

The Explorers Club Northern California Chapter

April 2005

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Lachlang La approach

Heart Rate Performance
Cycling At Altitude
Gender, Age and
Acclimatization

San Francisco - April 22, 2005

Kirk Usher, Jr. - Robert G. Miller, M.D. - Dan H. Moore, Ph.D.

LOCATION

Date: Friday, 22 April 2005
Place: Sinbad's Pier 2 Restaurant
Embarcadero, San Francisco
Time: 6:30 pm, no host drinks
7:15 dinner, hosted wine
Cost: \$45 (by April 21)
\$50 (on meeting date)

Reach Steve at
nauticos@oceaneearth.org
or 925 934-1051

Reservation Form on page 5
Please reserve promptly!

The co-authors biked, carrying Explorers Club Flag 147, over six of the world's highest road passes in Ladakh, India—including the world's highest, Khardung La at 18,375 ft (5,606 m.) In the spirit of our club they have returned with data to add to man's knowledge.

Kirk Usher (MN98) has traveled in 56 countries on every continent except the Antarctic; in 1994, he completed a 2,000-mile bike adventure from Cape Horn to Parc Provincial Aconcagua, Argentina, at the Chilean border. Cerro Aconcagua, nearly 23,000', is the summit of South America. In preparation for the Ladakh expedition, he climbed over one-million feet on his

bike over the preceding six years.

Dr. Robert Miller, a recently elected Explorers Club member (MN05), is a Clinical Professor of Neurology at the University of California, San Francisco, Clinical Professor of Neurology and Neurological Sciences at Stanford University Medical School, and the Director of Neuromuscular Research and Chairman of the Department of Neurosciences at California Pacific Medical Center in San Francisco.

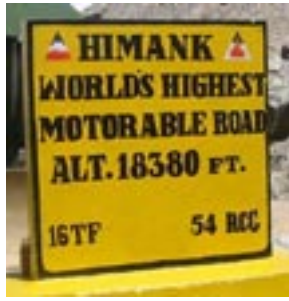
Dan Moore, Ph.D., biostatistician, is an Associate Adjunct Professor in the Department of Biostatistics and Epidemiology at UCSF, a member

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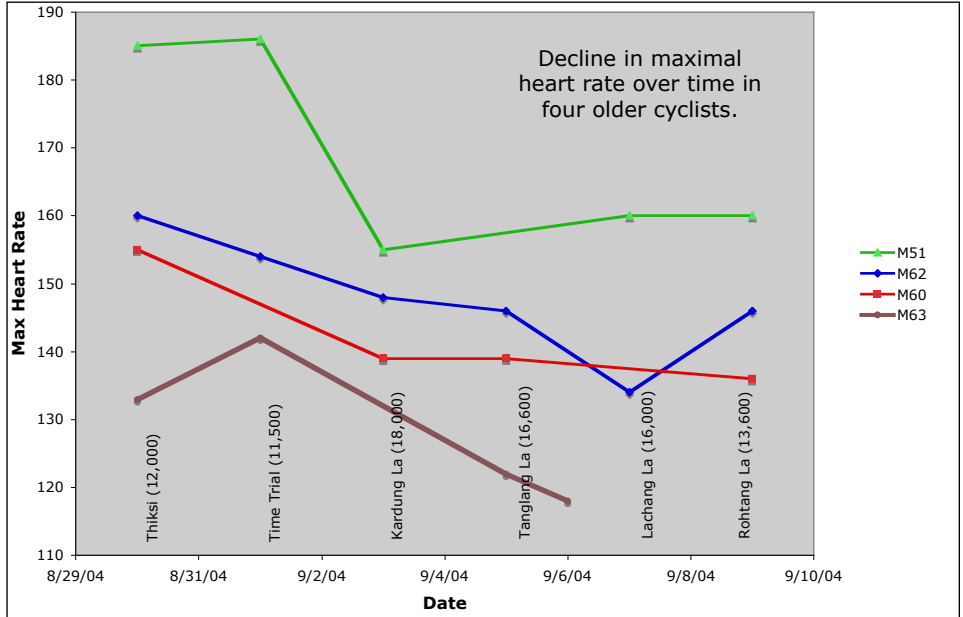
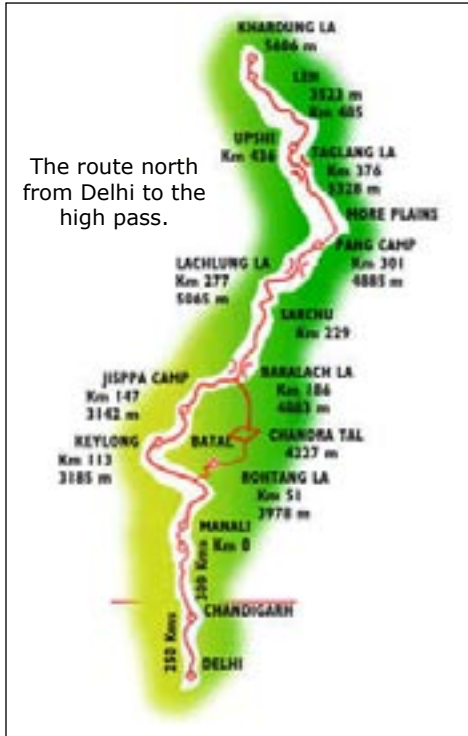
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of the UCSF Comprehensive Cancer Center and a research biostatistician at the California Pacific Medical Center Research Institute.

