

# CAMP PATRIOT

## 2010 Mt. Rainier Climb

July 9 – 15, 2010



Photo: Mark Seacat

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“Giving Back To Those Who Have Given”

## ***The Climb:***

Welcome to the team, and a personal thanks for your service and commitment to our Nation. I am once again in a fortunate position to assist Camp Patriot in organizing an ascent of Mt. Rainier in Washington State. At an altitude of 14,411 feet, Mt. Rainier is widely considered one of the great mountaineering challenges of the lower 48 states. Mt. Rainier is the most heavily glaciated peak in the U.S. (outside of Alaska) and although not the tallest peak, it is considered by most as being one the most difficult. The 26 major glaciers which encompass the mountains massif, and the numerous rocky volcanic ridges and buttresses create for a remarkable environment. Our particular climbing route is named the Ingraham Glacier/Disappointment Cleaver route. This modern day route is essentially the same one taken by the first ascent party of Philemon Van Trump and Gen. Hazard Stevens in 1870.

The climb begins at Paradise (5,400' elevation), where the main National Park visitor's center and classic log lodge is located. Paradise is located on the S.E. quadrant of the mountain, and was constructed in the early 1900's. In early July, the trail ascending from Paradise will be mostly snow covered with intermittent snow free sections of dirt with rock and log steps. We will hike above tree line at approximately 6,200 feet, above which the trail steepens a bit as we head towards Pebble Creek. This first day is non-technical and it will not be necessary to be 'roped up'. The objective is to reach Camp Muir at an elevation of 10,080 feet.

Pebble Creek (7,200' elevation) marks the beginning of the Muir Snowfield. This snowfield is a perennial mass of snow, which leads us safely between heavily crevassed glaciers to the Cowlitz Cleaver, where Camp Muir is located. As the team hikes up the snowfield, we will discuss and apply very basic but critical energy saving techniques such as the 'Rest Step' and 'Pressure Breathing'. The view is spectacular with the Nisqually Glacier and Ice Fall to the west, and the upper summit ice dome taunting us from high above. It is not uncommon to see and hear ice blocks calving off from within the Nisqually Ice Fall as we ascend to Camp Muir. It will be a full day to reach Camp Muir and it is always a welcome sight.



Ryan Job on the trails above Paradise.



Ed Salau ascending the Muir Snowfield

Camp Muir (Muir for short) is named after John Muir who was one of the original pioneers of this now popular camp site. The camp is in the saddle of a rocky ridge named the Cowlitz Cleaver. A 'Cleaver' on Rainier is defined as a rock ridge or buttress which separates, or cleaves, two glaciers. In this case the Cowlitz Cleaver is the demarcation of the Muir Snowfield and the Cowlitz Glacier. This is where the real climbing begins. Glaciers, by definition, are flowing masses of thick ice and are riddled with crevasses due to the differential flow rates of the ice mass. From Muir to the summit, we will climb on glaciers and steep volcanic rock ridges, and as such, will be roped together for protection in individual rope teams of 3 to 5 climbers. Muir is a collection of old rock shelters (circa 1920), and a few modern one-holers. We will set up tents for our camp off the north side of the ridge, just on the fringe of the Cowlitz Glacier.

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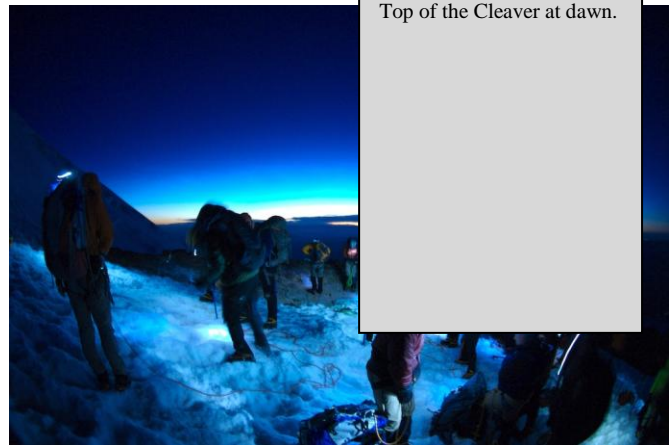
Chad Jukes ice axe training at Camp Muir.



