OUTDOORS

Choices matter when soloing up high

The sudden, deep cracking sound from a tall fir tree above our heads got our attention in a big way.

A fourteen inch diameter spruce tree had blown down recently and was blocking our vehicle from driving the final half mile up to the start of the Horsethief Trailhead. These sudden very powerful winds on that recent

Sunday morning had suddenly raised the stakes for three hikers, of which I was one.

The resounding crack we had just heard had not felled another tree just yet, but we realized that it could happen again, and any minute.

Saying goodbye, my two friends dropped me off for a planned seventeen mile, one-way solo run over the Bridge of Heaven and beyond. They quickly backed their vehicle into a turnaround, and headed to their own planned trailhead a mile downhill at Dexter Creek, while I went the other direction.

Earlier that morning I had been concerned about the prospect of being exposed above timberline in the "possible high winds" which had been forecast. As I began my run uphill, I now wanted to get above timberline as soon as possible, because traveling alone in tall trees in these winds seemed more risky than being high up and exposed fully.

For the first sixteen and a half miles, I encountered not a single person, nearby or distant. Only in the final half mile down the end of the trail to the highway did I come upon one hiker, and then two others.

During all of that time running alone, I considered the difference between a party of one traveling in the wilderness versus a party of two or more. Obviously, one person's injury mishap could present a day's hassle for their other buddy, but not be life-threatening.

But the exact same mishap (broken ankle, or brief loss of consciousness



Outdoors

By John T. Unger

from a head injury from a falling tree) would be immensely more life-threatening for a lone hiker or runner. Therefore, much more conservative decision making is the price that must be paid for experiencing many hours of the three hundred sixty degree unbroken vistas of mountain passes and extremes of weather and geography.

These days, carrying a "bike" bottle in each hand, a five to seven hour hike or run at high altitude can be done while carrying no more supplies and gear than can fit in a beltpack that has no more volume than the interior of a football. But selecting the contents of that beltpack becomes especially critical due to its low weight and small size.

Carefully chosen, a survival bundle of gear can roll up to the volume of the closed fist of a large man. This includes the usual items of compass, matches, and others of the "ten essentials", which lists are widely detailed elsewhere. Very important are a water purification system and an emergency locator system via satellite. One simple version is sold as the Spot, while a more advanced two-way version is called the InReach.

Cellular phone service is absent in much of the backcountry, necessitating such a satellite phone, which can be as small as the interior volume of a deck of playing cards. In the accompanying photo, one version of that satellite phone with two-way communication function is the little red device laying on the belt pack.

Such a device not only can send an S.O.S. with a few pushes of the buttons, but also can allow back-and-forth texting with rescue personnel. But what if the solo outdoors person is unconscious from their mishap? By activating the tracking system at their journey's start, periodic waypoints (each five minutes or longer) are automatically transmitted and sent to any willing friend or family member.

The sage advice to "tell someone



Recent trends in mountain travel by foot are to prudently use surprisingly small loads, such as carrying only a beltpack and its contents. (Special to the Montrose Daily Press/John T. Unger)

where you are going and when you plan to be back" is supported by the use of such a digital device. A hiker unconscious with a head injury would then be identifiable as motionless (and possibly injured) by the lack of movement in the waypoints being transmitted to the cellphone of their townie friend. Better to be conscious and purposefully activating an S.O.S., of

Several recent regional tragedies have occurred with outdoor sports enthusiasts becoming injured, and not being found for several days, until it was too

So why bother with soloing in such

As noted in the media coverage of

the recent celebration of "True Grit Days" in Ridgway, Hollywood moviemakers have repeatedly sought out stunning, roadless vistas in these San Juan Mountains as the settings for many important movies. The opportunity to experience such areas firsthand (and to come out the other side intact and energized) is worth some preparation, judgment, and focused choices.

John T. Unger is a Diplomate of the American Chiropractic Board of Sports Physicians, with over twenty-five years of practice in Montrose. He cherishes the chance to spend hours putting one foot in front of the other on our surrounding mountain passes. Ideas for future columns are welcomed at sportsdocunger.com.

Sleep is an important survival tool

I am one of those people who is very regimented about getting enough sleep and keeping regular bedtime hours. I have been in a hunting camp, and just as the nighttime party gets rolling, my bedtime arrives and I disappear.

