



OLYMPIC MOUNTAIN RESCUE NEWSLETTER

A Volunteer Organization Dedicated to Saving Lives Through Rescue and Mountain Safety Education

August 2001

The next meeting will be at the Westgate Fire Hall on Sept. 11 at 7:00P.M. Training will be: GPS

REPORTS of Chairman, Officers, Coordinators, and Committees:

TREASURER:

Treas. Barron reports all bills are paid and funds are adequate for current operations

TRAINING:

JUST PAST:

See mock mission report below.

UPCOMING:

System Failure has been transferred to a later date.

MISSIONS:

Mock Mission
Saturday, July 21st OMR held a Mock Mission training. This event provided the attendees with the opportunity to participate in a technical extraction of an injured subject and trail carry out evacuation. Valuable experience tools to have in anyone's rescue knowledge cache.

A page was sent out Friday evening alerting members of the "mission" beginning Saturday morning and responders rendezvoused at one of three places. The fire hall at 06:30, the Hood Canal Bridge at 07:00 or the Mount Constance trail head at 08:00. Arriving at the trailhead OMR members; Duane Stewart, John Ellsworth, Paula Engborg, Patrick McAuliffe, Loring Bemis, Debbie Stewart, Crystal McAuliffe, Ron Jackson, Barry Pealstrom and Paul Gelineau were met by eight Olympic National Park Rangers' lead by Steve Chaffee. Once assembled the team was informed that an injured subject was located one mile up the Constance trail, at the bottom of a large overhanging cliff. The medical skills to be employed for successful

recovery and extraction would involve a carry out down the trail.

Duane Stewart assumed the responsibilities of Operations Leader and John Ellsworth was assigned as hasty team leader.

The hasty team was made up of two ONP EMT medical and two OMR technical personnel. They set out with the purpose of locating and assessing the subject. Once the location and assessment

was made the hasty team provided the information to the OL who then determined the equipment required and the remaining team members started climbing to the scene.

Reaching the subject area the medical personnel stabilized the patient who was determined to have suffered a fall resulting in an injury to the right knee, left arm and was becoming hypothermic. The task then became one of constructing a rigging system to raise the subject and then lower him to a more accessible location for carry out. Acting under the OL's direction OMR technical personnel, assisted by ONP personnel assembled a sophisticated rigging system of multiple pre-tensioned, tied back anchors with a floating rigging focal point. A litter and attendant were lowered, the patient packaged and then the attendant and litter were raised and then lowered to a safer location to proceed with the carry out.

The wheel was attached to the litter and the package maneuvered down the mile of very steep trail where six and eight foot drops were negotiated. The litter was constantly secured through a series of running belays, one leap frogging the other as the team worked their way toward the trailhead.



Groh's boots give up the ghost

The entire operation lasted six hours and was successful not only from the standpoint of recovering the subject but also because it was an excellent learning experience for all involved. The newer members were afforded the opportunity to experience what this type of mission might entail. Those experienced members had a chance to refresh their skills. The participation with the ONP folks gave us all a chance to reaffirm our excellent working relationship with Olympic National Park. In the end we all came away with some bruises, tired muscles, that great feeling of working together and having successfully completed a difficult task.

My personal and heartfelt thanks to everyone who turned out to train and returned with smiles on sweaty faces.
Paul Gelineau

A Ride Around Mt. Rainier in One Day. (RAMROD)

By Greg Barron

I recently visited Mt Rainier National Park on my bicycle; in fact I rode my bike entirely around the Mountain from Enumclaw to Enumclaw. The ride I participated in is a yearly event organized by the Redmond Cycling club. The event is a sell-out every year, with

750 riders participating in the one-day ride.

The route is 154 miles long with 10,000' of climbing.

We started out at 05:45 on a cloudless Thursday morning. The start was fast with large pace lines of thirty or more riders heading out from the King County Fair Grounds in Enumclaw. After two hours and 35 miles it was time for breakfast and to stretch at the Ohop bakery. We were soon off again in route to the next feed zone just inside the Park entrance at Kautz Creek rest stop. More food, more water and stretching and we are on our way again. This is where the climbing begins, on to Paradise the high point of the ride at 5420'.

The ride to Paradise is a 5% grade and was easily done at a 10-12 MPH pace. Before we knew it we were at Paradise. Again, more stretching and water and the use of a real toilet and we are soon ready to head down hill. After a change to some warmer cloths we are off. The Stevens Canyon road is a great decent route with several wonderful hairpin corners and with Mt Rainier out in full glory you just want to slow down and take in all the beauty, but we are enjoying a good 35 MPH ride and soon we are at the next rest stop at Box Canyon, more food and water. This is the last rest stop before the big climb of the day so I eat plenty and fill the bottles.

