

Mountaineer

EXPLORE • LEARN • CONSERVE



in this issue:

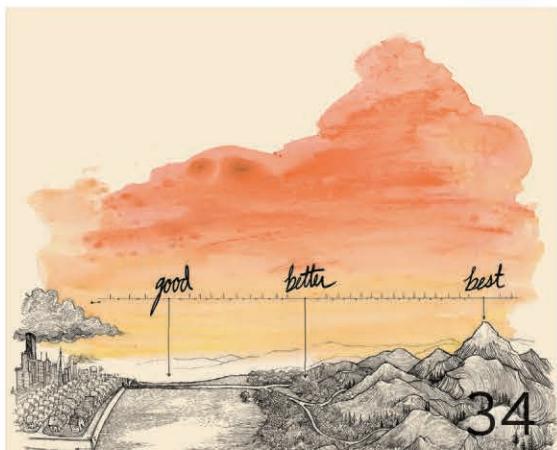
K2 40th Anniversary
Inspiration Through Generations

Self-Care in the Mountains
Magic in the Rwenzoris

Going Solar
Reducing Our Carbon Footprint

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Fall 2018 » Volume 113 » Number 4
The Mountaineers enriches lives and communities by helping people explore, conserve, learn about, and enjoy the lands and waters of the Pacific Northwest and beyond.



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Discover The Mountaineers

If you are thinking of joining, or have joined and aren't sure where to start, why not set a date to Meet The Mountaineers? Check the Branching Out section of the magazine for times and locations of informational meetings at each of our seven branches.

on the cover: Rick Ridgeway on the summit of K2 during the first successful American expedition in 1978.

photographer: John Roskelley



Earlier this summer I had the opportunity to help instruct on a few Intense Basic field trips. It's a joy to meet new Mountaineers and to get to know our volunteer instructors better. A bit of magic always seems to occur in our courses: students are so blown away by the passion and generosity of our volunteers that they're inspired to come back the following year to impart their wisdom on the next generation of students. It's like a perpetual motion machine fueled by a love of the outdoors and a desire to share that passion with others.

I was also struck by how multigenerational Mountaineers continue to be. Our youngest instructor at

Intense Basic was Olivia. At 18 years old, she's an Intense grad and volunteer with Seattle Mountain Rescue. Our most senior instructor was about 50 years older than Olivia, but had no less enthusiasm and energy, and held a wealth of experience to share. Both of them inspired students and instructors alike.

I often hear from leaders in other outdoor recreation and conservation organizations that The Mountaineers is uniquely valuable in the way we connect people with the outdoors. As Mountaineers our mission doesn't end with the thrill of achieving our outdoor dreams. We are leaders - adventurers, educators, authors, and conservationists - committed not only to our individual pursuits, but to the collective power and strength of our community and its love for wild places. When we succeed, we have a profound impact on the world around us. **We adventure with purpose.**

This is the foundation on which we've built our next strategic plan. Vision 2022 is our road-map for the future, guiding our actions and investments through three strategic priorities: LEAD innovation in outdoor education, ENGAGE future Mountaineers, ADVOCATE for our wild places. I encourage you to learn more at www.mountaineers.org/vision2022.

The future opportunities ahead of us have me more stoked than ever to be a Mountaineer. As many more people have moved to Puget Sound in recent years, we teach aspiring outdoor enthusiasts essential skills about how to experience our wondrous wild places safely and responsibly. We introduce future Mountaineers to new outdoor activities, nurturing a love of the natural world that will last a lifetime. We make the outdoors a more inclusive place so all people feel welcome and have the opportunity to share the experiences we hold dear. And we fiercely defend wild places, protecting and keeping public lands accessible for all people to enjoy.

Helping instruct at Intense, I was reminded of the excitement our students have for learning new skills. Meeting with our summer camp counselors, I was struck by the enthusiasm of these young leaders, eager to share their love of the outdoors with the hundreds of kids they had yet to meet. I was inspired to hear a Diversity in the Outdoors panel discussion at El Centro de la Raza with local conservationists and outdoor educators working in diverse communities. And I was honored to have the opportunity to rock climb with our Mountaineers Lifetime Achievement Award recipient, 87-year old Tom Hornbein, near his home in Estes Park, CO.

I came away from each of these experiences feeling stoked up in the same way our volunteers, donors, authors, and staff feel stoked to continue enthusiastically supporting our mission. I hope each and every one of you are similarly inspired by our work and the impact we have here at home in the Pacific Northwest...and beyond.

Tom Vogl
Mountaineers CEO



The Mountaineers is a non-profit organization, founded in 1906 and dedicated to the responsible enjoyment and protection of natural areas.

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Kristina Ciari
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Photo by Jason Sellers.

Community is a funny thing. You can go looking for it, or it can find you when you least expect it.

Each August we host a Mountaineers staff retreat. We bring together the hardworking folks from our publishing and programs divisions to tackle one big mission-centric topic, then spend the afternoon getting to know one another over watercolor circles and canoe races. This intentional day of relationship building has

turned into one of the highlights of my year.

This day is so important to me, I recently realized, because my colleagues have become my community. Like so many people at The Mountaineers, I joined to learn specific skills and was drawn into the people who make this organization so great. In my case that meant joining staff and learning to hone my communications chops in a professional marketing role. What I didn't expect - what I still thank my lucky stars for every day - was that my days would be filled with hardworking, dedicated, passionate, risk-taking, adventurous colleagues, both in my fellow staff and in the coalition of volunteers we support.

But my connection to The Mountaineers goes deeper still. One year after joining the team, our Education Director Becca Polglase introduced me to a friend of hers who she met through, of course, The Mountaineers! She thought we might make a good match because of our shared love for enjoying the outdoors.

We met over Fourth of July weekend in 2014. Our first year took us sailing, skiing, backpacking, and kayaking. We said I love you for the first time on the summit of Mt. Adams, and, after an unsuccessful third attempt on Mt. Baker, he proposed.

This summer, we surprised everyone at our housewarming party when I came out in a wedding dress. Becca officiated the surprise wedding, attended by skiers, hikers, climbers, and Mountaineers. It was our outdoor community that brought us together, supported us, and helped us celebrate. I can't imagine it any other way.

When I say I love The Mountaineers, I mean it quite literally. That's why I am so excited - stoked if you will - to be here working to further our mission to connect people to the life-changing connections made through outdoor experiences. I get a front row seat to the magic of our community.

In this edition we explore the idea of stoke, and how a flame - literal or figurative - keeps burning deep inside. Sometimes that flame stokes you to climb mountains, like in our piece on K2 by accomplished climber Jim Wickwire, and sometimes it inspires greater action, like for Charlie and Carol Michel, who recently made a significant donation to The Mountaineers to help us install solar power at the Seattle Program Center. Other times stoke can mean taking time to heal yourself with a trip into the mountains, as Tyrhee Moore explores in his feature, or it can mean grounding yourself on a daily basis in your own backyard, as recommended by our resident performance expert Courtenay Schurman.

To move forward in our lives we must stoke the flame and keep it burning. Every one of us does this every single day, whether we realize it or not. And we are each supported by a united Mountaineers community bonded by love for the outdoors, sharing a stoke to explore, conserve, learn about, and enjoy the public lands of the Pacific Northwest and beyond.

Kristina Ciari
Membership & Communications Director



A young skier at Meany Lodge. Photo courtesy of Meany Lodge

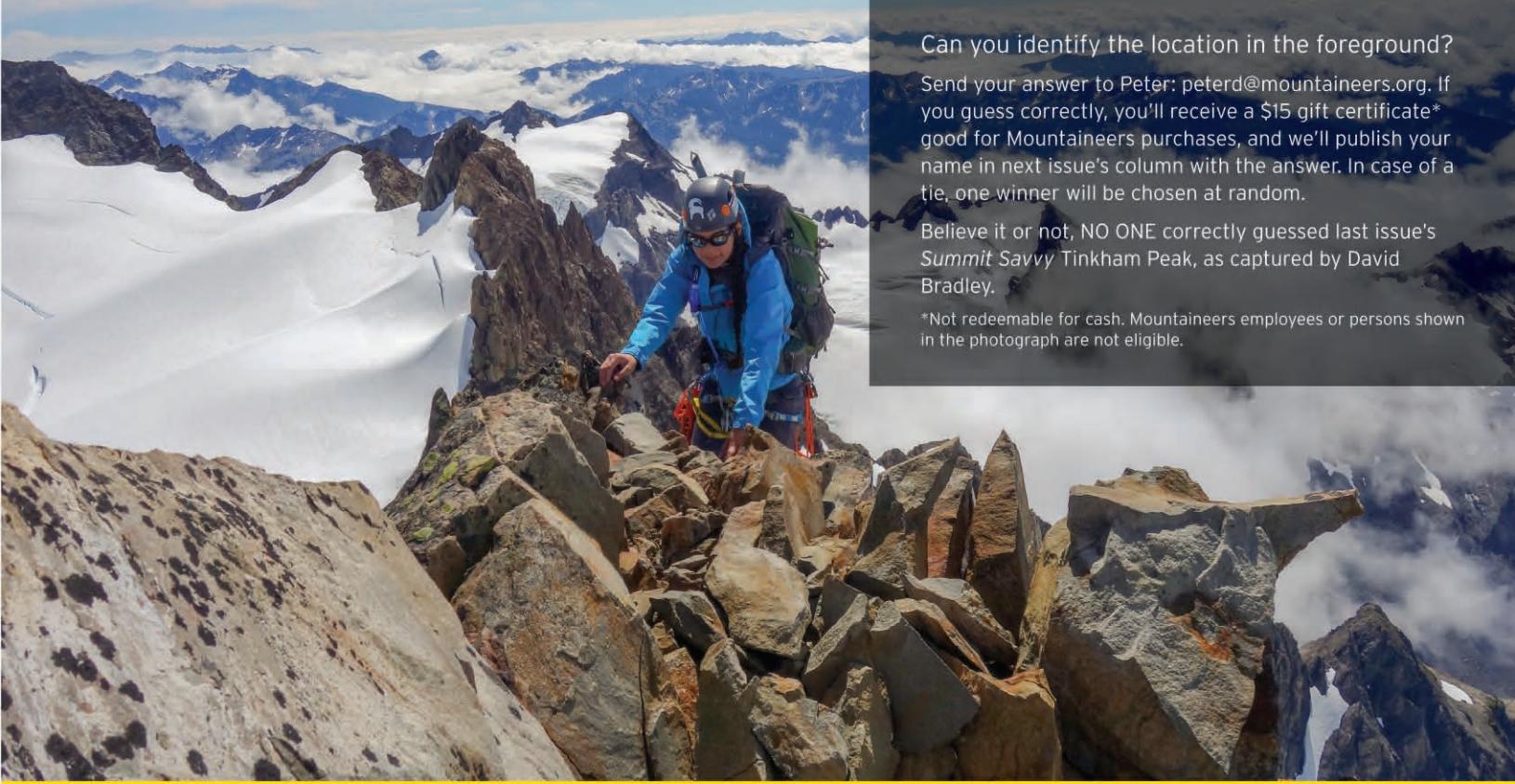
Meany Lodge

Welcome to The Mountaineers
ski resort at Stampede pass.

