

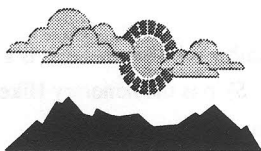
Hiking Horizons

"Taking you to new heights"

A Publication For Adventure Hikers of the San Diego Peaks Club

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Views from the Top

HELP! I'm getting laid off from UCSD Medical Center at the end of the month. Time for networking. Anyone know of any jobs out there? Call me 583-0266!

DUES ARE DUE!! Don't forget the multi-year deal: two years for \$28, and three years for \$38 (What a bargain!).

I would like to thank the members who have sent kind notes with their renewals (See "letters"). It's nice to receive feedback.

As if we needed it, we have a new list! This is a list of 146 benchmarks found in and around Anza-Borrego State Park. This is a fun list. Lorin and I went to bag some around Clark Dry Lake and they were tough, since there is absence of distinctive features around each of them. We used techniques such as compass bearings, pacing and catching features to find the elusive markings. What a great time.

Welcome to new members Stace Beaulieu (a delightful woman who graduated college at 19), Virginia Calimlin (a strong hiker with Al Holden's Monday group), Mike Tollas and Reema Sanghvi (Reema's an anesthesiologist with a two year old daughter), Laurie Ann Domingo (likes weekend moderate-hard hikes), and Penelope May from Laguna Beach. The club has 140 members.

DANGER TO HIKERS

by Lucy Rosenau

The ironies are ineluctable. We go to the wilderness to escape the travails of everyday life. So do they. We seek solitude. So do they. We understand the importance of migration corridors. So do they.

"They" are illegal immigrants and drug smugglers who are now using two Southern California wilderness areas in such numbers that the Forest Service is warning recreationists who choose to visit Hauser or Pine Creek wilderness in the Cleveland National Forest not to confront anyone suspicious. An internal Forest Service report put it more bluntly: "The entire Hauser Wilderness is in the control of the smugglers. The public should not use that part of the forest because of the dangers associated with trafficking drugs and smuggling aliens."

Because of their proximity to the California - Mexico border, the wilderness areas have been used by immigrants and smugglers in the past. But stepped-up enforcement at other parts of the border are driving illegal immigrants and drug smugglers into ever more remote wildlands. In 1995, the Forest Service apprehended 511 of the 774 illegal immigrants sighted in the forest and seized 160 pounds of cocaine and almost 1,000 pounds of marijuana, according to the report. The increase is also attributed to the recent collapse of Mexico's economy.

The rugged terrain of the wilderness areas and budget limitations mean that despite increased enforcement by the Forest Service and Border Patrol, the smuggling will not easily be stopped so long as there is an economic incentive to reach the United States. The Forest Service report details the economics and logistics of the smuggler's trade: "Alien and drug smuggling is very lucrative. The aliens that are smuggled into the United States already have some family members living here. A fee is charged for each alien, approximately \$400 per male and \$600 per female. Females cost more because they are considered slower for the smuggler.

"If they get into the United States, they are taken to a safe house where the smuggling operators call the family...and advise them they may come pick up [their relative] for a price. The family ... usually makes payment. If no payment is made, the person is basically put out on the street.

"When the smuggling occurs [in] the forest, members of the party that fall behind are left behind. This usually includes the very old, very young,

SMUGGLERS (AKA COYOTES), *continued on page 8*



In this issue

Hiker of the Month.....	2
<i>Skip Ruland, he made a difference</i>	
Trail Talk.....	2
Foot Notes.....	3
<i>Mark finishes SDPC and HPS, Big Picacho Dayhike</i>	
Going Light by Kelly Maas	3
Calendar of Events	4-5
<i>Summertime hikes, Paul's "Maintain fitness" hikes</i>	
Borrego Benchmarks, a new list.....	9-11

HIKER OF THE MONTH

On May 6, 1996, **SKIP RULAND**, hiker, author, artist, founder of the San Diego Hiking Club (formerly: San Diego Backpacking Club) passed from this world. He died of natural causes after several years of ill health. He is survived by family and many appreciative friends.

