

# Lyndon State Adventure Program Newsletter

You're update on what adventure can be had at LSC!

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## Where the heck is winter?!!!

I know the syndrome – the wandering around on campus, looking forlornly into the sky and kicking small piles of snow around muttering. Many people are missing the usual winters that we have come to know and enjoy here in the NEK. I mean, the cold has been there – some truly brutal days of frostiness that has left many a dead car battery in its wake, but the ups and downs!! High of 38 and raining followed immediately by lows of -10 and sunny with a spit of snow mixed in here and there. Unless you are crunching some serious meteorological numbers, then you're about as lost as I am in terms of figuring out where winter is headed this year.

But we have many means to make the best of it!! The mountains still draw us out, the skiing is better than nothing and the Gravity Well is rockin'! We have many plans for the near future and the far flung future so make sure you keep checking back with us to see what's up! Check out the Adventure Board in HAC outside the GIS lab or make sure to read the Activities Posting every Wednesday. We have announcements of upcoming trips including our annual pilgrimage to West Virginia this Spring Break. Come play with us!!

## What is the Lyndon Adventure Program?

LSAP is here for you, the common student of Lyndon State College. We live in a vibrant, adventurous and wild part of Vermont. We dream the big dreams and then fire you up to go out and seize the moments as they come. If it gets your pulse racing, chances are we are into it and your enthusiasm is infectious. Come and check out what we're up to these days and join us!

## Burke Snow Shuttle

It's finally happened! After years of pumping up our commitment to our favorite winter leisure activity, LSAP has begun shuttle runs to Burke Mountain. Hop on the bus and get a quick hit throughout the day as your schedule sees fit. You can do it all and it's healthy to take that power break to recharge the batteries! Shuttle runs Monday and Wednesday until Winter break. Check out the schedule on the weekly activities announcement! Get out in the white stuff!



## Ice Handing

What the...? "Ice Handing?" As if there aren't enough crazy things to do with your free time...In winter...

The concept is simple. Take one energetic climber, equip them with a pair of stout mountaineering boots and crampons and set them against the will and ways of an ice cliff. The major difference between this way of climbing and ice climbing proper is that instead of using special ice axes to make handholds, you are now searching for a purchase on the ice with your hands – hence the name Ice Handing. Essentially, it comes down to a matter of balance as many of your handholds now are a bit more slicker than if you were climbing with sharp picks in your hands. The possibilities of Ice Handing have just opened up as many places sport a thin veneer of ice over the rock faces they come to grow on. It is mainly on these tenuous places that Ice Handing comes into its own as you climb where axes normally can't go – but hands can!

Do you have what it takes to accept this challenge? Come and see what it's all about with LSAP every Monday morning from 9:30-12:00 as we explore this new method and encourage each other to reach higher and higher!

## Upcoming Events!!

Monday, January 30<sup>th</sup> – Ice Handing clinic – every Monday thereafter!!

Tuesday, January 31<sup>st</sup> – Skinning session up Burke Mountain – every Tuesday!

Wednesday, January 7<sup>th</sup> – Full Moon Hike up Burke to the fire tower!

Saturday, February 11<sup>th</sup> – Day hike up Camels Hump

Sunday, February 12<sup>th</sup> – Black Light climbing night and bake sale benefit!

Wednesday, February 29<sup>th</sup> – Gear sell/swap benefit!

## Tech Tip: The Layering Effect

I'm sure that any one of us can remember a parent or grandparent listen to us calmly as we complained about the cold before telling us in no uncertain terms to go put a sweater on. My mother was famous for it. "You're making me cold just looking at you," was a common phrase preceding a sweater or jacket being thrown in your general direction. Well, today's tech tip is for those who may be looking a little concerned regarding the roller coaster weather that we have been having lately. How do you dress for freezing temperatures that start the day, only to end up in the high 30's or even 40's during the day just to drop out again?! It's crazy!! But it can be done.

For years it has been known that to layer your clothing system is your best defense against becoming cold and still being able to enjoy your outdoor pursuits. You start by putting something soft and light right next to your skin. That's your primary sweat transport layer. In doing that it allows your body to retain as much heat as possible without spending it drying your skin off. Your second layer becomes one of infinite personal choice: Are you a normally warm person? Another lighter layer will do you fine. Are you a colder person? Something a bit heavier will see you through.

It takes a bit of personal understanding of yourself and how you operate in the cold to get this layer down, but with a little experimentation it should be dialed in pretty quick. This is the one layer that you see most people putting on and off the most as it is dictated by activity and temperature.

Your last layer is your shell system which usually falls into two categories, hardshell or soft shell. Hardshells provide the most protection from wind and wet but leave a lot to be desired regarding temperature control. Softshells provide an immense range of temperature control and wind protection by sacrificing wet protection. Where you are and how you operate in the cold truly dictates which of these systems you will want to use.

So, choose wisely in how you bring yourself to your outdoor pursuits – dressing correctly goes a long way in enjoying the out-of-doors!