

March 4, 2010

Dear winter traveler,

Have you ever wondered how hard it would be to dig out your friend who is buried in the avalanche debris? I am currently a senior in the Outdoor Studies at Alaska Pacific University conducting research on single-shoveler avalanche rescue in mock "victim" burials. My research is studying if *time* for unburying a "victim" is significantly affected on *experience* and *fitness level* of the rescuer. The research report will be submitted for review for the next International Snow Science Workshop 2010.

Participation in the study will take approximately 2 hours for both the shoveling time trial and a fitness test. The shoveling test consists of unburying a "victim" (5,000 cubic inch duffel) buried in a snow berm 150cm down. This part of the project will be done in a selected snow berm in a parking lot on the APU campus. The fitness test consists of three basic tests: maximum push-ups & curl-ups done in 1 min, and Coopers' 12 min run aerobic endurance test (how far you can run in 12 min on a treadmill). This will be done immediately after the shoveling test in the APU gym.

Participating in my project will help avalanche education gain knowledge on single-rescuer avalanche extrication and may make you consider how safe skiing is with one partner.

Scheduled times for the experiment are Tuesdays and Thursdays 5pm-10pm and Sundays 6pm-10pm through the months of March and April. I can test up to five participants each day. If these times don't work for you, but you are interested in participating, please contact me for alternate times.

Contact me ASAP if you are interested so that we can move on to the next step. You may choose to stop your participation at any time during the study.

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Or if you require additional information please contact my Faculty Advisor:

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Thanks,
Zack Quine