

# The Lookout

Volume 50, Number 1 – January/ February 2013  
The Official Newsletter of the Hundred Peaks Section



Welcome to this new issue of **The Lookout**.

After 19 years as Editor, Joe Young has retired in the position. We thank him for all of his hard work and direction in producing our newsletter.

I, Chris Spisak, will now serve as Managing Editor, and Lilly Fukui will serve as Executive Editor. We hope you will like the new look, beginning with the new logo, to the left. This, you may recognize, is the Butler Peak Fire Lookout (21B, 8535'). Which of the gentleman named Butler for which it was named is in question, but this peak was on the original 1946 HPS Peak List, and Weldon Heald climbed this peak in 1945.

Look for an article on an Explorer Route to Crafts and Butler on Page 8 of this issue, by Dave Comerzan.



Joshua Tree NP on December 8, 2012

Edith and Martin sent us these Happy Holidays photos of their recent hikes.

Regarding Mt. Baldy, Edith wrote:

*“On December 15, 2012, it was my 175<sup>th</sup> ascent to this mountain, and it is our plan is to do our 200<sup>th</sup> together – hopefully next year.”*

HAPPY  
NEW  
YEAR



Mount Baldy on December 15, 2012

### Reminder:

On Saturday, January 12, 2013 our Annual Awards Banquet will be held at The Monrovia Family Restaurant, in Monrovia.

See Page 9 inside for more

Volume 50, Number 1 – January/ February 2013  
The Official Newsletter of the Hundred Peaks Section

The **Hundred Peaks Section** is an Activity Section of the Sierra Club - Angeles Chapter. Our newsletter, **The Lookout**, is published six times a year. Final dates for receipt of material for publication are December 1 for the January-February issue; February 1, for the March-April issue; April 1 for the May-June issue; June 1 for the July-August issue; August 1 for September-October issue; and October 1 for the November-December issue.



**The Lookout** is the property of the **Hundred Peaks Section**.

If you send photos or CD's, please write your name on the back of each. Please identify the location and each subject in all photographs, whether digital or film. When taking photos, please ask participants to remove their sunglasses. If you want the film photograph returned, please state so, and include a SASE. Submit material for **The Lookout** to Chris Spisak, P.O. Box 27645, Los Angeles, CA 90027, or email to

[cjsarch@gmail.com](mailto:cjsarch@gmail.com). Articles for **The Lookout** may be edited for length or appropriateness.

Wolf and Karen Leverich maintain **The Hundred Peaks Section Website**. It can be accessed at <http://angeles.sierraclub.org/hps/>

On this website you can find:

- ✓ HPS Archives
- ✓ Peak List
- ✓ Peak Guides
- ✓ Trip Reports
- ✓ Maps to the peaks
- ✓ Member achievements
- ✓ Summit summaries
- ✓ Advance Schedule of outings
- ✓ Back issues of **The Lookout**
- ✓ Much, much, more

The Hundred Peaks Section is on  
**Facebook** at:

<http://www.facebook.com/groups/4905604>

In December, the membership of the Hundred Peaks Section voted to elect new members for the **HPS Management Committee**. Elected to serve a two-year term spanning 2013 to December 2014 were:

Mark Allen

Wayne Bannister

Mathew Kelliher

Christine Soskins

Alice Goldman was selected to fill  
an additional open MComm position

Also it was voted to delist **Black Mountain #3 (03B)** from the **Hundred Peaks Section Peak List** because of private property issues. This peak had been suspended in early 2012. It is no longer on our list and is not "needed" for list finishes, etc.

Our thanks go out to our Nominating Committee and Elections Committee members who worked hard to process the election:

Peter and Ignacia Doggett

Tanya Roton

Winnette Butler

Stella Cheung

# Management Committee 2013

## **Elected Members:**

(Expiration of Term)

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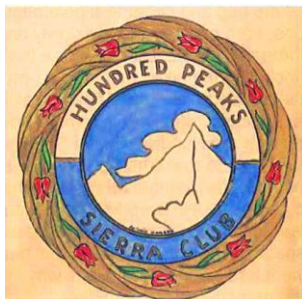
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## Mountain Records Committee Report

### HPS Peaks That Are Suspended:

In the area still closed due to the *Station Fire*:

10E Granite Mountain #1  
10F Rabbit Peak #1  
10G Iron Mountain #3  
10H Round Top  
11A Josephine Peak  
11B Strawberry Peak  
11C Mount Lawlor  
11D Barley Flats



