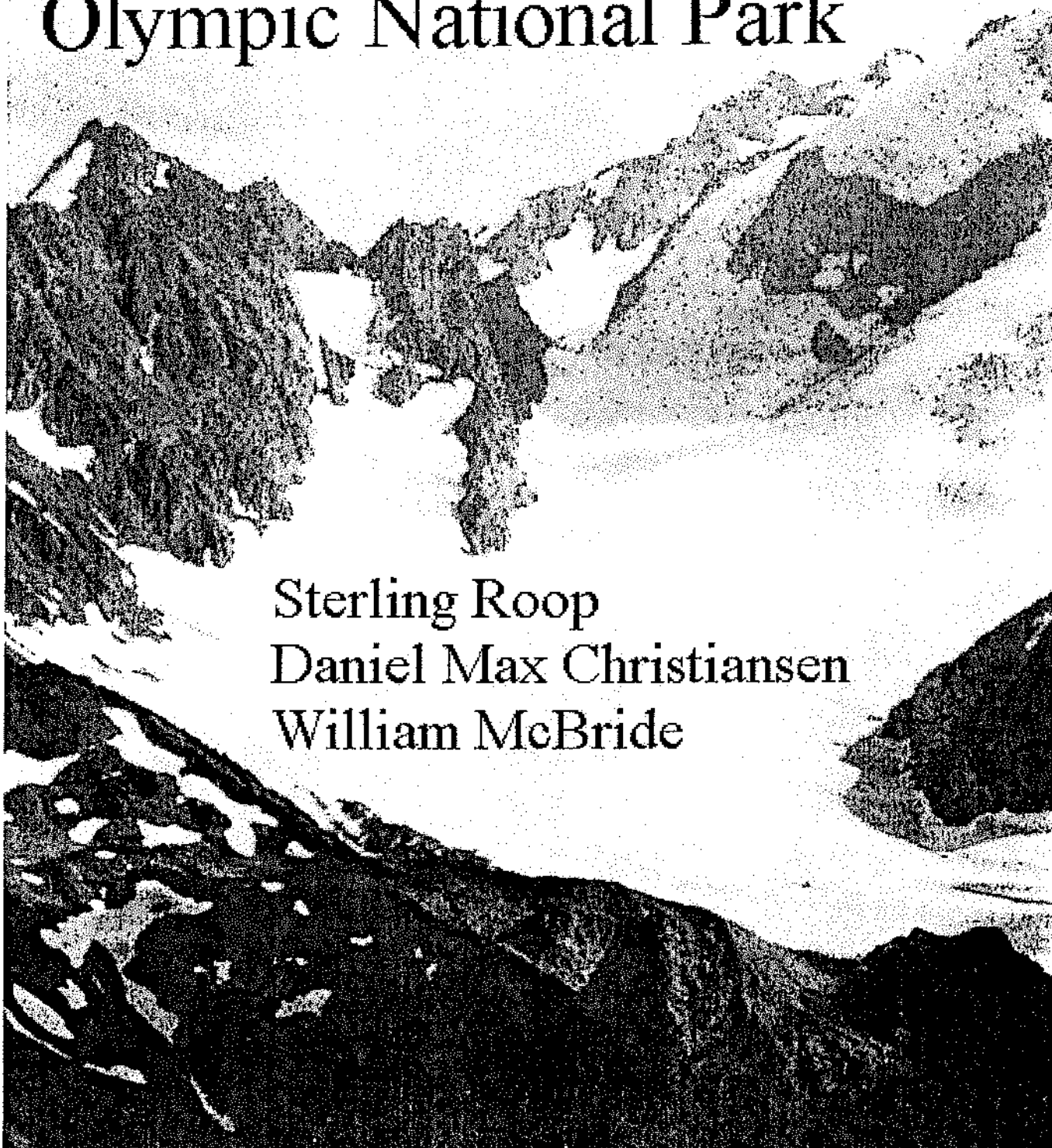


Feeling Heavenly
in
Olympic National Park



Sterling Roop
Daniel Max Christiansen
William McBride

Introduction

The Olympic National Park is located on the Olympic Peninsula in Washington. It is comprised of two units: 300 miles of shoreline along the Pacific coast, and 914,576 acre section located in the interior of the peninsula. Originally designated a National Monument in 1909 by president Theodore Roosevelt, Congress officially created the Olympic National Park in 1938. One of the most unusual aspects of the park is that its peaks remained unclimbed for so long. With less than 50 peaks in the range exceeding 7000 feet, half of these remained unclimbed by 1940, and one quarter unclimbed by 1950. The remoteness of the park offers backcountry travelers the unique opportunity to frequently step where few have stepped before.

Upon seeing the Olympic National Park's massive monolith, Captain John Meares stated, "If that be not the home where dwell the gods, it is certainly beautiful enough to be, and I therefore will call it Mt. Olympus." Mt. Olympus and other volcanic behemoths rise from near sea level to almost 8000ft making the park a climber's paradise.

But not all of the Olympic National Park's glory is embedded in its mountains. From the tall hemlocks littered with epiphytes to the clean rivers populated by native trout and seasonally chalked-full of androgynous salmon and steelhead, it offers any outdoor enthusiast everything he or she could desire.

The Olympics were first climbed shortly before the turn of the century, and they still remain a popular climbing destination today, though some of the most remote peaks may only see two or three parties a season. The first attempted climb of any of the park's peaks was Lt. Joseph P O'Neil's attempt on Mt. Olympus in 1890, but it was Jack McGlone, a packer on the Dodwell-Rixon expedition, who first summited Olympus's East Peak of 7780 feet in 1899 leaving his summit record scratched out on newspaper scraps in a tin box.

The Olympic National Park is a majestic place that allows one to return to the unspoiled and raw wonders of nature. As an expedition we will visit treat our visit to this place with the utmost respect, while acting appropriately to ensure our safety and feel heavenly in Olympic National Park.

Source:

Chasan, Barbara ed. *Climber's Guide to the Olympic Mountains*. The Mountaineers: Seattle. 1999.

Map of Olympic National Park and surrounding areas. Includes labels for Olympic Coast National Marine Sanctuary, High Rain Forest Visitor Center, and various trails and landmarks.