Ride a 30-passenger snowcat to the remote, warm, and cozy lodge. Take lessons, eat fantastic meals and enjoy comfortable weekend lodging.

Check out rates and make
reservations online:
www.meanylodge.org

Questions? Please email:
sports_director@meanylodge.org



Can you identify the location in the foreground?

Send your answer to Peter: peterd@mountaineers.org. If you guess correctly, you'll receive a \$15 gift certificate* good for Mountaineers purchases, and we'll publish your name in next issue's column with the answer. In case of a tie, one winner will be chosen at random.

Believe it or not, NO ONE correctly guessed last issue's *Summit Savvy* Tinkham Peak, as captured by David Bradley.

*Not redeemable for cash. Mountaineers employees or persons shown in the photograph are not eligible.

Last issue's summit savvy: Tinkham Peak

Activity Type: Alpine Scramble

Season: June-October

Length: 12.0 miles, when combined with Silver and Abiel Peaks

Difficulty: Strenuous

Elevation Gain: 4,000 feet

High Point: 5,605 feet

Trail description by Mike Barber:

Really fun day hike. I took what is called Windy Pass Option 1 from the route description and this has got to be the easiest way to go. I hiked south on the PCT and then turned off (right) and headed up to the Y-shaped ridge system for easy routes to all three peaks. The turn off from the PCT is marked with a cairn and is fairly obvious. The climbers trail is very well beaten all the way up to the summit of Silver Peak. There are trails to Abiel and Tinkham but these are more typical climbers trails (more brush, less beaten). I took my ice axe along although it stayed on my pack but my helmet was warranted while scrambling Tinkham. I was glad to have my 3+ liters of water with me because there was none except for the first 100 yards down the PCT (no snow either). I encountered two other climbers on my way down from Silver but that was the last I saw of them and otherwise I had



Tinkham Peak. Photo by David Bradley.

the place to myself. In order I did Silver, Abiel and then Tinkham. 5.25 hours car-to-car.

For more information on this 3-peak hike/scramble and many other places to explore in the Pacific Northwest, visit our Routes & Places online at mountaineers.org/routes-places. Read recent trip reports at mountaineers.org/explore/trip-reports.

Board & Branch Elections

October 1-21, 2018

As a volunteer-led, nonprofit organization, The Mountaineers depends on leadership from volunteers to further our mission to transform lives and protect wild places for generations to come. We host elections annually in the fall for a number of volunteer positions and initiatives. Your vote is important, and we value your participation in the election process for these volunteer-leaders!

The Mountaineers will be sending members an electronic ballot on October 1, 2018. Electronic ballots are preferred, but mail-in votes will also be accepted if received before the end of business on October 21. For more information on our elections process, please visit www.mountaineers.org/elections2018.

This year, voters will weigh in on:

- Three at-large board positions
- A proposed amendment to the bylaws
- Branch elections for Everett and Foothills (Olympia elections are already closed)

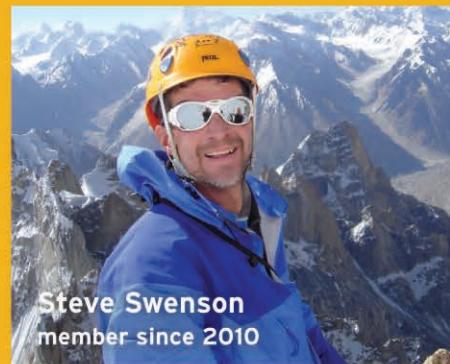
The Mountaineers Annual Meeting, where we will present the candidates for Directors at Large positions on the Board of Directors, and members will have an opportunity to nominate Directors at Large from the floor per our bylaws, will be held on Tuesday, September 25 from 6-7pm at the Seattle Program Center.



Brynn Koscianski
member since 2016



Kara Stone
member since 2012



Steve Swenson
member since 2010



The Mountaineers presents

BEWILD

Stories of Passion & Adventure

Sept 20 | Andrew Mclean
SKIING THE 'ALASKA FAMILY'

Andrew Mclean is a Black Diamond athlete, proud father, skimo racer, and the first person to ski all three peaks in the 'Alaska Family': Father Denali, Mother Sultana (Foraker), and child Mt. Hunter. Join us on September 20, 2018 to hear his stories of backcountry mountaineering.

Show starts at 7pm | Doors at 6pm

sponsors:

PETZL **adidas** **Black Diamond**

2019 BeWild lineup coming soon!

Learn more:
www.mountaineers.org/bewild

Name	Melanie Stam
Hometown	Cumming, GA
Member Since	March 2016
Occupation	Software Engineer
Favorite Activities	I've had a few favorites over the years! Caving, ice climbing, tree climbing, mountaineering, hiking, more climbing, and skydiving.



Photo courtesy of Melanie Stam

How did you get involved with The Mountaineers?

Soon after moving here, I went climbing at Exit 38 with a coworker, and it turned out some other members of the party were leading the Intense Basic course the upcoming year (hi Sherrie and Rob!). I was sold on the idea, applied, and was fortunate to be accepted.

At the same time, I was falling out of love with skydiving. It had been a core part of my identity for so long that stepping back was painful and left me feeling unmoored. Joining The Mountaineers gave me a new place to focus my energy and a chance to experience some of what makes Washington so special. I would have joined anyway, but I was fortunate it happened when I most needed it!

What motivates you to get outside?

The community! I'd lived in Seattle for almost a year when Intense Basic started, but joining the course was the beginning of feeling like I had a community I was a part of and a life and a home here. I've met some of my favorite people through The Mountaineers and I know I have more favorites to meet still!

What's your favorite Mountaineers memory?

Climbing Ingalls last year on my birthday weekend! Even though most of the people didn't know each other, it turned out to be an awesome group with a really fun dynamic. There were also a lot of firsts - the climb leader's first time in that role, my first time as a rope lead, several students' first rock summit. So it was cool to get that many accomplishments into a single trip!

Who/What inspires you?

I am really inspired by rad women, both ones I know and in the media. I've spent way too much time in male dominated

environments, and it's easy to get this creeping sense that you don't belong or you'll never make it or do as much or be as respected. Carrying that around is exhausting, and there's nothing that lifts that weight like seeing slaydies (def: ladies who slay) shred some serious gnar.

What does adventure mean to you?

Adventure is about pushing your comfort zone and doing things that scare you. I don't mean dangerous things (I'm personally pretty risk averse) but rather things where you have to trust the skills you have and believe that you're ready. My first solo backpacking trip, my first time acting as a trip leader, objectives where I wasn't sure I could succeed -these are some of my favorite adventures and times where I really grew.

Lightning round

Sunrise or sunset? Sunrise.

Smile or game face? Smile.

What's your happy place? Outside with friends!

11th Essential? For day trips I'm head over heels for my DrinkTanks insulated growler (full of beer, of course)

If you could be a rock star at any activity overnight, what would it be? Skiing.

Bonus For anyone curious about the selected picture, I lost a bet and had to carry the kayak and paddle to the top of Mailbox. The kayak deflates, but was still a tight squeeze in my largest pack. The paddle got strapped to the outside and kept getting stuck between trees. My boyfriend found this hilarious... and honestly, rightly so!



Increase Your Resilience Through "Earthing"

Courtenay Schurman, MS, CSCS, PN2

"Mountaineers grounding in the shadow of Tahoma. Photo by Ida Vincent."

When I took the Basic Climbing class in 1999, a fellow student shared his motto about overnights: "If I'm not a little cold, hungry, and uncomfortable, I took too much." Anyone who knows me knows I love my puffy down coat - even in summer - and seat heaters in winter. To someone who has carried booties, a pillow, and sometimes three layers of down on my climbs, that was radical.

Fast forward two decades and I better understand his advice. As a society of people used to being comfortable, we're losing our ancestral abilities to tolerate extremes. This translates into less resilient bodies down to the tiniest cellular level. We travel from homes to office spaces via our cars, always in "room" temperature (typically defined as 68-72 degrees). Enter Wim Hof, also known as Iceman, a Dutch athlete noted for his ability to withstand extreme cold. He trains people to be tolerant of extremes through cold therapy, breathing techniques, and consistent practice.

WHAT:

If you've ever participated in a polar bear plunge in Lake Washington (one New Year's Day was enough for me), or alternated between the heat of a hot tub, whirlpool, or sauna and a cold shower, you probably already understand the benefits espoused by Hof. But if the thought of bathing in icy water has you shivering, try taking the first step toward increased resilience by visiting your own backyard barefoot, in minimal clothing, regardless of the temperature.