Also suspended, because all roads in area are closed (although it's OK to hike/mountain bike/etc. to the peak from the pavement):

06M Hildreth Peak

Delisted:

03B Black Mountain #3

Several roads that we frequently use have warnings that **headlights must be turned on**. These include, but are not limited to sections of the Angeles Crest Highway, Highway 138 near Wrightwood, and highways between Lake Arrowhead and Big Bear. Penalties for failure to observe this requirement are very expensive. **Don't get a ticket! Turn on your headlights when required!**



### Leaders Mentioned in This Schedule:

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# HUNDRED PEAKS SECTION MEMBERSHIP REPORT – November 2012

## ACHIEVEMENTS:

### **Lead the List #1**

#20 – Pat Arredondo – 6/30/12 – San Emigdio Mountain

### **List Finish #19**

#1 – Mars Bonfire – 9/4/12 – Tahquitz Peak

### **List Finish #4**

#18 – Kathy Cheever-Bonfire – 10/13/12 – Cobblestone Mountain

#19 – Bill Simpson – 10/21/12 – Boucher Hill

#20 – Wayne Bannister – 10/21/12 – Toro Peak

### **List Finish #2**

#55 – Bruce Craig – 10/3/12 – Iron Mountain #2

### **200 Peaks**

#466 – Gloria Miladin – 9/30/12 – Grays Peak

### **200 Pathfinders**

#17 – Tom Connery – 11/7/12 – San Rafael Mountain

## DONATIONS:

W. Ross Yates - \$10

## NEW MEMBERS:

May Tang

## MEMBERSHIP COUNTS:

297 Members (252 primary + 45 household)

31 Subscribers



# HUNDRED PEAKS SECTION MEMBERSHIP REPORT – December 2012

## ACHIEVEMENTS:

### **List Finish #2**

#56 – Suzy Hermann – 11/20/12 – Eagle Rest Peak

### **100 Peaks**

#1139 – Lawrence Lee – 12/1/12 – Delamar Mountain

### **200 Peaks**

#467 – Marco Rohrer – 11/10/12 – San Sevaine (LO)

## DONATIONS:

Bob McEwan – \$50

Chris David - \$26

## NEW MEMBERS:

Chris David

## MEMBERSHIP COUNTS:

298 Members (253 primary + 45 household)

31 Subscribers

**329 Total**

***Greg de Hoogh, HPS Membership Chair***

## HIKERS OF INTEREST - DOROTHY DANZIGER

*By Lilly Y. Fukui*

Hikers have often asked on trails about certain people of interest and what he or she is doing these days. So I thought I would ask Dorothy Danziger, who as a lot of you may recall, completed her Sixth List Finish on West Big Pine on June 23, 2010, at a remarkably young age of 78!!! Wow.

Dorothy says:

“I am alive and well and still do some modest hiking with Edith once a week. She is very tolerant of my slower pace. My interest in Tai Chi is limited to very basic principles, as the Martial Arts aspect of the discipline holds no interest for me. I’m doing yoga twice a week and I find it very beneficial.”

I have had the privilege of hiking with Dorothy during her quest for the sixth list finish. Her hiking achievements have never failed to amaze me, as she is still a big inspiration for all of us hikers.

## FORMER HPS HIKING LEADER - DON TIDWELL

Don is currently working on climbing ten peaks 100 times each!! Interesting! He says he has at least one, but is not keeping track, so he has to guesstimate.

I first met Don about 11 years ago while hiking with Val to Mt. Wilson, and he treated us both to our first HPS Banquet at Taix. We have some fond memories of hiking in the deep snow in the Angeles and coming out in the dark – shaken but not shattered!

He wishes Chris and me “Good luck with the newsletter. You like B/W photography so that will help.”

## TO - JOE YOUNG

I wish to extol, laud, exalt, honor, praise, glorify, and compliment, gosh – what about just a great big “THANK YOU,” for being the HPS Newsletter Editor of **The Lookout** for 19 years!

Again, THANK YOU, Joe! However, in saying that, I also want to say “arigato” for inviting me to be your co-leader on Big Iron wherein you not only practically raced up with the two young athletic guy hikers to the peak, but you weren’t even sweating! I was really amazed!

I could also go on and on about your accomplishments and such. This “short note” is to say, again, “gracias,” for those of us who anxiously waited and wanted to read the next issue of **The Lookout** – always encouraging people to submit articles with lots of photographs (and without sunglasses, of course)!