Skip was not a Peak Bagger, he referred to himself as a Meadow Meanderer. Indeed, the motto he chose for the Hiking (Backpacking) Club was to reflect this attitude: "a gentle leader into the Wilderness". He founded the Backpacking Club in 1980 to afford people the opportunity to trek into the local back country in small groups. After interest grew in dayhiking, the name was eventually changed to the San Diego Hiking Club. A not-for-profit corporation was formed, The Wilderness Association of San Diego, originally intended to be an educational/informational organization. For many years his knowledge of the San Diego back country was unsurpassed. He knew much of the obscure history and lore and legends of the out-of-the-way places in San Diego County. Skip, your stories have been missed at our campfires.

I'd like to close this tribute with the last journal entry made by Skip a few days before

his death.

"May 1, 1996

Thank you Father God for creating the heavens and earth for us to enjoy. Your creation is beyond anything that I could ever understand. The sound of music, voices, the wind, rivers, birds and animals.



The forms and colors of mountains, deserts, trees and flowers. The taste of potatoes and onions and eggs. The touch of another human being. The smell of cooking. The feel of the weather, pain and pleasure, accomplishment and defeat. It's impossible for me to imagine a place where

these experiences do not exist. It's beyond my understanding that so many people deny your existence and your creation. Their other beliefs deny them the enjoyment of your presence and your creation."

By D. Guy Harris

Guy is a Board member with SDHC and is a member of SDPC. Skip is the honorary Hiker-of-the-Month for June.

The Hiker-of-the-Month of July goes to 4x winner **JOHN STRAUCH**. John previously won the HOTM for completing all the hikes in Afoot and Afield in San Diego County, first edition, completing the SDPC list, winning the National Championships of the American Contract Bridge League, and now for completing all the hikes in the second edition of Afoot and Afield. Yes, he started from scratch and completed all 192 hikes. John gets some of his bridge buddies to bag all the one and two star hikes (and a few of the three star) and hikes with the SDPC or on his own to do the four and five star hikes. Hey, do you think John likes to hike?!

TRAIL TALK

•**STEVE ECKERT** writes, "A friend of mine wrote me this line: 'I know my knee is getting better because now when I have knee pain, it's the other one.'

Reminds me of back before I had surgery on both knees... I was bitching about the pain when I rounded a corner of the trail from North Lake, and almost ran down a guy with two strap-on canes. He said "The good news is that my knees no longer hurt" and smiled. Then I realized that he had artificial legs from mid-thigh down, both legs. He was still carrying a backpack!

I stopped complaining. My life seemed a little better than I had realized, and I had someone to admire.

See you in the mountains, pain and all."

•After 35 years working for the Navy Department, **GAIL HANNA** (272-5141) is retiring on July 3. Among her many goals are the completion of the SDPC list and more great adventures with her hiking buddies. She is looking for companions for "serious" midweek hikes. (Hey, Gail, when are you going to trade in your 1942 Volkswagen for a 4WD truck?!

•New member **STACE BEAULIEU** had a tough first hike. John Strauch noted it was the "generation hike." Lorin is in his 60's, John is in his 50's, I am in my 40's, Jerry Higgins is in his 30's, and Stace is in her 20's! We did a lot of bushwacking, down Tule Canyon and up Nance Canyon in Anza-Borrego near the top of Coyote Canyon. It wasn't that it was difficult, but 5 out of 6 hikers got poison oak and Stace adds, "You can probably call me a whiner now, too: POISON OAK SUCKS." You're no whiner, Stace, that was a nasty -but interesting - hike, and yes, poison oak sucks!

•Sorry to hear that **JO-ANN MARTIN**

broke her arm April 19th. She was leading a hike, less than a minute into it, when she slipped and all the weight of her 40 pound backpack fell on her arm. It hasn't slowed her down one bit though. She hikes with her arm in a cast, hiking up and down steep terrain. Kudos to you, Jo-ann.

