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## FREE TECHNICAL HARD SNOW, ICE AXE AND GLACIER TRAVEL SEMINAR AND PRACTICE

**Outing:** Technical Hard Snow and Glacier Travel Seminar and Practice  
**Date:** Sunday, April 20, 2008, from 9AM to about 3PM  
**Place:** Near Mount Bachelor Resort  
**Instructors:** Robert Speik  
**Cost:** FREE – but you must reserve a place. No drop-ins, please.  
**Reservations:** Call Robert Speik at 385-0445 or email [info@traditionalmountaineering.org](mailto:info@traditionalmountaineering.org)

### “SARENE” SNOW ANCHORS - BUILD AND TEST

- PICKET
- DEADMAN
- ICE AXE DEADMAN
- SNOW BOLLARD

### SNOW BELAYS, INSTANT AND BACKED UP BY ANCHORS

- SITTING HIP BELAY
- ICE AXE BOOT BELAY
- STANDING ICE AXE/CARABINEER BELAY
- DYNAMIC SNOW BELAYS OF THE LEADER

### ROPED TRAVEL ON SNOW, ROCK, ICE AND CASCADES GLACIERS

- PORTIONING THE ROPE FOR 3 PERSON ROPED TEAM
- TYING IN FRONT, BACK AND MIDDLE PERSON
- POSITION OF PRUSSIC, TEXAS PRUSSIC AND PACK TIE OFF
- CLIMBING WITH FIXED ROPES ON STEEP HARD SNOW SLOPES

### RAPPELLING, SELF BELAY, CLIMBING THE (RAPPEL) ROPE

- DULPHERSITZ, ATC, FIGURE 8, ETC.
- (ALL PRACTICE RAPPELS MUST BE SEPARATELY BELAYED)

### Z PULLEY CREVASSE RESCUE SYSTEM

- DEMONSTRATE, SET UP AND USE

### ICE AXE ARREST

- SUBJECT TO SNOW CONDITIONS ON THE DAY OF THE SEMINAR

### BRING: YOUR CARBOS AND WATER

- YOUR LIGHT HARNESS WITH RAPPEL, PRUSSIC GEAR AND TWO BIG LOCKERS
- 3 18" DIAMETER 6MM PRUSSIC LOOPS
- 3 48" DIAMETER, SEWN, 9/16 NYLON RUNNER
- 1 22' LENGTH OF 1" TUBULAR NYLON RUNNER
- 3 LIGHT WEIGHT LOCKING BINERS, ETC.
- YOUR CREVASSE RESCUE PULLEYS, PRUSSICS AND RUNNERS
- YOUR MOUNTAINEERING ICE AXE, YOUR LIGHT ALPINE 9MM ROPE,
- OR USE OUR GEAR
- NO CRAMPONS PLEASE

**References:** Mountaineering, The Freedom Of The Hills, Seventh Edition and Glacier Travel and Crevasse Rescue, A. Selters, The Mountaineers Press 1990

**Participants must have their own climbing helmet (no bike helmets), mountaineering length ice axe, climbing harness and belay device. Participants must have studied our Handout for snow climbing and Ice axe belay and arrest. [See the Photos of previous seminars](#)**

Information from Robert Speik at 541-385-0445, [info@traditionalmountaineering.org](mailto:info@traditionalmountaineering.org). We are limiting the class size. No drop-ins please! Reservations only; pre-registered by April 5, 2008.