Lastly, you said that I set a precedent in writing about Jean Hermansen hiking the entire Appalachian Trail – which gave me a hint – keep writing, interviewing other persons of interest, and keeping all of us informed! So, in closing, I just might do that, to contribute writing interesting articles on hiking, climbing, walking, marching, tramping, parading, ascending, descending, etc., etc.! Oh, and with lots of photographs! Hugs to you!

## TIP TOP and MINERAL

Saturday, November 17, 2012

*By Lilly Y. Fukui*

The weather forecast was for 70% chance of rain in L.A., and only a 10% in the Big Bear area, so our scheduled hike to Tip Top and Mineral was on! Not only did we get great weather, but also it even got a little hot in some areas! The hardest part was driving in – even with a 4-wheeler, this road is very steep and rocky, and needs a lot of patience while the passengers sit as if we were riding on a horse! Mars remarked that the road was in the worst shape that he has ever seen.

As you can see from the photo of some of our hikers on Tip Top, the scene was great, with beautiful white clouds. The second photo just underneath my shadow shows a small white car that apparently shouldn't have been there. We couldn't figure out how it got there – an accident, or what?

We then drove to our second destination, Mineral, and had a nice lunch at the top while again enjoying the lovely view. Needless to say, we all dreaded the drive going back out, but we got out safely and it was only 2:00 p.m.! Great!



The brave participants were:  
Front row: George White, Jr., Wasim Khan, and Co-Leader Chris Spisak  
Standing: Mark Butski, Leader, Mars Bonfire (who said goodbye to Tip Top as it was his 25<sup>th</sup>) and Leader, Kathy Cheever Bonfire.  
Photo by Co-Leader Lilly Fukui



# AN EXPLORER TO CRAFTS AND BUTLER

September 6, 2012

*By Dave Comerzan*

We were looking for an explorer route to the Butler Lookout. We had done the ridge that starts at Highway 18 (thanks for finding this route, Ted). We decided to try going from Crafts across the ridge to Butler. At first, we thought we would follow Rt. 1 to Crafts, starting on Highway 18. Then I remember the last time we went from Butler to Crafts on the ridge between them, we saw Karen Leverich, Ingeborg Prochazka and Janet Howell. They had approached Crafts from Green Valley. I always thought it would be possible to do this, but wasn't sure where to start. Thanks to Karen's excellent directions, we were able to find the trailhead in Green Valley. Joining Mars, my co-leader, and I were Suzy Herman and John Radalj.



To reach the trailhead, take Highway 330 to 18 to the Green Valley Lake Road. Turn left and follow this road approximately 5.5 miles through the community of Green Valley to the Green Valley Campground. At the campground entrance, turn left, past the campground host and continues through the campground, go about 1 mile to where the road ends. There is a gate here. When you look down you will see what looks like a junction of 3 roads. Actually, it is a junction of 2N13 and 2N19A. 2N13 starts just outside of Green Valley, however, this road is currently closed. We hiked down to the junction and took the road to the right - 2N19A. We followed this road about a mile to a junction. We took the road to the left. We went another 1.2 miles to where the road appears to end. This road is in excellent shape. When they open 2N13 (which goes to Fawnskin), any 2WD vehicle should be able to drive the 2.2 miles we walked.

At the road end, there is an old jeep road on the left. We followed this road up to a road, turn left and follow this road. This road eventually meets up with route 1 for Crafts. We continued on this road to a saddle. From there, we follow the use trail up to the summit. The total distance to Crafts was about 3 miles. When they open 2N13, it will only be about 1 mile to the peak.

We then went back to the saddle and started to go across the ridge to Butler. The start of this ridge route and the end are extremely bushy. Fortunately, the bush is still low enough to walk across. Once on the ridge, we stayed to the right side (south side). We found it to be somewhat bushy in spots, requiring us to push through some waist high bush. We found an occasional duck on this route. At the Butler end of the ridge, we again encountered more bush and boulders to push through. We finally made it to the Lookout, where we relaxed and had our lunch.