WHY:

Known as earthing or grounding, spending as little as ten to fifteen minutes every day in dewy grass first thing in the morning does several things: first, early morning sunlight in the eyes and

on our skin helps reset Circadian rhythms that can get thrown off by artificial light bombarding us constantly. This can enhance energy and alertness, and supply us with fresh air as a bonus. Second, touching bare skin to grass, sand, fresh or salt water, concrete, or dirt helps us take in energy through the earth's negatively charged surface. Numerous positive effects include reduced inflammation, increased quality of sleep, and increased recovery from challenging exercise. As fall approaches winter and temperatures fall, your body will adapt to frosty conditions much as it does to progressively harder workouts.

HOW:

First thing in the morning as soon as you wake up, go outside barefoot to a patch of grass in a bathing suit or shorts and t-shirt and remain outside in direct exposure to sunlight (even if it's cloudy) for ten to fifteen minutes. If you live in an apartment or on a houseboat, consider visiting a nearby park. If you are at the beach, walk barefoot on the sand or better yet, in the surf. If you like, do morning stretches or yoga poses. When you take a shower, end with 30-90 seconds in cold water (below 70 F). Doing so may help increase endorphins, improve circulation, boost your metabolism, and fight off common illnesses. Now that's what we call stoking the furnace!

For more information, see healthline.com/health/cold-shower-benefits. To learn more about Wim Hof's techniques, visit wimhofmethod.com. For more on earthing or grounding, see earthinginstitute.net.

Courtenay Schurman is an NSCA-CSCS certified personal trainer, Precision Nutrition Level 2 Certified Nutrition Supercoach, and co-owner of Body Results. She specializes in training outdoor athletes. For more how-to exercises and tips, visit her website at bodyresults.com or send a question to court@bodyresults.com.



Wendell Brown and Roberta Spiro

Met in August 1980, he proposed 4-months later on the Seattle waterfront. Celebrated their 37th wedding anniversary on Valentine's Day 2018.

Wendell Brown & Roberta Spiro

Long story long, how did you two meet?

Wendell: We each signed up for a singles hike to Palisades Lakes. We chatted in the parking lot and continued to talk through the entire hike. We didn't even try to talk to anyone else! That night we met in Seattle for our first date.

Roberta: We had so much in common! He grew up in California and spent a lot of time outdoors. I grew up in Brooklyn, NY, and was a "city girl," but after living in Seattle for two years I had discovered my love for the outdoors. In addition to loving the outdoors, we were both science teachers. He had taught physics, biology, and chemistry at a rural school district in California, and I had taught biology and general science in NYC (although I was working in the field of human genetics at the time we met). I remember thinking he was very cute, and I was very impressed that he knew the names of all the wildflowers, although I suspected he made up some names - like "Mouse on a Stick."

Wendell: I thought Roberta was very smart and good looking. The hike went downhill to the lake, so we could talk without being breathless, and by the time we started walking up the hill, we knew we liked each other. We decided to get together that night, and Roberta suggested we go see the ballet Swan Lake. The following weekend we went on a car camping trip in the Olympic Peninsula for our second date.

Roberta: I liked how comfortable he was in the outdoors. I was impressed that he cooked tacos for me over the camp stove! I felt very safe in the wilderness with him. We saw each other a lot from the first weekend in August until mid-December. Then one midweek night he came over and suggested we take a walk on the Seattle waterfront. That's where he proposed. Although we only knew each other for 4 months, I didn't hesitate to say, "Yes!" We got married on Valentine's Day two months later, and have been together ever since.

Wendell: On our second date car camping on the Olympic Peninsula, a deer walked right through our camp. It must have been a good omen, since we got married six months later.

What's your favorite outdoor memory together?

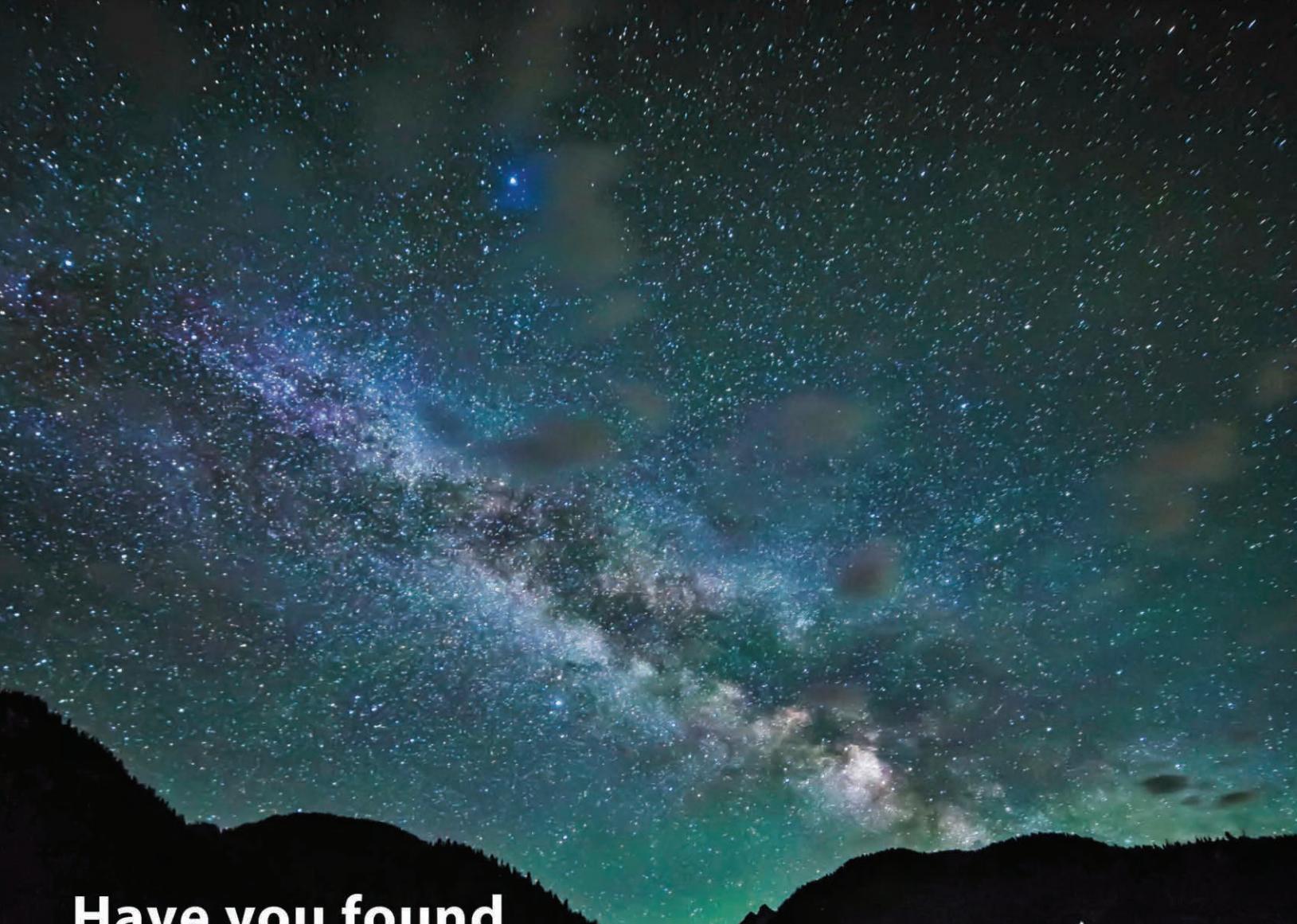
Roberta: Hiking, mountain biking, and cross country skiing have been an important part of our relationship, even after we had children. When I was still pregnant with our first child, we bought a tiny pair of cross-country skis for him! We often took our two children camping when they were young.

Roberta: We're proud that our love of the outdoors was passed on to our two sons. One son lives in the Lake Tahoe area so he can take advantage of the fabulous outdoor recreational opportunities there. The other son is a documentary film producer who helped produce two films that deal with the outdoors: "Dirtbag: The Legend of Fred Beckey" and "K2: Siren of the Himalayas." Now we look forward to sharing the outdoors with our first grandchild who is 18 months old!

Do you have a favorite piece(s) of outdoor gear that has been pivotal in your relationship happiness?

Wendell: Cross-country skis and mountain bikes have allowed us to continue exploring the beautiful outdoors together, even as we slow down a bit with age. In 2012, exactly one year after Roberta had her heart valve repair surgery, we celebrated her recovery by skiing up and down Mazama Ridge near Paradise.

If you know a couple that met through The Mountaineers, email Kristina Ciari, Mountaineers Communications Director, at kristinac@mountaineers.org.



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Photo: Andy Porter
'Camped Under the Milky Way 3'
www.andyporterimages.com

Copper and Iron Peaks

by Mickey Eisenberg, Gene Yore, and Steve McClure

Copper and Iron Mountain

Skill	Moderate scramble, 85% on trail
Beauty	9 (out of 10)
Effort	8 (out of 10) for one, 9 (out of 10) for both
Distance RT	12 miles for one 12.6 for both
Elevation gain	4400 for one, 4700 for both
Time RT	8 hours for one, 9 for both
Season	June through September
Equipment	Scramble gear

A flower field and view of Rainier on top of Iron Mountain. Photo by Mickey Eisenberg.

Mount Rainier National Park has over 100 climbable peaks (not counting Mount Rainier itself) either within or immediately adjacent to the Park boundary, and most are seldom visited and underappreciated. In this sense they are "secrets" and worthy of being featured in this Secret Rainier series, where we outline the benefits of these 76 scrambles, 15 hikes, and nine climbs. In this issue of Secret Rainier, we describe Copper and Iron Mountains. These two gems in the park require an arduous day but are well worth it.