The team's principal findings are that maximal heart rate is significantly reduced at altitude compared to sea level, particularly in older cyclists. The authors have some splendid photographs, interesting results to present, and an infective enthusiasm.



When you arrive on high there is a road sign! The elevation gain is 3500' to Khardung Pass.



Raft 'NORD VI' - Andrew Urbanczyk San Francisco



Canadian André Urbanczyk, a land-lubber cousin, joined Andrew to cross the Pacific.

All across the vast ocean birds used NORD VI as a resting place.



Andrew Urbanczyk is single-minded in his quest to explore the oceans and seas of the world. He has circumnavigated the planet, with but four stops; he has sailed the Pacific and back; his first open-sea raft trip was across the Baltic Sea. He does this, as did early explorers: *a su costa* (at his own cost.)

This night he delighted a large turnout with the story of his redwood-raft, **NORD VI**, voyage from San Francisco to Guam: 7000 miles, 20 weeks, two people, Explorer Flag 146 and a Guinness World Record.

His mentor, Thor Hyerdahl, cautioned him of the dangers of the trip; however, upon hearing about the preparations, Hyerdahl wished him well—and urged him to head for the Marianas. Andrew asked, “Why the Marianas?” Alas, Hyerdahl died before answering. Urbanczyk did what was suggested and arrived at Guam 140 days after departing his home harbor of Half Moon Bay, just south of San Francisco, on September 19, 2002. .

NORD VI is a forty-by-twenty-foot platform built atop seven *Sequoia gigantea* two-foot diameter logs, all lashed together by one- and two-inch manila rope. Sixteen tons

total! Steering was accomplished by the placement of centerboards, placed offcenter to turn, as the raft drifted westward under 5500 square feet of sail. The record speed: 5 knots; the average: a bit over 2 mph, 50 to 75 miles each day. There was plenty of modern gear aboard: solar panels for power, satellite phones (two, for redundancy), GPS. Ample water was saved from rain. Only ten percent of their food was from the sea; the balance was mostly vegetarian meals brought along and provisioned, at sea, near Hawaii. They had predicted more seafood, but fish wasn't their dish. Besides sea life became fellow travelers. Small pilot

fish managed to keep up with the craft for long periods; birds rested on board between flights. At one time a shark passed across the raft beneath the logs: tail at one side and head at the other!

It was not advisable, actually not possible, for one man to try this journey alone. A search for willing crew seemed futile—as futile as had been getting a response for money, or just cooperation, from 300 circulated proposals. No answers to either search. By word of mouth, a distant cousin came forth and volunteered: André Urbanczyk became the willing companion. A cat travelled too; unknown to be pregnant, she was disembarked at Hawaii.

Both men gained from the experience, basking in the peacefulness of the sea and watching the heavens at night (no radio; no incoming calls.) Typhoon *Yanyan*, with 65 mph peak winds, passed too near for comfort; they were able to be sheltered from the open sea near Bikini Atoll; the hostile sea ‘passed.’ In late January Guam came into view; Andrew’s wife, Krystyna, was waiting.

NORD VI has been donated to the Museum of Ancient Boats in Guam

Read about Andrew & André’s journey. It is scheduled for the Spring issue of *Explorers Journal*. Andrew has a book in publication too.

The **NORD VI**, under sail.



URBANCZYK

Phil Barrett (left), the ‘Raft General Manager’, designed the mechanics of **NORD VI** and tied her together. Andrew, with log crosssection, Janet & Steve McCrary-Webb, principles in Big Creek Lumber Company of Davenport, CA. They supplied the logs.



LANGAN



URBANCZYK

Elections on the Horizon

In our January newsletter, we reported on a proposal to modify the process by which chapter officers are elected. Under this revision, a new slate of officers will be presented for consideration at the last meeting of the season (May). Elections are to be held during the first fall meeting (October). Members may express their vote in person or by returned ballot. Officers assume their responsibilities effective the coming January. This process and schedule provide for a better transition between administrations, while respecting the requirements of our national charter agreement.

