

# MERIDIAN

October 2011



The Quarterly Publication of the Mountain Rescue Association

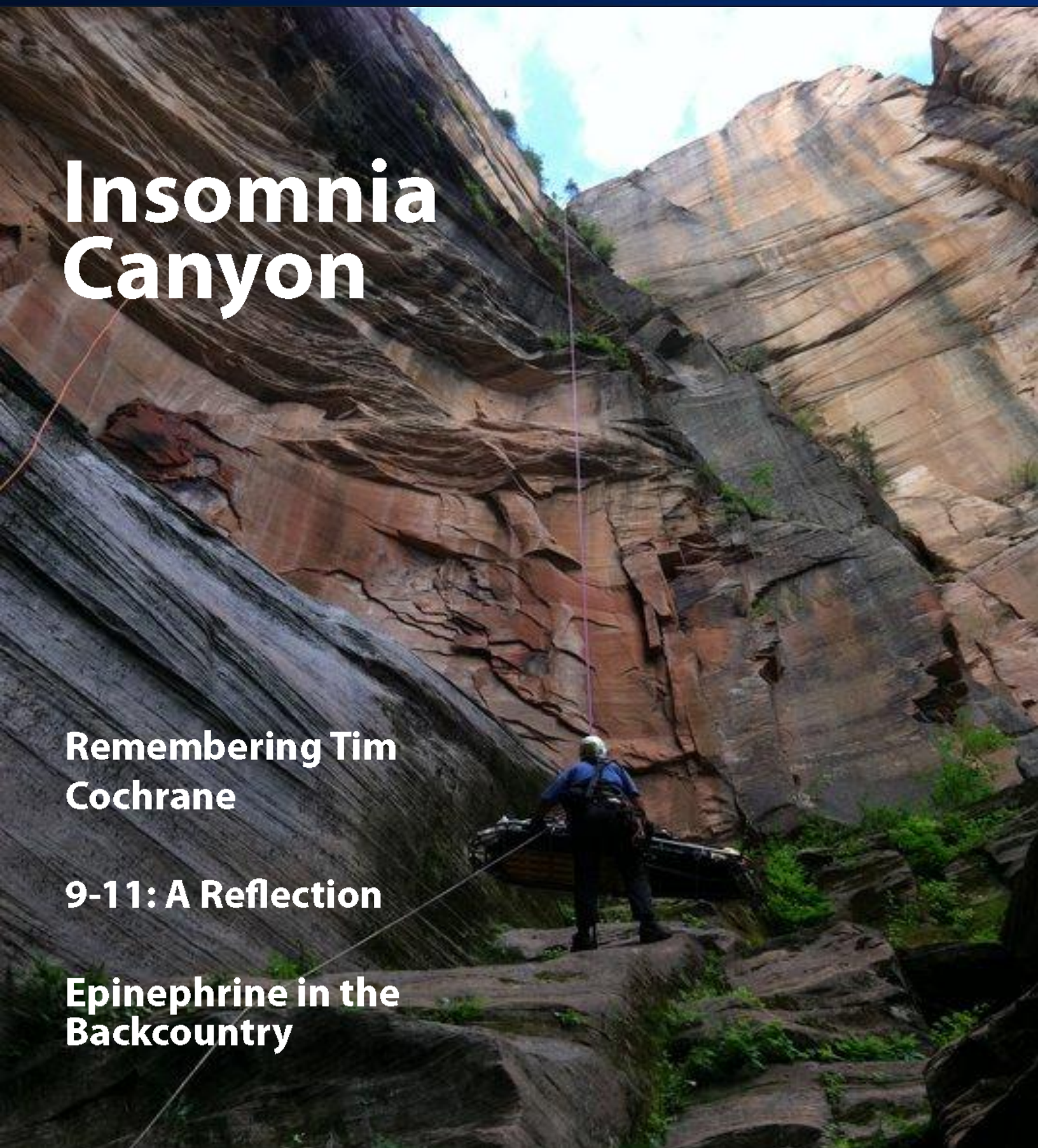
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## Insomnia Canyon

Remembering Tim  
Cochrane

9-11: A Reflection

Epinephrine in the  
Backcountry







MOUNTAIN  
**RESCUE**  
ASSOCIATION

## October 2011

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Cover photo by Dennis Gill.

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## Insomnia Canyon Rescue

By Sgt. Aaron Dick, Search and Rescue Coordinator with the Coconino County Sheriff's Office

August 13-14, 2011

On August 13<sup>th</sup>, 2011 just after 1400 hours the Coconino County Sheriff's Office was notified of a fall injury requiring technical rescue in West Fork of Oak Creek Canyon. The initial 911 call received by the Sedona Fire District was very broken and it was difficult to obtain any details about what the nature of the problem was, other than that there was a fall with a climber on rope.

The Sedona Fire District and the Coconino County Sheriff's Office both have jurisdiction in this area with Sedona Fire holding the emergency medical services certificate of need and the Sheriff's Office being statutorily responsible for search and rescue operations. As a result both agencies responded. Sedona Fire District sent personnel up the Call of the Canyon Trail from US89A into West Fork of Oak Creek. Due to the topography of the area it was possible that the best access would be a top down approach so the Coconino County SAR Mountain Rescue Team responded to an area that would allow access from the top. I responded to the Call of the Canyon Trailhead to meet with the Sedona Fire District battalion chief, who had assumed incident command.

