



Sierra Mountain Guides Newsletter

IN THIS ISSUE

Up-coming courses!

Newsletter Survey

FEATURED ARTICLE

NEW: LAX to MMH

Girls Stuff!

Training for Ice

Scheduled Courses

QUICK LINKS

[Register Now](#)

[Our YouTube Page!](#)

[Meet Our Guides](#)

[SMG Facebook Group](#)

Upcoming courses:

Joining a scheduled course is a great way to save money, get out and meet new people.

Here are some courses that you might want to [sign up](#) for!

AIARE Level 1
Avalanche Course
Dec 26-28, 2008

Ice Climbing 201
Dec 29-30, 2008

AIARE Level 1
Refresher
Dec 13, 2008

AIARE Level II

Issue: #11

November/2008



Tim Dobbins contemplates the beauty of Fall in the Sierra during an October Sierra Mountain Guides AMGA Rock Instructor Course.

Dear Howie,

Happy Fall! Have you raked leaves yet? Have you ordered a thanksgiving turkey/ham yet? Are you one of those people who has your Christmas/Hannuka/Kwanzaa shopping done already?

We have had a busy fall so far ourselves, with a fantastic trip to Red Rock (we are doing it again this spring), some excellent and somewhat snowy guided alpine climbing, a successful AMGA guide training program, and plenty of great Eastside rock climbing. Now there is a skiff of snow in the hills and the ice is beginning to form. Time to reflect and enjoy another fine autumn season.

Congrats to President-elect Obama, who we bet could really benefit from a good ski vacation at this point! Feel free to pass this newsletter along to him if you want since we have a recommendation for him in the coming weeks before January 20th:

Fly to Mammoth and enjoy an ice climbing or backcountry skiing filled weekend. Get away from the family and the liberal media, and get some

Avalanche Course
Feb 19-22, 2009

healthy exercise (before those big artery-clogging, irresistible, all-american style holiday feasts), breathe some fresh mountain air, stop taking yourself so seriously, and relax! C'mon, it's not like the economic future of entire free world rests in your hands. There's still room for Joe the plumber too!

What do you think?



We want to make this newsletter rock! Please take a moment to fill out our newsletter survey and let us know what we can do to make this newsletter the best there is!

[Click Here](#)

Conditions



Do you know that SMG has a snow and ice conditions page? This year we will be introducing video conditions- check it out!

[Ice Conditions](#)
[Snow Conditions](#)

OUR SPONSORS:
A BIG thanks to Outdoor Research for providing our guides uniforms!



~ The staff of SMG



Ryan M. and Jared C. emerge from the tunnel on the Red Rock classic Tunnel Vision, October 2008.

LAX to Mammoth: Hallelujah!

Now getting to the eastside is as easy as 1-2-3!!

Did you know that beginning December 18th Horizon Air will fly you to Mammoth from LAX? This is such a great way to hop over to the eastside for a weekend of ice climbing or skiing. Right now they are advertising rates for as low as \$79! Here are some links to tell you more:

http://www.alaskasworld.com/Newsroom/QXNews/QXstories/QX_20080714_072912.asp

http://findarticles.com/p/articles/mi_m0CWU/is_/ai_n27913424

Girl Stuff

A Womans Perspective

By Annie Trujillo

When I was 17 I worked in a climbing gym. Disappointed in the male dominated vibe of the gym (grunting shirtless men listening to I-hate-my-father music) and the lack of female climbers, we started a womens only climbing night in which we invited new and experienced female climbers to enjoy a more feminine atmosphere as well as lessons from belaying to drop-kneeing. We watched the women blossom in the company and support





of other women and become great climbers to boot! For another company I ran the womens outdoor climbing trips and had a similar experience. Women who said they would not have joined a co-ed trip were loving climbing and getting good at it!



Women have really made a huge mark in the climbing arena- and there is no longer any doubt that women can hold their own in the mountains. However, there are two things I know: there are not enough women in the mountains, and women benefit from climbing with women.

There have been womens specific outdoor recreation opportunities sprouting up all over the place- and we love it! This is why we want to start offering you womens camps and climbing trips too. We are working on the details and until then we want to start sending out womens newsletter to start getting you psyched! Please let us know what you would like to see! Please [contact us](#) if this interests you! Or better yet, fill out our [newsletter survey!](#)

Getting ready for ice season:

The ice is coming friends!

As the ice climbing season ramps up we should start getting our bodies physically ready for the winter alpine season. Here are some tips and tricks to get your body and psyche ready for this cold but fun sport.

In addition to being in overall good shape by exercising regularly (i.e. running, weightlifting, etc.) , try to take on some burly household chores like chopping wood, gardening, painting, changing your oil, and hunting woolly mammoths. Not only will you get things done but you will prepare your body for the grunting and manual labor that is often involved in alpine climbing.



For ice climbing specifically you want to work on your grip strength, pull up strength, core strength and calf muscles. Annie and Jed suggest an easy way to work on your ice tool grip strength at home is to hang two short sections of 1-2 inch thick and less than a foot long branches or cut up broom handle from a doorway pull-up bar. The pull-up bar should be in a commonly used doorway (like to an office, bedroom or bathroom. Every time you go through that doorway, do an increasing number of pull ups. If you did one last time, you have to do two the next time. Then three. Once you can't do anymore, go back to one. If you can't even do one yet, that's OK- Karen suggests hanging a bungee cord to the bar for assistance. This is one way to add to your training even when you are just kicking around the house.

Howie says: "The most important muscles for ice climbing are the ones you can hardly see. The core is the source of all mountain strength and

fitness. Climbing is the best thing you can do to train these muscles for climbing. Without a diverse and focused training program, performance often reaches a plateau. Plus, many people do not have the luxury of easy access to climbing such that they can go multiple days per week. Adding yoga, pilates, interval running, and functional strength training programs like [crossfit](#) to your weekly regimen will give you a dramatic increase in ability on steep ice and can be done effectively in relatively short periods of time."

Here are the dates for our ice courses this winter:

Ice 101

Dec 27-28, Jan 3-4, Jan 17-18, Feb 7-8, Feb 14-15, Mar 7-8, Mar 21-22

Ice 201

Dec 29-30, Jan 10-11, Feb 14-15, Mar 14-15

Mixing it Up

Jan 31-Feb 1, Feb 21-22

Scheduled Courses

Join us!

As you may or may not know, at Sierra Mountain Guides, we offer two types of trips: custom trips and scheduled trips. Custom trips allow you to choose your own destiny. You can have what dates you want, what guide you want, and the guests of your choice.



Custom trips are our most popular type of trip, great for limited schedules or an individualized experience. Scheduled trips are our way of helping folks consolidate with like-minded mountain people for social and/or economic reasons. We can offer these programs at promotional rates and in these economically uncertain times, we know you appreciate a good value. Some examples of scheduled programs to be on the look out for are: AIARE avalanche courses, ice climbing courses, backcountry skiing, and Mt. Whitney in winter. Spaces are booking fast!

[June Mountain Off-Piste Skiing](#)

[Backcountry Skiing Courses](#)

[Guided Backcountry Skiing](#)

[Ice 101](#)

[Ice 201](#)

[Mixing it Up!](#)

[AIARE Level 1](#)

[AIARE Level 2](#)

[Avalanche Refresher Course](#)

[Whitney Expedition!](#)

Thanks for reading,

Sincerely,
All of us at
Sierra Mountain Guides



Self affirmation in a non-cheesy way



We hope your thanksgiving is sexy!

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