

MERIDIAN



January 2009

The Quarterly Publication of the Mountain Rescue Association

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**It's 1:00 a.m.,
and My Butt
is Cold!**



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MRA Strategic Planning Summary
Bronze Plaque Headed to Timberline Lodge
"The Making of a Rescuer" - Otto Trott
Dr. Ken Zafren - Celebrating 10 Years
The Best Rescue Photograph of 2008



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COVER PHOTO: A litter evacuation at 14,000 feet. Photo by Charley Shimanski. **Title Story** photo by Gordon Wiltsie.

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IT'S 1:00 A.M. AND MY BUTT IS COLD!!!

**By Matthew C. Hage
Summit County Rescue Group**

It's 1:00 a.m. and my butt is cold.

I am beginning to lose the feeling in my toes. My fingers feel like they are about to fall off, and my nose is running. There is a cold wind blowing across my face and down my neck. I am miserable despite the fact that I'm wearing all the extra warm clothing from my pack.

I stand up to start my warm up procedure, which consists of a series of gyrations, shakes, swinging of the arms and jumping up and down. When I did this about twenty minutes earlier I caught a Pika in the beam of my headlamp staring at my movements frozen in fear and amusement.

I look around for my little audience and survey my surroundings. I quickly determine that I am completely alone in a sea of boulders with a dark horizon of jagged peaks and ridges surrounding me. A few minutes and crazy gyrations later I am warm and can return my attention to the reason I'm on the side of Mt. Quandary on this cold, early September night.

The vertical face of the mountainside rises up in the distance like a black canvas, devoid of detail and depth. On it, climbing upward like an erect version of the constellation Orion's Belt, are the pin size lights of my fellow teammates. The lights have not moved an inch in the last couple hours, and I don't expect to see any real movement anytime soon.

I have been playing the role of spotter since I arrived on scene around 7:30 pm and progress has been slow and hazardous. The sound of rocks cracking and rumbling off the mountain, raining down terror and destruction has ceased for the moment. But there was a time there at the beginning of the rescue operation that it was non-stop. One such boulder, which was later described as the size of a small Volkswagen, broke loose when Charles tried to use it to pull himself up the mountainside. Despite its immense size the boulder gave way. There was a loud crack

that I heard ½ a mile away, immediately followed by the yell of “ROCK!” The boulder then managed to fall and roll over Charles right leg leaving a nice sized gash. He walked out a short time later with Katie and I saw in person his injured right leg. Another mission on Colorado’s 14,265-foot Mt. Quandary... and another close call.

I gaze out into the darkness and start counting lights. Mentally reviewing who all is out there and which light represents them. To do this I turn off my own headlamp, not only to conserve my battery, but also let my eyes adjust to the night so I can distinguish the lights better.

Starting at the base of the cliff that my teammates are currently assaulting are Shawn Davis and six members of Alpine Rescue. On a ledge above them sits Glenn, Anna and Colin on what must be a very narrow and lonely perch.

Going up climbers left and out of sight behind a rock outcropping is Brian. Brian was one of the original members on scene, having gotten a lift in on the *Flight for Life* helicopter. He also helped decide the route and is currently playing the role of belayer for the final two rescuers who are above him.

Hunter reached the three stranded hikers first more than three hours earlier. He flew in with Brian and was the first to lay eyes on the difficulties and dangers that were about to be encountered. His lead climb up the completely vertical face on which water was actively flowing down was later described as “epic.”

All told there are fifteen souls scattered across the side of Mt. Quandary. Some are setting anchors, some are waiting to belay, some are standing by with extra equipment, some are providing additional light, and three are patiently waiting to be lowered down to safety.

Which brings up the question, what am I doing out here? My usefulness has long since diminished. At the beginning I was quite busy and involved. I talked with the victims on the radio, keeping them informed of our progress and what they needed to do to help. I played traffic control, sending teams in from my location to the base, showing them the best route to stay out of the rock fall. I used Charles’ binoculars to scan the mountainside for alternative routes up. I relayed radio traffic back to base. Finally I helped guide Hunter the final hundred or so feet to where the stranded party was.

But now the radio was silent, and there was absolutely nothing for me to do but shiver and wait. I sat down on my cold rock, looked up at the spectacular Milky Way above, and contemplated my answer. Was I out here for three hikers stranded on a cliff? Or, for the twelve teammates who have purposely ventured into danger to get those three off that cliff? It is only later that I realize fully how much danger some of my teammates were in.

