



## Mount Shasta / Mount Hood VFTT West Coast Expedition

# HPC Newsletter



### **Hello Everyone!**

Now that we have taken a break from the early planning, it is now time to get busy.

One of the first orders of business is to get a new head count for everyone attending the Shasta / Hood event. As you may know, we have lost Sherpa due to knee problems that have been troubling him for months now. I am just glad he had the chance to visit Rainier last year and to stand on the summit with the rest of us. Please let me know your intentions.

### **Side Trips**

There has been a lot of talk about taking advantage of being on the West Coast and get some additional climbs or kayaking events in. I am

thinking of extending my trip since I dropped out of the Aconcagua event. I am thinking of adding days after the Shasta / Hood climbs to climb Adams and possibly Rainier again. I love that mountain and never get enough of it.

### **What's Next**

The next phase of planning will involve reservations for lodging before the Shasta climb. Due to popularity, lodging goes fast and since our arrival day is a Saturday, that will add to the complication of getting a reservation. I will contact the hotels in the area this week and report back to everyone.

### **Training and Practice Hikes**

There is only a few weeks left for self-arrest training. Although many of us have already

trained in these techniques, we all could benefit from a refresher. There are good spots in the Whites that can be used for team practice. Guy has posted a question on the HPC Forum to find out the interest level. Please review the forum and post questions to get teams together for practice.

### **My Progress**

As many of you already know, I had an extended recuperation period from unexpected cancer scare and surgery last October. To overcome these issues, I took a sabbatical from climbing to focus on getting better. I am glad to report everything is going well and I feel better and stronger now than I have for years. I am looking forward to getting back in the hills with all of you. - Ed