

MT. ASSINIBOINE

THE MATTERHORN OF THE ROCKIES



Karen Crowe

ASSINIBOINE ALPINE ADVENTURE

CANADIAN ROCKIES, BRITISH COLUMBIA
JULY 23-29, 2023



Greetings Mountaineers,

John Muir once penned the inspirational quote... “The mountains are calling, and I must go.” And while I wholeheartedly agree with Muir, I more deeply sense that we are responding to the “Still Small Voice”, the heart of God calling us upward to high places. And when God calls, we must answer, for to do so is to embark on an adventure like no other! Through the mountain wilderness Moses, Elijah, and Jesus experienced the power of God and the Still Small Voice and it calls us ever upward and outward yet today.

Our primary goal is to climb Mt Assiniboine safely and successfully. Participants should anticipate the physical challenges of backcountry travel with a group of up to a dozen individuals into a remote wilderness setting where leadership skills will be taught, demonstrated, and applied through outdoor skills and experiences.

The following information packet contains the essential details for your participation in the *Assiniboine Alpine Adventure*. Participants should spend the time necessary to read this detailed planner, get all questions answered, and then follow the preparation timeline below.

Preparation Timeline:

- | | | |
|----------|---------|---|
| ● Step 1 | Now | Reserve your spot... space is limited! |
| ● Step 2 | Now | Begin fitness program and acquiring gear |
| ● Step 3 | Apr 15 | \$900 due for shared expenses |
| ● Step 4 | Apr 30 | Video Conference Call #1 on Sunday from 7-8 pm ET |
| ● Step 5 | May 14 | Climbing Skills Practice on Sunday from 8-noon |
| ● Step 6 | May 28 | Video Conference Call #2 on Sunday from 7-8 pm ET |
| ● Step 7 | July 23 | Expedition Begins |

If you have any questions feel free to call, text, or email us.

Until then, follow Him... and lead on!

Marty Miller, M.S. Ed.

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1 OVERVIEW & OBJECTIVES

The *Assiniboine Alpine Adventure* is an immersive experience designed to stretch the mind, elevate the spirit, strengthen the heart, challenge the body, and rest the soul. Participants should anticipate the physical challenges of backcountry travel with a group of up to a dozen individuals into a remote wilderness setting where leadership skills will be taught, demonstrated, and applied through outdoor skills and experiences.

WHO: Qualified Mountaineers*

WHAT: Assiniboine Alpine Adventure

WHEN: July 23-29, 2023

WHERE: Mt Assiniboine (11,871'), Canadian Rockies

COST: \$900 total

PROVIDED: \$100 Round-trip ground transportation from Calgary to Canmore
\$350 Helicopter flight from Canmore to Assiniboine Lodge
\$200 Backcountry huts and shared equipment
\$250 Leadership/skills training and guiding

BRING: You are responsible for your personal climbing and camping equipment*
You are responsible for your airline flight to and from Calgary
Make sure you have a valid **US Passport**

REGISTER: Pay \$900 online by April 15, 2023. [CLICK HERE](#)

2 LEADERSHIP AND CLIMBING TEAM



Marty Miller, M.S. Ed

Marty is a veteran educator, outdoor professional, and leader of men. After a long career as a high school biology teacher and outdoor leadership professor Marty now leads *Blueprint for Men*, a non-profit men's ministry. Marty is gifted at discovering and sharing spiritual lessons from nature and is certified as a Wilderness First Responder, Leave No Trace Master Educator, ACA Swift Water Rescuer, and in AIARE Avalanche Safety. Marty and his wife Gale have two adult children and four grandchildren. Life is good!



Doug Brown, Ph.D.

Over the years Doug has filled roles that range from church pastor to camp director. Currently he serves as Outdoor Leadership professor at Southern Adventist University. Doug is an outdoor expert that has skills and certifications including Leave No Trace Master Educator, Wilderness First Responder, Swift Water Rescue Technician, Single Pitch Rock Instructor, Mountaineering Skills and AIARE level II Avalanche Safety and Rescue. He and his wife Twila have two adult children. Life is good!

Alpine Climber Qualifications*

- Excellent strength and cardiovascular fitness/endurance
- Basic backpacking and camping skills
- Proficient at scrambling in rocky terrain with heavy pack
- Proficient at climbing with mountaineering equipment including mountaineering boots, gaiters, crampons, ice-axe, harness, rope, helmet, etc.
- Proficient at multipitch rock climbing up to 5.6 difficulty.
- Acquires and knows how to use all equipment on list.



