



MileMarker Newsletter ----- Volume 2 ----- Issue 2 ----- February 2010 ----- www.OC-Hiking.com

New in 2010

MAINTAINING LOCAL TRAILS

OCHC partners with OC Parks to provide land stewardship for wilderness areas in Orange County.

OC Hiking Club sponsors Caspers Park Trail Maintenance Program 2010

You may have noticed the Trail Maintenance event posted on January 31st, 2010. This was the first of many land stewardship events our club would like to host in the coming year as part of our partnership with OC Parks. Our goal is one event per month with OC Parks as well as other land managers. It's our way of preserving the trails and becoming more connected with the land we use as well as presenting a positive image of OC Hiking to our local community.

Other opportunities in conjunction with this year's Trail Maintenance Program include Trail Maintenance Certification classes and Trail Crew Leader Certification classes.

These events will be posted the last Sunday of each month throughout the year. There are a limited number of opportunities to help with this worthwhile and fun event and we need Hike Organizers to volunteer for the year of 2010. If interested, please contact me, Mike C., at mcnjc@roadrunner.com and he will give you the necessary information.



"Fun experience and the rangers took good care of us." -Karen, OCHC Member



REI SPECIAL FOR OCHC MEMBERS ONLY!

Learning to backpack for the first time? OC Hiking Club Members receive 25% off the cost of first time equipment rental at REI.

*Members must provide a printout of the OC Hiking Club event posting at the time of rental.

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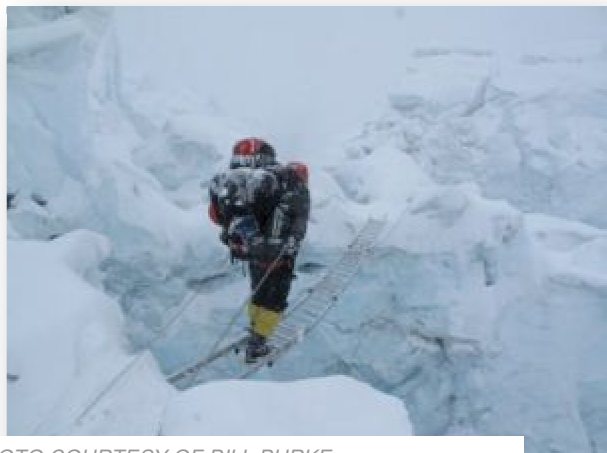


PHOTO COURTESY OF BILL BURKE

A Sherpa carrying a heavy pack across a crevasse via utility ladders strapped together to make a bridge.

At 67, Bill Burke has summited the highest peaks in the world.

Mountaintop Adventures of a Senior Citizen

By Suki Reed, OCHC President, as Published in the Orange County Register, January 2009

How do you climb Mount Everest? Bill Burke of Costa Mesa suggests, "Do it in stages, start with small mountains and work up." At 67, Burke is the oldest man in the United States to summit Mount Everest.

He also has climbed the seven highest summits in the world (plus one). It was on his third attempt in 2009 that he conquered Everest. As one of the world's most senior and experienced mountaineers, it might surprise you that he did not start climbing peaks until he was in his late 50s.

When Burke was living in Hong Kong in 1996, he began to take an interest in hiking peaks and mountaineering. But his journey up the world's tallest summits didn't begin until after he reached 60: Mount McKinley, Mount Kilimanjaro, Mount Elbrus, Mount Kosciuszko, the Carstensz Pyramid, Aconcagua and the Vinson Massif.

Burke believes the challenges encountered on Everest are not for the faint of heart. He explains, "At altitude, difficult terrain becomes even more challenging as movements become slower, cognitive ability is diminished, and the ability to reason is compromised."

The Mount Everest icefall is a formidable fortress with ice seracs as tall as skyscrapers. Seracs are ice towers that form as the glacier breaks up and mountains of ice come down without warning.

One of the porters on Burke's summit trip was killed in this cascading ice. Burke shows pictures of the Cornice Traverse which is an icy trail 200 feet long and 2 feet wide with drops of about 8,000 feet on either side. "I'm not sure about the distance because I was in a storm," he chuckles.

In another photo, he is crossing a seemingly bottomless crevasse via four utility ladders strapped together, "with a sag in the middle."

In spite of the dangers, Burke's face lights up as he talks about his latest adventures. Big goals make life worth living, and he is not alone; I have seen many mountain climbers beam as they recall their adventures. Yet his ability and age is allowing him to inspire a larger demographic than most. He is not only reaching children and adults, but also seniors; "and they love it," he adds.

At the age of 68, Bill will be in Nepal again for a never before attempted double summit of Everest. Follow his journey on eightsummits.com

On February 2nd, Bill Burke gave an outstanding and inspirational presentation on his Everest experience at REI as part of the OCHC Educational Series 2010. Thank you Bill for sharing with and inspiring our members!

"What an inspiration Bill Burke was tonight! I never imagined how involved it was to succeed with a climb of this magnitude."—Tom, OCHC Member

"Really enjoyed having Bill share his stories and video of Everest. He's a really personable guy, and an inspiration to all. Wishing him the best of luck for his Everest venture 2010! Go Bill Burke!"—Gerry F., OCHC Member



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Suki Reed, President
Newsletter@OC-Hiking.com

Suki Reed in the OC Register!



Suki Reed, President of OC Hiking Club, is a writer for the Orange County Register. Past articles include topics such as hiking for stress relief, camera tips, and favorite local hiking spots. Look for her articles on the back page of the Outdoor Section every Monday. Past articles can be found at:

<http://www.ocregister.com/fi/search/?q=suki+reed>

Taking Teens to the Top

Hike Organizer Mitch and Ingrid will be leading local teens on weekend day hikes into the local wilderness as part of a new program for kids within the Newport/Mesa Unified School District. While teaching teens backpacking basics, Mitch and Ingrid also hope to instill self-confidence as well as a sense of accomplishment and self-sufficiency. President Suki Reed launched the program with an inspirational talk. The teens will learn the value of team work and mutual support while achieving shared goals. The hikes will take place in the local mountains of southern California including the San Geronio Wilderness Area, Mt. Baldy and other nearby wilderness areas on a monthly basis. We know this is going to be a very rewarding program for all involved. For more information, please visit: <http://www.meetup.com/OC-HIKING-com/calendar/>

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Members.**

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upcoming class dates.**

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