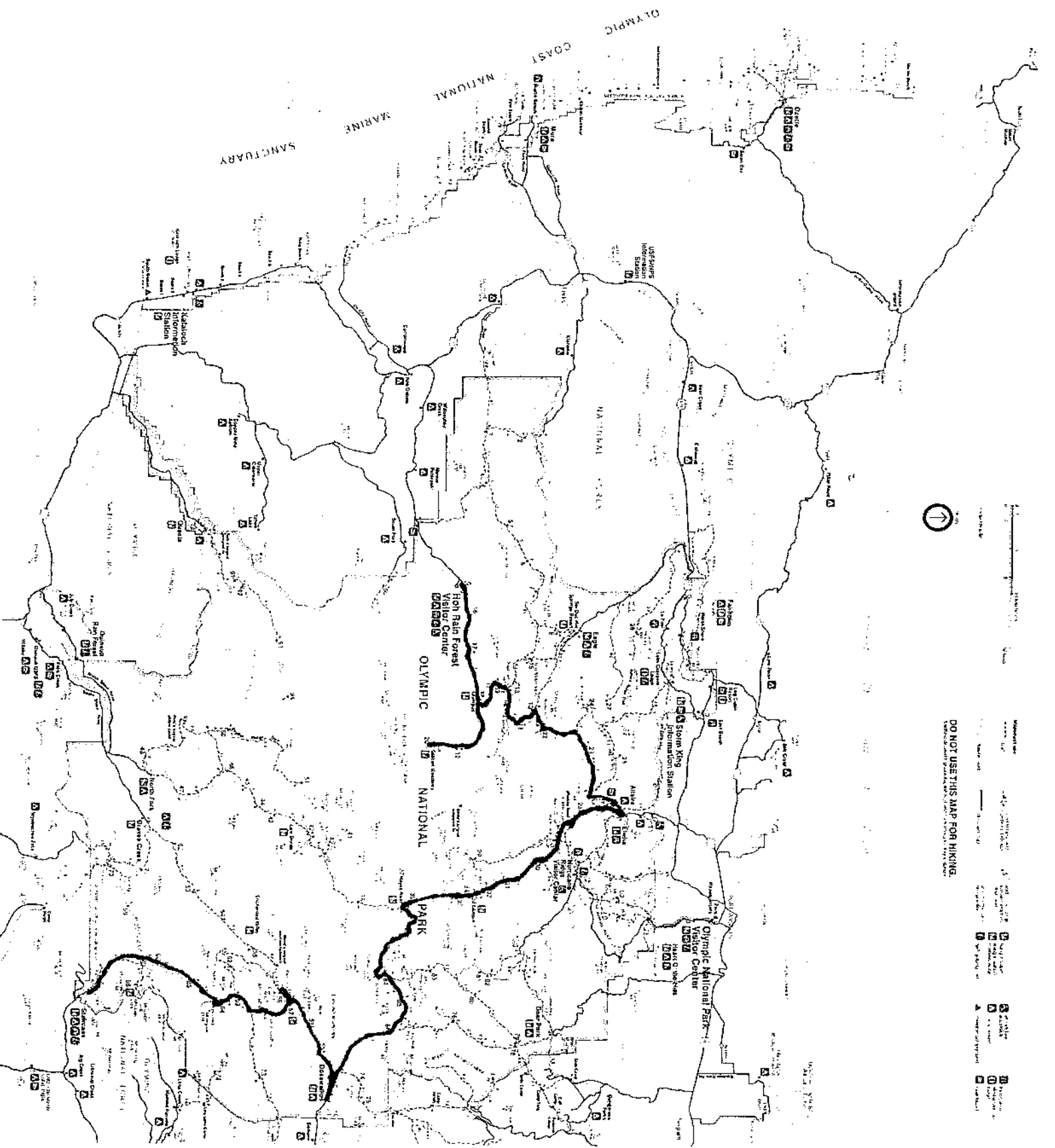
Map of Olympic National Park and surrounding areas. Includes labels for Olympic Coast National Marine Sanctuary, High Rain Forest Visitor Center, and various trails and landmarks.

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At Risk of Lead to Olympic
 The United States Olympic Committee (USOC) is currently in the process of selecting a site for the 2000 Summer Olympic Games. The USOC is currently in the process of selecting a site for the 2000 Summer Olympic Games. The USOC is currently in the process of selecting a site for the 2000 Summer Olympic Games.

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DO NOT USE THIS MAP FOR HIKING.
 This map is not intended for use as a hiking map. It is a general reference map of the area.

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Itinerary: July 13-August 9

Day 1

Meet up at Colorado College. Buy food and last minute gear. Sort food and pack cars.

Day 2-3

Drive to Olympic National Park.

Day 4-5

Shuttle cars from Staircase to Hoh Rain Forest Visitor Center and drop off food at ranger stations. The Dosewallips road is currently washed out 5.5 miles from the Dosewallips ranger station, so if the road is not repaired before the trip, we will spend a day doing that food drop. Camp at Hoh Rain Forest Visitor Center.

Day 6

Hike from Hoh River Visitor Center to Olympus (9.2 miles).

Day 7

Hike from Olympus to Glacier Meadows (7.7 miles).

Day 8

Alpine Start. Climb Mt. Mathias (see route description).

Day 9

Rest Day

Day 10

Alpine Start. Climb Mt. Olympus Middle and East Peak, Mt. Tom (tentative) (see route description).

Day 11

Rest Day

Day 12

Hike from Glacier Meadows to Sol Duc Park (18.8 miles).

Day 13

Hike from Sol Duc Park to Altaire RE-RATION (16.7 miles).

Day 14

Hike from Altaire to Mary's Falls (10.4 miles).

Day 15

Hike from Mary's Falls to Hayes River (8.2 miles).

Day 16

Hike from Hayes River to Dose Meadows (10.7 miles).

Day 17

Hike from Dose Meadows to Deception Creek Headwaters (6.5 miles).

Day 18

Rest Day

Day 19

Alpine Start. Climb Mt. Deception (see route description).

Day 20

Alpine Start. Climb Mt. Mystery, Mt. Fricaba, Hal Foss Peak (tentative) (see route descriptions).

Day 21

Hike from Deception Creek Headwaters to Dosewallips RE-RATION (9.5 miles).

Day 22

Hike from Dosewallips to Honeymoon Meadows (8.9 miles).

Day 23

AM: Rest

PM: Hike from Honeymoon Meadows to Below Anderson Glacier (3 miles).

Day 24

Alpine Start. Climb Mt. Anderson and West Peak (see route description).