Brian recalls that he stood cowering on a narrow ledge, clipped into the side of the cliff for three hours as rocks continuously rained down on him from above. His was just one of the numerous stories I later heard from that night that caused chills to run down my spine.

Which bring me to my answer. There is no way I could be anywhere else then out here supporting my teammates. They are the reason I am out here and not in my warm bed; the three stranded hikers are merely the cause. When the pager goes off for any reason, I am not responding because someone is hurt, lost or in danger. I am responding because my team is responding and they need my support whatever that might be. Tonight I am just a glorified spectator, while others are out in front being the tip of the spear, doing the hard work. Next time might be different though, and I know that there will always be someone staying behind and watching my back.

I turn on my headlamp again but not to look around. I want the lights that I am watching to know that someone is still here awaiting their safe return. I imagine what my light must look like from their perspective. A lone light down below surrounded by a sea of darkness. And I hope that as they fight to stay warm, that my light serves as some sort of motivation; that my light represents to them what their lights represent to me. That we are all out here together, and no matter how long this rescue takes, we will all be walking out together. For this is the essence of what we do as members of the *Summit County Rescue Group*.

No matter the reason we find ourselves in the wilderness, whether it is for the lost, the hurt, or the stranded, we respond as a team, we work as a team, and we end the rescue mission together as a team. And if we happen to save the lives of three people who were stuck on the side of Mt. Quandary in the process, then all the better.

STRATEGIC PLANNING SUMMARY

At its Winter 2009 Business Meeting in Salt Lake City January 10-11, the MRA engaged in a day-long Strategic Planning Session to help the organization lay out the map for the future of the MRA.

The MRA hired a team of external facilitators. Riley and Karen and Caton were chosen from three strategic planning consultants that responded to the MRA's Request for Proposal.

40 MRA leaders from teams throughout the country engaged in the planning session. What follows in the next few pages is a summary of that recent session.

Mission Statement

The MRA's Mission Statement was evaluated by the attendees.

The mission statement of an organization is intended to describe, in succinct terms, the purpose for the organization's existence. It articulates the principle reason for the organization's presence within the public safety community. The mission statement may also answer the following essential questions: Who are we? Why do we exist? What do we do? Why do we do it? For whom?

The following represents the DRAFT revised Mission Statement that our Strategic Planning Committee has been tasked to evaluate. The MRA membership will be asked to review the proposed FINAL Mission Statement at its meeting in Oregon in June.

The Mountain Rescue Association is an organization of teams dedicated to saving lives by improving the quality, availability, and safety of mountain rescue through accreditation, education, information, and representation

Vision Statement

All successful organizations need to define where they expect to be in the future. After having established the organization's mission, the next logical step is to establish a vision of what MRA should be in the future. Vision statements provide targets of excellence that the organization will strive towards and provide a basis for their goals and

objectives. The vision statement may also answer the following questions:

- Where does the organization want to be?
- How does the organization wish to be known by others?
- How will the organization enhance the quality of life for those who use its services?
- What is the ultimate standard by which all progress is measured?

Although the MRA does not currently have a Vision Statement, a DRAFT Vision Statement was developed by the meeting attendees and our Strategic Planning Committee has been tasked to evaluate this. The MRA membership will be asked to review the proposed FINAL Vision Statement at its meeting in Oregon in June.

The Mountain Rescue Association is an association of teams recognized as the leader in mountain search and rescue best practices.

Guiding Principles (Values) Statement

Guiding principles (values) identify an organization's culture and belief system. They take into account the features and considerations that make up the organization's personality. In addition, they guide both organizational and member behaviors. Guiding principles express the organization's attitudes about:

- People
- Processes
- Performance

The MRA meeting attendees worked to develop the following DRAFT Guiding Principles. Once again, our Strategic Planning Committee has been tasked to evaluate these Guiding Principles. The MRA membership will be asked to review the proposed FINAL Guiding Principles at its meeting in Oregon in June.

Striving for excellence through:
Professionalism
Integrity
Camaraderie
Dedication
Respect
Knowledge



A Strategic Planning breakout group discusses opportunities facing the MRA in the future.

After a thorough session during which the attendees evaluated the MRA's strengths, weaknesses, opportunities and threats, the attendees then set out to develop specific measurable initiatives that define objectives of the organization.

