

# Following the Right Tracks Lesson 4

Photo by Eric Spaeth-Used by permission





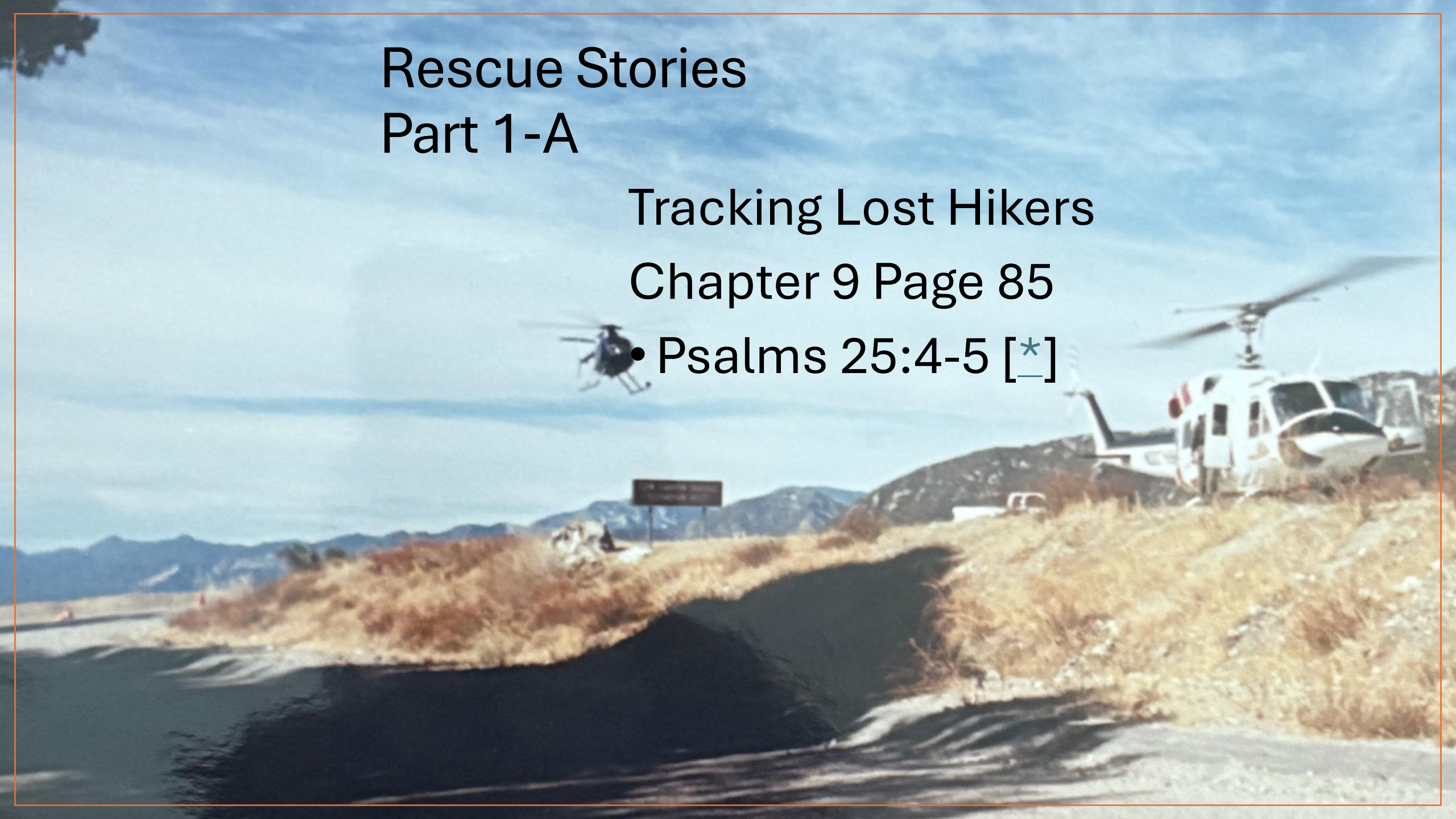
# Rescue Stories

## Part 1-A

Tracking Lost Hikers

Chapter 9 Page 85

• Psalms 25:4-5 [[\\*](#)]



Mapping out a direction of travel early in a search operation requires accurate information.





- All search and rescue members must learn the art of tracking.
- Initially developed by the United States Border Patrol, our tracking technique helped us find lost subjects.



<https://www.jhuapl.edu/about/history/innovations-and-breakthroughs>



- The equipment and personnel needed for tracking consist of a hiking pole, a flashlight, a mirror, a ground person, and a spotter.



Photo taken by Mervin Tapsfield

- Sometimes, depending on the weather, we would camp with the subjects all night and hope that aviation could extract us the following morning.



Photo by Chris Brookhart-Used by Permission



- Hikers quite often tend to get tunnel vision. They tend to watch only their feet or immediate surroundings and forget to look farther out at the terrain.
- Hikers should look for nearby canyons, prominent hilltops, roads, geological features, and the direction of travel (north, south, west, or east).

## West Valley SAR Practicing in the Mojave Desert



Photo taken by Stan Spaeth-Used by permission

When hiking in the mountains, it is recommended to turn off your cell phone or put it in airplane mode. Batteries drain during the day as the device tries to obtain a signal.