I have found that without my set amount of eight hours of sleep, I don't function at my best. When we are called out on an overnight search mission, it takes my body a couple days of normal sleep to fully recover. I might add, it was not al-

ways that way. In my youth, I could work a duty all night, go fishing during the day, and catch a nap in the afternoon and return for a night shift. If I tried that today the results would

definitely not be stellar. After only three nights without sleep, you can begin to hallucinate. Some medical experts claim that a lack of sleep, between 17 and 22 hours, can have the same effect on the body as having an alcohol level of up to .08 percent, which is an illegal level of alcohol to operate a motor vehicle. Talk about a "drunken stupor."

The longest recorded time a person has gone without sleep is 264 hours, or just over 11 consecutive days. It is not known exactly how long a



Tips from the Posse

By Mark Rackay

human can survive without sleep, and I don't want to be the one to find out.

Poor sleeping habits, like varying bedtimes, up too late or sleep in too long, are not to be confused with extreme sleep deprivation. Some people think they never get enough sleep. In a survival situation, the difference between survival and death could depend

on sleep. Symptoms of sleep deprivation include hallucinations, confusion, and loss of memory, headaches, irritability and a few others. Any of these symptoms will not play well for you during a full scale, 3-alarm survival situation. These symptoms compound the longer you go without sleep. The biggest problem of sleep deprivation and it's symptoms, is that you won't know it if you have it. When the symptoms kick in, it is probably too

clock that tells us when it

We all have an internal

could be in a room with no windows or clock, and your body still knows the cycle. In an outdoor emergency, darkness brings its own set of worries along with it. Colder temperatures become a concern as night falls, and the worst element that tags

along at night is worry.

Concern and worry about

your predicament and the

unknown seem to magni-

fv with the darkness. This

is time to sleep based on the position of the sun. It

matters not whether the

sun is visible or not. You

alone can cause you to not be able to sleep. Sometimes your not being able to sleep is because you are cold, or very uncomfortable. On a normal camping trip, I have had something like a misbehaving sock keep me annoyed and awake. Simpler things like these can and should be immediately remedied.

The fear of the unknown, along with seeking of warmth is one reason we, as humans, have a natural urge to seek shelter at night. Even with a shelter, our mind tells us that danger lurks in the dark and that worry, keeps folks awake.

If you are not getting sleep in a survival situation at night, you will probably be sleep-

ing during the daytime. See SLEEP page 9



For more information or to get a booth,

Call 970-252-7080



Even this mighty bull elk realizes the importance of sleep and its relationship to survival. (Photo by Wiki Commons/Neal Herbert)

SLEEP

FROM PAGE A8

The daytime is when you should be performing life saving tasks like gathering food and water, or working on shelter. None of those important tasks can be done safely at night.

A lack of sleep will cause you to make dangerous decisions that can, in a worse case scenario, leave you to no longer be bothered by those exorbitant life insurance premiums. You cannot safely use knives, axes, and work around cliffs or water when your mental acuity is diminishing.

You can develop hypothermia or become dehydrated and not be aware of it because of the loss of mental acuity. Not knowing that something is not right, or dangerous, suggests that you are not taking the proper actions to remedy the situation.

Mastering sleep in a survival situation is as important a skill as fire and shelter building or purifying water for drinking. Unfortunately, it is not a skill you can go

home and practice. The need for a nighttime shelter is important. You must eliminate the worry of things that crawl or otherwise go bump in the night. A person simply cannot rest easy when their mind is full of worries about things, real or imaginary, that crawl along the ground.

I was on a several day camping and fishing trip

STZP

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445 15 341 (:15) Wrong Man "Curtis Flowers: Trial and Error" Curtis Flowers is arrested for homicide. (cc)

ago. At night, the Florida State Bird, the Mosquito, would swarm your face and play a symphony in your ears as you tried to sleep on the ground in a lightweight sleeping bag. Sleep was impossible, even when you coated your entire body in bug spray.

The second night of that trip, I cut up a bug suit I had stowed in one of the hatches of the boat. With that suit, I built a makeshift mosquito netting that I was able to sleep under, and the problem was solved.