Day 25

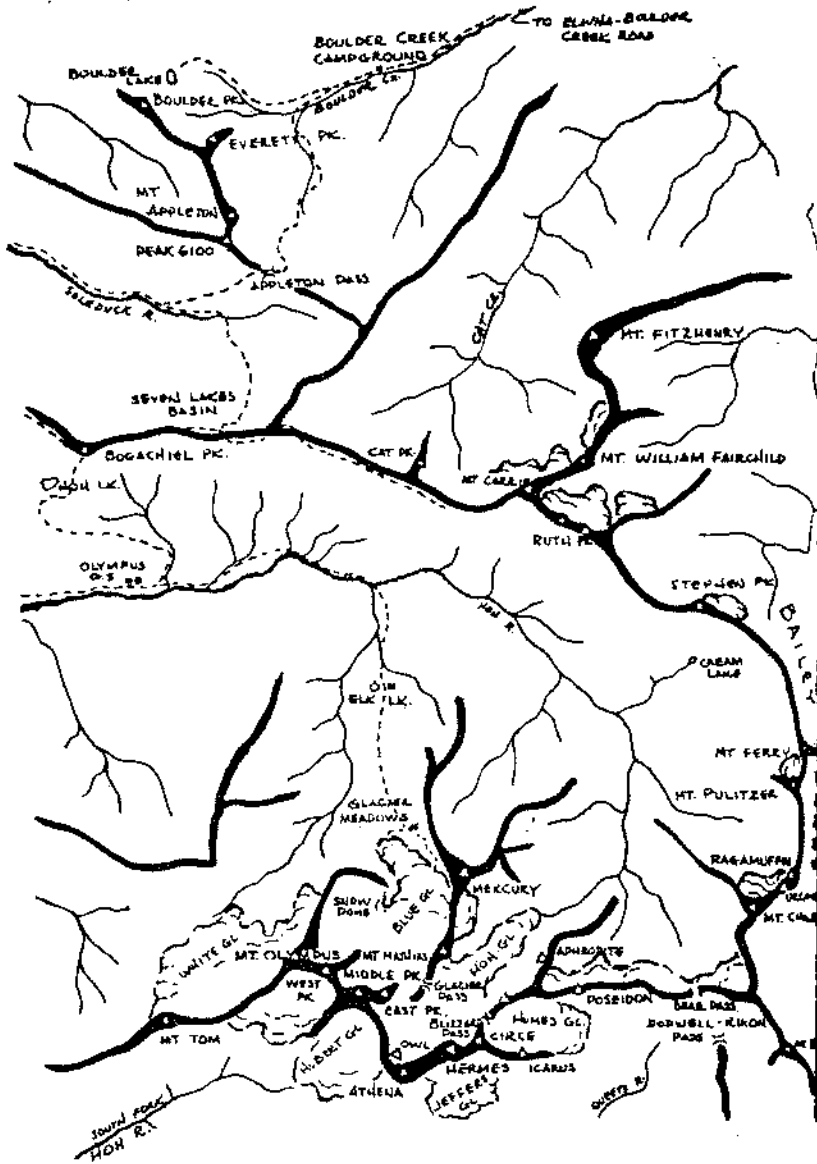
Hike from Below Anderson Glacier to Home Sweet Home (13.9 miles).

Day 26

Early Start. Hike from Home Sweet Home to Staircase (13.1 miles). Retrieve car from Hoh Rain Forest Visitor Center. Camp at Hoh Rain Forest Visitor.

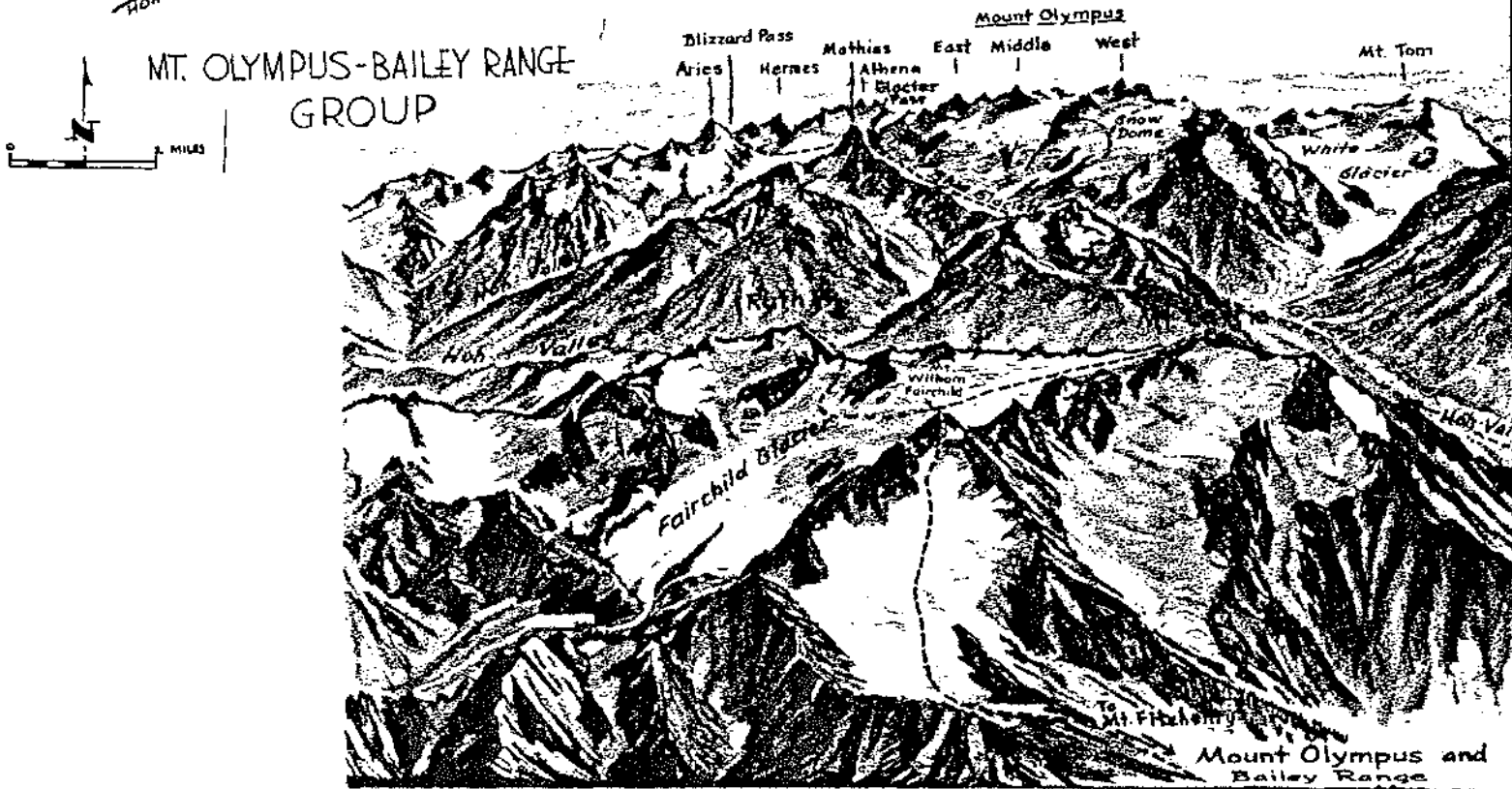
Day 27-28

Drive back to Colorado College. Go on our own separate ways with priceless memories.