There are four officers (Chair, Vice Chair, Secretary, and Treasurer) and a number of additional critical appointees (roster, newsletter, membership, meeting coordinator, picnic planner) that keep this Chapter running smoothly. We are certainly open to suggestions for other positions as well (perhaps someone for fundraising?).

Now is the time to express your interest in any of these positions and/or to suggest others who may wish to become more involved with the chapter. Contact any of your officers at the email address on the masthead, or by phone, to let us know of your suggestions and interest. Thank you in advance for your support and participation.



Ayumi Meegan sang our National Anthem at the March meeting. The week before she also sang *The Star-Spangled Banner* at ECAD.

Evolution

@ The Explorers Club

In announcing last month's lecture, Thor Heyerdahl was quoted as stating Andrew's voyage was '*The Last Great Adventure*.' Andrew concurred with his mentor, but another great ocean explorer took exception to this observation (but was still sorry to miss the talk!)

A **Letter to the Editor** from Capt. Don Walsh (HON61) who sank to the lowest ocean depths aboard the *Trieste*:

"I found it interesting in [the] musing about no more great expeditions left to do, that he [Urbanczyk] did not mention the oceans, the place where he voyaged. There's lots left to do inside the oceans: deep explorations, UW archaeology (history frozen in time) and more than a few 'firsts.' For example, next year Deep Ocean Expeditions hopes to be the first to go to the *real* North Pole using the Mir submersibles. All those who have gone to the North Pole so far have been walking around on frozen water some 14,400 feet above the real North Pole. I am not detracting from the difficulties and heroics of these earlier explorers but simply point out that the real Pole remains to be achieved. The advent of manned submersibles such as the Mirs will make this possible.

"And then there are all those deep ocean trenches just waiting to be explored....

"No, I don't share his view that it all has been done. I think self-designating his trip as "The Last Great Adventure" is a bit optimistic.

"It does not service our efforts to promulgate and nurture the spirit of exploration when people lament that all the 'big ones' have been done.

"The point of exploration is to use the initial impulse of curiosity to evolve knowledge that will benefit mankind."

Well stated! Don further commented that this does not detract from the contribution the *NORD VI* voyage accomplished and offered his congratulations.

—Lee Langan (FN99)



Tyler MacNiven handed out thousands of these cards as he trekked the length of Japan in 2004. They became national collector items.

Dan Liebowitz (MN66) brought two delightful guests in March that contributed to our program. They are both 'walkers', long-distance walkers. Ayumi, joined Tyler on several legs of his search for his father's birth place. Known as "Kintaro" throughout Japan, he is about to release a documentary based upon his 2000-mile hike. (It took about the same length of time that our

speakers raft travel did—145 days.

To see a hint of his adventure, visit: <http://www.kintarowalksjapan.com/> Also you do not want to miss his story at Buck's (Woodside) site:

<http://buckswoodside.com/kintaro/> Tyler/Kintaro was a waiter at Buck's.

Thanks Dan. Good luck Kintaro. Thanks Ayumi!

The Chapter Chair

Dear Northern California Explorers:

Visiting our club's headquarters in New York City is always a pleasure. But it is even more exciting during the ECAD weekend, when members from around the world gather to celebrate exploration and the camaraderie of common purpose. As spectacular as ECAD is, equally important are the meetings that take place in the background. Committees report on results and new goals, officers meet to chart the course of the coming year, votes are counted for a new class of directors, and the Chapter Chairs meet to discuss progress, issues, and solutions to the unique challenges of maintaining an active club chapter.

As always, the Chair's meeting was informative, frank, and sometimes amusing. Each Chapter Chair reported on the activities and accomplishments of the past year. I was pleased to report that the Northern California Chapter continues to grow, has achieved an improved level of financial stability, and remains one of the largest and most active of the 33 chapters. A number of specific issues of concern to our local membership were also discussed.

At the broader level, our club continues to flourish as well. Overall membership has increased by 17%. International membership is up 25%. Our chapter grew by only 2%, in part due to our new additions being offset by a number of losses of senior members during the past year. The Northern California chapter remains in 4th place in terms of chapter size with 172 members on the books. We follow just behind Texas' 181 members. I believe our membership goal for 2005 should be to surpass the Texas chapter. The only way this can be achieved is with your individual help in recruiting new

members.

Examining the demographics of the club reveals a number of issues of on-going concern. While the average age of the overall membership has decreased, (primarily due to an almost doubling of student members) the median age of the dues-paying membership, which is responsible for 2/3 of the club's operating budget, continues to move upward. This issue must be addressed in order to maintain the long-term viability of the organization as a whole. The club has responded on a number of fronts, including the 'under 45' campaign which includes a waiver of the initiation fee, and the new National Explorers Scout initiative which has the theoretical potential to generate more than 3000 new applicants.

