

BCMC



BC Mountaineering Club Newsletter

UPCOMING BCMC SOCIAL

At the ANZA Club 7:30 pm
Tuesday, Apr 8 - Adam Palmer shares his
details from his two week unsupported trek
from Harrison Lake to Whistler.

April 2014, Vol 92, No. 4

British Columbia Mountaineering Club
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CLUB EQUIPMENT FOR HIRE

The club maintains a satellite phone and ice tools, which are available for rental by members only.

Ice Tool - \$5 per day per tool
 Satellite Phone - \$60/week; \$10 per day + \$2 per minute used

Fees are non-refundable and payable in advance and a refundable deposit may be required, at the equipment custodian's discretion. Instructional Programs are exempt from rental fees, all other uses are subject to the rental fees.

The satellite phone is rented from Peter Gumplinger (604-733-8264), who should be contacted at least 3 weeks prior to the day it is wanted.

Ice climbing axes are rented from Werner Grzimek.

The **BC MOUNTAINEERING CLUB NEWSLETTER** is an official publication of the B.C. Mountaineering Club and is published 10 times per year (every month except July and August). All material within this newsletter is copyright © British Columbia Mountaineering Club.

Cover Photo: Misty Icefields (Photo: A. Palmer)

Back: Top: Anif and Mulligan (Photos: G. Zenger)

Submit Your Content:
editor@bcmc.ca

Submissions: We want you to write for us! Any submitted news, events, trip reports, letters relevant to the BCMC will be published unless the club executive decides otherwise.

About Submissions: For photos, high resolution is much appreciated. Submitted material may be edited for clarity or brevity, or for consistency with club policies. Opinions and comments expressed in this newsletter are not necessarily those of the BCMC.

Scheduled trips: How they work

Participation on club trips is open to any person with adequate skills and experience, subject to the approval of the trip organizer. All non-member participants must sign a disclosure and waiver form relieving the club and all other participants on the trip from any liability. A trip organizer is not a certified guide. The function of the organizer is to organize the trip, ensure that it gets underway, know the access to the area, and know a route or routes on the climb. It is expected that each person on a club trip has the necessary skills, experience, fitness, and equipment. The organizer may specify certain equipment mandatory for participation in a trip. Any person who attempts to participate in a club trip without such mandatory equipment may be requested to withdraw. Each person on a club trip is responsible for his or her own safety and for checking the equipment used. Please be considerate and call the trip organizer more than 1 day prior to the trip.

If you are given a ride, please remember to pay the driver your portion of the car costs. If you decide not to go on a trip for which you have previously registered, please be courteous and inform the trip organizer.

MARCH TRIP SCHEDULE ~ Sign up, updates and details at www.bcmc.ca

1	Seymour Dawn Patrol - A1	Mike Hamata
1	April Executive Meeting	Francis St Pierre
2	Indoor Climbing Richmond Oval - A5	Anders Mjos
6	SOM - Glacier Rescue - On Hold - A5	Justin Bennett
8	Seymour Dawn Patrol - A1	Mike Hamata
8-9	Climb Mt Everest D++ 4	Ravil Chamgoulov
9	Indoor Climbing - Cliffhanger Vancouver - A5	Anders Mjos
11-14	Ashlu Elaho Traverse - C3	Craig Speirs
11-14	Spearhead Traverse - C3/D4	David Hughes
12	Rock Climbing - Spring Warm-up - B5	Adrian Burke
12	Squeah NNW2 - D3	Alastair Ferries
13	Spearhead Traverse in a day C3/D4	Bill Maurer
18-21	Spearhead Traverse - C/D 3	Don Montrichard
19	Rainbow Mountain - C2	Bill Maurer
25-26	Mt. Bonnycastle Snowshoe - D2	Craig Speirs
26-27	Wilderness & Remote First Aid (20hr)	Club Courses