Building an elevated sleeping platform and making a comfortable bedding of spruce tree boughs will reduce any worries you may have about things that are creepy and crawly around you.

A healthy fire near your shelter has both practical and psychological reasons it will help you sleep. Fire will not only keep you warm, but will also help repel insects, predators, and just about anything else that goes bump in the night, helping get you a

better nights sleep. Food and water goes a long way in helping you get a good night's sleep. Think how hard it is to sleep at home when you go to bed hungry. Often times, sleep will not come until you get up and fix a snack. This is another reason to be sure you bring snacks, power bars or an MRE (Meals Ready To Eat) in your pack with

situation. As part of your training, be aware of the value of a good night's sleep, and making certain that you prepare for it and get it. It seems difficult to understand, but you actually have to work at getting a good night's sleep. Now, if you will excuse me, it is getting close to my bedtime, so I am going to call it a day.

Mark Rackay is a columnist for the Montrose Daily Press and avid hunter who travels across North and South America in search of adventure and serves as a Director for the Montrose County Sheriff's Posse. For information about the Posse call 970-252-4033 (leave a message) or email info@mcspi.org

For outdoors or survival related questions or comments, feel free to contact him directly at his email elkhunter77@bresnan.net









eds turn the heat up on Tommy.

(:42) ** The Day the Earth Stood Still (2008, Science Fic-

tion) Keanu Reeves, Kathy Bates. 'PG-13' (cc)

(:07) Wrong Man The team looks for a

(8:52) ** The Fast and the Furious (2001) Vin Diesel. An

indercover cop infiltrates the world of street racing.

iller. (cc)