Personnel from Sedona Fire District met the reporting party coming out of the canyon; he was out of breath and initially had difficulty relaying the nature of the problem. It was eventually determined that this was a technical canyoneering accident. The subject had fallen approximately 150 feet but was conscious. The location was described as Insomnia Canyon, which feeds into West Fork of Oak Creek Canyon. Unfortunately that is not a map name but a canyoneering name, and it took some investi-

gation to determine where the canyon was and how to make access. Fortunately one of our Mountain Rescue volunteers, Mike Getchis, has been actively exploring technical canyons and was familiar with the location of Insomnia, although he had never been in that canyon.

The Arizona Department of Public Safety Western Air Rescue Unit from Kingman, AZ was requested to respond to the area prepared for helicopter technical rescue (heli-rappel and short haul).

The helicopter landed at Slide Rock State Park in Oak Creek Canyon at 4:00 p.m. and met two of the Sedona Fire District members of the Northern Arizona Inter-agency Heli-Rescue Team. I arrived there and briefed with the crew about what we knew and where we thought the incident was. The helicopter then departed with one of the Sedona Fire technical rescue technicians onboard. They were able to locate the scene but determined that a short haul rescue was not possible at that time.

By 5:00 p.m. it was determined that a bottom up approach was not possible. I relocated to the top side access at Buckhead Point with our team and three Sedona Fire District technical rescue technicians. I assumed incident command at that point and the operation was conducted from the top.

At 6:00 p.m. two of our Mountain Rescue Team members, Victor Walco and Mike Getchis, began a descent of Insomnia Canyon from the top. There was light rain in the area and we were keeping a close eye on the weather with regular calls into the National Weather Service Flagstaff Forecasting Office for updated weather information. This was a technical canyon that neither Victor nor Mike had ever been in. Mike and Victor made six rappels before reaching the 375 foot rappel where the

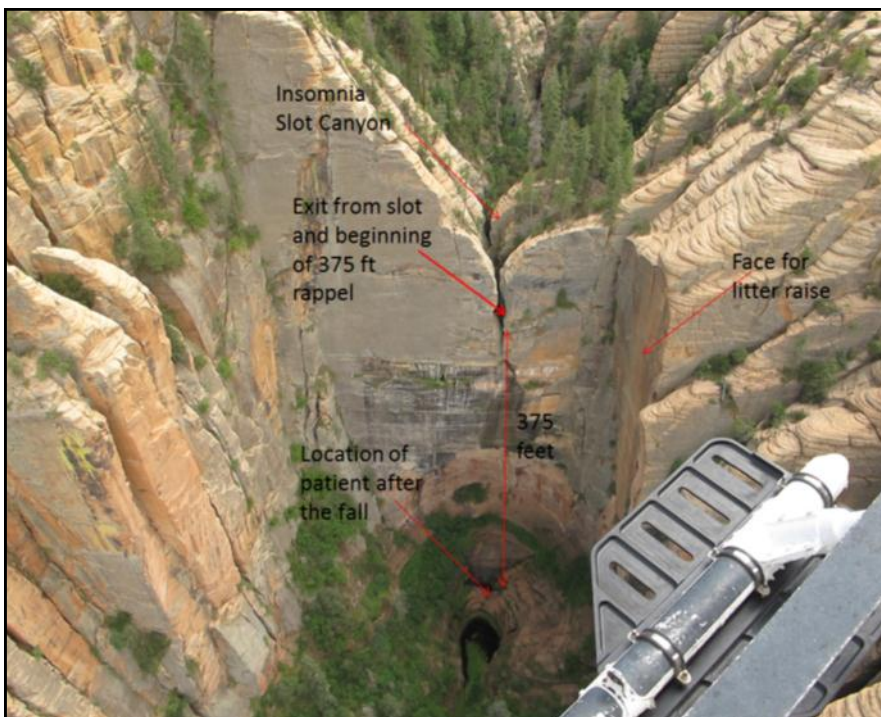
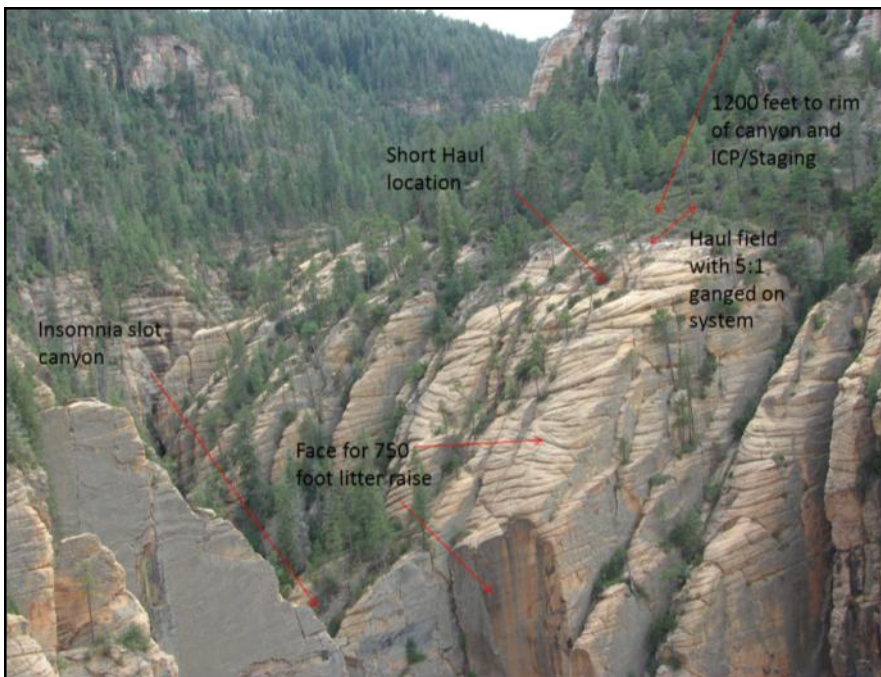