The BCMC welcomes the following new members: Dmitri Oguz, David Black, Lynn Wilcott, Zach Monteith Joseph Pesterson, Sam Roland, Tytus Majerski, David Shadbolt, Ross Polutnik, Grant Gardner, Michael Taylor, Deborah Lightman, Antoine Petit, Galen Michael Parent, Ian Mcaskill, Karinya Kosh, Jeff Whitmore, Siobhan Elliott, Brian Buchanan, Elizabeth Ashby, Yun Chen, Toby Stier, Connor Cashin, Tom Appleby, Jaroslav Fogl, Laurent Vandepaer, Colleen Louw, Liivi Selde, Myriam H. Bergeron, Laurent Potiez, Anton Lucarelli, Jade Littlewood, Anna Robb, Geoff Carran, and Matt Hosford.

The Upper Lillooet Forest Service Road will be plowed from 19K to 38.5K starting March 25, 2014 for those interested in further afield ski touring this spring.

BCMC member and sponsored climber Ravil Chamgoulov leaves Monday April 7 for his attempt on Everest, the last of his Seven Summits.

Did you know we're on Facebook and Twitter? Like and follow us at <https://www.facebook.com/BCMountaineeringClub> and @BCMountainClub for club updates.

Bill 4: BC Parks Amendment Act Passed

The FMCBC submitted a letter to the Minister of Environment on March 4th opposing Bill 4: Park Amendment Act which will allow industry to carry out "research" in BC parks related to industrial activities such as pipelines, transmission lines and roads. Bill 4 also reduces legal protection for smaller parks. Although many environmental organizations and individuals submitted letters opposing Bill 4, it passed on March 24th.

BCMC Membership Card Now Available Online

Thanks to Paul Cikatricis, Alan Trick, and Jeff Han we now have the capability on the website for members to print their own membership card.

This membership card will provide a formal way for you to claim the many discounts available exclusively to BCMC members.

1. Login to the BCMC website
2. Click the “My Account” button in the top right
3. Click the link “Print Membership Card” near the top left

This opens a web browser page with your membership card displayed. The photo attached shows what looks like and can then be printed or displayed on a smart phone device. It can also be accessed directly at https://bcmc.ca/membership_card.php if you are logged in.

Studies from the FMCBC

The FMCBC which the BCMC is part of main role is to be an advocate on behalf of non-motorized backcountry recreation users. Protecting non-motorized backcountry recreation activities, access and interests is the FMCBC’s number one goal. In 2012, the FMCBC hired Professor Wolfgang Haider from Simon Fraser University to conduct province-wide research on these three topics. The FMCBC received grant funding from MEC to make this research possible.

The results of the survey are presented in the Non-Motorized Outdoor Recreation in British Columbia in 2012: Participation and Economic Contributions report. These results demonstrate that non-motorized outdoor recreation users contribute significantly to the economy of BC. Conservative estimates suggest that residents of the province collectively traveled more than 1.3 billion km to engage in non-motorized outdoor recreation in the year 2012, and that the direct economic contributions of their participation topped \$3.5 billion.

Dr. Haider conducted a separate literature review on the health benefits of non-motorized backcountry recreation. In his report Health Benefits of Non-Motorized Outdoor Recreation: A Summary of Published Findings, there is strong evidence which shows that a person’s physical health can be improved by participating in outdoor recreation. Michael Feller has provided a more detailed summary of this report below.

Health benefits of non-motorized outdoor recreation

(Report summarised by Michael Feller)

Our Federation of Mountain Clubs of B.C. (FMCBC) obtained funding, primarily from MEC, to have researchers at SFU conduct a review of the health benefits of non-motorized outdoor recreation as well as assess the participation rates and the economic contribution of these forms of recreation in B.C. This was necessary to counter the arguments of the motorized crowd that motorized outdoor recreation was of greater social and economic importance in B.C. The SFU reports were released in March, 2014 and will soon be on the FMCBC website. They make for very interesting and worthwhile reading. Below is a summary of the findings on the health benefits of some of our forms of recreation. The full report - “Health benefits of non-motorized outdoor recreation: a summary of published findings” - is by Stephen Kux and Wolfgang Haider of the SFU School of Resource and Environmental Management.