Mt. Olympus:

- West Peak 7965' (2427 m)
- Middle Peak 7930' (2417 m)
- East Peak 7780' (2371 m)
- Mt. Tom 7048' (2148 m)
- Mt. Mathias 7168' (2184 m)



Mount Olympus and Bailey Range

Mt. Olympus Route Descriptions

West Peak 7965'

II, 3. From our camp at Glacier Meadows we follow the trail that leads to the summer ranger station. From here we continue up the valley to the top of the lateral moraine on the E side of the Lower Blue Glacier. Here we ascend the glacier and head W. When we reach the W side of the glacier, we descend off the glacier and climb NW over rock and snow to the crest of the Snow Dome. Depending on snow conditions it should take us ~3 hours to reach this point. From Snow Dome, we proceed on a rising traverse S through a snow pass at 7200'. Here we turn right and climb to the top of the Upper Blue Glacier, and arrive at the saddle between Five Finger (false peak) and West Peak. From the saddle we begin to climb a steep pitch of snow on the NE side of the summit. The last 20' is a scramble up the E side of the summit. Total time~ 7 hours.

Middle Peak 7930'

II, 3. From the snow pass at 7200' we head south to the Middle Peak over an easy glacier slope. From here we climb the W side via 100' of rock. Total time from snow pass ~ 3 hours.

East Peak 7780'

II, 3. From the summit of Middle Peak, we descend to the SW side of East Peak, and make an ascent to its summit. Total time from Middle Peak summit ~ 3 hours.

Mt. Tom 7048'

II, 3. From Snow Dome of Mt. Olympus, we bear SW keeping close to West Peak. We then cross the crest of a rock ridge running W from Mt. Olympus summit, just before it drops sharply to the valley. At this point we proceed SW on the crest of the adjoining right-angle ridge for several hundred yards. When we reach a shallow gully, we descend it to reach White Glacier. We traverse the glacier westerly to the summit of Mt. Tom. Total time from Snow Dome, ~5-6 hours.

Mt. Mathias 7168'

II, 4. From our camp at Glacier Meadows we follow the trail that leads to the summer ranger station. From here we continue up the valley to the top of the lateral moraine on the E side of the Lower Blue Glacier. Here we ascend the shallow gullies from the Blue Glacier to the Mercury-Mathias saddle. Here we descend the E side of the ridge 200' to a snowfield. We climb S swinging around a prominent buttress, to regain the ridge crest and proceed to the summit. Total time ~8 hours



GRAY WOLF PEAKS

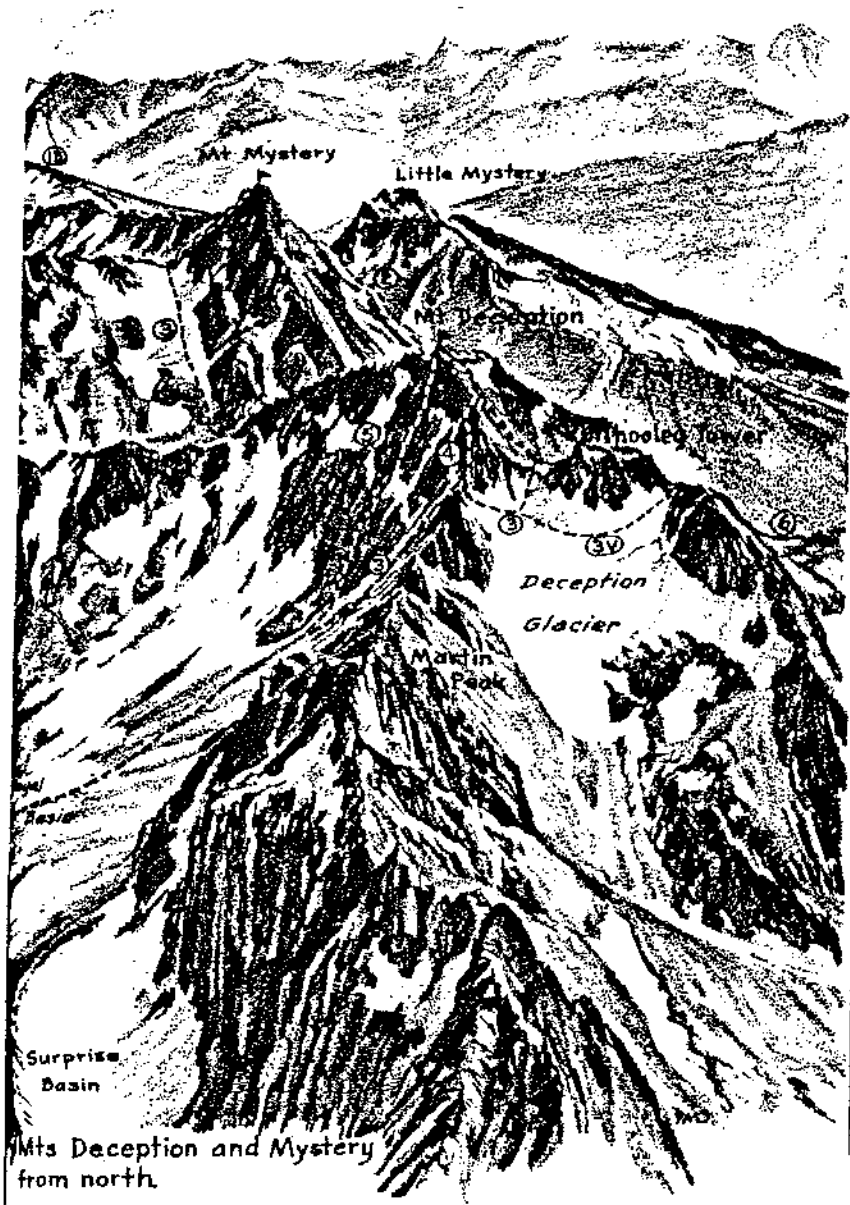
Gray Wolf Peaks:

Mt. Mystery 7631' (2326 m)

Mt. Fricaba 7134' (2174 m)

Mt. Deception 7788' (2374 m)

Hal Foss Peak 7100' (2164 m)



Mts Deception and Mystery from north.

Gray Wolf Peaks Route Descriptions

Mt. Mystery 7631'

II, 3. From the Deception Creek camp, ascend the left fork into lower Deception Basin (beautiful camp spot). Climb right (SSE) up the stagnant Glacier to its head. Turn right (W) and ascend a rock ridge to the summit block. Total time ~5 hours.