Once the Initiatives were identified, the participants participated in a ranking process to help isolate the highest priorities. The Strategic Initiatives detailed below are not listed in order of importance; however those that ranked in the top five are identified as such.

Strategic Initiatives

Accreditation

- **PRIORITY #1** – Establish a taskforce to review / learn the differences and to evaluate the reaccreditation and accreditation processes and provide recommendations to the board of directors.

Community Outreach/Training

- **PRIORITY #4** – Develop additional educational materials and method(s) of distribution.
- Develop and implement a MRA leader development program.
- Develop and implement a plan to support regional events.
- Develop and implement a plan to address safety issues for member teams.
- Develop and implement a MRA delegate orientation program.

Communications and Marketing

- **PRIORITY #2** Develop and execute a marketing plan that communicates the benefits of membership and to grow new and existing team membership.
- Develop an internal communications plan to and from all members of MRA teams

Representation

- **PRIOTIY #5** Develop and implement a pro-active plan to improve MRA's representation with national and international agencies and organizations.
- Develop and implement a plan to increase representation at legislative and key regulatory workgroups.

Governance / Finance

- Task the awards committee to investigate an improved rewards system for national level participation (awards committee).
- Develop and execute a fundraising plan that will extend the long-term viability of MRA.
- Establish a finance/audit committee to monitor and report on MRA's financial condition on an annual basis.
- Develop and establish a periodic review/process of bylaws and policies.
- Review strategic plan progress at every business meeting.
- **PRIOTIY #3** Establish a taskforce to review the need for and viability of paid staff and provide recommendations to the board of directors.

Next Steps

The Strategic Plan elements outlined above will only be effective at moving the MRA forward if the plan has participation at ALL levels of the organization. For this reason, we need YOUR participation.

The Strategic Planning Committee has been tasked to look carefully at the DRAFT Mission, Vision, and Guiding Principles, and propose FINAL versions for ratification at the June Meeting.

At the same time, the MRA is moving forward on each of these initiatives listed above, effective immediately. MRA President Charley Shimanski is assigning Committees and Task Forces to each of these initiatives, where needed, and we are looking for additional participation from ALL levels of the organization. Please contact Charley Shimanski at Shimanski@Speedtrail.net to participate in any of the above-mentioned initiatives.



MRA Past President Tim Cochrane receiving the Targa de Argenta award.

COCHRANE ACCEPTS SILVER PLAQUE AWARD

MRA Past President Tim Cochrane, the Operations Director of Vail Mountain Rescue for the past 25 years, has received one of the most prestigious awards in international mountain rescue - *The Silver Plaque International Award for Alpine Solidarity*. This award, presented by the Italian mountain rescue organization and prized by mountaineers everywhere can only be given to those who have dedicated their life to the alpine aid. This includes not only mountaineers, but all those who have been distinguished in the risky business of rescues in the mountains. It emphasizes the merit of those who put their own life at risk in order to help others.

Past winners of the Silver Plaque Award include many of the climbers, fire and police officers, and mountain rangers around the world who regularly put their life on the line for those in trouble in the mountains. Prior American recipients of the award were Daryl Miller of Denali National Park and Tim and Dan Aguilar, also of Vail Mountain Rescue.

In his career, Cochrane has logged over 2,500 missions in various capacities. As an Incident Commander, he has managed over 100 operations involving large numbers of searchers and requiring the coordination of the efforts of many different organizations.

DR. KEN ZAFREN – CELEBRATING 10 YEARS

After serving for the past 10 years, Dr. Ken Zafren is stepping down as Medical Committee Chair of the MRA.

An emergency medical specialist, Ken Zafren is renowned for his work in high altitude medicine and physiology, frostbite, hypothermia, medical care in remote areas and mountain rescue.

Medical Director for the Anchorage Mountain Rescue Group, Zafren got his start in SAR with Rocky Mountain Rescue Group in Colorado, and also served with Seattle Mountain Rescue Council.



Ken Zafren on the summit of Ancohuma (6427 m), Cordillera Real, Bolivia.

Dr. Zafren is the former Medical Director of Denali National Park Mountaineering Rangers where he participated on a VIP Patrol with Rangers on the mountain in 1997. He also serves as the Associate Medical Director of the Himalayan Rescue Association and as EMS Medical Director for the State of Alaska.