Our second day will be spent entirely at and around Muir. This will be a training day. As a team we will begin to focus on the techniques which will allow us to climb safely and efficiently. We will review the previous day and advance on to the more technical skills of ice axe self arrest, crampon and foot work, team rope travel, team arrest, etc. At over 10,000 feet, we will also focus on remaining well hydrated and fed in preparation for the next big step. The team will rack out early after our training day, as we will make our bid for the summit early in the morning, usually about midnight. By beginning our climb in the pre-dawn hours, we gain the advantage of having frozen snow conditions which limits the potential of ice fall, rock fall, snow bridge collapse, etc. This becomes especially important on the descent.

On our summit day we are roped together in individual rope teams with at least one or two professional climbing guides on each team. Most of these guides I have known for years and are perhaps some of the best mountaineers (and more importantly, big mountain climbing instructors) in America. On Camp Patriot's past Rainier expeditions, two of the licensed guide services for Mt. Rainier, Rainier Mountaineering Inc. (RMI) and International Mountain Guides (IMG), have provided us with incredible assets and support. This year they have both committed to the same level of involvement.

Crampons strapped on, ice axes in hand, harnessed and roped up, we leave camp under the lights from our headlamps, and make a slow ascending traverse across the Cowlitz Glacier to the base of Cathedral Ridge. This will be our first encounter with rock on the route and can be a bit frustrating after the steady cadence gained while crossing the Cowlitz. The slope up to Cathedral Gap is not steep, but is comprised of loose volcanic pumice and wobbly bowling ball sized boulders, which require focus to maintain a steady pace and breathing. Cathedral Gap is a low saddle within Cathedral Ridge and allows us to cross over to the Ingraham Glacier. Once at the gap, we only need to 'scramble' up the ridge a bit to gain the short traverse to what is known as the Ingraham Flats. This low angled area of the glacier is relatively free of crevasses and safely away from other objective hazards (mainly rock and ice fall), which will allow us to group up for our first rest break.



Top of the Cleaver at dawn.

Rest breaks are as brief as possible on our summit climb, only enabling us an opportunity to regroup, rehydrate, fuel up, and assess conditions. Following our first break at *The Flats*, we will traverse the Ingraham Glacier and gain the exposed ledge systems which provides us access to the base of Disappointment Cleaver. *The Cleaver* is a 1,200' vertical rock island, which separates the Ingraham and Emmons Glaciers. Most consider this section the crux of the climb. Comprised of loose volcanic

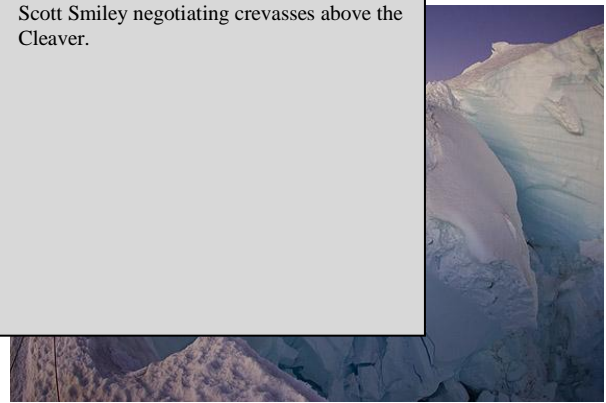
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rock ledges, and steep snow slopes, the Cleaver is a true lung burner! When we reach the top of the Cleaver (12,300'), the sun will just be rising, and we will absolutely feel our place high on the mountain.

The route above Disappointment Cleaver is back on glaciers and can vary drastically from season to season. On our 2007 trip, the route almost immediately traversed well on to the Emmons glacier due to huge crevasses and steep seracs (free standing blocks of ice), directly above the Cleaver. The 2008 route was a bit more direct above Cleaver, but by the time we climbed to our last rest break, at about 13,500, the route was essentially the same. This variation in routes is due largely to the constant movement of the glaciers and variable winter snowpack. Some believe there are thermal hot spots beneath the glaciers, deep in the volcanoes core, which also contribute to this variation in glacial topography through time. In fact, we will see and smell evidence of this thermal activity from fumaroles and steam vents on the Cleaver and at the summit crater.

Scott Smiley negotiating crevasses above the Cleaver.