Mt. Fricaba 7134'

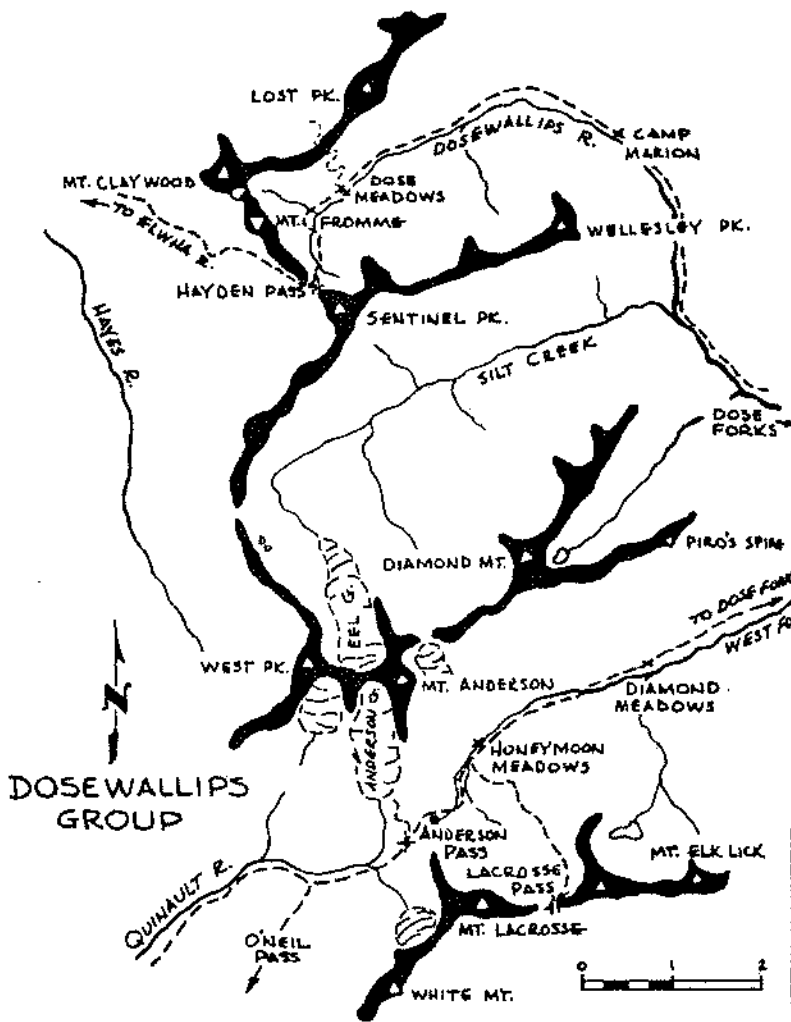
I, 2. Following the summit of Mt. Mystery, we continue on Del Monte Ridge to the summit of Mt. Fricaba.

Hal Foss Peak 7100'

I, 2. From the summit of Mt. Fricaba we descend to the base of Hal Foss Peak. Then we climb to NW side of the peak to the summit. Total time ~3 hours.

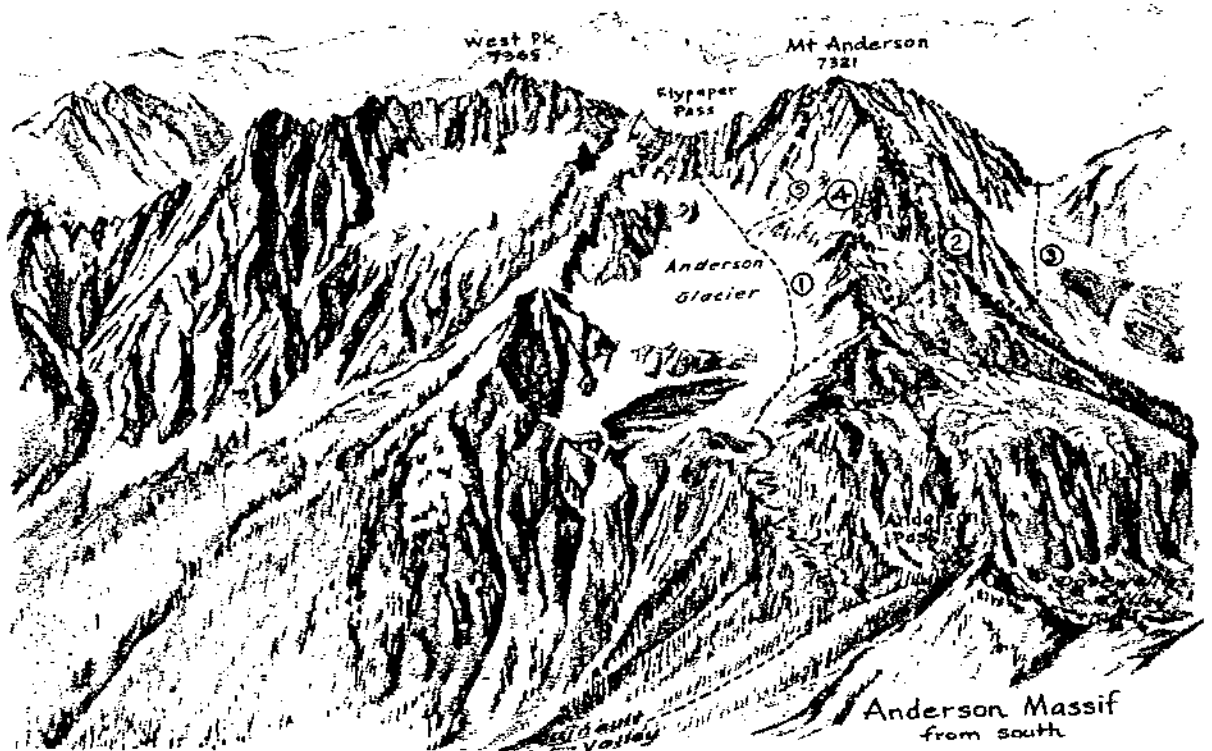
Mt. Deception 7788'

I, 2. From our camp just below the confluence of the two branches of Deception Creek, we climb N first through meadows, then up a wooded hillside and finally over talus slopes. We follow this talus slope to the NE. This long but easy talus slope leads to the summit.



Anderson Massif:

West Peak 7365' (2245 m)
Mt. Anderson 7321' (2231 m)



West Peak and Mt. Anderson Route Descriptions

West Peak 7365'

II, 3. From Anderson Pass (4464'), we ascend the heather ridge on the N via the trail to the Anderson Glacier moraine (1 hour). There is a campsite near the moraine, in addition to Camp Siberia, .5 miles NE of Anderson Pass. We cross the moraine and follow the right side of the glacier about 1 mile to the base of a steep snow finger (~ 350). We ascend this finger to Flypaper Pass (6500') at the head of the glacier. The prominent summit lies immediately SW of Flypaper Pass. From there we descend onto the Eel Glacier. We begin to traverse NW over the glacier until directly under the steep rotten flank. From here we traverse N about 300 yards to the NE shoulder, and climb it to the W. 700' from the beginning of the shoulder the ridge narrows and we continue along this ridge over several false summits to the westernmost summit. Total time ~7 hours.

Mt. Anderson 7321'

I, 2. From Anderson Pass (4464'), we will again take the trail to the Anderson Glacier moraine (1 hour). Then cross the wooded ridge to the right and contour around on heather and snow for about .33 miles to a view down a basin with lakes. After descending and following the contour past the lakes, we will climb the heather and snow to a couloir about .5-.75 miles beyond the lakes. Above and left of the couloir, we begin to climb a steep gully system about 800' to scree and snow on the SE side of the peak. From here, we climb easy snow and rock to the summit. Total time ~5 hours.

