# The Antarctic Sun

Published during the austral summer at McMurdo Station, Antarctica, for the United States Antarctic Program



## ON THE RUN: Marathon no mere walk on the beach

By Peter Rejcek Sun staff

Eric Pohlman spent two hours and forty minutes one recent Sunday on the treadmill at the gym preparing for the McMurdo Marathon. Doing a steady 10-minute mile, it was a relatively easy 16 miles. But he knows race day conditions outdoors won't be a walk on the beach.

Then again, maybe that's exactly what it is.

"I'm preparing myself for a 26.2 [mile] run on the beach, because it's like running in sand, except it's freezing cold," said Pohlman, a hazardous waste management technician at

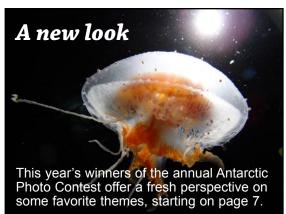
McMurdo Station.

Pohlman will test his theory on Jan. 8 during the annual marathon.

Last year, a dozen runners attempted the marathon or half-marathon. The race is nearly as popular with cross-country skiers, with seven people opting to glide their way across the Ross Ice Shelf in 2005.

One of the skiers was Mary Holozubiec, the only one to finish the 42-kilometer route, in a time of three hours and 39 minutes. This will be the third time the McMurdo retail materials worker will ski the race. She also ran the full marathon in 2001 on

See MARATHON on page 14



#### **Quote of the Week**

|"I'm a self."

 Person explaining combination of Santa and elf costumes.

#### Inside

Breaking up bergs
Page 3
Warming up to Pole
Page 4

12 • The Antarctic Sun January 1, 2006



Photos by Peter Rejcek / The Antarctic Sun

The South Pole Traverse makes its final approach to the South Pole between cargo snow berms. In the lead is a PistenBully using a six-

meter-long boom outfitted with ground-penetrating radar for profiling the ground ahead in order to spot crevasses.

## Traverse encounters 'swamp' en route to Pole

#### From page 1

Station is feasible. The arrival of Wright and his seven-member crew is the culmination of a four-year field project. The team had safely avoided innumerable crevasses and plowed through soft snow to accomplish a feat not seen since Sir Edmund Hillary crossed the continent to the Pole in 1958.

National Geographic cinematographer Michael Single, who is at the South Pole working on a documentary on the station, asked Wright his feelings only moments after reaching the bottom of the world.

Wright, staring into the camera and breathing heavily from relief and effort, told him, "I have no great words to say

to you, no great emotions to share.

"It is a good day to be alive," he said, his voice thick with emotion. "It's great to be here."

The moment of success was brief as the traverse field team went about the mundane task of making its camp. The seven men and one woman, their Carhartt overalls and jackets blackened with oil and grease, then went through the rigmarole that all new U.S. Antarctic Program visitors must: They gathered in a Jamesway building lounge, to watch an orientation video that discusses safety and other unique issues that face those living at the station.

Liesl Schernthanner, the South Pole winter site manager, noted that not all the video information would apply to the crew. "You arrived a little differently than everybody else," she said.

#### The swamp

A few members of the traverse team visited the outskirts of the station the previous day to stage some of its 100,000 kilograms of cargo. The team had encountered deep, soft snow along the polar plateau, requiring it to shuttle cargo as tractors continuously bogged down along the dwindling kilometers.

"We call it a swamp," said Greg Feleppa, a member of the field team, of the barren landscape leading to the Pole. He and Tom Lyman, a mountaineer who works in the McMurdo field safety training program and is part of the expedition, led the traverse in a PistenBully. The tracked vehicle is outfitted with about a six-meter-long boom sporting ground-penetrating radar to snoop out crevasses.

"To us, it's been a hell of an adventure," said Feleppa, referring to himself and John VanVlack, the freshman members of the crew. The average age of the field team members is 51.5 years, according to Wright.

> VanVlack, a mechanic with See SCIENCE on page 13



Hugs all around for the South Pole Traverse field team from representatives at South Pole, including Jerry Marty with the National Science Foundation, center, and South Pole Area Director BK Grant, third from right.



John Wright, leader of the South Pole Traverse field team, steps down from his Caterpillar 95 Challenger moments after reaching the end of a 43-day, 1,600-kilometer trip from McMurdo Station, proving a snow route is possible between the stations.