3 BASIC SCHEDULE

Date	Activities
Fri, July 21	Fly to Calgary, AB, Canada Hotel in Canmore
Sat, July 22	Site seeing Hotel in Canmore
Sun, July 23	Heli flight from Mt Shark to Assiniboine Lodge @ 7,000' 4 mile hike to Hind Hut (8,600') capacity 12
Mon, July 24	Mt Strom (9,918') skills practice Stay at Hind Hut
Tue, July 25	Mt Assiniboine, North Ridge – Team 1 – Doug + Dylan Stay at Hind Hut
Wed, July 26	Mt Assiniboine, North Ridge – Team 2 – Doug + Joe Stay at Hind Hut
Thu, July 27	Weather Day Stay at Hind Hut
Fri, July 28	Hike back to Assiniboine Lodge Heli flight to Canmore, BC
Sat, July 29	Fly home from Calgary





4 GEAR & LOGISTICS

General Backpacking & Camping Gear

- Backpack (60L+)
- Backpack rain fly
- Hydration bladder w/bite valve
- Sleeping bag (rated to a min. of 30° F)
- Sleeping pad
- Lightweight Tent
- Stove w/fuel
- Cook-set
- Lighter/matches
- Cooking Utensils (fork, spoon)
- 1 liter water bottles (2)
- Zip-lock bags for stuff
- Bear Cannister

Clothing

- Mountaineering boots
- Waterproof/breathable jacket and pants
- Fleece insulating layer
- Insulating jacket
- Quick-dry synthetic underwear (3)
- Quick-dry synthetic T-shirt (2)
- Warm gloves
- Wool socks (2)
- Warm cap

Personal First aid kit

- Band-Aids
- Duct tape
- Moleskin
- Ace bandage

- Athletic tape
- Scissors
- Antibiotic ointment
- Aspirin /Tylenol – for headaches
- Aleve/Ibuprofen – for swelling
- Prescriptions

Misc. Personal Items

- Sunglasses
- Sunscreen (SPF 30+)
- Trekking Poles (optional)
- Insect Repellent
- Mosquito Head-net
- Lip balm
- Headlamp
- Extra batteries
- Ear plugs for tent flapping or snoring partner!
- Toilet Bag - toilet paper, hand sanitizer, trowel
- Deodorant
- Pack towel for bathing
- Biodegradable soap
- Bible
- Journal
- Pen/pencil

Mountaineering/Climbing Gear

- Climbing Harness
- Belay/Rappel Device
- Locking Carabineer
- Ice Axe
- Mountaineering Boots
- Crampon

Communication

Much of the backcountry is out of cell phone service range. It is possible that some high points may have a signal. We will be carrying an INREACH satellite communications device for emergency use and daily check-ins.

Safety

We will be carrying a group first aid kit but please bring your own basic first aid supplies as listed in the gear section.

Meals

You will need to purchase and package your food for the trip. Use the table below for your planning purposes.

Day	Meal	Menu
Sunday	Lunch	
	Supper	
Monday	Breakfast	
	Lunch	
	Supper	
Tuesday	Breakfast	
	Lunch	
	Supper	
Wednesday	Breakfast	
	Lunch	
	Supper	
Thursday	Breakfast	
	Lunch	
	Supper	
Friday	Breakfast	



NORTH RIDGE ROUTE:

<https://fatmap.com/routeid/2156865/mount-assiniboine-via-the-north-ridge>

GO PRO video <https://www.youtube.com/watch?v=F8sW4pgtRUE>

<https://www.peakbagger.com/peak.aspx?pid=4669>

<https://www.summitpost.org/assiniboine/150390>

ASSINIBOINE LODGE & HUTS

<https://assiniboinelodge.com/hind-hut-where-it>

<https://assiniboinelodge.com/>

Webcam: <https://assiniboinelodge.com/webcam>

5 LNT BACKCOUNTRY ETHICS



The Leave No Trace Seven Principles

The Leave No Trace Seven Principles are the bedrock of the Leave No Trace program. They provide guidance to enjoy our natural world in a sustainable way that avoids human-created impacts. The principles have been adapted to they can be applied in your backyard or your backcountry.

Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
 - In popular areas:
 - Concentrate use on existing trails and campsites.
 - Walk single file in the middle of the trail, even when wet or muddy.
 - Keep campsites small. Focus activity in areas where vegetation is absent.
 - In pristine areas:
 - Disperse use to prevent the creation of campsites and trails.
 - Avoid places where impacts are just beginning.

Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in cat holes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cat hole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.

- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.