In another area, the club is instituting a number improvements to our website to facilitate communication among members and with headquarters. In addition to improved access to membership data, historical information, and information on current expeditions, members will soon be able to take part in moderated on-line exchanges with other members. You will also be able to search for explorers with common interests who may be able to give advice and support for your own expeditions. An improved calendar of events will keep you in

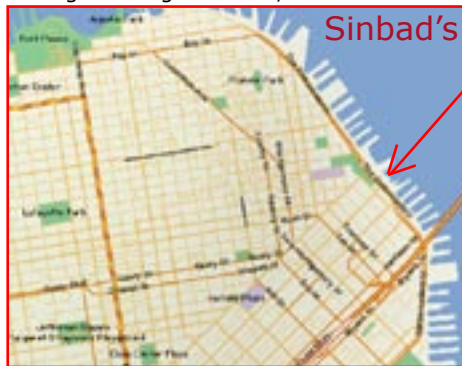
touch with the events of the other chapters when you are on the road. Overall, these and other changes should contribute to increased exchange of ideas and information among members around the world.

During my tenure as Chair of the Northern California Chapter, I have observed first hand the many challenges associated with managing and leading such a unique organization. Expressing a personal opinion, I would say that, under the leadership of our current President, Richard Weiss, the tenor and focus of the club, and its relationship to the local chapters has undergone a significant improvement. The club has focused on expanding its membership, while maintaining the highest standards of admission. It has also improved its visibility by pursuing partnerships with quality organizations having allied interests. The increased concern and responsiveness of headquarters to our local needs is refreshing and continues to impress me. Dedicated staff, both paid and volunteer, who obviously enjoy their involvement, have helped provide the energy and ideas required to lay the foundation for our second 100 years. We need to pause from time to time to express our appreciation for their efforts and to the contributions of all of the individual members whose personal investments make this club possible. At the same time, I would also encourage each of our own chapter members to consider increasing your involvement and possibly serving in positions of support.

In keeping with our great speaker line-up, please plan to join us this month to meet Kirk Usher and his colleagues who will recount their Himalayan cycling adventure. If you bring a prospective member, I'll bring the applications. I'll look forward to seeing you on April 22nd.

—Stephen E. Smith, FN96

Sinbad's is JUST south of the Ferry Building! Parking available; BART access.



Please reserve _____ spaces for April 22, 2005, at Sinbad's, San Francisco. Cost \$45 each; \$50 on meeting day. Prospective members are welcome. Dinner wine is, once again, courtesy of Redwood Creek Winery!

Annual Chapter dues are payable: just \$20!

Name: _____
Address (if changed): _____
Guest(s): _____

Please mail this form to
Dr. Stephen E. Smith
402 Via Royal
Walnut Creek, CA 94596
or, preferably, email
nauticos@oceanearth.org
or call 925 934-1051

meal choice (please circle):
meat - fish - vegetarian

Northern California 2004-2005 Event Calendar

(Mark the dates! Venues will be identified at time of event.)

October 19, 2004	Peter Pyle	"Birds on the Farallons & Across the Pacific"
The City Club, San Francisco		
November 19, 2004	Cagan Sekercioglu	"Angolan Ornithological Expedition 2004"
Sinbad's Restaurant, San Francisco		
December 19, 2004	James Chester	"Extreme Digital Photography"
Sinbad's Restaurant, San Francisco		
January 28, 2005	Duane Silverstein	"Saving Ocean Islands"
Dolphin Club, San Francisco		
February 25, 2005	David Moyer	"Operation Deep Freeze"
Sinbad's Restaurant, San Francisco		
March 19, 2005	ECAD	"101 Years of The Explorers Club"
Waldorf Astoria, New York		
March 25, 2005	Andrew Urbanczyk	"Transpacific Raft Expedition (A Guinness World Record)"
Sinbad's Restaurant, San Francisco		
April 22, 2005	Kirk Usher	"Biking Performance Physiology in the Himalayas"
Sinbad's Restaurant, San Francisco		
May 29, 2005	Gene & Sibyl Boudreau	Northern Kenya Exploring
Sebastopol		
June 18, 2005	Chapter Picnic	Contact Anders Jepsen to help: < ajviking@aol.com >
Angel Island		

Please note venues and dates with care.

**April 22nd is a FRIDAY meeting at
Sinbad's Restaurant in San Francisco**

In full and lively color!

To experience this newsletter in color,
see the PDF version at our web site.

(When copying the URL addresses be sure to keep them all on one line; most are also available as links on our Chapter web site.)

April 2005

Dr. Stephen E. Smith
The Explorers Club
Northern California Chapter
402 Via Royal
Walnut Creek, CA 94596