•**JERRY SCHAD** will have a new hiking book out next month, 101 Hikes in Southern California. This book will feature the Outlaw Trail (Palm Springs to the tram) in detail.

SUZANNE BOOKER reports that two weeks ago near Borrego Visitor center (presumably en route to Ode and Kay) she was the victim of a dry rattlesnake bite. She kept on hiking. She never heard or saw the snake. The bite left the traditional "two fanged" scar. She is healing OK and did not receive any medical attention. Since there was no residual pain or numbness, she assumed the bite was dry. Statistically, 80% of all rattlesnake bites are dry, lucky for her.--Mark

Recently, **WYNNE BENTI** of LA saw a huge mountain lion NEXT TO THE ROAD as she "car-bagged" Hot Springs Mountain.

GOING LIGHT

OK...you've signed up for an exciting trip, but the leader's told you to be sure to "go light," probably because of some combination of 1) a lot of miles, 2) a lot of cross-country travel, 3) a lot of elevation gain, or 4) a lot of days. Packing light also becomes crucial when you're carrying several pounds of technical gear for a difficult back-country climb.

While Norman Clyde is said to have carried a 90 pound pack, many PCSers routinely carry less than 20 pounds for weekend trips in the summer. By going light, we free ourselves to climb high and fast instead of acting as pack animals. Hopefully it will also extend the service life of my knees. Everyone has their own opinions on the subject, but here's my two cents worth on going light in the mountains.

The fundamentals of going light are simple: eliminate from your pack what is not essential, and reduce the weight of that which is essential. As part of this exercise, you must consider your tolerance for physical discomfort and your desire to be prepared for emergencies. You may also want to check the size of your wallet, though much weight can be saved without spending a wad of money. The process should become easier with experience.

When I was transitioning from backpacker to climber, I saw food and clothing as the areas where I could make the most progress. I was originally told to bring plenty of food because of the thousands of calories I burn when in the mountains. In reality the altitude always reduced my appetite and I'd come home from weekend trips with 2 pounds of uneaten food. I probably carried more than 500 pound-miles of uneaten food before tackling this problem. This involved analyzing what I really ate, plus realizing that underestimating my food requirements a little bit is no big deal. My goal now is to return from a trip with no food in my pack. I usually carry no lunch for the last day if it's just a hike out. Sure, I've burned more calories than I've eaten, but it doesn't affect my performance (which is more dependent on conditioning), and I can make it up at the Sizzler on the way home. There is a limit to this calorie deficit, however. After a few days on the trail, my appetite returns and my food intake goes up.

A good way to save weight on short trips is to leave the stoves at home. This means not taking dried (i.e. lighter) foods, but the net effect is less weight. On multi-day trips, when carrying a lot of food, it is probably lighter to carry dried foods and a stove.

At this point, many readers are probably saying "but what about food for an emergency?" On most trips I don't carry any. I may be complacent because I've never faced such an emergency, the worst of which is probably having a bear destroy your food. This is my thinking: 1) an emergency will not extend a trip by more than a day, 2) no one will be harmed by going for a day without food, and 3) everyone else always has too much food anyway. At least one PCS member frequently carries too little food on purpose, yet has never gone hungry.

A quick side note on being prepared for mountain emergencies. It is far better to avoid subjective hazards by exercising good judgment than to base one's safety on a pack full of "just in case" gear and food. It often holds true in climbing that "speed is safety," implying that being too "prepared" can be as much a liability as an asset. For objective hazards (where good judgment is of no help), I don't carry much more than a first-aid-kit.

Clothing. The key here is that the Sierra has the best weather of any major mountain range in North America (though every rule has its exceptions). For weekend trips in particular, it's usually easy to predict the weather, so I don't bother preparing for unlikely scenarios.