<https://dailysale.com/collections/computers-accessories>



# Two Lost Hikers in Mount Baldy

- The hikers summited Mount Baldy and began their descent.
- Making their way across the top of the Baldy Bowl, they mistakenly took a wrong path into Goode Canyon.



<https://mountaineeringreview.blogspot.com/2011/01/goode-canyon-mt-baldy.html>

- Knowing that this would be an all-nighter, we took extra headlamp batteries, radio batteries, food, clothing, and water.
- If the subjects were not injured, we would usually find them cold, thirsty, hungry, and very tired.

# Ten Essentials



<https://www.rei.com/learn/expert-advice/ten-essentials.html>



- We suddenly found footprints leading down from the Baldy trail into Goode Canyon.
- A little farther down the canyon, we found a food wrapper.
- Since the footprints and wrappers appeared fresh, we started our downward and arduous hike into Goode Canyon.



<https://mountaineeringreview.blogspot.com/2011/01/goode-canyon-mt-baldy.html>

- All along the way, we found more tracks.
- Unfortunately, the hikers did not stay put; they kept moving farther away from us and from the Baldy trail.
- Lost hikers tend to take the path of least resistance (down) and farther away from the trail.
- They often mistake game trails for the actual trail.



<https://www.alamy.com/stock-photo-two-backpackers-in-mountains-79615527.html>



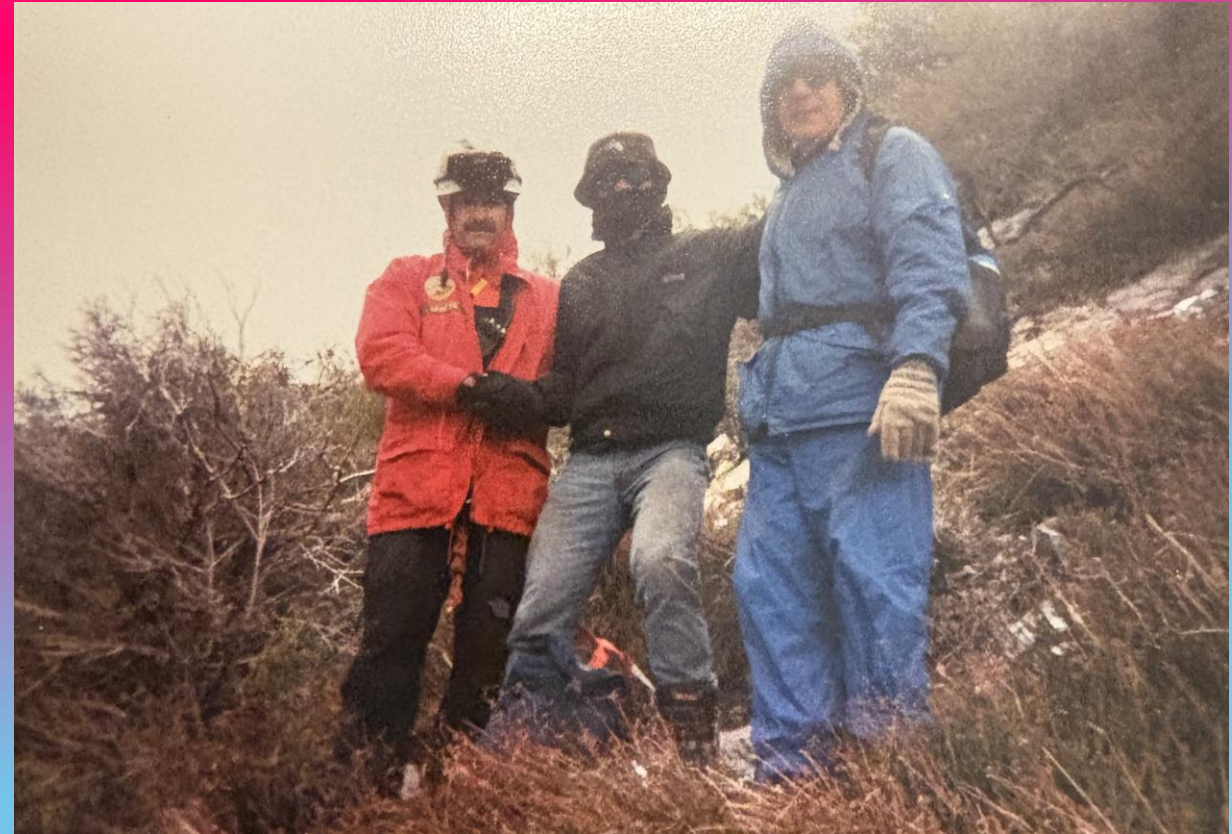


[https://www.youtube.com/watch?v=rITjvTwU\\_Tw](https://www.youtube.com/watch?v=rITjvTwU_Tw)



- We kept tracking through the night as we whistled and hollered.
- By morning, we still had not found our subjects.
- My partner decided to make another blast with his whistle.
- This time, the whistle blast did the trick.
- Our hikers hollered back, and we found them just behind a rock outcropping.

Our Two Subjects



Phot taken by author



- I cannot explain the feeling searchers have when they find their subjects!
- The adrenaline rush reenergizes each member, removing fatigue and weariness.
- An incredible amount of energy flows through their bodies.
- We arrived to find the two hikers without injury.