Final steps to the summit crater rim.



Mt. Rainier is a dormant volcano, last erupting about 2,000 years ago, when the present crater was formed. From our last break on the very upper reaches of the Ingraham Glacier, our team will ascend the summit ice dome, and reach the summit crater rim at an elevation of roughly 14,200 feet. The crater is completely filled with snow and ice, with only the rocky rim of the crater exposed periodically around its circumference. The 'true summit' is a bump of rock and snow on this rim, directly across from where our route tops out – ¼ mile away and 211 feet higher. If the weather, time, and group condition

permits, we can hike this remaining bit to gain the highest point on Rainier, Columbia Crest, at 14,411 feet ASL. After a brief period at the summit crater, refueling and the obligatory photo op, the team will begin the demanding decent back to Muir. If all goes well, we should be back in camp by mid-day, off the upper mountain before the potential heat of the afternoon.

The weather can obviously be one of the many hazards of the mountain. As moist frontal systems off the Pacific collide with the massif of Rainier, huge storms can result, with high winds and large amounts of precipitation. Adverse weather can make even the relatively low elevations of the Muir Snowfield a treacherous place. The unique conditions on Mt. Rainier have made it a test piece for many teams training for the big mountains of the world.



Ryan in the summit crater of Mt. Rainier.

Again, welcome to the team, and I am looking forward to another incredible trip.  
-Curtis Fawley

## ***2010 Climb Itinerary:***

### **Friday, July 9<sup>th</sup>:**

Travel day. Team members arrive at Sea/Tac.

1:30p – Team checks in at hotel (TBD) in Seattle.

3:00p – Team drives to Seattle Seahawks office and Qwest Field for private stadium tour and photo op.

5:45p – Team assembles in private Club Suite at Qwest Field for pre-climb banquet.

6:00p – Remaining climb and support team members arrive at Qwest Field for dinner with guest speaker and climbing team member, Scott Parazynski. Scott is a former NASA and a veteran of five Space Shuttle flights. In May of 2009, Scott climbed to the summit of Mt. Everest, making him the only person to have both flown in space and climbed to the highest point on Earth.

9:00p – Return to hotel.

### **Saturday, July 10<sup>th</sup>:**

Team departs Seattle, 8:00a, and travels to the town of Ashford, at the entrance to Mt. Rainier National Park. Once in Ashford, the team will check, organize, and pack all necessary individual and group gear. Team meeting discussing on mountain schedule for next four days. Spend night camping in Ashford. Rooms for Vets are available in Ashford compliments of Whittaker's Bunkhouse.

### **Sunday, July 11<sup>th</sup>:**

Depart Ashford, 8:00a and drive to Paradise Visitors Center at 5,400' on the south side of Mt. Rainier. Team checks final loads and begins the 4.5 mile hike up Muir Snowfield to Camp Muir at 10,080'. Establish camp and spend night on the Cowlitz Glacier.

### **Monday, July 12<sup>th</sup>:**

Training day on the Cowlitz Glacier and around Camp Muir. Team will cover basic climbing techniques and prepare for a mid-night departure for a summit attempt. Second night on Cowlitz Glacier at Camp Muir.

### **Tuesday, July 13<sup>th</sup>:**

Summit attempt via Disappointment Clever route. Third night at Camp Muir.

### **Wednesday, July 14<sup>th</sup>:**

Descend in the A.M. from Camp Muir to Paradise. Drive to Ashford for post climb BBQ and celebration. Spend night in Ashford.

### **Thursday, July 15<sup>th</sup>:**

Travel day. Drive from Ashford to Sea/Tac. Return home.

## ***Physical Conditioning for Mountaineering:***

Climbing requires cardiovascular endurance (via aerobic training), strength endurance (through strength conditioning), and climbing-specific training (via hiking with a pack). Being in strong physical shape is one of the most important aspects for success on a climb. During your training, you should be planning to progressively ramp up your pack weight, duration (time or mileage), and speed of weekly training hikes to give you climbing-specific conditioning that cannot be matched by any other sort of training.