GOING LIGHT, *continued on page 6*

Foot Notes

SDPC LIST FINISH

Ever had a perfect day? Being where you want, doing what you want, and enjoying the experience with friends. I do a LOT of solo hiking, but last Saturday (5/4/96) I had a "perfect" day. Not only was I in the mountains, climbing a peak, I was with fifteen close hiking/climbing "associates". Light years away from the Internet, flames, diatribes and "drivel", we were climbing Combs Peak here in San Diego in pursuit of my simul-finish of the Hundred Peaks Section's 276 peaks and the San Diego Peaks Club's 117 peaks lists which coincidentally "share" 6,193' Combs Peak.

I was worried it would be too hot; it wasn't. I was worried people would get lost finding the elusive trailhead; they didn't. I was apprehensive someone might get seriously hurt as happened on my DPS list finish; a few scratches at worst. Although I had planned a ten AM departure, we didn't get going until closer to eleven. Hey, this was a casual stroll, mostly along the PCT, time was not an issue as it had been on numerous peaks before. An hour into the hike along the PCT and we were at the saddle just east of Combs' eastern slope. From here, the use-route looked thick with brush, but then, this is an HPS peak and was an all-too-familiar sight. The views from here had opened up into the desert to the east and to the north to Anza and the Desert Divide. After a short water break at the saddle, I led the group up the final 500 or so feet, hiking on a semi-brushed and ducked use-trail, over a five foot pitch of low-class three rock, then a few more feet of brush to where I arrived at USGS benchmark COMBS, my 276th HPS and 117th SDPC summit, at around 11:30 AM Saturday morning amidst cheers, hugs, and handshakes. It wasn't long before the corks started to pop and the cold Champagne was flowing. I usually don't drink before noon, but this was an exception.

The cool summit breezes forced some to wear wind breakers, but the chilling air felt good against my damp shirt. From Combs Peak I think you can literally see at least 100 HPS peaks and another 50 SDPC peaks within the sweeping 360-degree panorama. Many nostalgic memories came to mind, the most memorable being my NDA (near death adventure) hiking the Santa Rosa Ridgeline (from Toro Peak SE over Rabbit, Villager, Mile High, and Rosa to S-22). There were more peaks than I could name, at least after several glasses of Champagne. The views extended from northern Anza-Borrego State Park and Santa Rosas to Mount Baldy and San Gorgonio; out beyond the San Jacinto and Desert Divide to the Little San Bernardinos (JTree), over to Santiago and Modjeska, Palomar and a swath of San Diego County from Cuyamaca Peak to El Cajon Mountain.

We lounged on the summit for what seemed like an hour pointing out peaks and recollections of their ascents. Then there was more Champagne, pictures and signing in the new register and can (did someone leave that there just for ME!). After all this, I was really surprised when Terry Flood called everyone's attention to read "his" list of "Top 10 ways to know that Mark is delusional about peak-bagging and has spent way too much time at altitude!". To cut to the chase, "the #1 way to know that Mark has gone completely maniac, nutso, wacko, off the deep end, and totally crazy about peak-bagging; is that he thinks that people with jobs should GET A LIFE!!". With that truth said, it was time to leave Combs and go get started (continue) on another list which several of us have affectionately dubbed the "Obscure Peaks List" or, OPS. This list primarily consists of otherwise unlisted range highpoints mainly contained in, but not limited to, mountain ranges in

LIST FINISH, *continued on page 6*



WEEKEND OUTINGS



Paul is going to lead a series of easy, 4-5 hour "maintain-your-fitness" hikes throughout June, July and August.

JUNE 22 SAN JAC DAYHIKE. Al 273-2494. This hike will attempt to go crosscountry from Suicide Rock to Marion Mountain.

JULY 1-11 PUERTO VALLARTA AND A COLONIAL CITY LOOP. Carl Johnson 448-8542. Fly to Puerto Vallarta, local bus transportation to Guadalajara, Guanajuato, Morelia, Queretaro, and San Miguel de Allende. Spend most of trip at 6000 feet.