January 1, 2006 The Antarctic Sun • 13

### Science cargo one option for a future traverse

From page 12

the McMurdo vehicle maintenance facility, said parts of the polar plateau — the final 450 unmapped kilometers of the snow route — were covered in soft snow and uneven sastrugi more than two meters high. He said at one point along the route he stuck a three-meterlong flagged stick in the snow only to watch it sink all the way down.

The going could be excruciatingly slow, he added. "We had some three-mile days."

The last week was especially difficult, according to Wright, as the traverse tractors were constantly getting stuck in the soft snow. Eventually, the pace required shuttling cargo and equipment back and forth for several kilometers to move one kilometer forward. But the effort of repeated traffic helped compact the snow route over the last 20 kilometers or so, Wright explained.

"That's how you get through the snow swamp — a lot of grind. It's not fun," he said. "It'll be better the next time we go over it because we've compressed it and made it stronger."

#### The future

It wasn't long before the traverse field team tested that stretch of ground. After taking a couple of days rest at the Pole (though still using the two berthing modules they towed there), the team left South Pole on Dec. 28 shortly after 8 a.m. for the return trip to McMurdo. It will follow its flagged route all the way back to Ross Island with three tractors, a PistenBully, its support modules and fuel tanks.

NSF officials stateside said they were pleased with the results of the four-year field project.

"This historic achievement sets the stage for fuller realization of the scientific potential of the new South Pole Station," said NSF Office of Polar Programs Director Karl Erb.

Dave Bresnahan, NSF systems manager, said the history of the project really dates back to the austral summer of 1994,



Photos by Peter Rejcek / The Antarctic Sur

The South Pole Traverse is finally at rest at the South Pole. A flag from Silverton American Legion Post #14, from John Wright's Colorado home town, flies from one of two red modules used for berthing and cooking.

when work began on devising the initial route.

"Reaching South Pole safely, and returning to McMurdo over the same track, represents an outstanding accomplishment," Bresnahan said. "Delivering cargo to Pole on this initial traverse is beyond the goals of the Proof of Concept Traverse. The members of the team and all those that supported them are to be congratulated for this accomplishment."

The appeal of moving cargo and fuel on the ground instead of through the air on an LC-130 is obvious, Marty said. The traverse would give the NSF the capability of moving large cargo that can't easily fit into the belly of a cargo plane without first being disassembled.

"The key is to provide options for supporting science like IceCube, the 10-Meter Telescope," he said, referring to the large science construction projects currently under way at the Pole. "You can assemble a lot of that [equipment] and tow it here. That reduces the labor on this end."

The traverse also affords the NSF with the ability to allocate LC-130 missions for scientific research in locations other than South Pole, he added.

By reducing the workload at the South Pole, the NSF can meet its goal of keeping the future station population at 150 people, the full capacity of the new elevated station when completed next year. There were 250 people at the Pole when the traverse train arrived, living in a variety of housing.

BK Grant, the South Pole area director for Raytheon Polar Services Co., said the cargo the traverse field team brought is the equivalent of 11 LC-130 flights. The cargo consisted of several pieces of heavy equipment, including a Caterpillar D-8 tractor and a snow hauler trailer.

"I'm glad to see them," said Jason Medley, the South Pole operations manager, referring to the safe arrival of the traverse team and their muchneeded cargo, as he watched them approach Pole.

#### The past

Over the three previous seasons, the traverse field team has crossed the Ross Ice Shelf, climbed the Leverett Glacier through the Transantarctic Mountains, and made it to the polar plateau just past 86 degrees south. Each excursion from McMurdo Station went farther than the previous year,

with the traverse returning to Ross Island at the end of each foray.

The first field season for the traverse was the 2002-03 austral summer. It covered the least amount of real estate over the four seasons, about 200 kilometers, but successfully crossed a 5.5-kilometer area called the shear zone. This stretch of the route, not far from McMurdo Station on the Ross Ice Shelf, was Swisscheesed with 32 crevasses, Wright said.

Much of that season was **See NSF on page 15** 



Jason Medley, left, the South Pole operations manager, converses with John Wright, South Pole Traverse leader, on the outskirts of the station, seen in the distance.