Our Two Subjects



Phot taken by author

## Our Two Subjects

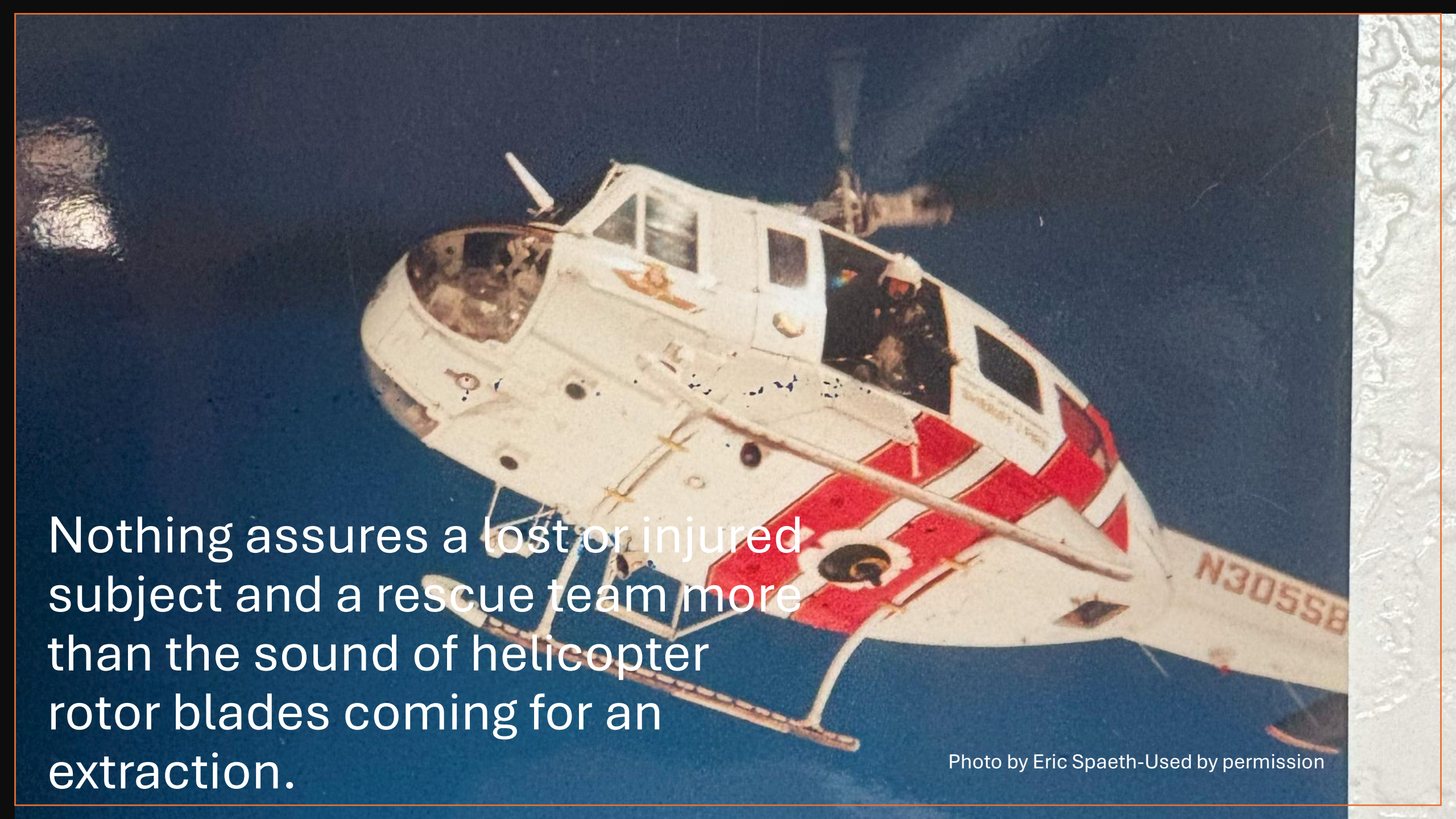
Thinking of God's divine intervention, I am reminded of the following verses.

- Psalms 32:8
- Proverbs 3:5-6 [[\\*](#)]



Phot taken by author





Nothing assures a lost or injured subject and a rescue team more than the sound of helicopter rotor blades coming for an extraction.