Will I hold everyone back? What if I am the weak link in the team, and because of me, the team can't accomplish what we set out to do? Should I have signed up for this trip? These are thoughts that go through our heads as we think about what it takes to participate in something that is potentially more physically demanding than we might be used to. Yes! The Assiniboine Alpine Adventure will be physically demanding; however, the course is designed for everyday people who want to challenge themselves. You will be tired and physically drained at times, but that is part of what brings us together as a team. One of the main reasons to be in your best physical condition at the time of the course, is because it is very likely that at some point of the trip, someone else will need your help.

Often participants return from a trip like this wishing they had taken the workout plan more seriously! Physical preparedness is crucial not only for your success on course, but for the success of the entire group. Your ability to mentally engage with the group is significantly affected by how physically able you are to handle the challenges you will face on course. Please take all aspects of training for your course seriously! We have compiled the following information to help you best prepare for your course. Please read through carefully and begin your physical training plan as soon as you can.

Train for the trip for a minimum of two months. During your training, progressively increase your pack weight, time, distance, and elevation gain. This will ensure that you are prepared for the physical demands of your course. Do not rush to increase your training intensity as this will increase your risk of a training injury, preventing you from being ready for your course. Make sure and build a plan that changes and allows your body to rest and recover. This is actually when you become stronger.

Two weeks before your course you should be at peak performance. This means that you should be able to carry a 40–60-pound pack in rugged terrain. The last one to two weeks before the expedition, you should be doing very mild exercise and focusing on rest. You will need to train in all 3 aspects of fitness: Cardiovascular, Strength, and Flexibility.

Cardiovascular Training

Biking, running, rowing, and swimming are good aerobic options in the early stages of training. However, as you get closer to your course, include more activities that load the spine and legs the same way that hiking will. Walking on an inclined treadmill, Walking up and down hills or stairs. Remember that we are training for endurance. You do not need to run or sprint. Just walk and try to keep your heart rate at a conversational level. Over training can be very damaging.

Strength Conditioning

Focus on building strength in areas specific to course activities: Strength in your upper back and shoulders will help you carry a heavy backpack as well as use your trekking poles effectively. (Train with your trekking poles) calves, hips, quadriceps, hamstrings, and gluteal muscles are used when ascending and descending with a heavy pack. Your core, abdominal and lower back area are perhaps the most important

of them all. Increasing your core strength will not only help your balance when your pack is on, further preventing injuries, but it will also allow you to travel longer. Working out the muscles that support the knee and ankle are also vital. Training with gym machines will help you build overall strength, but training primarily with free weights is best. Free weights require additional balance and better engage stabilizing muscles that are crucial for course activities.

Flexibility Conditioning

Be sure to include 5 -10 minutes of targeted stretching following every workout. If you have areas of concern, add emphasis on that area and make sure you have normal range of motion. This will be important as you increase the intensity of your workouts. Stretching helps keep you free from injury and helps you recover faster if you do get injured.

Additional Challenges

In addition to preparing physically for the challenges of this course, you will need to prepare mentally for the challenges that may come from being cold, wet, tired and hungry. No matter how much you prepare for your course, you will still have some days that leave you physically and mentally exhausted. Weather can vary significantly from hour to hour; rain, cold, hot, and winds are all common on desert courses and can sometimes all happen in the window of a single day. Scrapes, bruises, aches, and blisters are not uncommon when living and recreating outdoors. As you exercise to prepare for your course, take time to prepare for the mental and emotional challenges that you will likely experience while on this course. Choose the best food you can find; low in sugar, minimal to no refined flour, as much plant-based fats, carbs, and proteins. Eat at regular times and nothing after 6:00 pm. Get plenty of fresh air and sunshine and begin to prepare your mind to receive all God has for you.

8-Week Workout Plan

The following is a sample workout schedule for training that begins two months before your course start date. Be sure to adequately warm up before you work out and to stretch after your workout to prevent injuries. Wear your hiking boots for as many workouts as you can. This will help you break in your boots and get your feet used to being in a stiff hiking boot.

Before you get started write out a plan and refer to the diagrams and videos for stretches, strength, and cardio exercises, etc. Track your progress!

Week 1

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups
(Sets of 15 or so, whatever is doable) Increase as you are able or do more reps

Start Moderate with at least two rest days in the week. Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Increase each week
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Increase each week
- H.R. 105-130/min Strength Training - the muscles that support the core, back, knees and ankles
- H.R. 110-130/min 1-2 Mile Hike / 20 lbs. pack weight (Try for 1000' of elevation gain and loss)

Week 2

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups
(Sets of 15 or so, whatever is doable) Increase as you are able or do more reps

Start Moderate with at least two rest days in the week. Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Increase each week
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Increase each week
- H.R. 105-130/min Strength Training - the muscles that support the core, back, knees and ankles
- H.R. 110-130/min 1-2 Mile Hike / 25 lbs. pack weight (Try for 1000' of elevation gain and loss)