Ration Breakdown

We modeled our rations after the NOLS Cookery allowing 2.25 pounds per person per day. Though 2.25 pounds per person per day may be over shooting, we are confident that three 22 year olds with high metabolisms will have no problem disposing of any extra food. Our three ration periods are 8, 8, and 6 days respectively and we set the itinerary with food weight in mind planning short days at the beginning of the ration period and long days at the end. The breakdown is as follows:

Ration 1

Days	People	pppd	Total Weight (lb)
8	3	2.25	54

Breakfast	8.4
Dinner	8.88
Cheese	6.24
Trail Foods	10.8
Flour and Baking	2.16
Sugar and Fruit Drinks	3.6
Bases, soups, desserts	3.6
Milk, margarine, cocoa	7.44
Meats and Substitutes	2.88

Ration 2

Days	People	pppd	Total Weight (lb)
8	3	2.25	54

Breakfast	8.4
Dinner	8.88
Cheese	6.24
Trail Foods	10.8
Flour and Baking	2.16
Sugar and Fruit Drinks	3.6
Bases, soups, desserts	3.6
Milk, margarine, cocoa	7.44
Meats and Substitutes	2.88

Ration 3

Days	People	pppd	Total Weight (lb)
6	3	2.25	40.5

Breakfast	6.3
Dinner	6.66
Cheese	4.68
Trail Foods	8.1
Flour and Baking	1.62
Sugar and Fruit Drinks	2.7
Bases, soups, desserts	2.7
Milk, margarine, cocoa	5.58
Meats and Substitutes	2.16

Totals

Total Food 148.5

Total Breakdown (lb)

Breakfast	23.1
Dinner	24.42
Cheese	17.16
Trail Foods	29.7
Flour and Baking	5.94
Sugar and Fruit Drinks	9.9
Bases, soups, desserts	9.9
Milk, margarine, cocoa	20.46
Meats and Substitutes	7.92

Food Item	Quantity (lb)	Cost (\$)	Food Item	Quantity (lb)	Cost (\$)
<i>Breakfast</i>			<i>Sugar and Fruit Drinks</i>		
Oatmeal	7	14	Brown Sugar	3	6
Bagels	8	10	Gator-aid mix	3	15
Granola	7	14	Kool-aid mix	4	10
Pancake Mix	1	2	<i>Total</i>	10	31
<i>Total</i>	23	40	<i>Bases, Soups, Desserts</i>		
<i>Dinner</i>			Tomato Base	4	5
Pasta	7	7	Chicken Stock	1	2
Rice	5	4	No-bake mix	4	9
Dehydrated Beans	5	11	Pudding	1	2
Tortillas	2	4	<i>Total</i>	10	18
Potato Pearls	2	4	<i>Milk, Margarine, Cocoa</i>		
Ramen	2	4	Powdered Milk	4	8
Falafel	2	4	Margarine	4	9
<i>Total</i>	25	38	Cocoa	4	8
<i>Cheese</i>			Coffee	4	9
Cheddar	10	22	<i>Total</i>	16	34
Mozzarella	7.5	19	<i>Meats and Substitutes</i>		
<i>Total</i>	17.5	41	Beef Jerky	5	25
<i>Trail Foods</i>			Onion	2	2
Gorp	10	21	Garlic	1	1
Energy Bars	9	54	<i>Total</i>	8	28
Snickers	5	11	<i>Spice Kit</i>		
Peanuts	4	8	Basil	Cumin	
Crackers	2	4	Oregano	Cinnamon	
<i>Total</i>	30	98	Pepper	Soy Sauce	
<i>Flour and Baking</i>			Salt	Seasoning Salt	
Flour	5.5	5.5	Hot Sauce	Oil	
Baking Powder	0.25	3	<i>Total</i>		25
Yeast	0.25	1			
<i>Total</i>	6	9.5			
Overall Total	145.5	362.5			

Re-Ration

Our first re-ration will be at Altaire, which will be very straight forward, as there are many shops and NPS building that will offer storage for our food. The second re-ration will be at the Dosewallips ranger station. This station is reached by a Jeep trail that Max's SUV is going to tackle. As of now the road is washed out four miles from the trail. Due to the fact that we may have to hike a while to do this food drop, we have planned extra time in the beginning of the trip. We have contacted the NPS and they have given us permission to leave the food at the ranger station or in the near vicinity out of the reach of bears.

Budget:

- Food: (Calculated from **Rations** section) \$362.5
- White Gas: 4oz/person/day x 23days x \$0.156/oz x 3people= \$43
- Unleaded Gas: 3200miles x 1Gal/20miles x \$1.65/1Gal x 2cars= \$528
- Maps and Guidebooks: \$30
- Film and Batteries: \$60
- Permits and Fees:
 - Backcountry: \$5 registration + \$2/person/day x 3 people x 19days= \$119
 - Entrance: \$30
 - Camping: \$10/night x 3nights= \$30
 - Parking: \$20/car x 2cars= \$40

TOTAL: \$1242.5

Gear List:

Personal Gear:

Layers (including hats, gloves, etc.)
Mountaineering Boots
Approach Shoes
Backpack
Headlamp
Water Bottles/Camelbak

Bowl/Spoon
Sleeping Bag <10°F
Sleeping Pad
Toiletries/Personal Gear
Gloves

Group Gear:

3-Person Tent
2 Approach Packs
Cook Kit
Filter Pump/Iodine
Flyfishing tackle
Dual-Band Cell Phone

Repair Kit
Stove
First Aid Kit
2 fly rods/reels
GPS

Climbing Gear:

3 Pairs Flex Crampons
3 Belay Devices
3 Mountaineering Axes
Light Alpine Rock Rack
Biners

3 Harnesses
50-meter, 9.5mm Rope
5 Ice Pickets
Webbing/Cordalette/Prusiks

Leave No Trace

The seven principals of the Leave No Trace ethic are:

-Prepare and Plan Ahead

- Camp and Travel on Durable Surfaces
- Pack It In, Pack It Out
- Proper Disposal of Waste
- Leave What You Find
- Minimize Use and Impact of Fires
- Respect Wildlife

We all hold these principles in the highest regard, and each of us has a deep connection with the natural world. Wild places such as the Olympic National Park are areas that should be treated with the utmost respect. It is our duty during our tour to minimize our impact on the environment and set a good example for future users.

The Pacific Northwest Rain Forest ecosystem is fragile and the impacts of human travel should not be treated lightly. The area is home to several endemic and endangered species such as the spotted owl. The alpine environment is especially sensitive, thus we will be maximizing our travel on rock and snow. It is our privilege to be able to experience this natural beauty and preserve it for future generations.