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3	10			CBS	KREX News at Six (N) (cc)	Theory (cc)	Hawaii Five-0 A yo kidnapped. (N) (cc)	oung girl is reported	Magnum P.I. "Dead		Blue Bloods "Anothe an unsolved robbery o	er Look" Erin receives ase. (N)	KREX News at Ten (N) (cc)	(:35) The Late Sho Colbert (cc)	w With Stephen	Late Late Show/ James Corden
6	6			PBS	PBS NewsHour (N		Washington Week (N) (cc)	Firing Line With Margaret Hoover	Articulate With	Arts District		es "GRAMMY Salute to			Amanpour and Co	
7	12	4		FOX	Mike & Molly "Mike's Feet"	Fox 4 News at 6:30p			Bankers Life Fieldhouse	in Indianapolis. (N		Fox 31 News at N	line O'Clock (N) (cc)	The Big Bang Theory (cc)	Modern Fam- ily (cc)	Modern Fam- ily (cc)
9	11	11		NBC	KKCO 11 News at 6:00 (N)	Wheel of Fortune "Great Northwest"	The Blacklist "Les F goes under cover. (N)		Dateline NBC "The	Pink Skirt Plot" The mure	der of a man in Puerto R	Rico. (N) (cc)	The TEN on KKCO 11 News	(:34) The Tonight S Jimmy Fallon (N)		(:37) Late Night With Seth Meyers
10	8	8		ABC	Inside Edition (N) (cc)	Entertainment Tonight (N) (cc)	wife "Lasagna"	"S'Mothered" (N)	Stratten. (N) (cc)	f a Playmate: The Doroth	ny Stratten Story" The life	e and death of Dorothy	The TEN on KJCT News 8	(:35) Jimmy Kimm Sunny Hostin; Gina Br	illon. (cc)	(:37) Nightline (N) (cc)
®				cw	Family Guy "High School English"	Family Guy "Lottery Fever" (cc)	trip. (N) (cc)		Dynasty "Caution N Blake and Fallon face	legal troubles.	Seinfeld "The Dinner Party" (cc)	Seinfeld "The Engagement" (cc)	black-ish (cc)	black-ish "Collateral Damage"	The Goldbergs (cc)	The Goldbergs "A Christmas Story"
	2	235		cw	(5:58) The Big Bang Theory	(:28) The Big Bang Theory (cc)	Channel 2 News o	tt 7:00pm (N) (cc)	Charmed Harry and trip. (N) (cc)		Dynasty "Caution No Blake and Fallon face	ever Won a War" legal troubles.	Two and a Half Men (cc)	Two and a Half Men (cc)	Channel 2 News at 11pm (N) (cc)	(:35) Modern Family (cc)
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60 17	13	182	278 247	DSC TBS	Gold Rush: Pay Di (5:00) ** Get Har Ferrell, Kevin Hart. (cc	d (2015, Comedy) Will	** Central Intellig	Rush Begins" Parker bet ence (2016, Action) D assmate for a top-secret	wayne Johnson, Kevin I	ryne Johnson, Kevin Hart, Amy Ryan. A CIA ELEAGUE Road to Rocket League Finals,			Gold Rush "A New Rush Begins" Parker bets millions. (cc) ** The Longest Yard (2005, Comedy) Adam Sandler, Chris Rock, Burt Reynolds. Prisoners train for a football game against the guards. (cc) (DVS)			
	_												(:01) A Twist of Christmas (2018, Romance) Vanessa Lachey, Brendon Zub, Lina			
61	30	108	252	LIFE	single parents mix up	their children's Christmo	is toys. (cc)	,	ers share a room at a	bed-and-breakfast on C	Christmas Eve. (cc)	0	Řenna. Two single par	ents mix up their childre	en's Christmas toys. (cc)	
®	14	241	241	PARMT									np (1994, Comedy-Drama) Tom Hanks, Robin Wright, Gary Sinise. (cc)			
22	34	131	254	AMC	ors die violently at Car	mp Crystal Lake. (cc)			hulking killer stalks co	, Part 2 (1981, Horror unselors at Camp Crysto	ıl Lake. (cc)		Killer Jason terrorizes		. (cc)	
25	24	105	242	USA	Modern Family (cc) (DVS)	Modern Family (cc) (DVS)	Modern Family "She Crazy"	Modern Family "The Verdict"	Modern Family Luke is arrested.	Modern Family (cc) (DVS)	(cc) (DVS)	Modern Family "Playdates"	Modern Family (cc) (DVS)	Modern Family "Clean for a Day"	Best	Chrisley Knows Best
23	36	136	248	FXP	after the IMF is shut do	Mission: Impossible Ghost Protocol (2011, Action) Tom Cruise, Jeremy Renner, Simon Pegg. Ethan Hunt goes "off the grid" ** Now You See Me 2 (2016, Adventure) Jesse Eisenberg, Mark Ruffalo, Woody Harrelson. Four magicians must steal a powerful computer chip. (cc)								iust steat a powertui		
27	29	170	299	NICK	Are You Afraid of	the Dark? (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Mom (cc)	Mom (cc)	(:35) Mom (cc)
23	53	176	296	TOON	(5:00) The LEGO B	atman Movie (2017)			Bob's Burgers	Bob's Burgers	Family Guy (cc)			Eric Andre Show		Bob's Burgers
29	3	180	311	FREE	(4:00) *** Scream (1996)	college town. (cc)				psychotic slasher rampa	iges through an Ohio	(:20) ** Scream 3 stalks actors on the set			ell, Courteney Cox Arqu	uette. A copycat killer