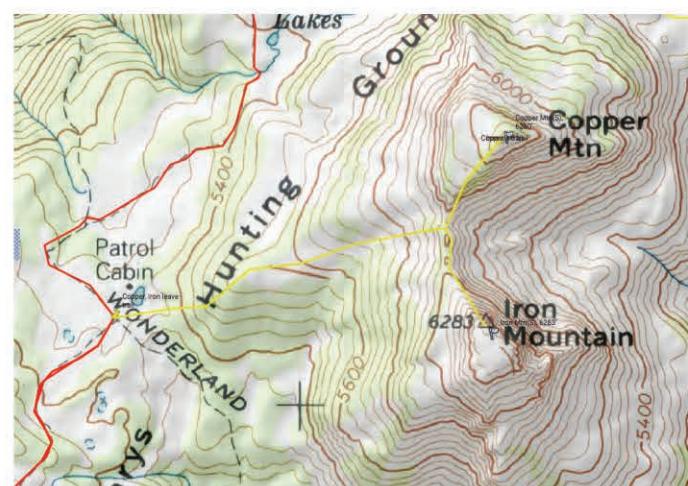
Copper Mountain and Iron Mountain are usually combined as they are very close to one another, adding just 0.6 miles to do both. These peaks are in a beautiful part of the park and have spectacular views of Rainier. Indian Henrys Hunting Ground (the takeoff point for both peaks) is about 5.5 miles (one-way) from the trailhead, making for a long day, especially if you climb both peaks.

Directions: From the Nisqually Entrance, drive approximately 3 miles to the Kautz Creek parking area located on the south side of the road.

Route: From the Kautz Creek trailhead (elevation 2400'), head north toward Indian Henrys Hunting Ground until you reach the ranger's summer cabin in 5.5 miles. From the cabin, head in an easterly direction. Find a footpath near the outhouse behind the cabin. This path is soon lost, but game trails will help. Gain the saddle between Iron and Copper, with Iron to the south and Copper to the north. Both peaks have flat summits. The route to Copper heads up a fairly obvious gully just west of the ridge leading to the peak. To reach Iron, from the saddle head south and drop below rocky outcroppings until you are past the largest of the rock formations, then head upward through a gully. The summit is surprisingly flat and expansive. Of the two peaks, Iron has slightly more summit-finding challenges.

Comments: Flowers are quite spectacular in mid- to late-summer. Pyramid Peak is in the neighborhood, as is Ararat; however, Iron and Copper are "plenty of mountain" for a day. If there is enough daylight, a worthwhile short side trip from Indian Henrys Hunting Ground is to Mirror Lakes - a very photogenic lake with Rainier reflecting in the usually mirror-like water.

Copper Mountain was probably named for planned or actual mining activity in the area. In the late nineteenth and early twentieth centuries, there were great hopes that gold, silver, copper, and iron would be found. ▲▲



Want to learn more?

Guide to 100 Peaks at Mount Rainier National Park is available as an enhanced eBook for the iPad on iTunes and in tablet eBook and smartphone eBook by Mountaineers Books.



Excerpted from *Arctic Solitaire: A Boat, a Bay, and the Quest for the Perfect Bear*

by Paul Souders

C-Sick at anchor, Marble Island, Nunavut Territory. Photo by Paul Souders

The River and the Bay

The wilderness was vast and seemingly empty, but as I motored along I was nestled in a glowing cocoon of technological magic. Not one but two Garmin GPS chart plotters silently communed with the satellites overhead. My radar system could penetrate the thickest of fogs, though the day's clear skies and sunshine made the prospect unlikely. My depth-sounder pinged sonar pulses off the rocks below, and I even carried something called, in bureaucratese, an Emergency Position Indicating Rescue Beacon, or, more jauntily, an EPIRB. Supposedly it would, at the panicked touch of a button, supply my coordinates and credit card information to the nearest helicopter rescue service.

I may not have known what I was doing, but I could tell you exactly where I was doing it.

Even with all this technology, the way forward seemed little more than guesswork. I quickly discovered my fancy electronic charts displayed nothing about the Nelson River this far inland, and I hadn't thought to bring along a topographical map that might show the river's contours. Aside from the twenty-foot-high banks, there wasn't much in the way of topography, anyway—just hundreds of miles of flat, buggy forest that eventually gave way to flat, buggy tundra.

I motored along blindly, using my depth-sounder to steer clear of submerged rocks and the irregular shelves of hard granite, invisible in the milky green water. Every time I passed over a shallow spot, I unconsciously held my breath and lifted my feet

off the floor, as if that was going to help.

When I reached the deeper main channel, a strong current swept C-Sick downriver. I was soon traveling at more than nine knots, nearly eleven miles per hour, with my engines hardly ticking above an idle. There was no turning back. I couldn't fight my way back upriver against this current even if I wanted to. Like it or not, I was on this ride to the end, seventy-five miles to the Bay and whatever came after. I let go of that unhelpful thought and settled in as best I could, relaxing enough to enjoy the warm sun and a gentle breeze blowing upriver. It occurred to me that I should remember this feeling—the beginning-ness of it. Lost in the swirl of planning and motion and action, I had spent weeks plunging blindly ahead without ever taking time to appreciate the moments as they passed. I took out my cameras and shot a few desultory frames to record the scene. Silty river, sky of blue, forest green. But for the most part I simply basked in the fleeting minutes when I might finally breathe in and out and slow the passage of time.

Gradually the river grew wider. In the late afternoon, I rounded a bend and suddenly the steep banks and endless green forest gave way to...nothing. Off in the distance, I could just make out the featureless horizon, and beyond it, the Bay.

I laughed out loud. It was all going to be okay, after all.

And then, it wasn't. The depth-sounder shallowed suddenly

from ten feet to eight, and then five. I let myself be distracted by some rattle behind me and, as I turned around; the first sickening crunch of rock against boat. I scrambled to get my engines up without tearing off the propellers, but the current had me. *C-Sick* slammed into barely submerged rocks again and again, making a horrible grinding sound. When the music finally stopped, I was well and truly grounded.

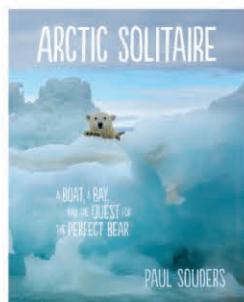
On the bright side, I was unlikely to either sink or drown in less than two feet of water. The bad news was that we were stuck at least fifty river miles from another living soul. My big Arctic expedition ground to a humiliating halt before I even reached salt water.

If there was an instruction book for this sort of mess, I'd never seen it. Improvising, I started offloading sixty gallons' worth of extra fuel cans into the Zodiac I trailed behind *C-Sick*. Then I chuck in the heaviest camera and food cases on top. After that, I hopped over the side into the river shallows and began shouldering *C-Sick* with all my strength. I managed to get her off the rocks and scrambled back on board before she had a chance to drift out of reach. I didn't have time to celebrate, because she quickly grounded again. The next two hours devolved into a slow-motion nightmare: too many rocks and not nearly enough water. I tasted the rat-breath slick of desperation in my mouth as I struggled to float more than a hundred yards at a go before fetching back up on the rocks.

At one point, having floated *C-Sick* free, I strung the boat along by a rope tied to her bow, leading her through knee-deep water like a reluctant dog. The sun dropped slowly behind thickly forested hills. It was hours later and nearly dark before I found enough deep water to restart the engines. I painstakingly picked my way into the lee of two small islands and finally dropped anchor with less than ten feet of river beneath me.

At eleven p.m., the last light of day colored high cirrus clouds salmon and blue. This far north, the sky was still too bright for stars. I poured a dram of Irish whiskey to settle my frayed nerves and stepped outside to brave the mosquitoes out on the back deck. I raised a toast to absent friends, thanking them each by name as I pictured their faces, one by one.

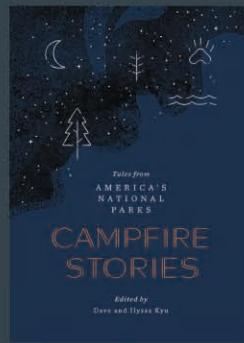
I poured the last thimble of my drink onto the river's swirling surface, a small offering. I hoped it might reach the Bay and mollify its irascible gods. The whiskey was gone in an instant, swept toward the vast sea looming ahead. ▲



Paul Souders is an award-winning, Seattle-based outdoor photographer whose work has appeared in *National Geographic*, *Geo*, *Time*, and *Life* magazines, among others. *Arctic Solitaire* is available in the Seattle Program Center bookstore, on mountaineersbooks.org, and wherever books are sold.

SAVE THE DATE:

See Paul's BeWild presentation, January 8, at the Seattle Program Center.