JUNE 30 MAINTAIN-YOUR-FITNESS HIKE. PAUL 583-0266. IRON MTN. Meet at Ellie Lane at 7 am, so we can get through before it gets too hot.

JULY 4-6 SAN JAC BLOWOUT BACKPACK. Al 273-2494. Get all seven peaks in the San Jacinto area on this superb trip. I went on it last year and it is a great, great hike.

JULY 14 MAINTAIN-YOUR-FITNESS HIKE. PAUL 583-0266. CUYAIPAPE AND OTHER GOODIES. Meet at 6:30 am in Mission Valley so we can be at the trailhead by 7:30.

JULY 20 EL CAPITAN DAYHIKE. Carl Johnson 448-8542. Sierra Club. Tough hike with 4000 feet of elevation gained by end of trip.

JULY 20-25 ROCK CREEK CAR CAMP. Tom's Place, Sierras. BBB members Terri Sutor and Terri Astle (571-0471) are leading five days of dayhikes. This event was very well received last year.

AUGUST 4 MAINTAIN-YOUR-FITNESS HIKE. PAUL 583-0266. SUNSET TRAIL LOOP. See ya at 6:15 am in Mission Valley.

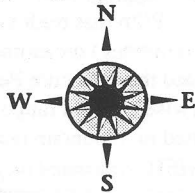
AUGUST 3-11 COPPER CANYON. Carl and Nancy Johnson 448-8542. Special private charter bus trip \$500.

AUGUST 31 SILL HILL WATERFALL. Cuyamaca area. Carl Johnson 448-8542. Sierra Club. Limited to ten hikers.

OCTOBER 26 OUTLAW TRAIL. PAUL 583-0266. I wanted to do it the next weekend, but this date has a full moon! If you want to do back-to-back trips you can join the DPS next weekend.

NOVEMBER 9-11 MELING RANCH. Veteran's Day weekend. Carl Johnson 448-8542. Call for details.

DECEMBER 28-JANUARY 4 COPPER CANYON. Enjoy New Years the right way! This fills up quickly. Carl Johnson 448-8542.



SAN DIEGUITO RIVER PARK SATURDAY HIKES

All hikes require a reservation. Call 235-5440 x5. Reservations should be made within 48 hours of activity. This is a partial list of events, edited by the Peaks Club.

JUNE 22 Saturday, 9-12. Piedras Pintadas Trail Hike. Join Chris Khoury for an educational walk. Learn about habits and lifestyles of the Kumeyaay. From I-15 to W Bernardo Dr/Pomerado exit. Head west off freeway for 1/4 mile. The site is directly across the street from the Casa de las Campanas Retirement Center. Park in dirt lot.

SAN DIEGUITO RIVER PARK NEWS

Special thanks to Supervisors Pam Slater, Ron Roberts and Greg Cox for taking action on January 30, 1996 to unfreeze the County's share of the San Dieguito River Park budget. The Supervisors also voted to approve changes made by the JPA Board in the Park's Focused Planning Area, and take steps toward transfer of the 1,164.5 acres purchased with San Dieguito River Valley Proposition 70 funds to the JPA. (Excerpt from RIVERSCAPE, Spring 1996).

ANZA-BORREGO FOUNDATION REPORT

In 1995, a total of 462 acres were acquired. Two parcels of 160 acres each were donated by the Kuhrts-Burnand family and another 10 acres from the Beegle estate. Total cost of acquisitions for 1995 was \$45,942.02....

"At the close of 1995, our first ever annual appeal had raised \$8,339 from 90 donors...."

"For the fourth consecutive year, ABF participated in Adventure 16's Annual Swap Meet and Sale in May. ABF gained 69 members... and earned \$1,706 from the proceeds of the sale.

Beginning in 1995, the major effort for ABF is the quest to acquire the wetland-riparian habitat at Sentenac Canyon and Cienega and property north of Scissors Crossing...." (Excerpts from DESERT UPDATE, Spring 1996).