Diagram of the rescue. Photos by Dave Garrison.

fall occurred. At that point it was almost 10:00 p.m. and it was very dark with no moonlight. Victor began to rappel out of the crack onto a face of a big wall. As he approached the end of the 300 foot rope he was using he was able to stop on a small ledge and tie an



additional rope onto the rappel line and pass the knot in the dark and rain in order to reach the subject. Mike followed Victor down the rope and they made contact with the subject and his uninjured companions at just about midnight. This was about eleven hours after the fall occurred.

While Mike and Victor were descending the canyon a second team led by Mountain Rescue Team member Ken Herron was establishing a route to a rock shelf above the subject to provide a means of getting equipment to the subject and rescuers as well as raising the subject to a better location for a short haul extraction. Ken and his team rappelled approximately 1200 feet to the rock shelf and began rigging for a rope rescue operation.

Once on scene Victor reported that the subject could not be moved due to his level of pain (a 20 on a scale of 1 to 10). The first set of vitals that were radioed up was poor (no radial pulse, tender abdomen, and pelvic pain) and indicated to us that the subject was in pretty bad shape but was still conscious. Victor and Mike provided supportive care to both the subject and to his uninjured companions throughout the night. That included finding dry firewood and maintaining a fire in a relatively wet and cold canyon. During the night we secured medical direction to administer pain medications and fluid to the subject. The litter, ALS equipment, and two additional rescuers were lowered from the rock shelf to the subject's location at about 6:00 a.m. on August 14<sup>th</sup>. Victor, who is a flight paramedic in his day job, provided artful wilderness medicine and titrated enough fluid to the patient to raise his blood pressure enough to administer the pain medication. Victor was able to get the subject's pain down to a three on a scale of one to ten as he was being packaged into the litter.

At 7:00 a.m. Arizona Department of Public Safety Central Air Rescue arrived in the area and again evaluated the possibility of conducting a short haul from the subject's location, as we felt that would be the best for the subject if it was possible. Unfortunately after thoroughly evaluating the possibility the air crew determined that it just was not safe to do a short haul from that location. They did agree that the rock shelf above the patient was a suitable location for the short haul.

When it was determined that the technical raise would need to be conducted I requested additional technical rescue personnel from Flagstaff Fire Department's Special Operations Team to stage at Buckhead Point in the event relief personnel were needed.

At 7:25 a.m. the technical raising operation was begun with Sedona firefighter Lars Romig attending the litter. The raise was about 750 feet from the subject's location to the rock shelf. The haul team set up a 5:1 ganged on system with a tandem prussic belay. The raise took about four and a half hours to conduct as the haul field was small and necessitated about 100 resets of the system.

While the raise was being conducted Victor, Mike, Sedona firefighter Aron Sheehan, and the uninjured members of the canyoneering party continued out of the canyon completing several more rappels and a hike out to the Call of the Canyon trailhead.

The litter reached the rock shelf where the raising station was at about noon, and the DPS helicopter rappelled Sedona Fire heli-rescue technician Johnny Sedillo into the location. Johnny secured the subject into the Bauman Bag and then attended the short haul from the rock shelf to Slide Rock State Park. Once at Slide Rock the subject was transferred to a Native Air Ambulance for transport to a trauma center in Phoenix.



*The haul field was small and necessitated about 100 resets of the system. Photo by Mike Getchis.*

DPS Central Air Rescue returned to the raising station area and assisted in sling loading much of the rescue gear out to Slide Rock. While four of the rescuers ascended out from the shelf, the 1200-foot ascent was time consuming. With deteriorating weather in the form of summer monsoon thunderstorms approaching and the fatigue of the rescuers who had been on scene for over 24 hours, it was decided to request a short haul extraction of the remaining rescuers. Four additional short hauls were conducted to extract the rescuers to Buckhead Point.

The subject was in the hospital for several weeks with serious injuries but has recently been released and is recovering at home.

This mission was a testament to the teamwork of rescue teams from around the region and the state including two teams with MRA status (Coconino County Sheriff's Search and Rescue became a regular member in June 2011 and Arizona Department of Public Safety Aviation is an ex-officio member). In total there were 34 rescue personnel involved in the incident.