Ken Zafren not only talks the talk, he walks the walk. He has summited peaks in Asia, Europe and South America, as well as many in his home state of Alaska

Dr. Zafren also serves as the MRA delegate to the Medical Commission of the International Commission for Alpine Rescue (IKAR). In fact, he is the Vice President of that IKAR Medical Commission, and is greatly respected by the entire IKAR community of international medical rescue

professionals. Ken will continue to serve in that role with IKAR for the foreseeable future.

Ken has done a great job in serving the MRA as its Medical Committee Chair, and the MRA owes a great deal of its successes in these years to Ken and his committee. We all give our heartfelt thanks to Ken Zafren for his great service to MRA for the past ten years.

Stay tuned for the April *Meridian* for an update about our new Medical Committee Chair, Dr. Skeet Glatterer. Skeet is a Cardiothoracic Surgeon with Colorado's Alpine Rescue Team.

has performed several significant rescues in his career.

The 2009 conference is currently scheduled for November 13-14, 2009. Locals from Bonneville County SAR (MRA) are hoping to arrange for a booth in the vendor area to set up the MRA display and provide information.

More information on the Conference can be found on their web site at <http://www.skimtntrauma.com>

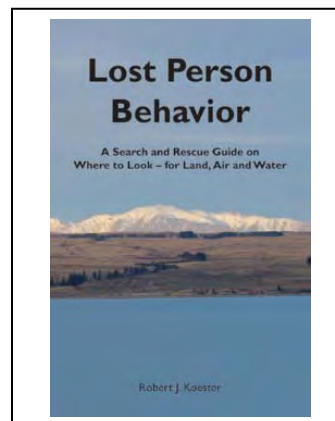


SKI AND MOUNTAIN TRAUMA CONFERENCE

By Mike Vorachek

A *Ski & Mountain Trauma Conference* was held in Sun Valley, Idaho in late November 2008. The conference was sponsored by *St. Alphonsus Medical Center* in Boise, ID., and featured a number of noteworthy presentations on topics of interest to medical personnel who provide pre-hospital care in wilderness environments and those who may be called upon to provide definitive care in a hospital setting.

MRA At-Large Officer Mike Vorachek was able to meet with Lou Whittaker, first American to summit Mt. Everest, and present him with one of our new MRA Challenge Coins. At the young age of 80, Lou



"LOST PERSON BEHAVIOR"

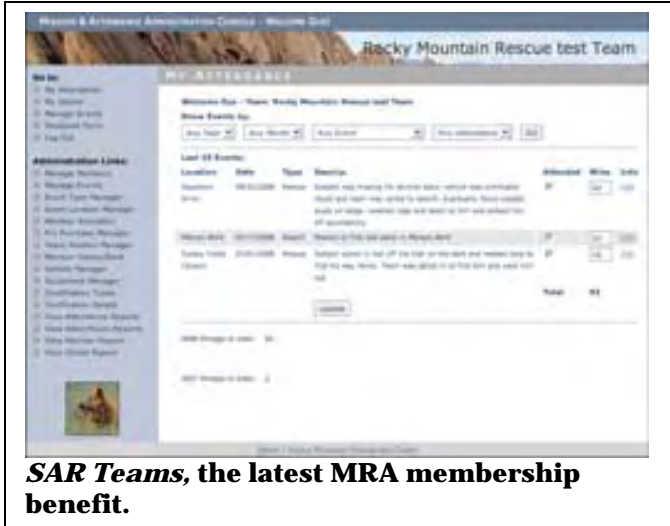
Robert Koester, renowned author and analyst of lost persons (with emphasis on dementia), has published a new book.

Lost Person Behavior is the definitive guide to solving the puzzle of where a lost person might be found. Nowhere else is it possible to learn about the latest subject categories, behavioral profiles, up to date statistics, suggested initial tasks, and specialized investigative questions. Whether the subject is underground, underwater, under collapsed rubble, on land or has fallen from the sky, this book delivers what search managers need.

Lost Person Behavior can be used as a field guide (special rugged binding allows it to lay flat) and an essential library reference. It includes the latest search and rescue incident statistics from the International Search & Rescue Incident Database, which contains over 50,000 SAR incidents.

SAR managers will find especially useful the new detailed behavioral profiles that give insight into what drives the basic behaviors of lost people, and other methodology that will give them the ability to pinpoint the most likely areas to search, then determine initial tasks quickly using reflex tasking, the bike wheel model, and quick consensus.