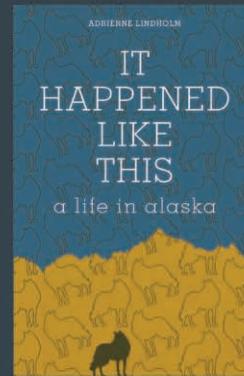


Campfire Stories: Tales from America's National Parks

Edited by Dave and Ilyssa Kyu

Our national parks are beautiful and unique places, often serving as an introduction to the outdoors and inspiring an appreciation for nature. Similarly, stories and storytelling can serve as an introduction to other places

and foster a powerful emotional connection to nature. Featuring a foreword by Carolyn Finney, *Campfire Stories* brings together tales about our national parks, some by well-known writers such as John Muir, Bill Bryson, and Terry Tempest Williams, while others are from pioneer diaries or have been passed down through generations of indigenous peoples. (\$21.95)

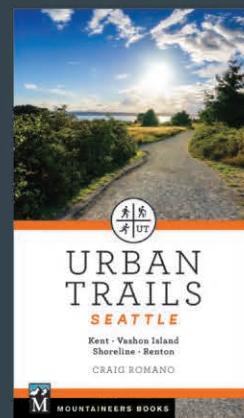


It Happened Like This: A Life in Alaska

By Adrienne Lindholm

"I loved this book for its honesty and gravity, for its fresh, buoyant language and keen storytelling. Adrienne Lindholm is a welcome new voice to Alaska literature." - Kim Heacox, author of *Jimmy Bluefeather* and *Rhythm of the Wild*

It Happened Like This is, on the surface, a memoir about what it means to live and love in one of the wildest places on the planet. But the love described is not a simple one; it's a gritty, sometimes devastating, often blood-pumping kind of feeling played out in the rugged Alaska wilderness. (\$16.95)



Urban Trails: Seattle

By Craig Romano

Craig Romano, Washington's favorite guidebook author, brings his trail savvy to the city in *Urban Trails Seattle*. This full-color, pocket-sized guidebook offers 45 urban trails you can stretch your legs on before or after work. Get in a quick run, enjoy a peaceful hike, or take the kids for a stroll. *Urban Trails Seattle* gets you outside, taking you to beaches, old-growth forests, shorelines, wetlands, rolling hills, vistas, meadows, and historic sites, not only around Seattle, but also throughout south King County and on Vashon and Blake Islands. Your next nature fix is just steps away! (\$16.95)

We ARE Outside

Reframing What It Means to Be 'Outdoorsy'

by Glenn Nelson, Founder of The Trail Posse



Mt. Rainier from Seward Park. All photos by Glenn Nelson.

One of my favorite places in the outdoors has multiple trails, several different habitats, and offers spectacular views of a major snow-capped peak. There is an old-growth forest where, among the mossy trees, you are serenaded by the rat-ta-tat-tat of pileated woodpeckers, hoots from barred owls, and screeches of Stellar's jays. There also is abundant shoreline, where rabbits bound, beavers sun, and bald eagles, kingfishers, great blue heron, osprey, and otters nab fish. And it abounds with people of color.

And so it helps shatter one of the more pervasive pictures of the outdoors – that non-whites don't inhabit it, because we're somehow disinclined to do so.

The place I described sounds like it might be found somewhere on the Olympic Peninsula. It's actually a peninsula in southeast Seattle, the most diverse part of the city, where I grew up and still live. There, Seattle's only old-growth forest is surrounded on three sides by Lake Washington and, on any given day, Seward Park reveals the natural and longstanding brown layer of outdoor recreation.

The outdoorspeople of Seward Park might shrug off traditional

labels, and the mainstream culture would support—even, stoke— their resistance. Say a poll taker called people of color after their ritual of traveling the park's 2.4-mile loop. If they asked the weekend walkers if they participated in outdoor activities, they'd say, "Yes, of course, I just did." But the questions wouldn't be posed that way. The pollsters more typically would ask, "When is the last time you took a hike/went camping/visited a national park?" To which the responses likely would be a shrug and a "Never."

“It's critical to accept how differently others might define and view their participation in outdoor activities.”

Seward Park is located in the zip code 98118, where more than 59 different languages are spoken. In many of those languages, there are not equivalent terms for words that make up the American outdoor lexicon. Even Spanish, spoken by the second-largest racial group in the state, doesn't have words for "hiking" and "camping."

When we ask ourselves about our outdoor activity, in languages and context we understand, the outcomes are dramatically different. I am a founding member of the Next 100 Coalition, a national alliance of civil rights and conservation and community groups of color. In the summer of 2016 we commissioned a survey of non-white voters. Seventy percent of respondents said they engaged in outdoor activities. Respondents also supported the protection and upkeep of public lands by margins far in excess of 90 percent. In other words, we are indeed outside and value everything associated with the outdoors.

Even so, many of my Seward Park neighbors might describe their activities as "just taking a walk," or "having a picnic." And that simple linguistic disconnect is enough to exclude a lot of non-whites from representation in the U.S. green ecosystem, from public lands, to conservation and environment organizations and movements, to outdoor brands. Pile on top of that the fact that, because of how the outdoors is portrayed in mass media, non-whites often don't believe we look the part, and we are led to believe that we lack "essential" equipment that legitimize our inclusion.

“The assertion that people of color are not outdoors is, at least in part, a myth perpetuated to exclude us.”

John Robinson, a longtime advocate for diversity in bird watching, explains the latter with a theory he calls the "Don't Loop": People of color **don't** (insert outdoor activity) because people generally **don't** participate in activities in which they **don't** see themselves. This cycle produces self-perpetuating scarcity or exclusion.

The assertion that people of color are not outdoors is, at least in part, a myth perpetuated to exclude us. It's easier to justify many of the widely accepted "norms" of the outdoors: why non-whites are not models in catalogues, subjects of advertisements, or on covers of magazines, for example, or why people of color don't work in national parks (only 17 percent, per the National Park Service), comprise senior staff of environmental and conservation organizations (only 14 percent, per Dr. Dorceta Taylor's work for Green 2.0), or go bird watching (only 7 percent, per the U.S. Fish and Wildlife Service). If people of color are not outdoors, the thinking goes, these behaviors are to be expected.

Nuance is lacking from this conversation. The myth yields truth, if put into context: People of color are not outside, the way being outside is defined by the dominant culture. The definitions also are determined by who is included in the conversation. Does anyone really believe, for example, that non-whites don't fish, as surveys suggest? As Aretha Franklin once asked, "Who's zooming who?"

Add to the decoupling narrative the inclination of recent "othered" immigrant communities to emphasize extended families and congregate for reasons of safety and support – not to mention being involuntarily congregated, redlined, or otherwise ghettoized. Big groups don't fit nicely into the mainstream drive for escape. To put it more graphically, it's difficult to grasp the wisdom of reserving camping spaces meant for two when the party you're bringing numbers in the teens. It's much easier to comprehend claiming a picnic area, which offers access, facilities and, mostly, the opportunity to be inclusive.



Barred Owl.

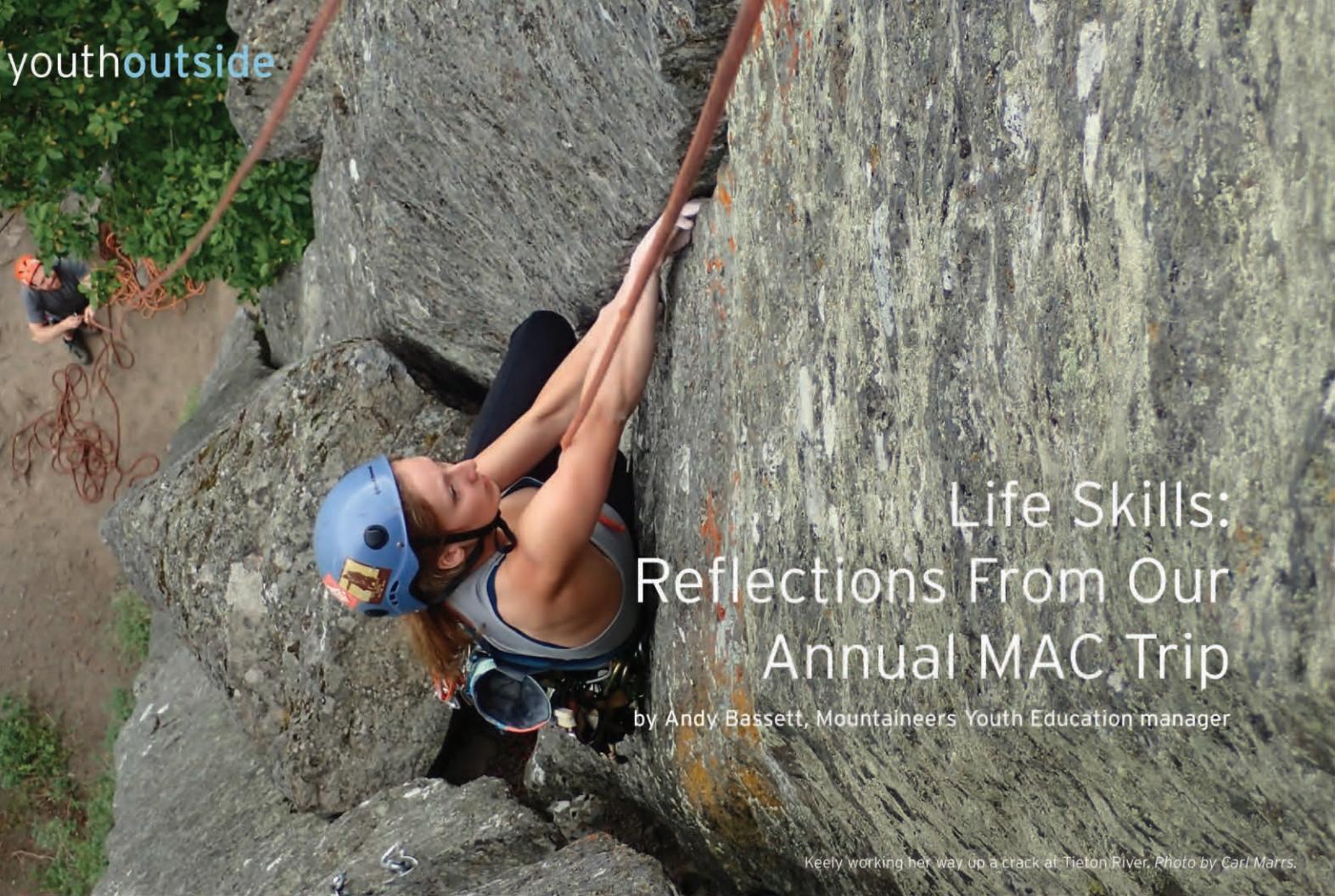


Seward Park Birders.