A sad side note to this mission: On the night of September 20<sup>th</sup>, Arizona DPS Pilot Matt Uhl, the pilot that conducted the five short hauls on this incident, was tragically killed in a traffic accident while commuting from Phoenix, AZ to Kingman, AZ for a shift as a pilot on the DPS Western Air Rescue helicopter. Matt was a skilled rescue pilot as evidenced by his performance on this mission and countless others over the years. He will be sorely missed.



*The subject is hoisted to safety. Photo by Randy Marlatt.*

## Remembering Tim Cochrane

Tim Cochrane's battle with colon cancer ended May 15 at his home in Eagle. He was surrounded by his family when he died.

The influence of Tim Cochrane's work on the MRA cannot be underestimated. "Tim made a tremendous impact on the world of mountain rescue... in Vail, in Colorado, in the USA, and throughout the world," said past MRA president Charley Shimanski. "Few rescuers have left their fingerprints on so many important rescue initiatives as Tim."

Timothy James Cochrane was born March 8, 1950, to Thomas and Doris Cochrane, in Cleveland, Ohio. But he would tell you he hails from Buffalo, N.Y., where he grew up. He enlisted in the U.S. Marines in 1967, serving for four years including two tours in Vietnam. After returning from Vietnam, Tim attended the University of California at Irvine, and in 1971 he welcomed his daughter Tracie into the world. He moved to Colorado in the late 1970s and ultimately ended up in Vail.

In October 1978, Tim married his best friend, Betsy, who became his wife of 33 years. Together they had three daughters, Erin, Mary and Megan. He was very proud of all of his daughters' accomplishments.

Tim's career consisted of multiple hospitality positions before he became the director of the Eagle Valley Chamber Commerce in 1999. He loved bringing new events and businesses to the Eagle and Gypsum area and had a passion for community service.

He relocated to McCall, Idaho, for a year and a half in 2009 to work with the McCall Area Chamber of Commerce, returning to Eagle after being diagnosed with colon cancer in the fall of 2010.

Tim was instrumental in founding the Vail Mountain Rescue Group, in which he was active for over 30 years, until the day he died.

"There are a few people alive who would not be if he hadn't been there," said Dan Smith, who's now helping run Vail Mountain Rescue. It took two people to replace him when he stepped away, Smith said.

Within the MRA, Tim was perhaps best known for mentoring others in leadership positions. Monty Bell, a past MRA president, said, "I had the great fortune of knowing Tim for close to 15 years and during that time he was my strongest supporter, toughest adversary, favorite mentor, and most of all my close friend. Tim taught me how to be diplomatic and steadfast, congenial and obstinate, adversarial and hospitable all at the same time and all within the first hour of an MRA board meeting. There is no doubt in my mind, if it was not for Tim's encouragement and support I

would have never become an MRA president nor joined the NASAR board of directors."

Tim had many other community service-related accomplishments, including the Silver Plaque Award in 2008 for his lifetime of service to Mountain Rescue, which he and his family flew to Italy to accept. He also helped found the Eagle County Ambulance District.

"Tim was a leader and a true force of nature," said another past MRA president, Dan Hourihan. "Like the natural forces of nature, change was inevitably the result of his presence. Unlike the natural forces of nature, that change could be counted on to be positive. Tim embraced change, believed in its inevitability, and always prepared and challenged others to carry on the mission we all embrace...helping those in need."



Neil Van Dyke, the MRA's current president, had this to say about his experience with Tim: "I first met Tim shortly after Stowe Mountain Rescue joined the MRA when we hosted the winter meeting in 1997. He was president at the time, and as host team I worked with him in arranging the logistics for the meeting. Let me be honest and admit that my initial impression of Tim was primarily one of intimidation! We were new to the MRA, I had never attended a meeting, and Tim's

confident, and what I perceived at the time as slightly overbearing personality made me somewhat uncomfortable and ill at ease. It wasn't long after he arrived in Stowe, however, that I started to notice the hint of a twinkle in his eye as he went through his list of "demands" for the meeting. By the end of the weekend I realized that this was not a man of bluff and bluster, but a man of substance who knew what he wanted, what was best for the MRA, and that there was a heart of gold in there. Needless to say over the subsequent 14 years he became a mentor to me as my involvement with MRA continued, always offering kind words of support and encouragement at just the right time. While I may not have always agreed with him, I always had great respect for his knowledge, thoughtfulness and love of the traditions and well-being of our organization. In many ways Tim Cochrane will always for me be the personification of the Mountain Rescue Association."

As we all know, perhaps the greatest reward we can receive in mountain rescue is the gratitude of those we endeavor to help. Cathy Nelson, mother of James Nelson, for whom Vail Mountain Rescue searched for many days in 2010, had this to say at Tim's passing: "My sincere condolences to his wife and family, Dan Smith, Steve Zuckerman, and Sheriff Joseph Hoy. Thank you all for sharing this man with so many. I am grateful for having met such a wonderful caring person..."



## 9-11: A Mountain Rescue Honor Guard's Reflection

By Dennis Chapman, USMC, Vietnam. MRA Honor Guard. Utah County Sheriff's SAR, UT

Originally printed in the April/May 2003 issue of Advanced Rescue Technology Magazine

On February 11, 2002, five months after the World Trade Center disaster, a ragged wind blasted the choppy water at the confluence of the Hudson and East Rivers. As I rounded the buildings near the southwest corner at Ground Zero I could see Lady Liberty standing amid the foaming combers below Manhattan. Proudly she thrust her torch skyward as she maintained silent vigil over the ravaged cityscape of New York. Long offering hope to American immigrants, Lady Liberty now stands as a symbol of the resolve of New Yorkers to rebuild their city and an enduring emblem of American strength and unity.