Initially, the plan was to make it a shuttle hike, starting at Green Valley, and then going down the ridge from Butler to our cars. This was going to be a long shuttle, and since it is only 2 miles across the ridge between Butler and Crafts, we decided to forego the shuttle and hike back from Butler to Crafts. However, having pushed through all the bush, no one felt like returning that way. From Butler, we could see 2N13 below us. We decided to head down cross-country to the road. It was a steep descent, about 1200 feet in one mile, but it was fairly bush free with good footing. Once on the road, it was a pleasant 5-mile walk back to our cars.

The ridge between Crafts and Butler is still passable, but the bush is coming back. It may be passable only for a couple of years. If I did this route again, I would do it as a shuttle. If I were just doing Crafts, I would definitely do it from Green Valley.



# ADVANCE SCHEDULE OF HUNDRED PEAKS SECTION ACTIVITIES

January 2013 – MARCH 2013

By Gary Schenk, HPS Outings Chair



## Wednesday, January 2, 2013

O: Old Man Mt (5538'), Monte Arido (6010'): A very strenuous walk on dirt road and rough trail for 25 miles round-trip with 6400' of gain to peaks near Ojai. Slow to moderate pace. Bring food, water, & ten essentials. Contact leaders for status and details. Leaders: MARS BONFIRE, PAT ARREDONDO.

## Saturday, January 5 - Sunday, January 6, 2013

I: Indian Cove Navigation Noodle: Navigation noodle at Joshua Tree National Park to satisfy the Basic (I/M) level navigation requirements. Sat for practice, skills refresher, altimeter, homework, and campfire. Sun checkout. Send email/sase, contact info, navigation experience/training, any WTC, leader-rating, rideshare to Leader: ROBERT MYERS. Assistant: PHIL WHEELER

## Sunday, January 6, 2013

I: Indian Cove Navigation Noodle: Navigation noodle at Joshua Tree National Park to satisfy the basic (I/M) level navigation requirements. Saturday for practice, skills refresher, altimeter, homework, and campfire. Sunday checkout. Send email/sase, contact info, navigation experience/training, any WTC, leader-rating, rideshare to Leader: ROBERT MYERS. Assistant: PHIL WHEELER

## Tuesday, January 8, 2013

O: Cole Pt. (5604'): An easy walk on rough trail for 2 miles round-trip with 1400' of gain to a peak near Palmdale. Slow to moderate pace. Bring food, water, and 10 essentials. Contact leaders for status and details. Leaders: MARS BONFIRE, DAVE COMERZAN.

## Saturday, January 12, 2013



## HPS Annual Awards Banquet

Join us for an evening of fun and festivities while reminiscing about HPS adventures with old and new friends. Location is the Monrovia Family Restaurant. Come early and enjoy old town Monrovia. Social hour begins at 5 PM and buffet dinner at 6:30. Banquet Speaker will be Greg Hummel who hiked the Pacific Crest Trail in 1977, from Mexico to Canada, when the trail was in its infancy and only about 70% complete. Greg is President and co-founder of The Annual Day Zero Pacific Crest Trail Kickoff, ADZPCKO ([www.adzpctko.org](http://www.adzpctko.org)), and the largest hiker gathering in the western US. Greg is also the past president of the American Long Distance Hiking Assoc. Greg will take us on a 2,658 mile journey through California, Oregon and Washington, along the Pacific Crest Trail, while sprinkling in bits of fascinating history. Tickets will be held at door. Send checks made payable to HPS (\$36 if paid by 1/06/2013, \$41 if after). Send check with email and/or phone # to Reservationist: WAYNE VOLLAIRE (2035 Peaceful Hills Rd., Walnut, CA 91789).

**Monday, January 14, 2013**

I: Butterfly Peak (6240'): A moderate walk on dirt road, trail, and rough trail for 6 miles round-trip with 1700' of gain to a peak near Idyllwild. High clearance 4WD with snow cables advised. Slow to moderate pace. Bring food, water, and 10 essentials. Contact leaders for status and details. Leaders: MARS BONFIRE, CHERYL GILL.

**Tuesday, January 15, 2013**

I: Lookout Mountain #2 (6812'): A moderately strenuous walk on dirt road, trail, and rough trail for 4 miles round-trip with 2900' of gain to a peak near Claremont. Slow to moderate pace. Bring food, water, and 10 essentials. Contact leaders for status and details. Leaders: MARS BONFIRE, DAVE COMERZAN.