Photo by Eric Spaeth-Used by permission



# Rescue Stories

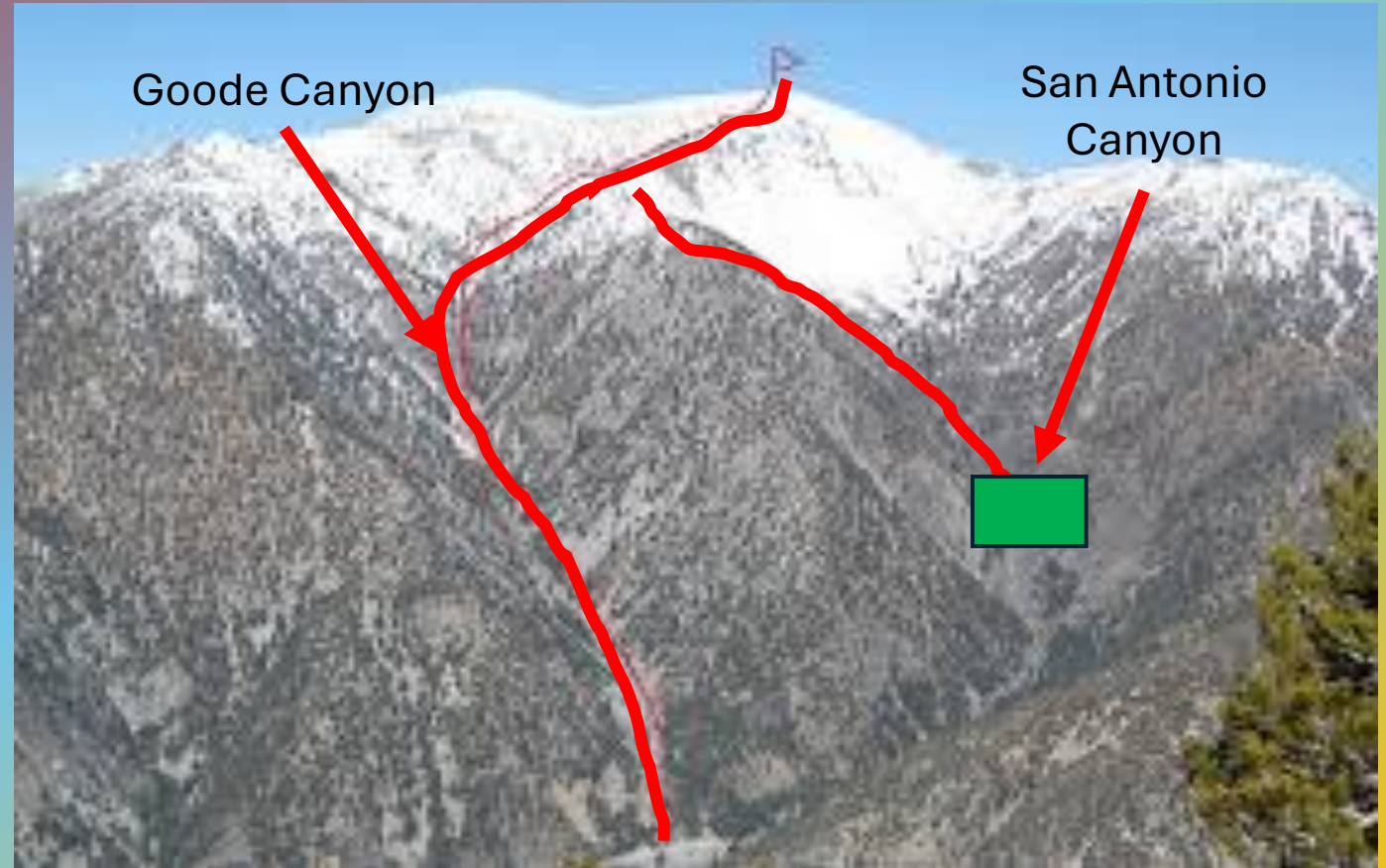
## Part 1-B

An 800 Foot Snow  
Extraction

Chapter 13 Page  
111

Psalms 121:2-3

[\*]  
[—]



<https://mountaineeringreview.blogspot.com/2011/01/goode-canyon-mt-baldy.html>



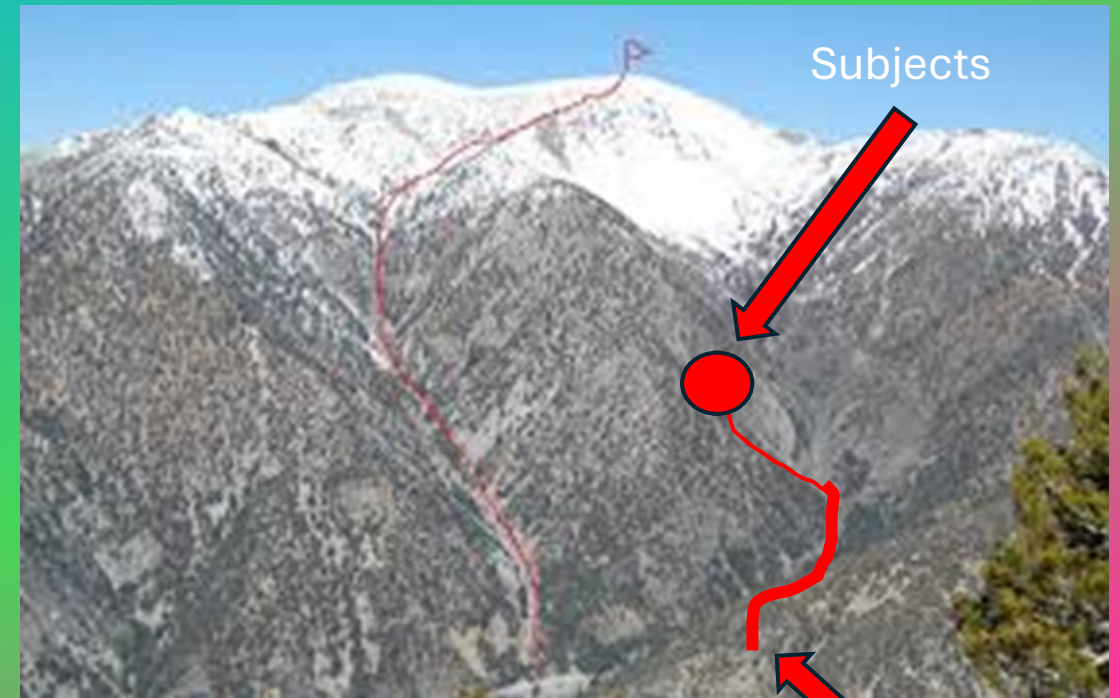
Walking on snow and ice at night presents numerous challenges.