We have decided to also include flyfishing in our expedition, as the Olympic National Park is home to world-class trout and salmon fishing. We have researched the fishing regulations and plan to strictly follow the NPS's rules on bag and size limits. Max is an experienced flyfisherman having grown up in Wisconsin flyfishing with his father every season since he was 8, and he will help instruct the other expedition members in the areas of effective catch and release and fishing technique.

Climbing Safety

On every mountain that we plan to climb, we have selected the easiest possible route to the summit. We haven't done this because we don't enjoy challenging ourselves or pushing our abilities, but climbing deep in the backcountry demands a different attitude than in areas where rescues are more readily available (although one should never climb with any expectation of a rescue). Besides, this is not a climbing trip, it is a wilderness expedition with many goals besides reaching a given summit; we plan to travel the land and enjoy its many varying regions, from rain forest and river valleys to glaciers and their craggy peaks.

But even easy routes give no guarantee to a successful ascent. When climbing one must constantly be adapting to changing conditions, always observing what is around them, in tune with their surroundings to detect the distant rumble of a loose rock or an impending lightning storm. Often a climb is not possible due to weather, a fact that has caused us to consider all planned climbing days to be potentially bad weather/rest days.

With helmets on (always!), roped together, and ready for any outcome, we plan to have a safe, satisfying backcountry experience without having to compromise our comfort on overly difficult terrain.

Hiking Safety/Evacuation

Due to the inherent dangers involved with backcountry travel, one must always plan ahead for possible evacuation routes in the case of injury. During the first ration period we will be relatively close to advanced medical care via the Hoh Rain Forest Visitor Center, Sol Duc Hot Springs Resort, and Altaire, but after the first two days of

our second ration period the expedition moves into the most remote area of the park where will have to use risk management techniques to avoid unnecessary dangers. Litters are available at most ranger stations on this section of the trip; rangers may be able to offer help as well in evacuations. We all feel that cell phones in this day and age have been taken to a grotesque extreme, but it is during this second ration period when will need to depend on the dual-band cell phone for emergency evacuations as a sort of necessary evil. Towards the end of the second ration period we will be near the Dosewallips jeep road, but soon into the third ration period we will be deep in the backcountry once again. At this time Collins Campground (to the east via the Duckabush River Valley) is an evac consideration, but Staircase will offer the most rapid response (and the car). Conservative decision-making will be essential during the expedition especially during the remote sections.

Conclusion

As close partners in outdoor endeavors, friends, and seniors about to follow diverging paths, we cannot help but see this trip as a culmination of the past four years of our growth in these pursuits. We have alternately learned from and taught each other fishing, rock climbing, ice climbing, kayaking, and more. We became better at each aspect of the adventure each time we went: scanning the weather, reading possible dangers, knowing what to wear, what to eat, how to think.

The Olympic National Park seems perfect for such a trip; a place that manages to combine much of the different terrain we love into one amazing, almost supernatural, place. With your generous help we will travel this magical landscape, relying on each other for safety, friendship, and comfort. Our diverging paths will be complete with unforgettable memories, memories to be strengthened when our paths through this wilderness cross again.

Personal Statement

“What we get from this adventure is just sheer joy.” George Mallory, 1922.

Climbing and exploring have been a major priority throughout my life. As early as I can remember my family camped on the shores of Lake Michigan, where the lakeside sand dunes seemed like the highest peaks in the world. As I grew older and my family took trips out west I was exposed to much more formidable mountains which needed to be climbed, just like sand dunes along Lake Michigan. Although I was not prepared to summit the Rockies at this point, I knew that when the time was right I would return to climb those majestic peaks. These trips set the stage for the approach to the “base camp” of my personal life.

After being accepted to Colorado College and graduating from high school, my family and I traveled to Peru, where I made the ascent to that base camp. This ascent was a literal climb to the top of Huana Pichu, the famous peak towering over the Inca city of Macchu Pichu. I woke before sunrise, headed off by myself, and climbed to the top just as the sun rose over the snow-capped Andean peaks, shining down on the ancient hidden city. At that moment I knew that somehow I must climb more of these peaks, get off the beaten track, and experience mountains in a new and more challenging way.

The following fall at Colorado College I began to push past my personal base camp and climb to a higher level. With direct access from Colorado Springs to the Rocky Mountains the amount of time I could spend climbing and hiking dramatically increased. It wasn't until that winter, however, that I found the route that would lead me to the next camp on my mountain. This route was ice climbing.

As I became more exposed to the outdoor opportunities available at Colorado College, I began to hear about the Ritt Kellogg Grant. At first it was upper classmen who told amazing tales about their Ritt expeditions, then my close friends were showing me pictures and slides of their own expeditions. This planted the bug in my ear, and although I would have liked to apply earlier, my summers have always been consumed by field research. This is now my last chance to take advantage of this wonderful opportunity the Ritt grant provides.

The right preparation for such an expedition began as a freshman and continued progress around Colorado and the world, but this could be my final winter in Colorado and the pressure is on to enjoy the mountains as much as possible; ice climbing, mountaineering, and backcountry skiing. Also, the three of us will also use our avalanche training this winter by practicing finding faux victims with beacons, cutting reusch blocks, and other snow analysis techniques. We will also practice self and partner crevasse rescue, albeit without real crevasses. I will also be trying to improve my technical rock climbing skills by climbing at the Ritt Kellogg climbing wall.

Goals are always an important aspect of the training process and on the expedition itself. A goal that I have for myself on this trip is to take my mountaineering into a new arena. I have always pushed myself and as a result have managed to climb a wide variety of peaks. This trip is within my technical skill, but will be a new challenge because of its length and commitment level while being in the deep backcountry.

Another goal on this expedition is to learn new things about two of my closest friends and grow closer through this incredible experience. Besides making summit attempts, we also will attempt to get to know each other in new and wonderful ways.

The experience that I will gain from this will have an immediate impact on my life. This experience will impact not only my climbing and future wilderness trips, but also on my personal relationships with my climbing partners.

I am a Thomas J. Watson Fellowship Finalist. This project consists of four; three month stays in high alpine villages in Russia, China, Ecuador, and Kenya. Here I will be studying what role the mountains have played in traditional mountain cultures, and how the increase in Western Climbing Tourism has impacted these societies. I will take the valuable mountain experience that I will gain from the Ritt Kellogg Grant and be able to immediately apply it to my Watson Fellowship. I will also take technical skills that I have applied on this expedition and use these to plan future expeditions around the country and the world.

The bonds formed through an expedition such as this are ones that will help the three of us grow and learn. Spending time together on a trip like this will reinforce and create new meaning to relationships that we have made climbing, learning and becoming adults together during or stay at Colorado College. This new tie will help all of us as we venture out into the real world to climb the numerous "mountains" in life, that we all must climb.

