaineering trip. As an avid explorer and lover of the hills, he paved the way for many, giving new inspiration and wonder for the wild. This blog is an introduction on how to train and outfit you to summit a Colorado fourteener in the winter, from the perspective of someone who lives in Cincinnati, OH. It does not include overnight trips, technical skills, or altitude training, but is meant as an overview for beginners.

Fourteener: "In mountaineering terminology in the United States, a fourteener is a mountain that meets or exceeds an elevation of 14,000 feet (4,270 m) above mean sea level."

Fourteen thousand feet is the highest elevation of any summit in the lower 48. Colorado is blessed with 53 fourteeners (though the tallest fourteener is in California) with the tallest mountain in the state being Mt. Elbert at 14,440 ft. To summit one (or more) of these bad boys in the dead of the winter is no easy feat. There's snow, lots of snow, blizzards, wind, ice, exposed sun, and harsh terrain to consider.

So how does one train for a winter mountaineering expedition, especially when they live only approximately 480 feet above sea level?

As far as physical training goes for one who lives in an Midwestern urban environment like I do, you've got to think a little out of the box. We don't have mountains in Cincinnati; our tallest "peak" in the city is the Rumpke Landfill, aka Mt. Rumpke, at 1,075 feet (328 m). You have to take advantage of your urban environment. While we don't have mountains, we have miles of stairs, and some of the steepest roads around. Repeated runs of Straight Street, Ravine Street and Vine Street can give your muscles and lungs a taste of the uphill. Run stairs at Carew Tower, Crosley Tower on UC's campus (there's 17 flights!), Paul Brown Stadium and many old stairways on the streets and in the parks of Cincinnati. This interactive map shows all of the stairs throughout the city: <http://www.communitywalk.com/cincinnati/steps>

In order to train for a mountaineering expedition you need a proper blend of aerobic and anaerobic cardiovascular training, strength training, flexibility training, and skill development in addition to cross training and adequate rest and recovery. Training should be taken with a consistent approach, steadily increasing the regimen, adhering to set goals and maintaining a good diversity. Don't just run



"There's no such thing as bad weather, only unsuitable clothing,"

-ALFRED WAINWRIGHT

stairs. Do some distance and trail running, yoga, strength training, biking, rock climbing, etc.

For more information about physical conditioning, check out *Mountaineering: The Freedom of the Hills*, the best book you'll find for planning and preparing for a mountaineering trip.

How do you outfit yourself for sub-freezing temperatures, strong winds and even stronger wind chill, without being overheated and sweaty while essentially working out in the intense cold? You don't want to carry too much, but you want to have enough to suit your needs. You'll start your climb in the dark, when it's the coldest, and be climbing down in the afternoon, with all sorts of possible weather curve balls thrown in between. So what do you bring?

You need above all windproof, waterproof, insulated, and breathable clothing which can be accomplished with multiple layers. The first thing you put on the morning of your expedition is your insulating base layer. You want to go for either wool or synthetic. Absolutely no cotton ("cotton kills" because cotton retains moisture, leeching heat from your body when wet and cold). I personally recom-

mend the Ibex Woolies WW 150 gram, as they are super insulating, form fitting and odor resistant.

Second, you'll need warm, insulating mid-layers. This would be a fleece and a down jacket or equivalent.

Third, you need your wind and water protection: your rain shell. You can either go for more breathable, and less insulated, or you can go for more insulated and less breathable. This is all about personal preference and how your body reacts to physical exertion. If you sweat a lot, I would consider going for a lighter shell in order to promote breathability to let out sweat.

Any more layers than this is optional, but realize that the more you wear, the heavier and bulkier you will feel going up the mountain.

In summation, layering adds versatility to your outfit and the ability to remove/add on warmth when needed.

There are a variety of additions and preferences to be considered based on what works best for you individually. These could include more/less layers and insulation, synthetic or down insulation, hoods or no hoods, etc. If you don't know your personal preferences, stop by the store and we can help you narrow down the options!

Here is a personal gear list for reference:

HEAD, NECK & HANDS

Warm hat and/or balaclava

A balaclava can replace the hat. Balaclavas provide versatility and cover areas of the face that can be susceptible to cold injuries.

Sun hat *

A baseball cap or light hat with a brim can be useful around camp or on warm climb days to protect face and eyes from the intense sun.

Sunglasses

High quality UV protective eye wear is a must. The sun rays are especially intense at high altitude, especially reflected off the snow. Glasses must fit sufficiently tight to prevent rays from reflecting under the glasses from the ground. Ski goggles can be used in lieu of glasses. They do have the advantage of wind and reflective protection, but can become hot and foggy on a warm climbing day.



Liner gloves

A pair of well fitting liner gloves or light running gloves that fit under your insulated gloves/mittens are essential in preventing cold injuries when removing outer insulated gloves to perform tasks requiring more finger dexterity.

Insulated gloves or mittens

Warm hands are key to winter comfort. Mittens provide greater warmth and are preferable for those that tend to experience cold fingers easily. Gloves provide greater dexterity, but it can be harder to keep fingers warm. Either gloves or mittens must provide room to wiggle fingers and be water/wind proof.

UPPER BODY

Mid-weight top

A mid weight wool or synthetic top such as Ibex Woolies or Patagonia Capilene 3 should be used as a base layer in winter.

Expedition-weight top

Keeping the core warm is essential to keeping hands and feet warm. On cold nights, this can improve warmth in a sleeping bag. If you tend to be cold while standing in a lift line or waiting for the bus, you should consider adding this to your gear list.

