

# sports

## Carscadden prepares Pacific Crest Trail hike

Backpacking has become a popular sport over the past few years with not only the experienced packer trudging along cross-country trail, but also laymen like Clackamas Community College student Reid Carscadden who is currently planning a 2600-mile trek of the Pacific Crest Trail from Mexico to Canada.

Carscadden, a 1979 graduate of Oregon City High School said it was "kind of crazy" how he got inspired to do the trip.

While attending Lewis and Clark College a friend asked him if he'd be interested in doing the Crest trail. It sounded good so the two began planning their trip scheduled for last April, but Carscadden's friend decided not to go.

Carscadden, still wanting to do the trip and knowing that he wasn't prepared to go alone, found a new partner, Suzie Schaller. Schaller and Carscadden have been planning their trip now for eight or nine months and are scheduled to leave next month.

Over the last year Carscadden has devoted all his time to preparing for the 2,600-mile trip. He's taken courses at CCC like geology, photography, first aid, and he and Schaller took a couples communications course together. They've also attended seminars on frost bite, snake bite, and hypothermia.

As a means of gathering information on the trail Carscadden used the PCT Training Guide. "That book was my Bible for buying equipment," he said. The PCT Training Guide includes about ten people's personal experiences of the trail and critiques of the different types and brands of gear used. Judging by the most durable gear Carscadden has spent \$1500 to \$2000 on equipment.

Carscadden also went to the PCT Club and the Sierra Club to gain information and maps as well as reading several books on the trail.

Food planning has been a major part of the preparation as well as the expense of the trip.

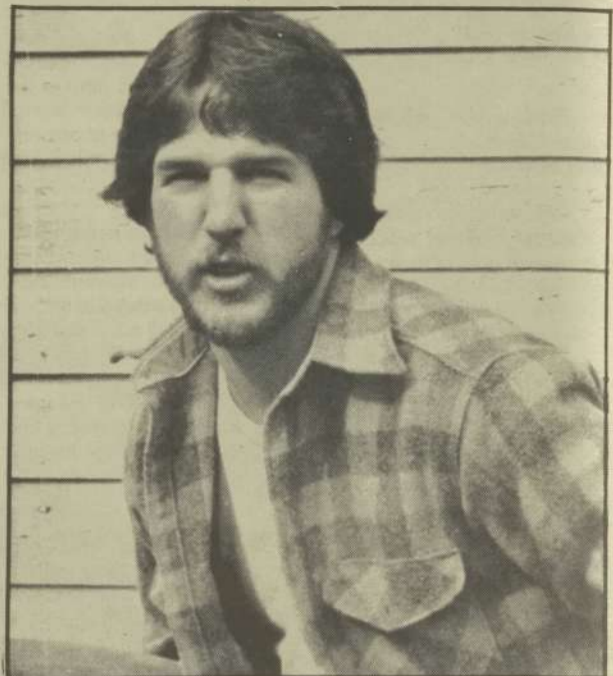
Carscadden plans to have store-bought food for breakfast and lunch that he'll pick up in the towns as he passes through and dinners will consist of freeze-dried backpackers food. Family and friends have agreed to send boxes of food to post offices along the way, according to Carscadden's mileage schedule to when he'll arrive in each town.

The trip is scheduled to take 183 days in which Carscadden plans to cover 15-20 miles per day. The food drops are planned for every two weeks.

While the average person in normal living conditions takes in about 3,000 calories a day, Carscadden is allowing 6,000 on his trip. "We're going by gut feeling," he said. "We've looked into nutrition, but neither of us are experts."

He says that "the rule of thumb is there's never enough food. Food causes more bickering between backpackers than anything."

Carscadden has figured upon spending \$1,500 for food



REID CARSCADDEN

on the trip, but Oregon Mountain Community is helping out by giving him a 15 percent discount on food for eating their products. He's been eating backpackers food at home to determine what kinds he likes and wants to take along on the trip.

The food drops by family and friends will take away some of the burden of weight for Carscadden and Schaller. Carscadden is going to carry 50-60 pounds while Schaller is going to carry 40-55 pounds. "I bought a small pack on purpose," Schaller said jokingly.

While Carscadden and Schaller don't know much about the outdoors they figure this will be their chance to learn. "I'm interested in the geology mostly," Carscadden said. "Some people think we're crazy because we're not experienced, but we both have good common sense. If we're prepared for accidents and injuries is what it's all about, more so than experience."

"It'll be more exciting and we'll learn all these things along the way. It'd be nice to know ahead of time, but it'll be nice learning them too."

Carscadden said that his

biggest concern is snowfall. "This has been one of the heaviest winters," Carscadden said. "There'll be snow in the Sierras, especially. We'll have to use our map and compass skills."

While Carscadden is concerned with snowfall, Schaller's fears are smaller, but fears just the same. "The snakes are the only thing that scare me," she said.

Another concern of the couple is boredom. "We have to be prepared to deal with boredom," Carscadden said. "Each day couldn't be an enjoyable day, I don't think."

Although some people think they're crazy the couple's parents are both "really supportive," according to Carscadden. "They're helping us out both financially and planning wise. Once they saw how organized we were they changed their ideas and they're excited about it now."

The couple is excited about their expedition. "We spent eight or nine months planning seriously," he said, "and now it's for real. Upon returning to Oregon the couple plan to put together slide shows through schools."



REID CARSCADDEN TESTS his gear as he prepares for a 2,600-mile hike along the Pacific Crest Trail from Mexico to Canada. Staff Photos by Duane Hlersche

## Cougar women lose playoff bid

The Clackamas Community College womens basketball team took on the Umpqua CC women's team in the league tournament, with a district playoff bid the prize. The Cougars finished their season on the short end of a 67-66 score.

The two teams played seesaw ball for the first 20 minutes with Clackamas coming out on top, 29-27. The Cougars came out in the second half intent upon enhancing their slim margin.

"Our defense couldn't

stop Lynn Dirkey," coach Nancy Mikleton offered. Dirkey was credited with 25 points.

Teammates Julie Pope and Cassie Johnson also contributed 14 and 12 points, respectively.

An Umpqua girl came off the bench to score her only two points, two free-throws with four seconds left to ice the win.

"Cindy Johnston played a super game," coach Mikleton commented. "She played with a lot of desire." Johnston finished the game with 22 points on 9 of 14 from the floor

and 4 of 6 from the free throw line. Cindy was helped by Sharon Larson who netted 19 points.

The Cougars lit up the nets for 30 field goals on 62 attempts, but were beaten from the free throw line. Umpqua made 15 of 19 attempts while Clackamas only attempted 11 and converted 9.

"The girls played their best ball of the year," Mikleton said. "They really wanted it."

Umpqua and Linn-Benton are this year's District Representatives.



### CCC STUDENTS

These specials are for you only. Please show copy of this ad and your student body card for these prices.

**Steelhead Rod** 8 1/2 ft. OLYMPIC \$24.95 Value **\$10.00**

**Ski Jackets** Mens or Ladies 1/2 list price Any in bsmt.

**Casting Reel** Shakespeare USA Reg. \$69.99 **\$35.00**

**Athletic Shoes** All in stock **10% OFF**

**Ski Hot Wax** Bring in your skis **\$1.50 a pair**

### LARRYS SPORT CENTER & SKI HAUS

OREGON CITY SHOPPING CENTER  
OPEN 9-9 DAILY

Clackamas Community College