It's critical to accept how differently others might define and view their participation in outdoor activities. In a matter of decades, this country will be a majority non-white, and it will be in everyone's best interest that this new majority prioritize stewarding public lands and the fight against the impacts of climate change. Communities of color already have a huge stake in environmental maladies because it is they who will suffer the consequences first and disproportionately.

The semantics of describing a journey around the loop in a place like Seward Park as a "hike" or a "walk in the park" really is inconsequential. If those two concepts are merged into acceptance, they become opportunities to build a bridge to more distant lands, as well as more complex and challenging issues. We need to share an immediate commitment to the health of our planet. In a decade, maybe less, it will be too late. ▲

Glenn Nelson is the founder of The Trail Posse (trailposse.com), a nonprofit project to cover race and equity in the outdoors. He is an award-winning writer and photographer, a passionate birder, a proud husband and father, and a lover of the arts, especially ballet.



Life Skills: Reflections From Our Annual MAC Trip

by Andy Bassett, Mountaineers Youth Education manager

Keely working her way up a crack at Tieton River. Photo by Carl Marrs.

I started climbing about twelve years ago, in the mountains of North Carolina in my mid-20s. Climbing did not come naturally to me, and I still constantly fight the cognitive dissonance of wanting to ascend higher and master moves while facing a petrifying fear of heights. Through the years I have experimented with ways to manage this fear, which has made room for this activity to make a positive impact on my life. I've used climbing as a vehicle for travel and exploration. My closest friends are those who've tied into a rope with me. And climbing is the activity I most enjoy teaching to new and aspiring Mountaineers.

I was reflecting back on my early climbing years recently when I found myself at the first ledge - midway up a 400ft climb - belaying the leader. Keely was on the sharp end of the rope. She's on a competition climbing team, has the lead head to manage the runout between bolts, and is an incredibly safe and competent climber. Keely is also the newly elected President of the Mountaineers Adventure Club (MAC), and is starting her senior year in high school this coming fall. Our climb was a small part of the big annual climbing trip that MAC makes each summer. This year's destination: Squamish, British Columbia.

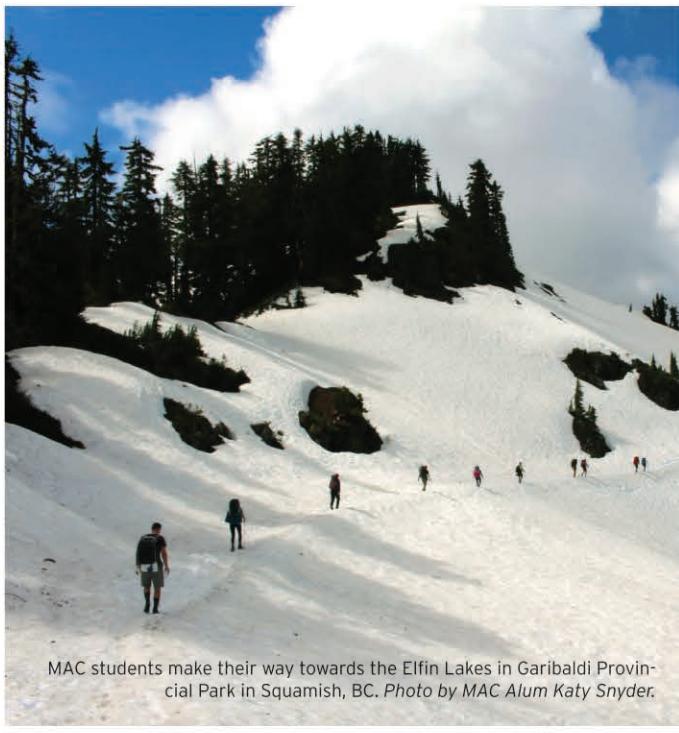
The Mountaineers Adventure Club is the final of three club experiences we offer for youth Mountaineers' members. These different youth clubs are separated by age group, Pioneers: ages 7-9, Explorers: ages 10-13, and MAC: ages 14-18. Each group focuses on specific, age-appropriate skill development, with input and participation from families of the club members.

Beginning with Pioneers, participants and their parents enroll in programs to start laying the foundation for a variety of outdoor experiences. From day hikes to local waterfalls, to climbing at Mount Erie and learning to build igloos, our Pioneers students and parents get a great introduction to the outdoors and the many activities available in the Pacific Northwest.

Once participants reach age 10 they can enroll in our Explorers Club. Here, students and parents continue to build upon the skills they learned as Pioneers. Explorers grow their outdoor community while learning more complex outdoor technical skills and responsibilities. It's not uncommon for Explorers to begin learning the intricacies of lead climbing or belaying, act as a hike leader for a day trip, and begin taking on the responsibility of meal prep and cooking.

Both Pioneers and Explorers meet on a monthly basis to discuss monthly trips and practice technical outdoor skills. Chances are, if you visit the Seattle or Tacoma Program Centers on a weekday, you will see young Mountaineers ascending fixed lines with the aid of friction hitches or learning to clean sport routes and rappel. With the assistance of dedicated volunteers, students also learn how to read topographic maps and cook nutritious backcountry meals.

Once students turn 14, they can participate in MAC, where youth take a more direct role in planning and implementing the different activities, skills, and programs. MAC members elect a leadership



MAC students make their way towards the Elfin Lakes in Garibaldi Provincial Park in Squamish, BC. Photo by MAC Alum Katy Snyder.



MAC students and volunteer climb leaders find a break in the clouds on the summit of Mount St. Helens. Photo courtesy of The Mountaineers.

team each summer to manage and organize the group. Students in MAC continue their development in outdoor skills while also developing more complex and vital leadership skills.

MAC students learn to climb by practicing multi-pitch skills on the ground, then vertically on the climbing walls at our program centers, and eventually they progress to real rock on a field trip. With direct mentorship from experienced volunteer climb leaders, our senior members of MAC step up to walk younger members through the nuances of technical outdoor skills.

I find myself also looking at these students with reflection. They seem so much more comfortable with themselves than I did when I was at their age. They're mastering technical skills I didn't learn until my mid-20s and developing valuable life skills through experience. Getting outside is about more than just climbing. These young adults are learning how to communicate and deal with fear and discomfort, while practicing the careful art of minimal impact recreation. They're trying new things, learning to be okay with failure, and embracing it all as a part of the growing process. They are grasping the importance of working as a team and being kind to one another. They are becoming compassionate, thoughtful human beings in a dynamic, quickly-changing world. Working with the younger members of our organization reminds me that we are going to be okay.

At this point in the summer, students in MAC have a solid foundation of technical skills and the opportunity to demonstrate competency in real scenarios. So here I stand some 400ft up belaying Keely through the crux pitch in Squamish. She's calm. She's methodical. She's competent. It's amazing to share a rope and this climb with her. Separated by 200 feet of nylon, you share some of the most powerful emotions when you're tied in with someone else. You also bond over beautiful sights and an incredible shared experience of triumph or failure.

As I put the finishing touches on writing this article, I received word that a team of MAC members and volunteer climb leaders successfully summited Mount Rainier! Through social media we were able to see them standing on top of the Cascades. The group included the outgoing president of the club, Nick O'Donnell. Via social media he posted the following:

"It's bittersweet going on my last MAC trip as President. In the beginning we didn't even have a leader and by the end we had people summiting Rainier, getting a first multi-pitch in, and even getting their first leads in on gear. When I first joined I didn't even know what a figure 8 knot was, and by the end I was able to teach parts of the basic classes for The Mountaineers. I can't wait to hear and see what the new leadership of MAC does while I'm in Patagonia and Wyoming this next year."

Nick will continue to build his climbing and leadership skills in two NOLS Semester Programs this coming year, and all of us at The Mountaineers are extremely proud of him, and the entire Rainier summit team.

Climbing, camping, and skiing, along with countless other outdoor activities, changed the trajectory of my life - just as they will for these students. These pursuits are more than hobbies - these are ways of life. Their stoke for the outdoors just be starting a little earlier in life than for people like me, but rest assured they are honing these skills and becoming the next great adventurers of the Pacific Northwest. ▲

The Mountaineers offers year round outdoor youth clubs for participants ages 7 - 18, currently at our Seattle and Tacoma branches. We will be accepting applications for this upcoming year towards the end of summer with our season starting in October. For more information on Mountaineers Youth Programs, please visit our website: www.mountaineers.org/youth or contact Andy Bassett andyb@mountaineers.org.



Making The Case for Outdoor Recreation

Attorney Ruth Nielsen discusses risk, liability, and her love for the outdoors.

by Sara Ramsay, Volunteer Development Manager

Photos courtesy of Ruth Nielsen.

Ruth Nielsen has practiced law in Washington for 30 years, specializing primarily in sports-related personal injury defense and outdoor product liability defense. She has successfully defended claims involving many of the activities that we lead at The Mountaineers - including skiing, rock climbing, mountaineering, and backpacking - and she is a frequent presenter at The Mountaineers annual Leadership Conference.

Ruth's legal expertise makes her an invaluable asset to our organization, and her enthusiasm for the outdoors is infectious. I talked with Ruth to better understand the legal liabilities associated with volunteering at The Mountaineers, and to learn more about what drew her into this unique industry.

What sparked your initial interest in law? Did you always know that you wanted to be a lawyer?

My interest in law came from my father, who was an attorney. Although I had planned to be an artist when I grew up, reality set in when I was in college and I realized I'd be more successful in law than in art. I had learned to argue from the best, having spent my teenage years arguing with my dad. Being in the courtroom seemed like a natural place for me.

Given your professional focus on the outdoor industry, I'm guessing that you grew up in an outdoorsy family?