Much of the debris from the collapsed Trade Center has been removed, hauled to a disposal site across the river in New Jersey. What remains is a huge crater excavated by construction workers to remove the wreckage of subway tunnels in the search for the final victims of the disaster.

Ground Zero is mostly surrounded by barriers that bar entrance to the site. All access points are guarded by members of the New York Police Department. The entrance through which I gained access was directly west of the site. Near the final checkpoint to the work site I found three New York City firefighters taking a short breather from their labors (see photo). Two of them were in their mid-twenties and the third, Captain Bill Butler, well beyond middle age. With red faces, noses, and ears the younger firefighters looked tired but resolved to do their jobs, determination steely in their eyes. The captain seemed weary beyond his years and his eyes were red and watery. Instead of pike poles, fire axes, or hoses, all three men carried three-pronged rakes. The once-keen rake edges were battered and scarred from being continually dragged through debris by the men as they looked for victims.

All three firefighters were off-duty, Captain Butler said. After pausing for a moment in a vain attempt to control his emotions, he told me they were looking for his missing son. "Please say a prayer for Tom," Captain Butler implored. "He was a good man." On September 11, 2001, his firefighter son had responded to the World Trade Center disaster, and had been among those selfless many who had gone up the stairs to help rather than down to safety. The agony of the past five months was etched in the fatigued face of a grieving father.

A small overlook has been constructed there. Along two sides are photos, flowers, candles, department patches, and memories. It is a miniature shrine built in honor of those who died, those who lived, and those who are continuing the search. It is a quiet place, almost peaceful. The other two sides face the devastated site. A scant hundred feet from the overlook, the edge of the man-made crater drops six stories to the shadowed bottom. There, in the bowels of the earth, an ant-like army of workers continues the recovery process. The chilly wind numbed my body but the reality of being at Ground Zero warmed my blood, for here I felt the presence of those brave men and women who had responded without hesitation because their fellow men and women needed help. To stand at the recovery site where so many innocent people had died sent shivers



2002 World Trade Center Ground Zero. Photo by Bob Zimering.

up my spine. Tears were uncontrollable.

Near the overlook, on a short pole, two flags snapped in the breeze. On the bottom of the staff was a World Trade Center disaster flag. Above it flew the Stars and Stripes, the renewed symbol of a truly United States of America. Almost like the prayer flags in Tibet, Old Glory carried skyward the prayers of all people of conscience. Beyond the two flags, on the side of a severely damaged building, hangs a huge American flag. It is secured with cables to the building, and hangs down as the patriotic backdrop for those recovery workers still laboring in the shadows deep in New York City's canyons. Amid the wreckage of destroyed buildings those flags reflect a living, unified country. Terrorist attacks can change the shape of a city but the strength of America is impervious to their efforts.

An hour later I left the site, finishing my circumnavigation of Ground Zero. Shuffling along sidewalks and across muddy streets I could see many American flags; some on cars, others on buildings, buses, and construction vehicles. Many were affixed to uniforms of peace officers and firefighters.

If I were twenty years old again, on September 12, 2001, I would have been standing at the entrance to the Marine recruiter's office. God bless America.

*Note from Tim Kovacs: For memorials to be held in early February of 2002, the MRA Honor Guard was requested and flown in at no cost to serve at details for the fallen of 9-11-2001 of the World Trade Center and the Pentagon, including at Madison Square Garden. Unknown to the Honor Guard, event advertisements played on local electronic billboards and TV. Wearing their HG uniform jackets to shield against the bitter cold as they visited the area, they were scrutinized and recognized by agencies and civilians alike and the honor guard members could not buy their own subway fare, drinks or most meals. FDNY, NYPD, Port Authority were extremely gracious and genuinely appreciative; their generosity at their own time of need and grief defies description. Shortly after returning from that trip to New York with the MRA Honor Guard, member Dennis Chapman wrote this article and received a national recognition award for it, here in its original form. Dennis has also written and published books, including A Scouts Salute and the novel The Autumn Marine.*

## Regional News

### California Region

*Letter from John Chang*

It is my pleasure to announce some great news that transpired at the California Region of the Mountain Rescue Association's region meeting held on September 17, 2011, hosted by Contra Costa County Search and Rescue. Please join me in congratulating the following newly elected Region officers:

- Art Fortini of Sierra Madre Search and Rescue as the new region chairman
- Dan Land of Montrose Search and Rescue for a second term as the region vice-chairman
- Antonio Arizo of Ventura County Search and Rescue as the region secretary/treasurer

Our new management team brings decades of knowledge, skill, and ability that will positively impact the mountain rescue community spectrum from the individual level to the regional and national level. The term for the new leadership team is effective immediately.

