

Porcupine Creek, South Fork. May 4th, 2013.

Hikers in attendance: Barb, Corinne, Heidi, Iya, Jack, Jeanelle, Janice, John, Margaret, Mark, Sandy, Steve, Tricia. Hike Coordinators: Steve and Sandy.

Introductions and safety rules were discussed in the parking lot by Steve and Sandy. During introductions Margaret proudly pointed out her new hot pink backpack, to guide us JUST in case we got lost that day.

At 9:15am we started out strong down Porcupine Creek towards the fork, the decision was made to continue down the South fork with lots of river crossings... we all earned our river crossing badges that day. The star performance was given to Heidi who took one for the team and fell while crossing the creek and sprained her wrist. Newly trained hike coordinator Trisha rose to the occasion and provided immediate first aid. Heidi was able to walk out under her own power accompanied by Steve, John and Janice. Janice kindly offered to drive her back, but the rumor is this might have been so they could make a side trip to MEC on the way home. It was later found out that Heidi had actually broken her wrist in two places. Creek crossing can be very dangerous when trying to stay dry by stepping on rocks (editor's note: Avoid jumping from rock to rock or shore whenever possible, stepping across is much safer). Sometimes it is better to walk in the water and get wet, many of us in the group did the rock stepping to avoid getting wet, looking back now we could have had more injuries so we were fortunate. Once fearless leader Steve left the group to assist Heidi, the rest of the group continued on with the guidance of Trish and Princess Barb using their superb map reading skills. They were motivated with the possibilities of having a glass of wine when reaching the lunch spot. However they were misled. They continued up the south fork and stopped for lunch at the end of the trail. Even though the sun was at a scorching temperature of 15 degrees, we could not convince Iya, from the Philippines, to remove her touque and enjoy the balmy weather. Once they finished they started back down the trail where they were rejoined by Rocket Man John and Ironman Steve. Back at the fork junction we decided to head up the north fork 3km. Upon reaching an intimidating ice cave, Mark bravely checked out the cave for any inhabitants. Once it was deemed safe we posed for our epic trip photo. We noticed after the photo was taken that something was appearing out of Margaret's hair???

We continued down the north fork until an ominous dark threatening cloud was lurking above us. At that time Corinne got attacked by the knarly log along the

route. We stopped as blood gushed from her leg and without any antiseptic, Sandy, performed an incredible assessment, used an alcohol swab and a butterfly bandage to patch her up. Sandy also gave Corinne a pair of gaiters to help prevent another injury from happening. As we began our exit out of the creek and back to the parking lot, our ever observant Sandy noticed a tick on Jack's pant leg before it could sink its fangs into his leg.. We continued out of the North fork down the trail towards our cars , we noticed that first timer to the group Jeanelle, maneuvered with the finesse and composure of a professional through all the river crossings, riverbeds and beaten trails.... without poles. We reached our cars around 4:00pm just as the skies opened up and sprinkled us with rain. In all it was a fantastic hike well coordinated by Steve and Sandy