At this point we ride some flats and descend to the Box Canyon viewpoint. We are now back to 2950' and up we must pedal. The bike computer tells me I have gone 91.4 miles and it's a good feeling to still have strong legs, all the training has paid off. We now ride up the Backbone ridge a short 330' gain before the next thrilling decent. The car traffic in the park is noticeably light, this next decent is a good ride, 1300' and 5 miles. We hit 42-44 MPH on the straight sections and enjoy many tight corners. I was very happy to be riding with new tires. The decent is over to fast as we ride through the Grove of the Patriarchs and to the intersection of SR123.

This is the 101-mile mark of the ride and time to start climbing once again, this being the last climb of the day. On we

pedal to Cayuse Pass, the grade is no more than 7% and some of the grade is 6% or less. My legs are still good to go as I grind up the hill in a 32-21 gear leaving a couple of gears remaining. The conversation of the riders we pass is mainly complaints about the hill and how hot it is out. I was enjoying the ride and the spectacular scenery, with the lack of cars zipping by at 90 MPH that the hill was not all that bad. I had fears of this last hill, but my fears soon pass as we approach the pass after the 11-mile climb. I now think that watching Lance Armstrong ride the L'Alpe-d'Huez in the Tour de France the week before RAMROD was a big motivator for me. Although RAMROD is not a timed race it can bring out the competitive part of cycling. There is something about passing riders on climb that motivates you to pass more; after all it is all down hill after the pass. Most of the riders are pedaling at a 6 MPH pace and when you ride by at 8 MPH it seems like you are going fast.

The wind was at our backs going up the last hill of the day, but believe it or not by the time we rode to the park boundary we would be riding into a head wind for the remaining 34 miles to our starting point. The riding time to Cayuse Pass was 7:45 hours. The decent from Cayuse to the park boundary was another decent at 40 MPH. The truck traffic returns at this point so riding with more caution is needed. We are soon at the final feed zone. I have a good cheese sandwich and fill my jersey pockets with several chocolate chip cookies. This will be the fuel for the final push.

It's all down hill from here and off we go at a brisk 25-30 MPH. My friend Britt-marie rides at the front of our two riders pace line for the remainder of the ride. I ride to the front a couple times and I am amazed at the head wind we are fighting. We fall into one or two large pace lines near the end of the ride and the back of the line is where I stay. As we turn left to the Mud Mountain Dam Road we find ourselves all mixed up with a group of 7 riders who do not want us to pass, yet Britt-marie makes her move and they start making comments about a women

passing them. I pass Britt-marie and ride hard; the riders we pass must work very hard on the chase. The last 5 miles of the ride was swift and fun; it was a fast decent to the last final flat road. What a day it has been, a wonderful day. We rode for nine hours and 45 minutes and covered 10,000' and 154 miles, cool! I think.

The training was far harder than the ride, I covered 4000 miles from January – June and rode the Hurricane ridge road about 6-7 times. The Hurricane Ridge road was an excellent training ride for the hills of RAMROD.

My advice for anyone considering the RAMROD ride is to train on hills and long rides, have a good bike with a comfortable saddle. The enjoyment of a ride like this is the food, the cool bikes and all the people having a wonderful time.

The only thing I will do different next year; is make early reservations for accommodations. Getting the last room at the Sumner Inn was a good thing, but the room was a smoking room and made for a rather ugly night. All the night noise and lingering smoke smell was hard to ignore. The 04:00 alarm was ringing before I knew it.

So now the ride is over and I am looking at doing it all again next year. RAMROD is definitely an endurance ride, but well worth all the effort.

Bloomer new E-mail

Due to overflowing mail boxes Arnie & Dina Bloomer now have separate email addresses.

Arnie - arniebl@earthlink.com

Dina - ardinab@earthlink.com

LEGG NOT OFF TO KOREA

Deborah Legg, our energetic PR person, is not off to Korea as previously published. Debb will be working locally instead. Details at Sept. meeting.

OMR PICNIC

The date previously published is incorrect. The OMR Picnic will be **September 22, at Salsbury State Park**. This park is located just north of the Kitsap side of the Hood Canal Bridge. It offers very nice facilities (including a shower) and superb views. Details at Sept. Meeting