**Cardiovascular conditioning** - Suggested activities include jogging, walking on an inclined treadmill, doing stair stepping or stepmill training, trail running, working on an elliptical machine, walking up and down hills, or participating in step aerobic classes. While biking, rowing and swimming are also good cardiovascular options for the off-season or earliest stages of training, be sure as you get closer to your climb that you include predominantly spinal-loading cardiovascular exercise such as any of the activities mentioned above.

When first beginning a cardiovascular training program, begin with three workouts (i.e. Monday, Wednesday and Friday) of 30 minutes of sustained activity at a moderate intensity, and build to 4-5 aerobic sessions of sustained effort for at least 45-60 minutes (taking perhaps Wednesday and Sunday as days off, for example.) Be sure to include a 5-10 minute gentle warm-up before working at your target heart rate for the day (for most workouts, choose a level of exertion that allows you to connect a few words together in a phrase, but leaves you feeling comfortably tired at the end of the workout), and cool down with 5-10 minutes of appropriate stretching of the muscles you use most in your activity, including lower back, calves, hamstrings, hips and quadriceps.

**Strength conditioning** - Training with free weights, bands, a backpack, bodyweight exercises, or gym machines will help you build overall strength, particularly in the core (lower back and abdominals), upper back and shoulders, and legs. Developing strength in your upper back and shoulders will help you with such tasks as carrying a heavy pack, using trekking poles and ice axes effectively. The calves, hips, quads, hamstrings and glutes are all involved in ascending and descending glacier, ice, and rock routes, and strength endurance is required in all areas of the legs and hips.

Training primarily with free weights will give you the functional, climbing-specific strength that will help you most in the mountains. Free weight-training requires that you balance the weights as you would your own body, weighted with a pack, in three-dimensional space. When starting any strength conditioning program, complete two full-body strength workouts a week for 30-45 minutes each, focusing on compound exercises such as squats, lunges, step-ups, dips, pull-ups, rows, dead lifts, bench

## ***Physical Conditioning for Mountaineering (cont.):***

presses, pushups, and overhead presses. In the beginning phase of strength conditioning, your focus will be building a foundation for harder workouts; to that end, keep the weight light enough to concentrate on good form and complete 2 sets of each exercise for 12-15 repetitions. As you continue to train, you will shift focus to building strength, strength endurance, and mental and physical stamina; each phase varies the weight used, repetitions completed, number of sets, and rest interval. Most important in strength training is to be sure you maintain proper form at all times in order to prevent injury or strain.

**Climbing conditioning** - Hike steep outdoor trails, gradually increasing your pack weight with each outing until you are at your target climb pack weight. If you live where it is relatively flat, go up and down stairs or train on an inclined treadmill or whatever terrain you have access to. A reasonable goal would be to ascend 3,500 feet carrying an average pack of 40 pounds in a 2-3 hour period, or roughly 1,250 vertical feet in an hour. A good training option for pack weight is to carry water in gallon containers or collapsible jugs, so you can dump water at the top as needed, to lighten the load for the descent.

One training technique that is useful for altitude climbing is to include higher intensity interval training in your weekly program. To do this, find a steep hill or sets of stairs that will allow you to climb steadily for several minutes. Push as hard as you can going up, then recover coming down, and repeat for anywhere from 20-45 minutes depending on how close to your climb you are. Add weight to your pack on a regular basis until you can carry your 40# pack weight the whole time.

In early season, you might start with a hike that gains up to 1500' elevation over 6 miles round trip and carry a 15# pack; each hike try adding 3-5 pounds until you are comfortable with a 40# pack, then begin increasing the total elevation gain and mileage. When you can gain 3,500 feet with a 40# pack, start decreasing rest breaks and increasing speed, and once you reach your target time, add the final weight until you can carry your 65# pack for the desired elevation gain and mileage.