- Unstable footing
- Slipping
- Stopping after a fall
- Slow, meticulous walking
- Hiking with specialized gear



Photo by Chris Brookhart-Used by Permission

- An arduous trek lay before us one winter night when four young men did not return home from their hike to Mount Baldy's summit.
- A snow storm had hit our local mountains, leaving steep, icy slopes.
- We prepared ourselves with crampons and ice axes.
- What started as a hike along the Sierra Hut trail turned into a cross-country nightmare.





- The severe winter conditions made our search stressful as we continued our way up San Antonio Canyon.
- We knew the low temperatures could prove fatal to our lost or injured hikers.
- After repeated whistle blowing and hollering, we heard a faint response high up the west side of San Antonio canyon.



Starting  
Point

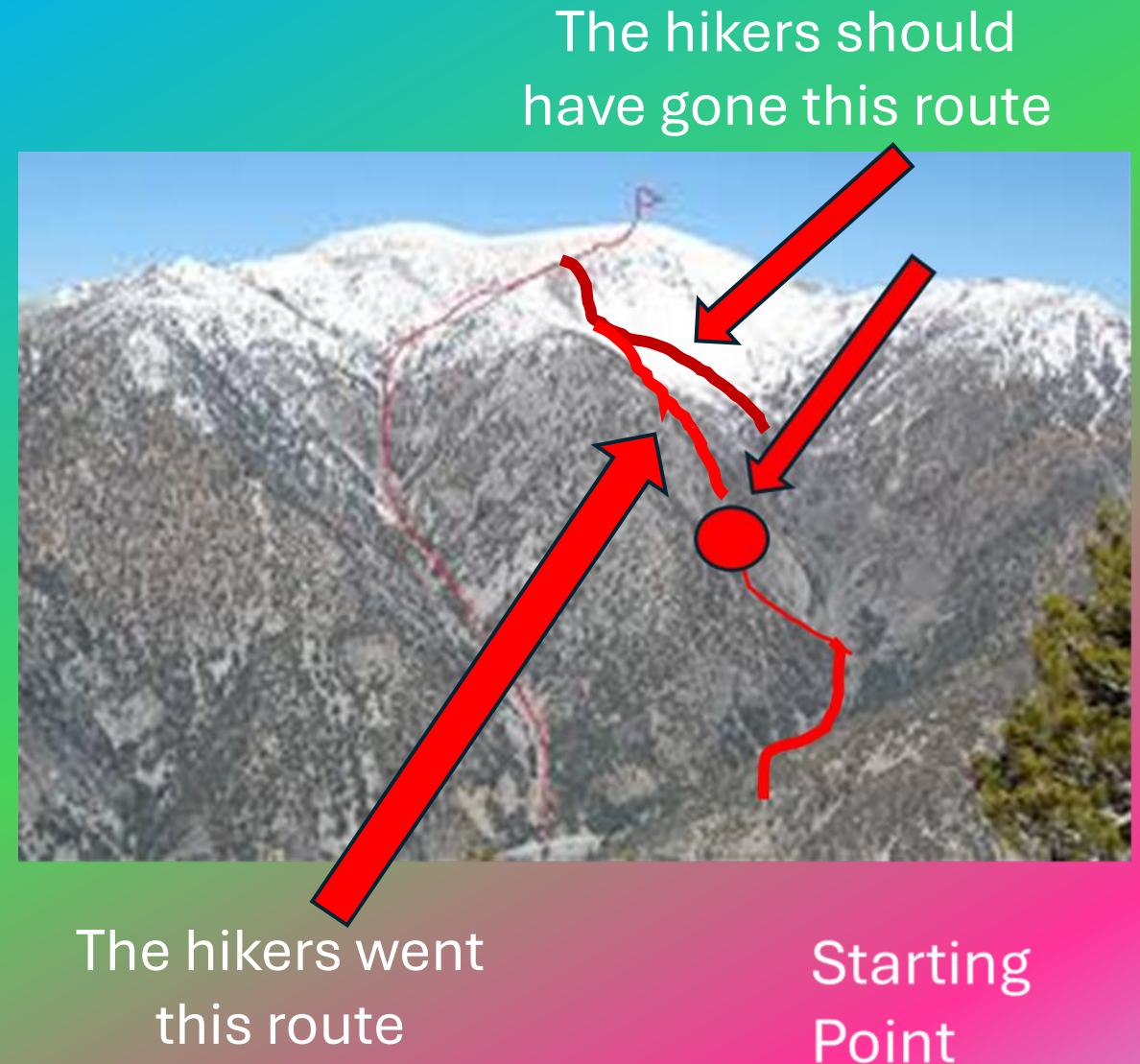
- When traveling up a hill in a more vertical direction, we often used a toe kick method. Such a maneuver required kicking the toe of the boot into the slope.
- The front points of the crampon would dig into the snow and stabilize the foot.
- The toe kick method took time and drained energy, but it proved effective.



<https://supersherpas.com/crampons-101/>



- Unfortunately, our subjects went along the false trail and found themselves standing on top of a steep 800-foot snow slope.
- Cold, hungry, and lost, they decided to stop and wait for help.