Vest *

A vest is a lightweight option to aid in keeping the core warm without adding bulk. It is good middle ground if you think an expedition-weight top is overkill, but still tend to run cold at the bus stop.



UCMC Summit of Mt. Yale
Colorado, 2014

Fleece Jacket

A thick fleece layer that fits under your weatherproof outer jacket.

Down / Synthetic Parka

The parka should be sized to fit under your weatherproof outer jacket so that warmth can easily be added when hanging around camp or on the summit posing for a pic.

Outer Jacket

Windproof top. Can be Gore-tex, event, Pertex Shield or simply have a DWR finish. The goal is wind protection and high breathability. Hard shells or soft shells both work based on preference.

Sports bra

Women should bring a synthetic or wool sports bra or tank top.

LOWER BODY

Mid-weight bottoms

A mid weight synthetic or wool bottom such as Ibex/ Smartwool/Patagonia Capilene should be used as a base layer in winter.

Expedition-weight bottoms *

Similar to the Expedition-weight top, this layer is best for those that run cold. Legs generate a ton of heat when climbing often making this layer hot for some even on the coldest days.

Outer Pants

Windproof, soft or hard shell. Can be Gore-tex, eVent, Pertex Shield or simply have a DWR finish. The goal is wind protection, high breathability and limited snow cling.

Underwear

Guys and gals should bring synthetic underwear. Avoid cotton due to moisture absorption and chaffing.

FEET

Liner socks

Liner socks help to provide rapid moisture transport and reduce blister-causing friction.

Insulating socks

Expedition weight wool or poly socks. Socks should be long enough to extend well past the tops of boots and overlap with long underwear bottoms.

Gaiters

Expedition style gaiters such as Outdoor Research Crocodiles to keep snow out of boots.

Boots

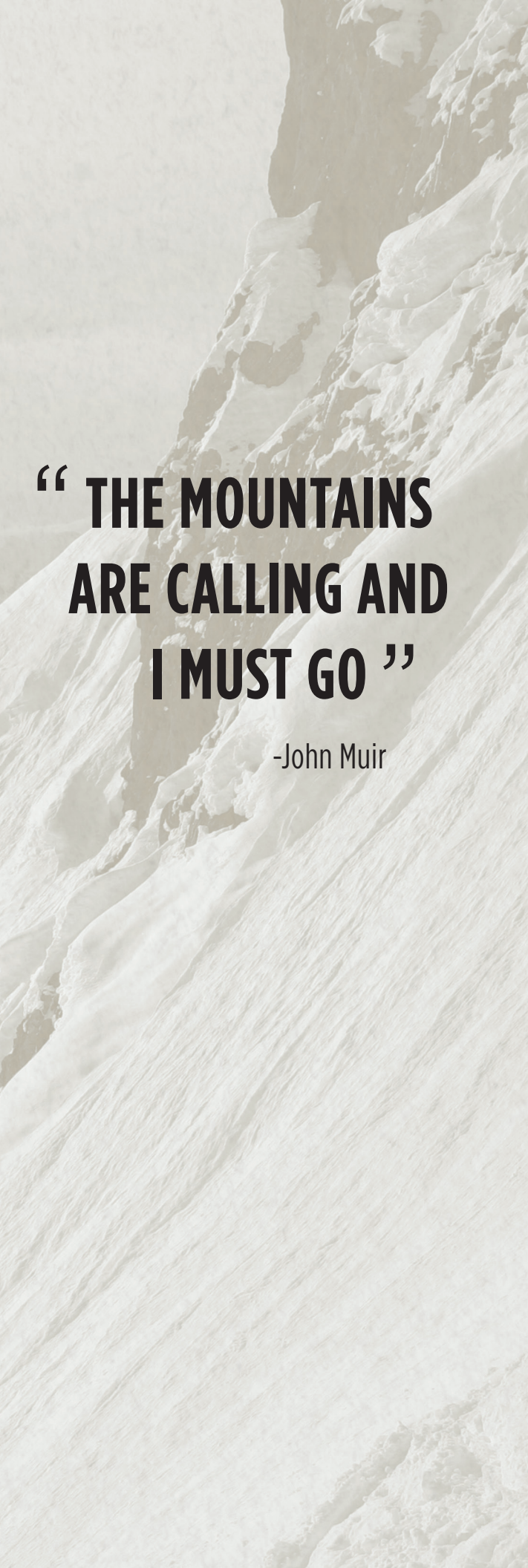
Boots are perhaps your most critical piece of winter gear. A poor fitting boot cannot only cause blisters and discomfort, but also cold injuries such as frostbite. Boots should be plastic style or leather mountaineering with a ridged sole for use with crampons. Plastic boots can be rented at many quality outfitters. If you plan to rent, you should determine what boots are available and attempt to get fit for and test the boots locally. You should have enough room to wiggle toes, but not so much your foot moves around to help keep blood flowing to your feet. The fit should be slightly roomier than summer hiking boots.

Booties*

Camp booties can help to keep your feet warm around camp and in your sleeping bag if your feet tend to run cold. An extra pair of socks can also do the trick in your sleeping bag.

*indicates optional/weather specific item

General Disclaimer: The information provided in this blog are from personal experience and research and is based on mountain's around 14,000ft in the winter and does not apply to all winter excursions. Please do further research before embarking on a winter mountaineering trip. For more information on mountaineering, check out Mountaineering: The Freedom of the Hills and 14ers.com for more information on Colorado's fourteeners.



**“ THE MOUNTAINS
ARE CALLING AND
I MUST GO ”**

-John Muir