There have been many studies covering a range of activities that have been linked with benefits to

physical health, but the SFU report focuses on three activities - hiking, rock climbing, and alpine skiing. These activities may not necessarily be the activities with the largest health benefits, but so far they happen to have received the most attention.

Hiking has been studied most extensively compared with other outdoor recreation activities and has been linked to health benefits such as:

- a 50% reduction in the risk of coronary artery disease
- improved heart function;
- improved insulin sensitivity;
- accumulation of lean body mass;
- reduced heart rate and blood pressure;
- increased production of naturally generated stem cells in the blood;
- reductions in blood-bound “bad cholesterol” (low-density lipoproteins);
- improvements in the perceived health of participants.

Interestingly, hiking at higher elevations, even elevations around 1700 – 2000m, has been shown to have increased beneficial effects. Oxygen deprivation (there is increasingly less oxygen as elevation increases) has been shown to improve insulin sensitivity and help the body make better use of the nutrition it receives. While hiking at sea level is advantageous to overall health, hiking at higher elevations provides the additional benefit of reduced oxygen availability.

Rock climbing places different demands on our bodies than does hiking. While both sports impact the cardiovascular system, rock climbing requires more muscular strength and endurance. Both indoor and outdoor rock climbing have been shown to improve strength, cardiovascular fitness, psychological well-being, and even lead to advantageous hormonal responses. Thus, rock climbing has resulted in:

- improved cardiovascular fitness and muscular endurance;
- improved aerobic function;
- more efficient metabolism of oxygen;
- improved hormone regulation;
- improved physical strength and body composition in children.

Downhill (alpine) Skiing is not entirely non-motorized in that participants frequently make use of lifts or vehicles to convey them to the start of a route. However, like hiking and rock climbing, it exercises the lungs and heart. Skiing is also comparable in the demands it places on major muscle groups in the lower body. Skiing, however, is a much more fast-paced activity. As such, it requires the development of reflexes and fast-twitch muscle fibres, providing a unique collection of health benefits. I would expect that alpine touring or ski mountaineering would combine the benefits of both hiking and downhill skiing. Downhill skiing has been found to result in:

- enhanced hormone production;
- lasting improvements to resting heart rate and blood pressure;
- reduced risk of cardiovascular disease;
- increased efficiency in oxygen absorption;
- improved jump height, dynamic leg strength and balance in the elderly.

Health benefits of being in a natural setting

It has been found that simply being present in a natural setting accrues health benefits not seen in participants who spend their time in an urban environment. These benefits pertain to both mental and physical health and include:

- heightened cognitive function;
- higher reported happiness;
- perceived rejuvenation;
- improved attention span;
- greater motivation to address life challenges;
- stabilized heart rate;
- reduced production of stress hormones;
- enhanced responsiveness to stimuli;
- increases in reported spiritual inspiration;
- heightened immune system function and increased production of anti-cancer proteins. (The active agent in this increased production of anti-cancer proteins is thought to be airborne chemicals called phytoncides, which are released by trees).

The study concludes that it is important to provide the public with access to recreation that can improve health and prolong lives. Non-motorized outdoor recreation activities clearly encourage physical fitness. Several general health benefits, such as improved cardiovascular fitness, reduced body fat, and improved strength, can be accrued through participation in many non-motorized outdoor recreation activities. Other health benefits, such as improved insulin sensitivity, and hormonal responses are specific to the type of recreation activity. In addition to simply providing exercise, non-motorized outdoor recreation encourages participants to visit a natural setting and this has been associated with additional physical and mental benefits. Time spent outside of an urban setting has been shown to have a restorative effect on the mental processes of people who engage in it, leading to an improved outlook and a heightened potential to engage in further recreation. Once the cycle of improved health begins to take hold on a person, it creates a self-perpetuating pattern of positive behavioural choices. Extrapolated into the long-term and across a broad scale, non-motorized outdoor recreation has the potential to not only improve the quality of life of most people, but it may ultimately help strengthen Canada's national economy.