My family wasn't really outdoorsy, but I did grow up surrounded by the beautiful Wasatch Mountains in Utah. Growing up, the highlight of my summers was horseback riding in the Uinta Mountains. I knew wherever I lived there would have to be mountains. A visit to Seattle when I was in high school convinced me that this was the place where I wanted to live -

the mountains were stunning and the landscape was so much greener than what I grew up with.

I applied for jobs in Seattle after law school, and landed a job that allowed me to follow my dream to Seattle. My first boyfriend in Seattle was passionate about the outdoors, and our first date was a backpacking trip - which was also my first overnight trip in the mountains. I was quickly hooked on both exploring the outdoors and the boyfriend. Together we took up backcountry skiing, mountaineering, backpacking, winter camping, rock climbing, and just about any other opportunity to explore the mountains. When we got married our honeymoon was a weeklong backpacking trip, of course!

It seems like you've found a great way to combine your passion for both law and the outdoor industry. How were you able to blend those two interests?

I was uniquely fortunate that I ended up working for a law firm in Seattle that represented some of the Washington ski areas. Since I had become an avid (although not particularly skilled) skier, I used that opportunity to start doing legal work for these local ski areas, and my passion for the outdoors helped me expand that expertise into other areas of outdoor recreation. I ultimately started my own law firm so I could focus solely on clients in the outdoor recreation industry, combining my legal skills with my personal love for the outdoors.

I believe the legal work I do helps keep outdoor recreational opportunities available, as I'm actively defending our opportunities to enjoy outdoor sports. I've now joined a firm again, and many of the other lawyers are avid skiers and climbers. My law partner Richard Jolley is not only an excellent

attorney, he's a better climber and skier than I am and is equally invested in defending the outdoor industry. It's great to have that support and teamwork!

Your presentation at the 2017 Leadership Conference was titled "Liability Traps in the Volunteer-Based Recreation Arena." What is the difference - as far as legal liability - between a volunteer leader and a paid guide? Can you give me an example of one liability trap that should be on everyone's radar?

A volunteer leader and a paid guide both owe their clients a duty of "reasonable care." A guide that is being paid doesn't have to be "more careful" than a volunteer, and by the same token, a volunteer doesn't get to be "less careful" just because there is no paycheck. Volunteer leaders who think they don't have to follow the same procedures as a paid guide are falling into a potential "liability trap." If someone is taking students/clients on a climb, the procedures for the leader or guide should be determined by what is reasonable for that particular climb, and not whether the leader/guide is being paid.

I imagine that it can be difficult to be surrounded by so many stories of bad accidents in the outdoors. How do you keep perspective, and how does your work influence the way you choose to explore the outdoors?

I do know about many different ways to get hurt in the outdoors because of my work! There are some activities I avoid because the risk isn't worth the reward for me. For example, I'm not interested in thrill-seeking activities where I have no control - like bungee jumping or zip lining - because I know all too well that equipment failure (which is not in my control) can be catastrophic. I'm also more cautious at ski areas than I might otherwise be because I am hyper-aware of the many ways people get hurt at ski areas. But activities like backcountry skiing, climbing, and mountaineering - while risky - provide such a personal reward that I'm willing to take the risks and hopefully manage them successfully. I've lost close friends to climbing and skiing accidents, and I think that's true for many of us. My passion for the outdoors is what ultimately keeps me going back.

Alright, last question. What is one thing that our volunteers would be surprised or interested to know about you?

My biggest brag-worthy outdoor achievement was climbing Denali with a group of women friends - four of us summited and I considered that a major accomplishment. I'm also a dog nut, and my husband and I have two Bernese Mountain Dogs and a Newfoundland. In addition to spending time in the outdoors with my dogs, I'm a dog show competitor and judge. I'm an avid photographer, and my dog photos have won numerous photo competitions and have been published in various national dog publications. My dogs are popular on Instagram at @mazamadog - they are great at posing in gorgeous mountain settings! My photography is a way for me to combine my love of the outdoors with my artistic self. 

Ruth will be busy judging a dog competition in California during the this year's Leadership Conference - but Richard Jolley, her law partner, will attend to present a session about legal liability for volunteer leaders. The 2018 Leadership Conference is scheduled for Saturday, December 1. To learn more and sign up, please visit mountaineers.org/leadershipconference2018. Registration opens September 17, 2018.





The Mountaineers Goes Solar

by Amber Carrigan, Development Director

The Michels stand next to their house's solar panels. Photo by Amber Carrigan.



Charlie instructing for a Basic Sea Kayaking Class. Photo courtesy of Charlie Michel.

Within five minutes of meeting Charlie and Carol Michel, it's clear that they care very deeply about three things: sea kayaking, The Mountaineers, and our collective carbon footprint.

For both Charlie and Carol, a love of the outdoors is embedded in their bones. Charlie grew up in an active family, spending countless days a year skiing and boating in Lake Oswego, Oregon. As a teen, Charlie and his parents spent their winters rescuing fallen skiers at Mt. Hood as a part of the mountain's volunteer ski patrol team. Carol grew up hiking, backpacking, and camping around the PNW. Her father, Tom Campbell, was an avid outdoorsman, and even introduced the legendary Whittaker brothers, Jim and Lou, to climbing.

As adults, Charlie and Carol's love of the outdoors continued to grow and they began climbing, mountain biking, and cycling. It wasn't until nine years ago, when a friendly neighbor invited Charlie out for a day of sea kayaking, that their love of paddling truly began. That trip inspired the couple to participate in some local group outings, and eventually join The Mountaineers to take courses and learn proper paddling technique.

Flash forward nearly a decade and he's earned 20 badges, including Super Volunteer in 2014, 2015, 2016, and 2017. Charlie has led or assisted on over 100 sea kayaking trips, including a voyage along the Vancouver Island Pacific Coast that spanned 21 days and 197 nautical miles. They're also Peak Society members, with Charlie being a qualified youth leader and sea kayak committee chairperson. They affectionately refer to The Mountaineers as their second family, having made some of their closest friends through trips on the water.

In addition to their love of The Mountaineers and the outdoors, Charlie and Carol share a passion for conservation - specifically reducing their carbon footprint. The roof of their Bremerton home boasts 46 solar panels, which provide enough energy to power their entire home and electric car—a car that efficiently transports them, their kayaks, and their bicycles to all of their favorite PNW destinations. They have chosen to significantly cut down on travel by plane and travel by bicycle and public transportation whenever possible.

Their interest in conservation and carbon footprint reduction began at a young age. In the 1970s, Charlie's father became an early adopter of solar and wind power. Carol's father also cared deeply about our populations' collective impact on the planet, and the couple have shared many evenings with him, discussing the reality of climate change. For Charlie, the epiphany came in 2001 when he was looking down on a vaguely familiar glacier in Grindelwald, Switzerland. He had worked and hiked the area in 1976 and couldn't believe that the shorter, thinner, and diminutive glacier below him was the same one that he'd stood on 25 years earlier.

It was the Michel family's combined passion for the outdoors, The Mountaineers, and carbon footprint reduction that spawned a generous idea: provide a significant tax-deductible charitable donation to empower their second family to go solar. An investment in solar at our Seattle Program Center was a surefire way to further their conservation outcomes by reducing The Mountaineers' carbon footprint and empowering the organization to be one that exemplifies sustainable practices. For Charlie and Carol, this gift was a way to realize a

positive change that they wanted to see in the world.

When Charlie and Carol first approached The Mountaineers in December with their idea to put a full solar system on the roof of the Seattle Program Center, they couldn't have come at a better time. The organization was in the midst of a strategic planning process in which our community showed strong support for investments in conservation and carbon footprint reduction.

Switching to solar power at the Seattle Program Center will produce immediate energy-reducing results. In the short term, we will significantly reduce our organization's carbon footprint. Longer-term, The Mountaineers can expect to save thousands of dollars a year on energy costs that can be repurposed for conservation efforts. A clear win-win!

When asked if Charlie and Carol are hoping for any other positive outcomes as a result of their gift, they are quick to respond that they'd love to inspire others to go solar and think seriously about how their actions can help reduce their carbon footprint. 'Leave No Trace' is a familiar concept to Mountaineers - why not expand that concept to include one's overall environmental impact?

The Michels note that it's easy for a problem as big as climate change to feel overwhelming. Fortunately, there are many easy and cost-friendly (and even cost-reducing!) ways to significantly reduce your carbon footprint. While you may not be able to visibly see the environmental benefits of your efforts in your lifetime, you can be assured that efforts truly make a difference for generations to come. Using LED light bulbs, carpooling or biking to work, reducing how often you water your lawn, eating local foods, composting and recycling - all these things will result in a positive impact for the environment.

Installation of solar panels on the Seattle Program Center began in August 2018, and we anticipate the project will be completed by mid-October. For updates on the project's status and to learn more about The Mountaineers' conservation priorities, visit www.mountaineers.org/conservation.

In the meantime, if you see Charlie and Carol out on the water please give them a friendly wave and a big thank you. Solar power will become a reality for The Mountaineers in just a few short months. Here's to keeping on the sunny side! ▲

5 simple ways to reduce your carbon footprint today

1. Swap all lightbulbs in your homes for energy-saving LED bulbs
2. Eat local produce and meats (reducing beef consumption is even better!)
3. Quit speeding! Speeding reduces gas mileage by up to 33%
4. Use less water by taking shorter showers and watering your lawn more efficiently (or substitute native plants)
5. Drive a more fuel efficient car. Electric cars are even better, with a 240-mile range now achievable and leaving only 1/3 of the carbon footprint of their gasoline-powered counterparts.





Self-Care in the Mountains: Magic in the Rwenzoris

by Tyrhee Moore (@tyrhee.moore), advocate & adventurer

Tyrhee catching a glimpse of the sun break near the summit of Mt. Stanley. Photo courtesy of Tyrhee Moore.