For more information and to order [Lost Person Behavior](http://www.dbs-sar.com), go to www.dbs-sar.com



SAR Teams, the latest MRA membership benefit.

“SAR TEAMS” SOFTWARE

The MRA is proud to announce *SAR Teams*... the latest benefit to our member teams.

SAR Teams was originally designed and developed for the Alpine Rescue Team in Colorado by a team of experienced web developers (and a rescue team member). It started as a simple attendance application, but quickly grew to be a full-featured web application. After working with other systems that just didn't meet their needs, ART needed a system that was flexible, fast, strong and most of all, easy to use. This is it.

A brief list of *SAR Teams* features:

1. *SAR Teams* tracks mission details, attendance and total person hours.
2. *SAR Teams* tracks training details, attendance and total person hours.
3. *SAR Teams* tracks member attendance and percentage for all events
4. *SAR Teams* provides accurate attendance details available to any assigned member
5. Administrative features can be assigned independently or collectively to individual members to: manage members, events, locations, positions, status/rank, vehicles, equipment, certifications, attendance and more.

The hardest part of tracking individual's time is getting them to do it. *SAR Teams*' system is extremely simple for members to use. In most cases, members don't even need to use it in order to have their attendance tracked. When each team member logs in, they are immediately presented with a list of recent events. All they need to do is check a box for

each event they attended and click submit. (They can even search all past events to confirm attendance.)

Also, when the Team Leader creates the event in the system, they can select every member that attended and then that member's attendance is made up to date. This way, as long as the Team Leader for that event is taking accurate attendance, then the team member doesn't need to do anything to be counted. In addition to the fairly detailed attendance reports, there are some nice features like tracking mileage per member for their tax returns and access to roster/call lists.

Information about how to access *SAR Teams* will be sent to the MRA Administrative Lister in mid-January. Stay tuned...



MRA'S 50TH ANNIVERSARY CELEBRATION

Portland Mountain Rescue is proud to host the 50th Anniversary, 2009 MRA Summer Conference! We hope you'll join us for this historic occasion to celebrate 50 years of saving lives through rescue and safety education.

There's no place like the Oregon Cascades in the summer! We have **exciting activities planned for you** if you show up early.

Register for the conference **here online**, or mail in your registration.



This bronze plaque, honoring the formation of the MRA, will be mounted on the wall of Timberline Lodge in June. The hands and ice axe are life size, and the art is 70 cm. wide.

BRONZE SCULPTURE HEADED TO TIMBERLINE

The MRA will hold a very special unveiling at Timberline Lodge during the MRA 50th Anniversary event in June. A very special bronze sculpture that honors the formation of the MRA will be installed in the Timberline Lodge.

Thanks to the efforts of Rocky Henderson and Portland Mountain Rescue Group, the National Forest Service has agreed to the hanging of the sculpture.



Bronze Artist, and former mountain rescuer Richard Arnold

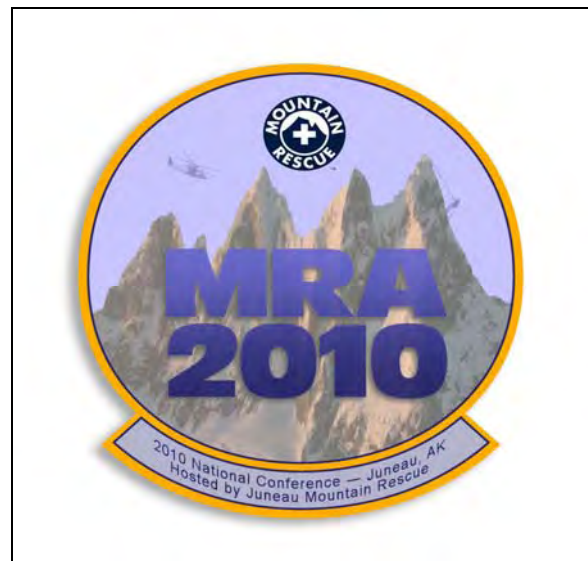
What makes this bronze particularly special is the fact that the artist is a distinguished mountain rescuer himself. Richard Arnold joined Mountain Rescue Aspen in 1972. An accomplished pilot and former manager of the Aspen and Telluride Airports, Arnold responded to more than 100 rescues in Colorado's highest peaks before retiring from

Mountain Rescue Aspen in the late 1980's. He served as President of Mountain Rescue Aspen, and as Chair of the MRA Rocky Mountain Region. Richard now lives in Telluride with his wife, Marshal Whiting. He still serves as a flight instructor, and consults San Miguel County SAR on rescue and recovery missions.