**Saturday, January 19, 2013**

I: Lizard Head (5,320'+): Join us on a slow paced, but very strenuous, hike along trail and cross country over steep and loose terrain to this uniquely shaped, sandstone capped peak in the Los Padres National Forest north-northwest of Ojai. The total hike will be about 11 miles round trip with 3,200' of gain, 1,300' of which we will get on our way out. This trip is suitable only for well-conditioned and seasoned hikers. High clearance vehicle advised. Bring plenty of water, food for the day, layered clothing, headlamp, hat, sunscreen, and the rest of your 10 essentials. Email Mat Kelliher with recent conditioning and experience for trip status and details. Foul weather cancels. Leaders: MAT KELLIHER, PATRICK VAUGHN, and JIM FLEMING

**Tuesday, January 22, 2013**

I: Beauty Peak (5548'), Iron Springs Mountain (5755'): A moderately strenuous walk on dirt road and rough trail for 9 miles round-trip with 2700' of gain to peaks near Temecula. High clearance 4WD advised. Slow to moderate pace. Bring food, water, and 10 essentials. Contact leaders for status and details. Leaders: MARS BONFIRE, DAVE COMERZAN.

**Sunday, January 27, 2013**

I: Mt. Pinos Navigation Practice on Snowshoes: Ever wonder what it is like to navigate in snow? Find out on this navigation practice as we take a cross-country route to Mount Pinos (8831'). Four miles round trip, 700 feet gain. Snowshoes required. Send email/sase, contact info, navigation experience/training, any WTC, leader-rating, rideshare to Leader: ROBERT MYERS. Co-Leaders: ANN PEDRESCHI SHIELDS, ADRIENNE BENEDICT, and JANE SIMPSON

**Tuesday, January 29, 2013**

O: Stonewall Peak (5730'), Cuyamaca Peak (6612'): Two moderately strenuous walks on trail and paved road totaling 10 miles round-trip with 2500' of gain to peaks near Julian. Slow to moderate pace. Bring food, water, and 10 essentials. Contact leaders for status and details. Leaders: MARS BONFIRE, DAVE COMERZAN.

**Tuesday, February 5, 2013**

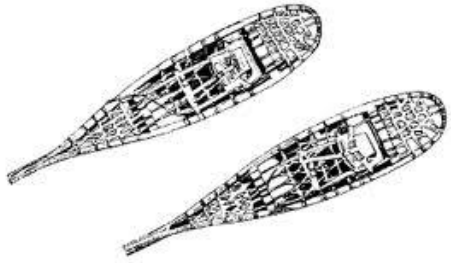
I: Butterfly Peak (6240'): A moderate walk on paved road, dirt road, and rough trail for 6 miles round-trip with 1700' of gain to a peak near Idyllwild. Slow to moderate pace. Bring food, water, and 10 essentials. Contact leaders for status and details. Leaders: MARS BONFIRE, DAVE COMERZAN.

**Tuesday, February 12, 2013**

I: Cone Peak (6800'): A strenuous walk on paved road, dirt road, and rough trail for 11 miles round-trip with 2900' of gain to a peak near Idyllwild. Slow to moderate pace. Bring food, water, and 10 essentials. Contact leaders for status and details. Leaders: MARS BONFIRE, DAVE COMERZAN.

**Tuesday, February 19, 2013**

I: Onyx Peak #1 (9113'): An easy snowshoe walk for 3 miles round-trip with 230' of gain to a peak near Big Bear Lake. High clearance 4WD with snow cables advised. Slow to moderate pace. Bring food, water, and 10 essentials. Contact leaders for status and details. Leaders: MARS BONFIRE, DAVE COMERZAN.



### **Tuesday, February 26, 2013**

I: Kratka Ridge (7515'), Mt Akawie (7283'): Two easy snowshoe walks totaling 3 miles round-trip with 1100' of gain to peaks near Wrightwood. High clearance 4WD with snow cables advised. Slow to moderate pace. Bring food, water, and 10 essentials. Contact leaders for status and details. Leaders: MARS BONFIRE, DAVE COMERZAN.