## ***Equipment List:***

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**\*Please mark items you have and items you'll need (with a note of size if applicable). You'll need all items on list, so let me know and I will make arrangements for any gear you do not have.**

**Please fax this list back to me @ 970-963-0948.**

**Feel free to call me with questions on any of these items @ 928-978-0915.**

TEAM MEMBER: \_\_\_\_\_ CONTACT # \_\_\_\_\_

HAVE	NEED	SIZE	ITEM
			Med. Weight wool or synthetic socks – 3 pair (I don't use liners under my main socks, but if you are use to the combo then bring thin synthetic liner socks as well – 3 pair).
			Lightweight synthetic underwear – 1 pair top & bottom. <i>No Cotton</i>
			Expedition weight synthetic underwear top – large enough to comfortably fit over lightweight underwear top. I prefer a zip T neck.
			Fleece or soft shell style Jacket – large enough for comfortable fit layered over the two underwear tops.
			Lt. Wt. Fleece or soft shell style Pants – 1 pair, preferably with full length side zippers
			Hard Shell Jacket w/ hood –large enough to layer over base layers. Gore-Tex or similar fabric.
			Hard Shell Pants – preferably with full length side zippers. Gore-Tex or similar fabric.
			Insulated Parka w/ hood – medium weight, down or synthetic. Large enough to fit over all other upper body layers. You may think this one is overkill, but trust me, you'll want this one.
			Gaiters – Sturdy, good quality, Gore-Tex or similar. Large enough to fit over plastic climbing boots.
			Double plastic climbing boots (I don't expect you to have this, we will be outfitted with these in Ashford) Give me your running shoe size for now. Same is true with crampons and ice axe.
			Gloves/Mitts – Three pairs total of different weights. One light weight synthetic, One ski glove type, One lightweight mitt w/ Gore-Tex shell.

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HAVE	NEED	SIZE	ITEM
			Warm pile/wool hat
			Lightweight Balaclava.
			Ball cap & Bandana.
			Glacier Glasses w/ side shields and Ski Goggles
			Hiking shorts.
			Back Pack – Internal frame (approx. 5000 cu. in.).
			Sleeping Bag – Rated to 10 degrees +or-.
			Therma-Rest self inflating sleeping pad or similar. An additional Ensolite pad is nice
			Ski or Trekking poles
			Large plastic insulated mug w/ lexan spoon (You'll use mug as a bowl also).
			Headlamp w/ fresh and spare batteries.
			Small & light first aid kit. Aspirin, antibiotic, alcohol wipes, moleskin, athletic tape, band-aids, etc.
			Sunscreen & Lip balm – SPF 30+
			Water bottles – 2 @ one liter each w/ wide mouth. <i>No Camelbacks</i>
			Small toiletry bag – T.P., toothbrush & paste, etc.
			Pocket knife & “Bic” lighter.
			Camera & note pad.
			Climbing harness w/ adjustable leg loops or alpine style.
			Climbing helmet
			Carabiners – 2 locking, 2 non

## ***Medical Release:***

Wilderness and outdoor activities include potential risks. These dangers include, but are not limited to: avalanches, rock falls, crevasse falls, slips and falls on steep rock or ice slopes, inclement weather and freezing temperatures, and dangers associated with high altitudes, etc.

All personnel involved knowingly understand and accept such risks, through a written Release.

Pre-existing medical conditions involving brain, heart, and lung diseases or disorders must be considered in accepting staff and guests into such situations.

Certain pre-existing medical conditions or physical injuries and results thereof may limit some activities.

All outdoor activities include potential exposure to plant and animal life that may present toxic, allergic or traumatic injuries. Participants acknowledge said risks and knowingly consent to all risks attendant to such exposure.

Falls, especially from heights, are risks of all activities.

Water based activities: fishing, boating, swimming, snorkeling, compressed gas diving, water skiing/wakeboarding/tubing all share risks of hydrostatic pressure injuries, drowning, sun (ultraviolet) exposure, marine toxins and animal induced injuries.

High altitude activities have special ultraviolet exposure risks due to reduced protection from the reduced atmosphere at altitude; low oxygen level complications for individuals with heart or lung disease even at altitudes above 3000 feet, and for even individuals without prior disease or injury at altitudes above 7000 feet.

High Altitude Pulmonary Edema (HAPE) (water in the lungs) and High Altitude Cerebral Edema (HACE) (swelling of the brain) are potentially fatal complications at altitudes above 7000 feet. Certain medications can increase the risks of these processes, requiring advanced preparation and specific countermeasures in a timely fashion before engaging in said activities.

Altitude changes are also associated with rapid temperature changes, and severe wind and storm conditions. Hypothermia and frostbite are possible complications resulting from near freezing or sub-freezing temperatures.

These considerations require that all staff and guests have prior medical clearance from their physicians, timely executed before plans are finalized.