- By now, the weather had turned into freezing sleet.
- Since we carried emergency tarps for shelter, we strung one over our heads and heated some food with our stove.



Starting  
Point

<https://mountaineeringreview.blogspot.com/2011/01/goode-canyon-mt-baldy.html>



- Realizing our precarious situation, we decided to gradually lower each subject down the 800-foot snow slope.
- We radioed that we needed a 150-foot length of ½ inch rescue rope to belay the hikers.
- To this day, I am not sure how the following event happened.



Starting  
Point

- A member of another team, whom I did not recognize, approached us with a 150-foot rope.
- Neither of us could explain how he arrived so quickly.
- We never sent a rescuer out alone.
- What took us all night to hike took this rescuer a fraction of that time to reach our destination.



Starting  
Point

<https://mountaineeringreview.blogspot.com/2011/01/goode-canyon-mt-baldy.html>



- Strangely, this unknown rescuer said he had to leave and couldn't stay with us. We never saw him again.
- Are angels unaware? Humm? God provides in miraculous ways.



Starting  
Point

<https://mountaineeringreview.blogspot.com/2011/01/goode-canyon-mt-baldy.html>

- We now had the arduous task of lowering each subject down the 800-foot snow slope.
- The last 150 feet, the last subject decided to slide down the slope without our lifelines.
- He headed to a pile of rocks 150 feet below.
- Miraculously, he stopped short of the rock mound.



Starting  
Point



# Wilderness Safety

## Part 2

Hiking Equipment  
and Trail Protocol  
Chapter 38 Pg. 251  
Ephesians 6:10-11  
[\*]



Photo by Eric Spaeth-Used by Permission

# Signaling for Help

## Page 254

- SOS code-three short, three long, three short
- Three of anything usually is a universal sign for help.
- Signal mirror
- Flashlight
- Whistle



<https://enduresurvivalkits.com/products/coghlans-signal-mirror>



<https://coghlans.com/products/signal-mirror>



# Trail Awareness

Page 254-255

- If the trail becomes ambiguous-stop
- Do not cut across switchbacks
- Show courtesy to faster or slower hikers
- Keep all dogs on a leash



<https://www.wta.org/news/signpost/7-signs-your-trail-is-in-trouble-what-to-do-about-it>



## Hike With A Partner'Page 256

- Safety
- Hiking with a partner gives therapy for the soul.
- Next time a friend goes through a tough time in life say, “Hey, let’s go on a hike.”

Birthday Kim



Photo taken by Mervin Tapsfield



# Dangers of Taking the Path of Least Resistance

Page 256-257

- Downhill hiking can pose trouble for a fatigued or overambitious hiker.
- The eye does not see around curves and down hidden canyons.
- City light might appear closer than they are.
- Decomposed slopes can cause rockslides.



<https://trailtopeak.com/2015/05/27/cucamonga-peak-via-icehouse-canyon-05-25-15/>

# Spiritual Summary of Part 2

- Proverbs 4:11
- Proverbs 4:26-27 [\*]



Photo by Chris Brookhart-Used by Permission



# A Spiritual Wrap-Up

## Part 3

Mechanical Advantages

Chapter 46 Page 301

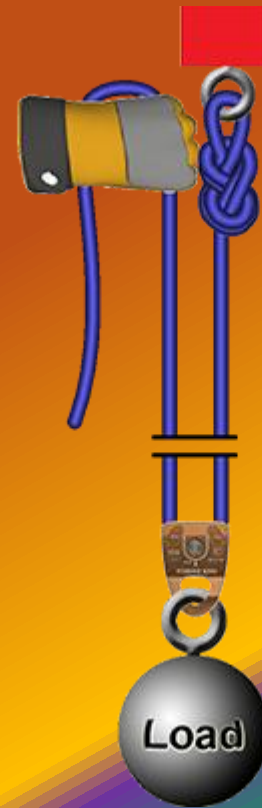
Matthew 11:28-30 [✱]

- Rope Mechanical Advantages
  - 1:1, 2:1, 3:1, 4:1, 5:1
- When using a 1:1 rope system, it will take 150 pounds to lift a 150-pound weight.



Photo by Gordon Yee-Used by Permission

- Using a 2:1 system will take 75 pounds of force to lift a 150-pound weight.
- For every foot raised, the system will use 2 feet of rope.