Personal Statement

I remember crashing into the crisp waters of the Pine River only to crawl back on the bank and scramble back up the weeping willow's trunk ready for another jump. I recall my childhood in Wisconsin with great fondness as it gave me priceless memories like these. I have always had a strong affinity for the outdoors, but it was not until I came to Colorado that my connection with nature was solidified in my spirit. Now my pursuits of river-running, climbing, and skiing offer me peace of body and mind as well as further my spiritual development. I feel that I was originally drawn to wilderness-oriented sports because they lack the aspect of direct peer competition. Activities like climbing involve the necessary aspects of teamwork present in traditional sports, but when climbing, in particular, the challenge is only placed on you, your partner, and your combined strength.

During my first year at Colorado College I developed a passion for climbing, and consequently I was a frequent visitor to the Ritt Kellogg climbing gym. Upper classmen aided me in climbing instruction and they also told me about the Ritt Kellogg Memorial Fund and the incredible adventures that you make possible. When my close friends Brooks Mason, Garan Mangan-Dimusio, and McKinley Childress completed and eventually received a grant from you, I saw how incredible an experience they had and I knew that I too needed to set out on an endeavor such as theirs.

This expedition is going to provide me with the opportunity to use my mental and physical strengths and develop my weaknesses. I know that there are going to be strenuous times during the trip, but those are the times when one lives life to the fullest. Too often I find myself wrapped up in modern day life—it is only when I return back to my roots grounded in nature that I find ultimate fulfillment.

I feel that training is an essential part of any expedition, thus I plan on doing a lot of training before the trip to minimize the possibility of injury and maximize my enjoyment of the trip. Working-out at the CC gym is already a bi-weekly event for me and I use most weekends and all block breaks for outdoor adventures. Currently I am ice climbing, skiing, or climbing peaks regularly during the weekends. As the year progresses, and the temperature rises, I plan to run every day, both on-trail and off-trail, as well as train in the weight room and on the rock. In addition next semester we plan on performing mock crevasse rescues in order to mitigate any future problems by familiarizing ourselves with the involved systems.

After the expedition I plan on using the hard skills I will develop on the trail, as I will be continually climbing my whole life. Not only will I further my knowledge of glacier travel and risk management, but I will also develop skills involved with personal interaction and teamwork, skills that are essential to life.

One goal I have for the expedition is to spend most of my free time teaching my good friends how to proficiently flyfish as well as fish myself. Flyfishing has been my life-long passion; it is an activity that represents the intimate interconnection of life. It takes one much time and patience to achieve moderate success and there is no upper limit to the learning curve; one can always improve his or her technique. The skills involved with choosing a fly, tying the knots, casting, and presenting the fly all must become one continual thought process. More important are skills needed to successfully land and safely release a fish. We plan on taking no more fish than we need, releasing many more than we keep.

A second goal I have for this expedition is to share some of the most incredible moments of my life with two of my best friends. Willie, Sterling, and I have all know each other since freshmen year, and this trip will represent a culmination of those friendships. I long for the day when we all share an exchange of mutual satisfaction, whether it be on a glittering glacier surrounded by craggy peaks or in a steep river valley heavy with mist. I look to the day when, as old men, we share laughs and memories of feeling heavenly in Olympic National Park.

Personal Statement

As a climber and aspiring adventurer growing up in the city of Chicago, I knew that when I eventually left home for college it would have to be a place with direct access to mountains. From an early age I heard wonderful stories about the Colorado College and its close proximity to the Rocky Mountains; I was sold. When I was fourteen I began working after school at a climbing/outdoor store. During my time there I developed a wonderful relationship with an older employee, climber, and Colorado College graduate, Kitt Camp. It was through him that I learned about the vast amount of climbing in the area and of the Ritt Kellogg Memorial Fund and the amazing opportunities that you make possible.

I heard Ritt's name on another occasion, maybe earlier than the previous instance, when I was in the infancy of my climbing career. I was with a close friend, flipping through the pages of an old *Climbing* magazine and was gazing upon the pictures in their *Gallery* section. He stopped me when he read the caption of the first photograph. It was a picture of Ritt in Alaska on difficult looking terrain and less-than-ideal weather. My friend told me that his father had known Ritt somehow, through heli-skiing or some other outdoor endeavor, and the personal connection made the picture stick in my mind.

After coming to the Colorado College and learning more about the Fund, watching slides and hearing stories from older friends, I knew that I wanted to take such a trip. The image of Ritt in Alaska, imprinted on a young, dreaming mind, has endured throughout the process.

This winter, when the days are short and trips out after class have to end early(ish), I will utilize the Ritt Kellogg Climbing Wall as I've done since freshman year. Using those climbing facilities will allow me to retain a level of all around fitness throughout the year, so that by next summer I feel in top shape to undertake our expedition.

I mostly plan to train by climbing and doing what we already do on a regular basis, traveling the mountains in some form many days a week, both on weekends and after class. In the past few years here I have developed an overwhelming appreciation for the mountains that lie in close proximity to campus. We have done first ascents of 3-pitch 5.9s and 5.10s in Emerald Valley and The Crags and clipped many rusty pitons on routes we thought were firsts. We have skied backcountry lines in North Cheyenne and climbed ice in Queens Canyon. We make regular practice of improving the various skills necessary to be safe and efficient in our desired activities.

This winter, besides countless days of ice-climbing, skiing, and backcountry skiing, we will practice avalanche rescue procedures: burying and retrieving beacons (faux victims), digging pits, reading terrain and weather factors, in addition to rehearsing team roped-climbing techniques and the methods of crevasse rescue.

When Spring comes I will begin running on a regular basis, watching my diet a little more carefully, and accessing weak points that will need to be addressed and strengthened before the time of the expedition.

As a English major on the creative writing track, an important goal of mine for this trip will be to amass experiential fodder for writing. Growing up I read many of the classic mountaineering stories—*Touching the Void* by Joe Simpson, etc.—but lost some interest in them as my writing developed. I found them dry at points and felt that it was

useless to try to communicate such a lingo-dependent activity to non-climbers. Recently I realized that the difficulty in doing so is exactly the point—and the beauty—of doing it. A writer can release himself or herself from the limiting lingo of technical climbing and focus on the parts of the experience that all human beings can understand. I have begun writing about a few of my more memorable climbing trips, with exciting and inspiration results. I plan to write about our trip and record the memories for long after we say our goodbyes at the end of the trail.

Another goal for the expedition is to celebrate—and further strengthen—the relationships that the members of this team have developed together over the past four years. We have grown together in many ways, physically, emotionally, and mentally. We have learned invaluable knowledge from each other in the wilderness and elsewhere. An integral part of this goal is to do everything we do safely. I plan to travel through the breathtaking landscape of the Olympic National Park with two of my closest and most influential friends in a manner that will allow us to take such trips together for years into the future.

After this trip I will have improved skills to travel on glaciated terrain throughout the world. I will have learned how to better deal with group dynamics, how to better read the weather, the landscape, etc. I will have learned about the flora and fauna of an amazing area of our country, a place I already know I will be visiting more than once. The experience I gain on this expedition will be used on trips with family and friends for as long as I live.