Next, please join me in congratulating Tehachapi Mountains Search and Rescue of Kern County Sheriff's Office for passing their first MRA accreditation test in the discipline of Search and Tracking on September 10, 2011. I'd further like to express the region's appreciation of the support from their mentor/sponsoring team China Lake Mountain Rescue Group with special thanks to Dan Bishop and evaluators from Bay Area Mountain Rescue Unit, Malibu Mountain



Rescue Team, Montrose Search and Rescue, and Ventura County Search and Rescue.

Further, the CRMRA proudly and unanimously accepted the formal application of San Bernardino County Mountain Search and Rescue in its pursuit of full MRA accreditation. This recommendation to be recognized as a MRA Associate Member will be brought forth to the national MRA board for approval in January 2012.

Finally, please join me in thanking Cindy England of Montrose Search and Rescue for her service over the past four years as the Region's Secretary/Treasurer.

I have been honored and privileged to serve the California Region and the community over the past four years as the Region Vice-Chairman and then the Region Chairman. The enriching experience has reinforced my belief that we have a community of exceptionally selfless individuals dedicated to helping those in harm's way while simultaneously living life to the fullest. It is my hope that during my watch, I have represented the region's interests well. I will continue to serve as a representative for my home team (BAMRU) and continue to participate and support various projects at the regional level as well as the national level. Thank you for the opportunity.



### **Did you know...**

that Meridian now sells advertising space? Meridian is distributed via email to approximately 2,000 MRA members on a quarterly basis, as well as accessible to the general public on our website. If you know any SAR-related businesses who might be interested in advertising, please refer them to our editor at [adebattiste@aol.com](mailto:adebattiste@aol.com) for rates and more information.



*Tehachapi Mountains Search and Rescue of Kern County Sheriff's Office accreditation exercise, by Antonio M. Arizo.*



## Oregon Region

*By Jerry Heilman*

On September 17th and 18<sup>th</sup>, Oregon region teams held a joint field session at Crater Lake. There were members from Corvallis Mountain Rescue Unit (CMRU), Deschutes County Mountain Rescue Unit (DCMRU) and Eugene Mountain Rescue (EMR) at the event. There were members of "rope teams" from surrounding Josephine, Jackson, and Douglas counties as well as many Crater Lake National Park Service (NPS) search and rescue team members.

The NPS had two main objectives for the weekend: to continue the in-caldera search for Sammy Boehlke, and to collect car debris and personal items from an October 2010 car wreck. Sammy was a young boy that went missing along the north rim of the caldera in 2006 and evidence indicated that he may have fallen into the caldera. The debris inside the caldera was left by a car that rolled into it and tumbled down the 1,600 feet of scree slopes to end up in the lake. There was no one in the car except for a dog, which was ejected and survived unharmed. The car was literally shredded into many pieces and most of its contents were strewn across the slopes down to the lake. The larger parts of the car had been removed by helicopter last fall, but the scree slopes were still covered with smaller pieces of debris.

On Saturday, CMRU, Josephine County and NPS search and rescue members formed a team to start the clean-up of the debris field on the scree slopes. DCMRU, EMR, Jackson and Douglas Counties and NPS search and rescue members conducted more crater wall searches for Sammy. On Sunday, CMRU, Josephine County, EMR and NPS search and rescue members continued further clean-up of the debris field while a second debris clean-up station was set up by DCMRU, Jackson County and NPS search and rescue members.

The teams collecting the car debris and personal items conducted six separate operations. At one point on Sunday, there was about 1,300 feet of rope out from vehicle anchors at the top of the caldera and it was still about 400 feet to the lake!



*Bonnie over the edge. Photo by Matt Trager.*

Rigging for the debris clean-up included a main and belay line, each using two 600- and one 300-foot ropes. The rescuer and litter were raised back up to the top of the caldera using a 3:1 mechanical advantage system with a 300-foot rope attached to the main line.

On Saturday, a single rescuer was attached to the main and belay lines on the litter using a 50-foot tether, but two rescuers were used on Sunday. The rescuers picked a safe spot to park the litter and then picked up items in the debris field while still being connected to a rope. The slopes in the main debris field were about 30 degrees and composed of small scree and sand. The rescuers carried the debris and personal items to the litter and secured the items using tarps and straps.

It is estimated that 500 to 600 pounds of debris was picked up. Highlights included a radiator, wallet, parking barricades, parts of a bumper, lots of random black plastic pieces, rear view mirror, cassette tapes, CDs, steering wheel, gas pedal, lots of clothing, and a window of shattered safety glass. As soon as the rescuers and litter were brought back to the top of the caldera, the entire litter was handed over to a NPS law enforcement ranger who unwrapped the tarp securing the load and removed, inventoried and photographed the items.

Included in the list of items retrieved was a single, large orange traffic cone that CMRU members inadvertently knocked down in the caldera Sunday morning. Oops!

The Crater Lake chief ranger, Peter Reinhardt, declared the operation a huge success. It was amazing to look at the entire area of the caldera and see how much cleaner it looked, especially with the lack of shiny debris twinkling in the sun.

Unfortunately, no further clues concerning Sammy's location were discovered.

The weekend included a fantastic BBQ Saturday night. All of the various MRA, county, and NPS search and rescue team members, along with family and friends, enjoyed talking about the day, eating hot dogs and hamburgers (with a veggie option) and working on a keg of Mountain Rescue Pale Ale from the GoodLife Brewing Company in Bend, Oregon.