A special interpretive sign will be installed next to the sculpture, honoring the formation of the MRA (see above) and noting its 50th anniversary.

MRA 2010 CONFERENCE



Juneau Mountain Rescue is proud to be the host team for the Mountain Rescue Association Spring Meeting in June of 2010. Juneau is the Capital City of Alaska and located in the heart of the Tongass rainforest, the largest temperate rainforest in North America.

While planning is still under way, topics and activities being planned are exercises on the Mendenhall glacier, helicopter operations and safety, and avalanche rescue. Preliminary plans include the possibility of helicopter exercises with the private helicopter tour operators, the Alaska Air National Guard and United States Coast Guard.

The conference will occur during or close to the summer solstice. While Juneau is not far enough North for the legendary 24 hours of sunlight, this part of Alaska has over 20 hours of sunlight and it never gets completely dark at night. Remember, it is a rainforest and while Juneau Mountain Rescue will do its best to see that the sun gods bless the conference, MRA members will need to bring their rain gear.



The MRA has developed three full trade show banners for use at MRA team members' events.



INTERNATIONAL SAR CONFERENCE

Building on the success of their 2008 event the Shephard Group is holding its annual Search and Rescue Conference, SAR 2009, in Washington D.C. on March 30th to 31st, 2009.

With ever-increasing advances in technology, the world has become a much smaller place. Although search and rescue has become increasingly sophisticated, the exploration for improved equipment and communications still continues.

Faster helicopters with greater endurance are attracting much attention around the globe. Countries that once were on the edges of the global SAR map are now becoming firmly established SAR organizations.

Mra members will receive a discounted rate to attend SAR 2009 of \$499 (usual rate \$699 per delegate). For more information, go to <http://www.shephard.co.uk/events/39/search-and-rescue-2009/>

MRA BANNERS AVAILABLE

The MRA has developed three unique trade show banners for use by MRA member teams at conferences and events. The three banners are built on the theme of "Courage. Commitment. Compassion." For more information, contact Charley Shimanski at Shimanski@speedtrail.net



MRA DEALS ON GEAR, EQUIPMENT AND CLOTHING

Monty Bell, Membership Chair

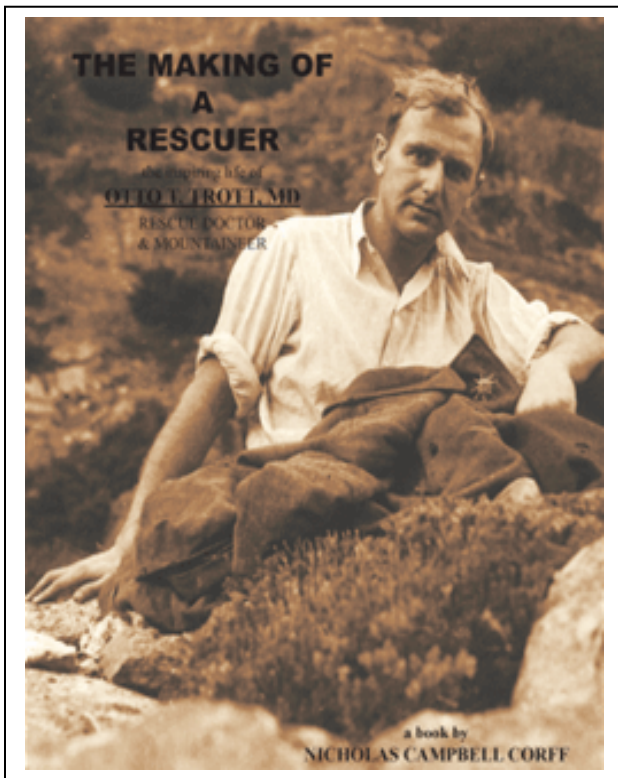
Did you know that the MRA has some National Prodeals? Well we do! If you log onto the MRA website under Member Services > Members Only > now you will need to login using the general login that was supplied to your Team MRA Contact (sorry can't tell you that secret login here).