*Participant's Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_

*Physician's Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_

**RELEASE & HOLDHARMLESS AGREEMENT:**

**Re: 07/09 – 07/15/2010 - Mt. Rainier Climb**

**RECITALS:**

The following individual is expected to take part in a climb of Mt. Rainier over seven days [07/09 to 07/15/09]. The participant hereby acknowledges that he/she is well aware of the dangers involved in such a climb. These dangers include, but are not limited to: avalanches, rock fall, crevasse fall, slips and falls on steep rock or ice slopes, inclement weather and freezing temperatures, and dangers associated with high altitudes, etc.

The below signer signs this Release and Holdharmless Agreement [hereinafter, **RELEASE**] with the knowing intent to fully release and hold harmless and forever acquit and discharge the Releasees, their agents, employees, and family members, who are the climb guides: **Curtis Fawley, Anne Keller, Art Rausch**, and other guides unnamed at this time, and the climb organizers, **Micah Clark** and **Camppatriot.org** from death, all types of injury, all property and other damages, claims, rights, demands, all types of liability and/or negligence, all legal causes of action of any kind or nature, including those known and presently existing and those unknown that may or will incur or present itself/themselves at any time in the future resulting from or in any way related to the climb and all events surrounding the claim, i. e., for all events 72 hours both before and after the climb and the duration of the climb itself.

The **RELEASE** extends to the Releasees, their spouses, children, heirs, assigns, representatives and all others who could be directly or indirectly liable for any damages or injuries resulting directly or indirectly from any act or failure to act by any Releasee as set forth hereunder.

Under this **RELEASE**, the Releasor intends to release the Releasees from all joint and/or severable liability, and from all degrees of negligence that directly, indirectly or incidentally result in mistakes, errors, faults, wrongs, blunders, failings, slip-ups, miscalculations, inaccuracies, all acts and/or failures to act, all omissions, all oversights, and all unanticipated events, or other failures or events of all kinds and nature that directly, indirectly or incidentally results in any damage or injury as set forth, supra.

The Releasor intends that this **RELEASE** fully binding on all their spouses, children, siblings, successors, heirs, assigns, representatives, and all others who would attempt to claim any rights under or through the Releasor.

If this climb does not go forward at the expected time, the Releasor intends, expects and acknowledges that this **RELEASE** will be effective for a Mt. Rainier climb to any postponed date up to and through 11/01/10.

The Releasor acknowledges that he/she has read this **RELEASE** and fully understands all the terms herein and understands its legal and binding effect and that he/she voluntarily executes the **RELEASE** without any reservation or duress or influence of any kind from any source. The releasor further acknowledges that he/she has had the opportunity to have this **RELEASE** reviewed by legal counsel of their choosing for any advice counsel could provide.

\*\*\*\*\*

Date: \_\_\_\_\_, 2010

\_\_\_\_\_  
(print name)  
Releasor

\_\_\_\_\_  
(signature)  
Releasor

## ***Recommended Reading/Viewing:***

Molenaar, Dee. *The Challenge of Rainier*. The Mountaineers, 1979

The Mountaineers. *Mountaineering: "Freedom of the Hills"*. 2003

Gauthier, Mike. *Mount Rainier: A Climbing Guide*. Mountaineers Books, 2005

Mt. Rainier climbing web site - <http://www.mountrainierclimbing.blogspot.com/>

Mt. Rainier National Park - <http://www.nps.gov/mora/index.htm>

A good discussion on clothing by our good friend Phil Ershler -  
<http://www.youtube.com/watch?v=VXMrMRo42RY&feature=related>

Mystery Ranch video highlights from our 2009 Mt. Rainier climb -  
<http://www.youtube.com/watch?v=nqfEBhItuNE>

Seattle Seahawks video from our 2009 pre-climb banquet -  
<http://www.youtube.com/watch?v=wbkTd5x1j3w&feature=related>

## ***Checklist:***

- Gear List:** please complete and return ASAP. Just let me know what gear you might have, and I will secure the rest for you. Every team member must have every item on the list. Sizes are important!
- Medical Release:** please review with your physician, sign and return to me.
- Release & Hold harmless:** please review, sign and return to me.

**My contact info:**

**Curtis Fawley**  
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(fx) 970-963-0948