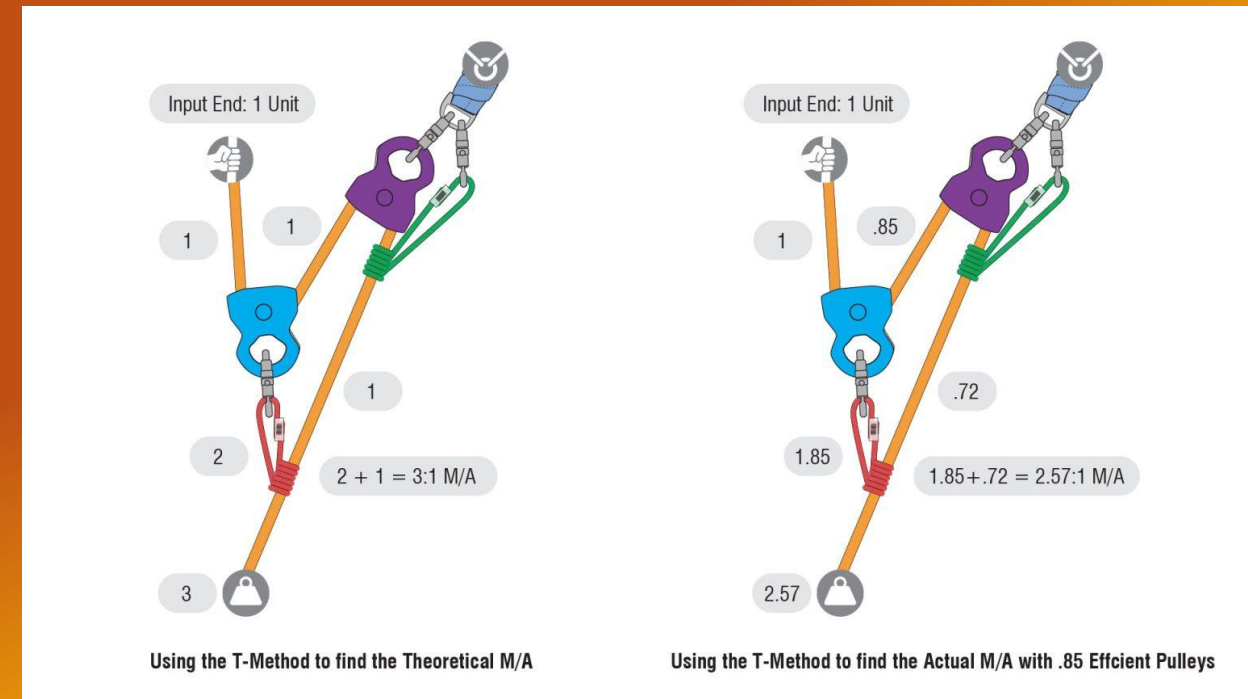


Created using vRigger

[https://roperescuetraining.com/raising\\_2-to-1.php](https://roperescuetraining.com/raising_2-to-1.php)



- In a 3:1 rope system, the pullers can lift a 150-pound load using 50 pounds of force.
- However, the rescuers must pull three feet of rope for every foot the load raises.
- As the mechanical factors increase, the load factor becomes easier to operate.



<https://www.cmcpro.com/actual-ma-systems/>

# Spiritual Mechanical Advantages

- Our spiritual life works much like mechanical advantage systems.
- When we find ourselves over the cliff or the edges of life, necessity dictates that we implement a correct mechanical advantage system.



<https://therapist.com/stress/>



- If we decide to implement a 1:1 spiritual mechanical advantage system, we will function independently.
- We will not ask for advice, we will not pray, we will not read the Bible, and we will not listen to God's voice.



<https://www.fmpm.com/how-to-control-anxiety/>

- We might ask someone for spiritual guidance if we incorporate a 2:1 spiritual mechanical advantage system.
- In a 3:1, 4:1, or 5:1 spiritual mechanical advantage system, we begin using all our spiritual mechanical advantage forces.



<https://kevincarson.com/2021/05/19/3-essential-steps-when-asking-for-advice/>



- We will ask others for advice and prayer; we will pray and ask god for help and guidance; we will read our Bible for spiritual instruction; we will listen intently to hear God's voice; and we will attend a church and fellowship with other believers.
- The more forces we use, the easier life becomes.



<https://www.pexels.com/photo/man-reading-a-bible-4585167/>

<https://www.crosswalk.com/faith/bible-study/14-techniques-to-help-you-study-the-bible-like-the-pros.html>





<https://worklifebiblestudy.org/wp-content/uploads/2023/03/Bible-Study-Group-1080-x-400.jpg>

- Seek other people's advice
- Seek God's advice
- Read our Bible
- Listen to God's voice
- Attend Church
- Fellowship with other believers
- The more forces we use, the easier life becomes.



# Small Steps

Chapter 47 Page 303

James 1:4 [\*]

When we searched for lost hikers, we often relied on our tracking skills, which took years to develop.



Photo by Eric Spaeth-Used by Permission

- At first, we practiced tracking in a small area.
- As we got better, we enlarged our tracking area until we eventually practiced tracking in miles of Southern California's Mojave Desert.
- Perfecting any skill takes endurance, discipline, and patience, and small steps in the beginning are necessary.