32	33	118		A&E	(:06) Live PD: Rewind "Live PD: Rewind Live PD "Live PD 10.18.19" (N) (Live) (cc) Live PD "Live PD 10.18.19" (cc)											
<u>34</u>	26	140	-	ESPN	(5:00) College Football Pittsburgh at Syrt UFC Fight Night: Prelims				Boxing Oleksandr Gvozdyk vs. Artur Beterbie Dominick Reyes vs. Chris Weidman, light heavy				SportsCenter (N) (Li		SportsCenter (N) (Live) (cc) 1 the South: A History of SEC Football (N)	
<u>65</u>	27 64	144 200		ESPN2 CNN	Anderson Cooper		Cuomo Prime Time		CNN Tonight With		CNN Tonight With		Anderson Cooper		Cuomo Prime Tim	
67 0			291	DISP	Jessie (cc)	(:25) Bunk'd (cc)			nheim, Meg Donnelly.		Raven's Home (N)		Gabby Duran	Hall of Villains	Coop & Cami	Raven's Home
33			360	FNC	Tucker Carlson To	, , , ,	Hannity (N) (cc)	,	The Ingraham Ang		Fox News at Nigh		Tucker Carlson To		Hannity (cc)	
	32			ATTSP	College Soccer		Pro Football Week	Lobo Football	NHRA Drag Racin	g NTK Carolina Nation	als. From Concord, N.C	. (Taped)		•	Women's College	Soccer
42	17	138	245	TNT	NBA Preseason Basketball New Orleans Pelicans at Ne					(N) (Live) (cc)		All Elite Wrestling:		**** The Dark Knight (2008) Christian Bale. Batman battles a vicious criminal known as the Joker. (cc) (DVS)		
44			249	COM				ated. Coon and friends		(:25) South Park		South Park (cc)	South Park (cc)		ral Roast Actor Charle	
4 3			244	SYFY		003, Horror) Desmond	Ancient Aliens (N)		Van Helsing "Broke			(:32) Futurama	(:02) Futurama	(:32) Futurama	, ,	(:32) Futurama
43		120	269 280	HIST TLC	Ancient Aliens: Se				(:03) In Search Of heresa heads to Los Ang		(:05) Ancient Alien (:04) Long Lost Far		(:03) Ancient Alien Long Island Mediu		(:06) In Search Of Long Island Medi	
60	<u>32</u>	184	282	ANDI	Crikey! It's the Irv	vins (cc)	The Secret Life of		The Zoo "A Sea Lion		The Zoo "The Marve		The Secret Life of t		Crikey! It's the Irv	
			231	FOOD	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive		Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive
629	59	196	277	TRAVEL	Portals to Hell A ha	aunted honky-tonk; an a	old prison. (N) (cc)		Ghost Nation (N)	cc)	The Holzer Files (co	:)	Portals to Hell A ha	iunted honky-tonk; an c	old prison. (cc)	
54		106	304	TVLAND	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Two and Half Men	Two and Half Men			King of Queens		Two and Half Mer	Two and Half Men
6	54	132	256	TCM	A bullied boy dreams	of Monster Island.		fights pollution in the f	e dorah (1971) Akira ` orm of living sludge.		Tomoko Umeda. Godz	s. Gigan (1972, Sciend zilla and Angorus vs. Gl	nidrah and Gigan.		** Rodan (1957, S Sawara, Yumi Shirak	
5 5	19	185	312	HALL	Good Witch "Good	Witch: Tale of Two Hea	arts" Cassie's family hei	loom goes missing. (cc)	(cc)	The Golden Girls "That Old Feeling"	(cc)	The Golden Girls "All That Jazz"	The Golden Girls "Ebb Tide" (cc)	The Golden Girls (cc)	Frasier Father/son friction. (cc)	Frasier (cc)
					(4.20)		(.10)			cable channel		10 6	C C Ell t		Deal Time Metal St	II Mahan TVI - A Lai
318	20	303	504	НВОР	(2018) Jeff Bridges. 'F	R' (cc)	becomes trapped in a	mantic (2019) Rebel V	dy. 'PG-13'	in love with a talented			, , ,		deGrasse Tyson. (cc)	
349	22	311	516	MAXP	(5:10) * Picture Pe Aniston. 'PG-13' (cc)	errect (199/) Jenniter		99, Comedy) Matthew <i>I</i> ryday life televised. <i>'</i> PC	McConaughey, Jenna E 7-13′ (cc)	itman. A video clerk	** Uncle Drew (20	118) Kyrie Irving. Premie ournament. 'PG-13' (co		triends with three crue	i irls (2004) Lindsay Lol l schoolmates. 'PG-13'	nan. A teen becomes
379	18	318	545	SHOW						Sid & Judy (2019) S riage to Judy Garland	Sid Luft's journal provide		(:15) Couples Therapy "107"	(:45) ★★ Eddie Mu	rphy Raw (1987, Con life, women, sex. 'R'	omedy) Eddie Murphy.
					,	"Curtis Flowers: Trial an	d Error" Curtis Flowers	(:16) Wrong		Christopher Tapp says		The team looks for a	- ''	· · · · · · · · · · · · · · · · · · ·		

(:10) Wrong Man Christopher Tapp says

(:16) Wrong

Man (cc)

*** Scarface (1983, Crime Drama) Al Pacino, Michelle Pfeiffer, Steven Bauer. A Cuban immigrant fights to the top of Miami's drug