### **Saturday, March 2, 2013**

I: Antimony Peak (6,848'), Eagles Rest Peak (6,005'): Join us on a slow paced, but very strenuous hike over dirt road and rough trail to these spectacular peaks in Southern Kern County near Pine Mountain Club. The total hike will be about 11 miles round trip with 5,300' of gain, 3,100' of which we'll get on our way out. Bring plenty of water, food for the day, layered clothing for both cold and hot conditions, headlamp, hat, sunscreen, and the rest of your 10 essentials. Email Mat Kelliher with recent conditioning and experience for trip status and details. Leaders: MAT KELLIHER, JIM FLEMING, WINNETTE BUTLER, CHRIS SPISAK, and LILLY FUKUI

### **Tuesday, March 5, 2013**

I: Twin Peaks (7761'): A strenuous snowshoe on trail for 11 miles round-trip with 3200' of gain to a peak in the San Gabriel Mts. Slow to moderate pace. Bring food, water, & ten essentials. High clearance 4WD with snow cables advised. Contact leaders for status and details. Leaders: MARS BONFIRE, DAVE COMERZAN.

### **Tuesday, March 12, 2013**

I: Mount Pinus (8831'), Sawmill Mt (8818'): A moderately strenuous snowshoe adventure for 6 miles round-trip with 1200' of gain to peaks near Frazier Park. High clearance 4WD with snow cables advised. Slow to moderate pace. Bring food, water, and 10 essentials. Contact leaders for status and details. Leaders: MARS BONFIRE, DAVE COMERZAN.

### **Saturday, March 16, 2013**

I: Eagle Crag (5,077'): Join us on a slow paced, but very strenuous hike to this beautiful peak in Northern San Diego County near Aguanga. The entire hike will be about 18 miles round trip on trail, dirt road, and cross country with 4,100' of gain, 1,400' of which we'll get on our way out. Bring plenty of water, food for the day, layered clothing for both cold and hot conditions, headlamp, hat, sunscreen, and the rest of your 10 essentials. Email Mat Kelliher with recent conditioning and experience for trip status and details. Leaders: MAT KELLIHER, JIM FLEMING, WINNETTE BUTLER, CHRIS SPISAK, and LILLY FUKUI

### **Tuesday, March 19, 2013**

I: Winston Peak (7502'), Winston Ridge (7003'): A moderately strenuous snowshoe adventure for 5 miles round-trip with 1500' of gain to peaks near Wrightwood. High clearance 4WD with snow cables advised. Slow to moderate pace. Bring food, water, and 10 essentials. Contact leaders for status and details. Leaders: MARS BONFIRE, DAVE COMERZAN.

### **Tuesday, March 26, 2013**

I: Heart Bar Peak (8332'): A moderately strenuous snowshoe adventure for 5 miles round-trip with 1100' of gain to a peak near Big Bear Lake. High clearance 4WD with snow cables advised. Slow to moderate pace. Bring food, water, and 10 essentials. Contact leaders for status and details. Leaders: MARS BONFIRE, DAVE COMERZAN.

## THE NAVIGATION CORNER:



### YOUR WATCH AN IS IMPORTANT NAVIGATION TOOL

*By Bob Myers, LTC Navigation Chair*

Keeping track of hiking time is a valuable tool in reaching your destination. The development of an accurate timepiece was essential for calculating longitude on the open sea. For today's land navigator, a watch or other timepiece is also an essential tool for keeping track of your location.

Take the following scenario: You are planning a hike on trail to a new location you have not previously visited. According to your map, you need to turn right on a side trail about 2.5 miles from the trailhead. The map shows no other side trails between the trailhead and the required turn. Your plan is to turn right at the first side trail you come upon. Fifteen minutes into your trip, you come upon a side trail. Are you at the correct location?

If you were keeping track of your time, you would immediately realize that this cannot be the correct location for your turn. Unless you are a fast runner, covering 2.5 miles in 15 minutes is impossible. After consulting your map to verify the distance calculation, you conclude that the trail is not shown on the map and continue to the correct side trail.

Using the same scenario, you would know something was wrong if you had been hiking continuously for two hours and had not reached the side trail. It should not take two hours to hike 2.5 miles.

Using time and distance estimates is an early warning system to prevent you from going astray. This early warning system uses established rules for estimating the time while hiking.

The **Naismith Rule** is the principal method used to estimate travel time while hiking on a trail. Although the time calculated using the Naismith Rule often has to be adjusted upward because of difficult terrain features, it is a good rule of thumb.

The Naismith Rule is expressed as:

$$t = 1/3 d + 1/2 h$$

t = time in hours

d = distance in miles

h = total elevation gain in thousands of feet

The Naismith Rule assumes a hiking speed of 3 miles per hour and adds 30 minutes for each 1,000 feet of elevation gain.

**Example 1:** Your trip will cover 6 miles on level terrain. Your estimated time to cover the six miles, not counting breaks, would be 2 hours.