Photo taken by Stan Spaeth-Used by permission



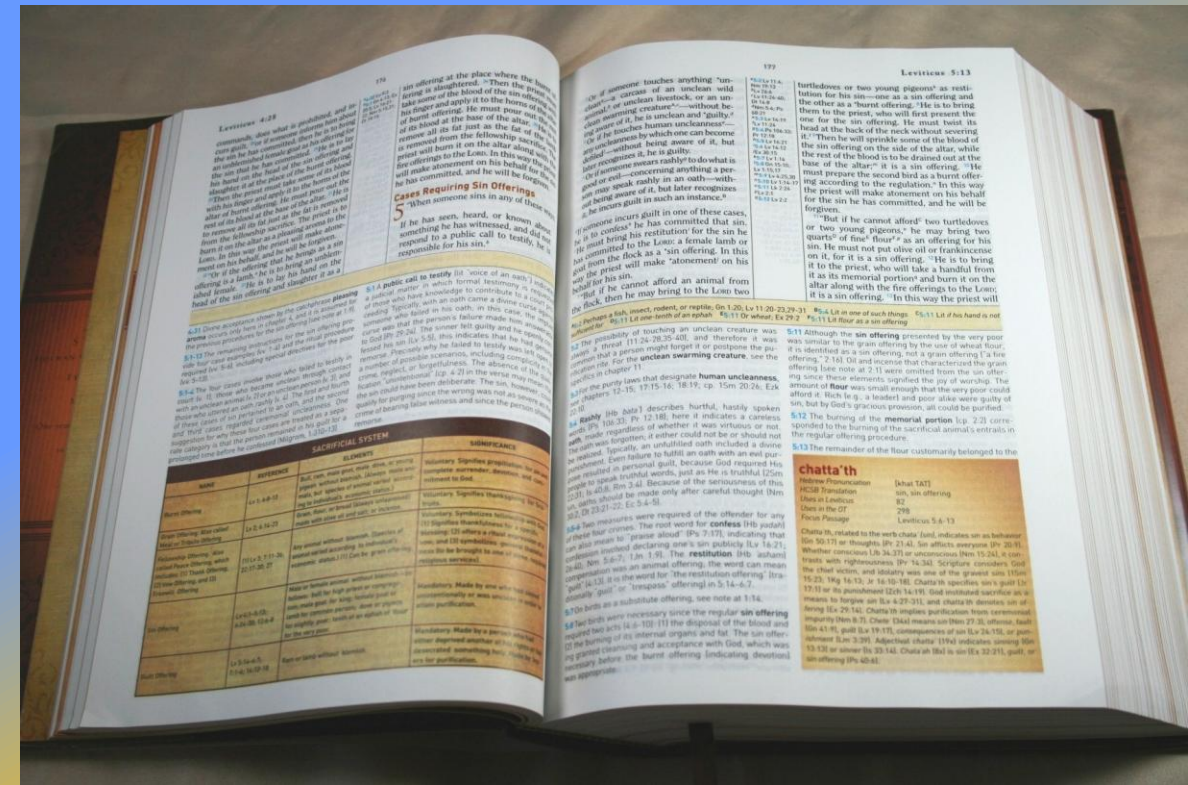
- New Christians should begin their Bible journey like my brother and I started, to learn the basics of auto mechanics or how I learned tracking skills.
- In other words, take small steps.
  - Get a children's Bible story book and read it.
  - This will give a general outline of the Bible.

<https://www.alamy.com/handsome-mechanic-job-in-uniform-working-on-car-image222579677.html>



<https://www.simonandschuster.com/books/Childrens-Bible-Stories/IglooBooks/9781839037818>

- After that, get yourself a study Bible with notes and maps.
- You do not have to begin with Genesis. Start reading about Jesus in the books of Matthew, Mark, Luke, or John.
- As you start your new Christian journey, your spiritual life will blossom.



<https://biblebuyingguide.com/study-bibles-preachers-pastors/>



- Whatever path you take, you can trust God's presence and leadership.
- However, keep your focus on Him. Isaiah 26:3. [\*\_]
- Even though you may not always feel God's leading, continue to take those small steps by trusting Him.



- Life might feel like fixing an automobile or hiking in the dark.
- Rely on the best resources possible and take one small step at a time.
- When you take these small steps, do not look back with doubt.



Photo by Chris Brookhart-Used by Permission



- Keep looking straight ahead and trust that God will clear your path, stop you, or turn you in another direction. Lamentations 3:22-23. [\*]



Photo by Eric Spaeth-Used by Permission

## Summary

Whether you are trying to follow God's tracks through life or you find yourself on an 800-foot ledge of disaster, God will always be with you, and He will never leave you.

Hebrews 13:5-6 [\*]

End---



## Psalm 25:4-5

4 Make me know Your ways, O Lord;  
Teach me Your paths.

5 Lead me in Your truth and teach me,  
For You are the God of my salvation;  
For You I wait all the day. [\*]

## Psalms 121:2-3

2 My help comes from the Lord,  
Who made heaven and earth.

3 He will not allow your foot to slip;  
He who keeps you will not slumber. [✱]



## Ephesians 6:10-11

10 Finally, be strong in the Lord and in the strength of His might. 11 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. [\*]

## Proverbs 4:11

11 I have directed you in the way of wisdom;  
I have led you in upright paths.

## Proverbs 4:26-27

26 Watch the path of your feet  
And all your ways will be established.

27 Do not turn to the right nor to the left;  
Turn your foot from evil. [\*]



James 1:4

4 And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.

[\*]  
—

## Psalms 32:8

8 I will instruct you and teach you in the way which you should go;

I will advise you with My eye upon you.

## Proverbs 3:5-6

5 Trust in the Lord with all your heart

And do not lean on your own understanding.

6 In all your ways acknowledge Him,

And He will make your paths straight. [\*]



## Matthew 11:28-30

28 “Come to Me, all who are weary and burdened, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For My yoke is comfortable, and My burden is light.” [\*]

Isaiah 26:3

3 “The steadfast of mind You will keep in perfect peace,  
Because he trusts in You. [✱]



## Lamentations 3:22-23

22 The Lord's acts of mercy indeed do not end,  
For His compassions do not fail.

23 They are new every morning;  
Great is Your faithfulness. [\*]

## Hebrews 13:5-6

...He Himself has said, “I will never desert you, nor will I ever abandon you,” 6 so that we confidently say,  
“The Lord is my helper, I will not be afraid.  
What will man do to me?” [\*]

End---