*The rigging system. Photo by Matt Trager.*



## Epinephrine in the Backcountry

The use of epinephrine in the backcountry for anaphylaxis has been widely discussed lately.

One issue is that of infrequent occurrence. Overall, most instances of fatal anaphylaxis are due to medications, food allergies, and insect stings in urban settings. Fatal episodes are estimated at 1500 patients per year (Neugut AI, Ghatak AT, Miller RL. Anaphylaxis in the United States: an investigation into its epidemiology. Arch Intern Med. 2001;161:15-21.). The incidence of fatal anaphylaxis in the backcountry is probably much lower. A study from the National Outdoor Leadership School (NOLS) records show two cases of anaphylaxis and 149 cases of acute allergic reactions in some 2.5 million participant days over 20 years (Schimelpfenig T. Epinephrine roundtable. Proceedings of Wilderness Medical Society. July 29, 2008; Snowmass, CO). There were no deaths in their series.

Though the incidence is low, the results can be catastrophic. Hence the WMS (Wilderness Medical Society) Roundtable Report "Recommendations on the Use of Epinephrine in Outdoor Education and Wilderness Settings" (Wilderness & Environmental Medicine, 21, 185-187 (2010) ) concluded that "outdoor instructors also should be trained to administer epinephrine." MRA members with responsibility for medical care could also carry epinephrine, just as non-narcotic pain medicine is typically brought into the field and similar to parents prescribed epinephrine to carry and use.

Training and use of epinephrine autoinjectors is fairly straightforward, although not totally without complications. The crux is that of legal coverage. Most state laws don't allow a physician to prescribe a medicine to an unlicensed individual, like an MRA member, knowing it will be used on a third party – most allow it for licensed personnel, like nurses and EMT's operating under protocols. Secondly, if an MRA member were to use their own epinephrine on a patient, the rescuer may or may not be covered by their states Good Samaritan laws and/or sheriff's office liability insurance. The strength and scope of these laws vary widely between states. Thirdly, there is a concern that carrying the epinephrine with a plan for using it for diagnosing and treating a third party may constitute practicing medicine – not allowed by

unlicensed first responders.

Multiple protocols for training and administration of epinephrine have been developed (see the Roundtable Report) and share points such as qualified training and recertification, institutional and medical advisor oversight and field treatment protocols.

Overall, the frequency of use for SAR patients will likely be small, but can be potentially lifesaving. One team has had the opportunity to use it twice on its members--once for an insect sting and another for accidental ingestion of nuts.

Ultimately, it will be the decision of each team if their state laws, medical infrastructure and needs will allow the use of epinephrine in the backcountry. So, what to do? First, review your team medical protocol and scope of practice, read your state's Good Samaritan law, and discuss with your medical director.

Second, refer to the WMS Roundtable Report: "We therefore support the concept that properly trained, non-medical professionals, whose work responsibilities require them to provide emergency medical care, be trained to appropriately administer epinephrine for the treatment of anaphylaxis."

The MRA MedCom endorses the WMS Roundtable conclusions as noted above. Following the WMS guidelines as they apply to team and state constraints can enable teams to train for and treat anaphylaxis emergencies to benefit both rescued subjects and team members.

All Meridian articles are reviewed and endorsed by the MRA

MedCom. As always, your suggestions and comments are welcomed, either directly to me, or via the MRA listserv to the MedCom.

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MedCom





### Wondering what gift to give yourself for the holidays?

What better way to support your organization than to wear the blue MRA tee or polo shirt? Are you a coffee or tea drinker? Perhaps the MRA travel mug or ceramic mug would look great in your hand during the upcoming winter months. Won't that MRA window sticker look sharp on the new vehicle your spouse is surprising you with? And while resting after that certain-to-occur-over-the-holiday mission, you can relax while reading Dee Molenaar's Mountains Don't Care, But We Do.

An assortment of holiday gift choices awaits you as a member of MRA. Simply log on to the website, place your order, and an array of shirts, hats, pins, buckles, stickers and patches will appear on your doorstep.

Happy shopping!



### *Mark Your Calendar!*

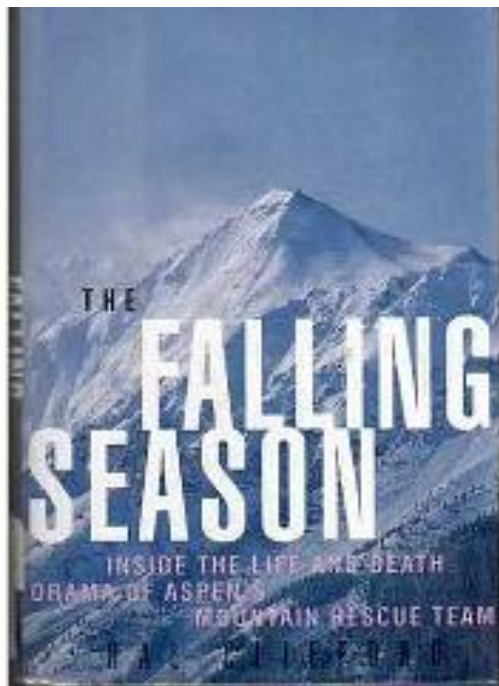
- ♦ MRA Winter Meeting  
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## Book Review:

### The Falling Season: Inside the Life and Death Drama of Aspen's High Mountain Rescue Team

By Jules Harrell

When I showed this meaty book to my climbing buddy on the way home from the Gunks (New Paltz, NY), he said, "Sheriff Bob Braudis? I knew him!" then proceeded to tell me about what Aspen was like in the mid-1990s when this story unfolded. After reading the book twice, I was already an Aspen townie in my mind. Full reader immersion is the best way to describe how *The Falling Season* sucks you in and makes you one of the characters. You will instantly participate in the action and drama experienced by Sheriff Bob Braudis, Deputy Steve Crockett, Debbie Ayer, Tom McCabe, and somewhat notably, Hal Clifford himself.