Week 3

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups
(Sets of 15 or so, whatever is doable) Increase as you are able or do more reps

Start Moderate with at least two rest days in the week. Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Increase each week
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Increase each week
- H.R. 105-130/min Strength Training - the muscles that support the core, back, knees and ankles
- H.R. 110-130/min 2-3 Mile Hike / 30 lbs. pack weight (Try for 1000' of elevation gain and loss)

Week 4

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups
(Sets of 15 or so, whatever is doable) Increase as you are able or do more reps

Start Moderate with at least two rest days in the week. Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Increase each week
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Increase each week
- H.R. 105-130/min Strength Training - the muscles that support the core, back, knees and ankles
- H.R. 110-130/min 2-3 Mile Hike / 35 lbs. pack weight (Try for 1500' of elevation gain and loss)

Week 5

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups
(Sets of 15 or so, whatever is doable) Increase as you are able or do more reps

Start Moderate with at least two rest days in the week. Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Increase each week
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Increase each week
- H.R. 105-130/min Strength Training - the muscles that support the core, back, knees and ankles
- H.R. 110-130/min 3-4 Mile Hike / 40 lbs. pack weight (Try for 1500' of elevation gain and loss)

Week 6 This will be the week to push hard

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups (3 sets of whatever is doable until you can't do anymore)

Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) push yourself, but keep the conversational heart rate!
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) “ “
- H.R. 105-130/min Strength Training - the muscles that support the core, back, knees and ankles
- H.R. 110-130/min 4-5 Mile Hike / 50 lbs. pack weight (Try for 2000' of elevation gain and loss)

Week 7 (This is a week to slow down and exercise Moderately like you did on Week 1

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups

Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Just 30 minutes
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Have a nice walk
- H.R. 105-130/min Strength Training - moderate reps
- H.R. 110-130/min 1-2 Mile Hike / 25 lbs. pack weight (Try for 1000' of elevation gain and loss)

Week 8 This is the last week before we head into the canyon. Rest and eat well!

Daily - Flexibility - Stretching, core, feet, calves, back, quads, push-ups, pull-ups, sit-ups

Conversational heart rate!

- H.R. 105-130/min. (stairs, squats, lunges) Just 30 minutes
- H.R. 105-130/min (Hiking/Hill Climbing & Descending,) Have a nice walk
- H.R. 105-130/min Strength Training Gentle easy reps or none
- H.R. 110-130/min 1-2 Mile Hike / 20 lbs. pack weight (Try for 10

STRETCHING EXERCISES

GUIDED VIDEO

<https://youtu.be/H0p9CbqT3UA>

CHART

Stretching Exercises

by DAREBEE © darebee.com

						
	shoulders	lower back	hamstrings	quads	inner thighs	hips
1						
2						
3						
4						
5						
6						


















































BODYWEIGHT EXERCISES

GUIDED VIDEO

<https://www.youtube.com/watch?v=leGrTqW5lek>

Bodyweight Exercises































BY NEILA REY © neilarey.com

 abs	 quads	 glutes	 triceps	 biceps	 back	 chest
 sit-ups	 lunges	 squats	 close grip push-ups	 leg curls	 pull-ups	 push-ups
 reverse crunches	 high knees	 donkey kicks	 tricep dips	 chin-ups	 elbow lifts	 plank rotations
 bicycle crunches	 turning kicks	 bridges	 tricep extensions	 doorframe rows	 superman	 chest squeezes
 flutter kicks	 climbers	 jump knee rucks	 get-ups	 body rows	 star plank	 shoulder press
 leg raises	 plank jump-ins	 fly steps	 punches	 sitting pull-ups	 alt arm/leg plank	 shoulder taps
 elbow plank	 lunges step-ups	 side leg raises	 side-to-side chops	 pseudo planche	 full arch	 clapping push-ups

CARDIO EXERCISES

1-minute cardio
30-Day Challenge @ darebee.com

Repeat the exercises for each day for 60 seconds, every day for 30 days. **Go flat out.**

1  jumping jacks	2  butt kicks	3  march twists	4  split jacks	5  seal jacks
6  high knees	7  half jacks	8  side jacks	9  T-jumps	10  toe tap hops
11  hops on the spot	12  side-to-side jumps	13  squats	14  knee strikes	15  climbers
16  skiers	17  knee-to-elbow	18  side leg raises	19  squat step-ups	20  straight leg bounds
21  squat hold punches	22  lunge twists	23  skaters	24  shoulder taps	25  lunge step-ups
26  single leg hops	27  climber taps	28  jumping lunges	29  jump squats	30  basic burpees