Trip Report: Anif Peak and Mt Mulligan (March 23, 2014)

Participants: Ed Zenger, Geoff Zenger (reporter)

Difficulty: 2/3 (steep near the top of Anif)

With a few trips to Alpen Mountain under my belt in the last few years, the time finally came last Sunday for a trip to nearby Anif Peak and Mt. Mulligan, both just SE of Squamish. A small storm had rolled through town on Saturday and so we were hoping to do a short day trip to explore a new area and get some good turns. All requirements would be satisfied.

We left New Westminster around 8:30 and made our way up towards Squamish and turned at the apron parking lot to head up the Mamquam FSR. The turn off for Mt. Mulligan is about 6.8km from the highway, and can be identified by some concrete blocks from an old gate on either side about 10m up the road along with a small sign saying that the road is deactivated (note: there is another turn off to the right a couple hundred metres earlier on the Mamquam FSR. Ignore this one). We

were able to drive about 1.8km up this road to a branch in the road where active logging is under way and where there was too much snow for us to continue. We parked here and headed up the left hand branch, which would in turn lead us up towards Anif and Mulligan.

Not more than 10m up the road, however, we encountered a young couple putting chains on their 4-runner who offered to give us a lift up as far as their truck could make it! We helped them sort out their chains, get them on the tires, loaded everything into the truck, and drove up the road another 100m before the road became impassible due to deep snow, thus saving us approximately 30m of climbing in exchange for only 45 minutes of effort. Not quite worth it, but we appreciated the thought nonetheless.

We started up the road at 11am, and by sticking to the main road and not taking any branches, an hour and a half later found ourselves heading into the valley that divides Mt. Mulligan (to the north / left) and Anif Peak (to the south / right). The snow in here was really sticky from the sun and I had forgot my skin wax at home. There are some great looking runs off of the shoulder of Anif Peak back into the valley, but we wouldn't be tackling them today. At the end of the valley we zig-zagged up to the col between Anif and Mulligan and turned to the right to ascend Anif Peak. The ridge up Anif Peak consists of a number of benches with surprisingly steep steps (45 degree+) in between. They aren't particularly long, and there isn't any significant exposure, but it is something to keep in mind. Finally, just a few minutes after 2 we climbed to the top of the last step and made the quick jaunt over to the true peak, just a minute or two south of the false summit.

The views from the summit of Anif were great for the first few minutes, with excellent views of Habrich, Alpen, the Sky Pilot group, Watersprite and Mamquam areas, and so on. Unfortunately, a few minutes later clouds rolled in over Sky Pilot and Garibaldi and the views disappeared. So, after a break for lunch, it was time to ski back down to the Anif-Mulligan col and head up Mulligan as well. The skiing on the ridge was just fantastic! Great powder, great angle (unfortunately not very long).

We found ourselves putting our skins back on just before 3 o'clock and headed up the south ridge of Mulligan. The ridge has quite dense trees low down which made trail breaking tiring, and it was here that the fact that I was out at a friend's stag the previous night hit me... the ridge seemed to go on forever even though the total elevation gain is less than 200m. We finally reached the summit of Mulligan a bit before 4 o'clock and both agreed that we were really happy that we went up Anif first because the summit of Mulligan isn't much more than a rounded forested bump. Luckily, it has a good ski run down its Northwest ridge, which we followed to a large clearing (with mega sun crust) that led us back down to the road. The road was fast and we made it down in one piece for a total round trip time of 5:45. Not bad for two peaks and around 1200-1300m total elevation gain!

The route ended up being a lot more interesting than I imagined it would be ahead of time and would definitely recommend it for people looking for a good day out not far from Vancouver. You won't see many crowds, and there are enough runs off of the side of Anif to keep someone with sufficient energy interested for a few laps.