The author, originally wanting to be a "fly on the wall," as he says, joined Aspen's Mountain Rescue team and became a full member, participating in mountaineering, rock climbing, skiing, gory rescues and body recoveries. He describes a classic battle between Pitkin County law enforcement officials with the local mountain rescue team, each vying for control and management of rescues. Told in the voices of many characters and combined with a fairly unbiased mountain rescue point of view, *The Falling Season* makes you yearn for a simpler time when all that really mattered were safe rescues.

The elite Aspen Mountain Rescue team did not want to relinquish technical rescues to the local sheriff. As always there are two sides to every story. Casual observers might think law enforcement intervention was necessary to rein in certain members of Aspen's team, but to those of us who are on the front lines, we know the team who trains together, stays together. The sheriff's department, paid with Pitkin County funds, did not spend much time training for the outdoors as they were always busy with law enforcement. Team members found it very frustrating to have inexperienced deputies manage and sometimes bungle their rescues. There was the added struggle between paid deputies versus volunteer rescuers, forced together into an uneasy alliance with innocent lives at stake.

Ultimately, control of the Aspen Mountain Rescue team and a large chunk of their funds fell under the auspices of the Pitkin County Sheriff's Department. Some team members remained and worked with the sheriff, others became inactive. We are left wondering if the Incident Command System, much debated in this book as an added and unnecessary nuisance, was an improvement over Aspen's formerly pure, old-style, self-governing mountain rescue. Readers may also be curious to find out if the rescue team survived as a volunteer effort. Just so we can all find out what happens next, I think Hal Clifford should write a sequel to this most excellent book.



#### About the reviewer:

Jules Harrell is a 50 year old ski patroller for both Jiminy Peak and Magic Mountain, a search and rescue volunteer, an animal tracker, and a former EMT/firefighter with the Bolinas Fire Department in Marin County, California. She recently began offering "yoga for trauma" services for sufferers of PTSD, anxiety and other disorders ([www.yogafortrauma.blogspot.com/](http://www.yogafortrauma.blogspot.com/)). She has written three books: *A Woman's Guide to Bikes and Biking* (Bicycle Books, 1999), *A Woman's Bike Book* (Owl Publications, 2010), and *Tripping with Gabrielle* (to be released by Owl Publications, 2010). Please see her blog at: [www.photonicgirl.blogspot.com](http://www.photonicgirl.blogspot.com) and contact her at [photonicgirl@gmail.com](mailto:photonicgirl@gmail.com) for more about life on the Iced Coast.



# Mountains Don't Care, But We Do

## An Early History of Mountain Rescue in the Pacific Northwest and the Founding of the Mountain Rescue Association

By Dee Molenaar

Dee Molenaar, author of *The Challenge of Rainier*, has written fascinating accounts of the legendary mountain rescues and recoveries in the Pacific Northwest. In telling these tales of triumph and tragedy, he has also traced the formation and evolution of the mountain rescue groups that carried out these missions.

*"The old master has done it again, pulling from personal experience and scholarly research, a vital and vibrant history of mountain rescue in the Pacific Northwest to celebrate the Mountain Rescue Association's 50th anniversary."*

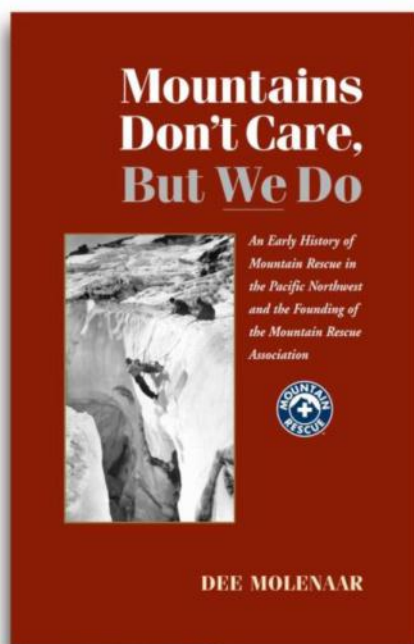
Tom Hornbein

*"Mountains Don't Care, But We Do, by Dee Molenaar, is a must read for those who enjoy high adventure and want to know the history of the Mountain Rescue Association."*

Jim Whittaker

*"Mountains Don't Care, But We Do, is a modest way of saying 'thank you' to the hundreds of mountain rescue volunteers who have come before us. We hope that they would be as proud of today's groups as we are of them."*

Charley Shimanski, President  
Mountain Rescue Association



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