Once you have logged in to the general site and if this is your first time you will need to request a Username and Password to unlock the hidden

Forum sections. Once you receive your personal Username and Password you now may proceed to the top of the Forum Page and Log In again (Yes, the site requires two separate logins, one general and one personal)

Now you are able to access the Prodeal Section of the Forum. In this section you will see that we have a few manufactures and suppliers such as Lowe Alpine, Liberty Mountain, Black Diamond, Patagonia, Marmot and Mammut just to name a few. Under each of those sections you have the info to access the MRA Prodeal.

A word of caution... Prodeals, as most of you are aware, are only as current as the contact that set them up. We have worked hard to keep this list accurate; however as our Vendor contact moves on so does the Prodeal. Should you find any discrepancy with what is posted please contact Neil Van Dyke, NeilVD@stoweagle.com AND Monty Bell, rescue89@att.net. We will make every attempt to reestablish contact with the vendor and update the information. Also with any Prodeal please be discrete and not advertise your Prodeal with friends or family, do not go to your local retailer and discuss it with them either. Prodeals are very hard to come by and once lost they rarely return.



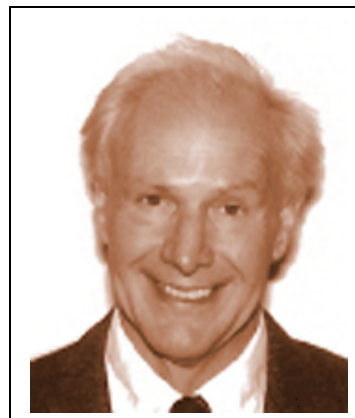
THE MAKING OF A RESCUER

The Inspiring Life of Otto Trott

Dr. Otto Trott is recognized as one of the three co-founders of Mountain Rescue in North America. This new book, THE MAKING OF A RESCUER, tells his inspiring story, including significant details of the founding and organizing of what has become the Mountain Rescue Association.

Perhaps one of Otto's greatest contributions was his teaching of generations of climbers and rescuers the mountaineering and medical skills that we now take for granted. As Lou Whittaker says on the back cover of the book, "You taught us so well, Otto, I could not have had a better hero."

Otto was a skilled Alpine mountain guide when he came to the United States in the 1930s, and had completed his medical studies, a residency and the equivalent of a Ph.D. He was a scholar of mountaineering and brought the latest techniques and equipment with him and, strange to think in this day and age, he actually introduced proper crampon technique (they were still cutting steps), ice climbing skills, gummy shoes, avalanche identification and rescue skills, professional level medical treatment of injuries and hypothermia, and much else.



Otto became an Associate Professor at the University of Washington where he established a medical teaching program for Ski Patrol and Mountain Rescue participants, the first program of its kind where First Aid became Professional Aid.

Dee Molenaar says, "This treatise is long overdue..." Jim Wickwire states, "Nicholas Corff has brought to life the fascinating story of Otto Trott's climbing adventures, and his mountain rescue and associated medical care achievements, drawn largely from Otto's own writings and diaries. It makes for a compelling read."

IN SEARCH OF...

We are in search of an editor for the Meridian. Responsibilities would include developing and acquiring content and producing a quarterly product.

Please contact the MRA if you are able to fulfill this important role.

If you are interested, please contact Charley Shimanski at Shimanski@speedtrail.net

UPCOMING EVENTS

[Search and Rescue 2009](#)
[March 30-31 – Washington D.C.](#)

[2009 NASAR Conference](#)
[May 28-30 – Little Rock, AR.](#)

[2009 50th Anniversary MRA Meeting](#)
[June 26-28 - Mount Hood, OR](#)

[2009 International Technical Rescue Symposium, Nov. 5-8 – Pueblo, CO](#)

CAUGHT IN THE ACT – THE BEST RESCUE PHOTOGRAPH OF 2008



Photo by John Kirk-Anderson, The Christchurch Press / Reuters

A rescue helicopter prepares to hoist aboard surviving Japanese climber Hideaki Nara near the summit of Aoraki Mount Cook in New Zealand on December 5, 2008. A Japanese climber stranded for six days just below the summit had died just hours before rescuers reached him and a compatriot, local media reported. The two Japanese climbers were forced to huddle in a tent 50 meters below the 3,754-meter (12,349 feet) peak, as poor weather and high winds foiled attempts to rescue the men by helicopter



MOUNTAIN
RESCUE
ASSOCIATION

The Mountain Rescue Association is an organization dedicated to saving lives through rescue and mountain safety education

www.mra.org