**Example 2:** Your trip will cover 9 miles and gain 2000 feet of elevation. Your estimated time to cover the nine miles, not counting breaks, would be four hours (three hours to cover the distance and one hour for the elevation gain).



For those confused by math formulas that look like algebra, there are many ways to break down the formula. For example, under the Naismith Rule you can add 2 minutes for every tenth of mile you travel and 3 minutes for every 100 feet of gain.

**Example 3:** Your trip leg will cover .3 miles and gain 100 feet of elevation. Your estimated time to cover this distance would be 9 minutes (six minutes to cover the distance and three minutes to cover the elevation gain).

The Naismith Rule usually applies to hiking with a daypack. When carrying a full pack, use the **Backpacker's Rule:  $t = 1/2 d + h$**

The Backpacker's Rule assumes an average speed of 2 miles per hour and adds one hour for each 1,000 feet of elevation gain.

**Example 1:** Your trip will cover 6 miles on level terrain. Your estimated time to cover the six miles, not counting breaks, would be 3 hours.

**Example 2:** Your trip will cover 9 miles and gain 2000 feet of elevation. Your estimated time to cover the nine miles, not counting breaks, would be 6.5 hours (4.5 hours to cover the distance and 2 hours for the elevation gain).

Under the Backpacker's Rule, you add 3 minutes for every tenth of mile you travel and 6 minutes for every 100 feet of gain.

**Example 3:** Your trip leg will cover .3 miles and gain 100 feet of elevation. Your estimated time to cover this distance would be 15 minutes (nine minutes to cover the distance and six minutes to cover the elevation).



**Using these rules will help ensure that you reach your final destination and don't end up in the wrong location.**

## Upcoming Navigation Events

With 14 days of navigation outings scheduled in 2013, we offer plenty of opportunities to learn navigation or improve your skills.

On January 27, 2013, we offer our "Mt. Pinos Navigation Practice on Snowshoes." This is a new navigation outing we launched in 2011 where we will explore issues of navigating in snow conditions. The outing is subject to cancellation if we do not have adequate snow.

Our two-day Warren Point Navigation Noodle on April 20 and 21, 2012, is a great place to learn new navigation skills. Saturday is spent with instruction and field practice. Sunday is for check off for those who are ready and an additional practice day for others. We will be car camping starting on Friday afternoon. I welcome your navigation questions. Contact me at [rmmyers@ix.netcom.com](mailto:rmmyers@ix.netcom.com).

# Hundred Peaks Section Merchandise

By Dave Cannon



Pins  
And  
Patches

## Pins

Emblem 100 Peaks \$10  
200 Peaks Bar (old style) \$5  
List Completion \$7  
October Fest \$5  
Include SASE envelope

## T – Shirts

Tan or Light Blue – Quality Cotton  
Size Small \$10  
Size M, L, XL \$14  
Plus \$2.50 for postage

## Patches

100 Peaks, 200 Peaks, List Finish #1,  
List Finish #2, Lead 100, Lead 200  
\$5.00 each  
Include 4" high SASE envelope

## Bandanas

Grey, Light Blue, or Pink  
22" x 22" Polyester  
\$11 each

Send request to:

## Dave Cannon

20081 Bushard Street  
Huntington Beach, CA 92646

[dacannon@earthlink.net](mailto:dacannon@earthlink.net)

H: 714-968-3639

C: 818-259-8380

Email or call for details



**T - Shirts**



**Bandanas**





Send address changes to  
 Greg De Hoogh  
 Membership Chair  
 24771 Mendocino Ct.  
 Laguna Hills, CA 92653-5615  
[Email gdehoogh@yahoo.com](mailto:gdehoogh@yahoo.com)

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The Sierra Club  
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If you wish to become a member, please include a list of 25 peaks **from the HPS List** that you have hiked, with the month and year of each peak completion. There are no prerequisites to become a subscriber. No extra charge for additional members at the same address.

**Please choose a membership/subscription term and delivery option. (Select only one.)**

Electronic delivery:     1-yr, \$9     2-yr, \$17     3-yr, \$24     Lifetime, \$500  
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**Make checks payable to HPS**, and mail with this form to: Greg de Hoogh, 24771 Mendocino Ct, Laguna Hills, CA 926535615. For information, Greg can be reached at [gdehoogh@yahoo.com](mailto:gdehoogh@yahoo.com) or (949) 362-5529.

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