The Mountaineers first met Tyrhee Moore in *The Adventure Gap*, a book we published chronicling the first all African-American summit attempt on Denali. Tyrhee was among the youngest of nine climbers, ranging in age from 17 to 65, to attempt the climb America's highest peak. Since the 2013 expedition, his outdoor resume has grown to include Grand Teton, Mount Kilimanjaro, and Aconcagua. His experiences and challenges in the outdoors have garnered national attention, and he's risen as an advocate for increasing interest and advocacy amongst black youth in outdoor spaces. Today Tyrhee speaks around the country on topics regarding the adventure gap and conservation leadership, and is a champion for increasing diversity in the outdoors.

The conversation around people of color in the outdoors has rightfully gained a ton of momentum in recent years. However, with all of this great momentum, being in the midst of many conversations, gatherings, outings, and the like, I started to become exhausted. I needed a break. I needed time away from the conversation. A conversation that I've been having since I was 18 and inadvertently before that through casual encounters with white counterparts on my regular hikes. Explaining who I was and why I was out on the trail.

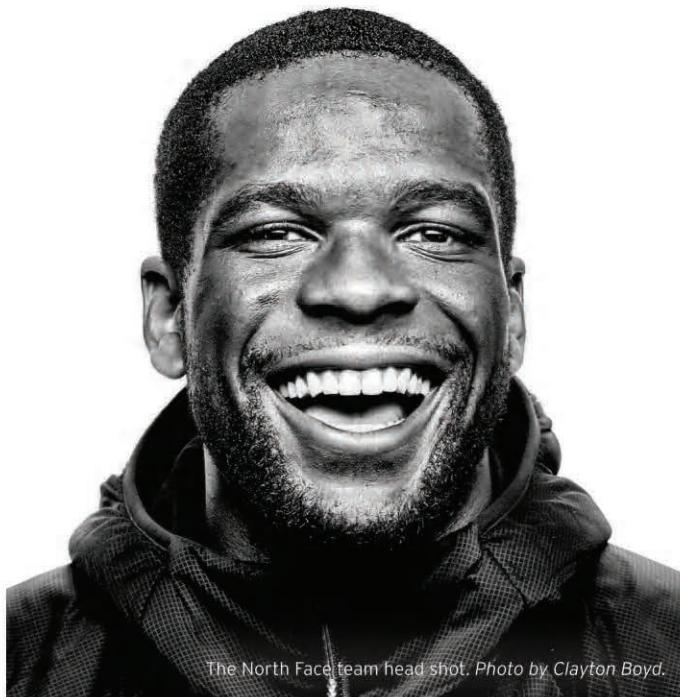
This topic has been at the forefront of my work for quite some time now, and it has not been, and still isn't, an easy issue to address. The very existence of our human race and of our planet is at stake; this isn't the time to be tired. However, like any big expedition, I must pace myself, I must practice self-care, and take the time to listen to mind, body, and soul.

I needed to remember why this conversation mattered so much to me.

And so, last month I set out to find myself. My journey led me to the Rwenzori Mountain Range, which lies on the border between Uganda and the Democratic Republic of the Congo. It consists of six massifs that all sit roughly at 16,000ft of elevation. Mt. Stanley, the highest peak, stands at 16,762 ft. As a collective, they make up Africa's highest mountain range. These mountains hold some of the continent's last existing glaciers.

“The very existence of our human race and of our planet is at stake; this isn't the time to be tired. However, like any big expedition, I must pace myself, I must practice self-care, and take the time to listen to mind, body, and soul.”

Back in June 2015 I traveled to Tanzania to climb Kilimanjaro immediately after graduating from college. This was a really exciting time in my life - done with college, no more worries, I was headed home to the "motherland". I had heard so many incredible stories of Kilimanjaro and always knew I wanted to make it to Tanzania. However, never in a million years did I know what climbing on a mountain like Kili would do to me. The actual climb itself felt pretty standard: early mornings, slow pace, long



The North Face team head shot. Photo by Clayton Boyd.

hikes - but what made this climb significant was the feeling of being in the majority. To be on a mountain, in a wild space, and not feel like my existence needed to be explained. It was unusual to not question my moment in space, not having to wonder if someone was staring at me from behind; odd to no longer be one of the few folks who went into their tent at night a shade of purple because our sunscreen wasn't the most absorbent.

My time on Kilimanjaro was special because my focus was solely on the experience itself. Instead of being distracted with the usual pressures that come with being a person of color in the outdoors, I had the opportunity to breathe. I was able to be fully immersed in every step taken and could pay attention to every breath that left my body. For the first time, I didn't have to carry any additional "weight" up a mountain.

I wanted that experience again. To remember how it felt to see so many people of color who were experts in the outdoors - people who lived, slept, and worked in the mountains. For them, the outdoors was all they knew - it was not a question whether they belonged there or not. I was inspired.

“I belong here, I belong outside.”

I hadn't heard much about the Rwenzori's before I began planning to go. A friend put Rwenzori on my radar, and since that moment I couldn't get these mountains out of my mind. I instantly thought about Kilimanjaro and what that experience had been like for me, and I began to yearn for that feeling once again. I needed to recreate that space, but this time I wanted to be intentional and share this journey with everyone here in the U.S. who wasn't taking a self-care break, yet who was still having these difficult conversations, dedicating their lives to the work of bridging the adventure gap.

Ironically, I traveled 7,000 miles to another country on another continent and not once did I hear the question: "What brought



Pulling a sled on the Kahiltna Glacier, Denali National Park. Photo courtesy of Tyrhee Moore.

you here" - a question that black folks get over and over again in the U.S. Our country. Our home. While in Uganda I learned the answer to this question without even being asked. I was born to love the earth just as my ancestors.

There is magic that lives within the Rwenzoris. Those mountaineers, those porters, those villagers, all helped solidify my being. Throughout my time in the Rwenzori and Uganda, I experienced what it felt like to truly live off of the earth. To drink from its flowing rivers and to feast from its lush green forest. Everyone in those mountains seemed so connected with nature, through diet, labor, transportation - through all of their everyday functions. It confirmed my personal existence in the outdoors. I belong here, I belong outside.

I thank every single person I crossed paths with who made my experience so special. People who have studied nature in universities, who have mountaineered for decades, people who have fetched water in these mountains since they learned to walk. This was special. You made me feel at home. You have shown me that the "adventure gap" in the U.S. is manmade and if my country created this issue, we damn sure can fix it. ▲

To learn more about Tyrhee, visit his website at www.tyrheemoore.com. You can also read our 2014 magazine story about Tyrhee and another member of the Expedition Denali team, at www.mountaineers.org/expeditiondenali.

James Edward Mills' *The Adventure Gap: Changing the Face of the Outdoors*, a chronicle of the first all-African American summit attempt on Denali, the highest point in North America, is a compelling adventure tale intended to inspire minority communities to look outdoors for experiences that will enrich their lives, and to encourage everyone towards greater environmental stewardship.





Stoke Is Exactly What Outdoor Conservation Needs.

by Louis Geltman, Policy Director at Outdoor Alliance

Backpackers take a dip in Ingalls Lake. Photo by Rafael Godoi.

A couple months ago, outdoor advocate Louis Geltman published a piece in High Country News that really resonated with us at The Mountaineers. His essay, entitled "Stoke Is Exactly What Outdoor Conservation Needs," defends a simple premise: people protect the places they care about. Louis was inspired to share his thoughts after reading an opinion piece (also published in High Country) that questioned if the stoke (aka enthusiasm) of the outdoor community could adequately support public lands.

Louis is the Policy Director at Outdoor Alliance, a nonprofit dedicated to bringing together the voices of America's outdoor recreation community to protect public lands. Outdoor Alliance acts as a coalition of nine member groups, with a cumulative reach that spans the country. The Mountaineers was the first non-founding coalition member to join. Together, we work on policy and advocacy strategies to conserve public lands.

Through our work, we've seen tens of thousands of people step up to defend the places where they ski, hike, climb, paddle, and bike. Thank you to all the Mountaineers who've written letters, called lawmakers, attended meetings, and more!

At The Mountaineers, we adventure with purpose. We know - because we've lived it for over 100 years - that people protect what they love. Our programs help people explore the outdoors safely, while practicing low-impact recreation skills that protect the environment. In short, we build positive connections to wild places. We've seen time and time again that this connection is the first step to becoming an outdoor advocate.

We're thrilled to share Louis' piece in this edition of Mountaineer magazine.

We encourage you to give it a read and take a stand for our public lands!

- Katherine Hollis, Director of Conservation & Advocacy

High Country News recently published an essay by Ethan Linck, "Your Stoke Won't Save Us," questioning the efficacy of outdoor recreationists and the outdoor industry as advocates for conservation. In a sense, Linck is right, stoke alone won't save us, and the most unimpeachable personal conservation ethic won't either.

Meaningful conservation is driven by action – not sentiment; not vaguely defined "environmental concern," as measured by some researchers more than 40 years ago; not even education. It's organizing to deliver political pressure and make change

that make the difference, and by that measure, outdoor recreationists and the outdoor industry are delivering. And stoke – genuine enthusiasm derived from visceral experience – is the fuel that's driving action.

Linck hangs a lot on one particular quotation from Edward Abbey: "Do not burn yourselves out. Be as I am—a reluctant enthusiast ... a part-time crusader, a half-hearted fanatic. Save the other half of yourselves and your lives for pleasure and adventure. It is not enough to fight for the land; it is even more important to enjoy it. While you can. While it's still here."

To read Abbey as saying that getting rad has the same efficacy for saving the earth as, you know, actually doing something, is a misreading. It's much more an expression of both Abbey's fundamental pessimism and his humanity: Enjoy it while you can. Regardless, though, a better Abbey-ism for 2018 is this: "Sentiment without action is the ruin of the soul."

That Abbey aphorism is one that the outdoor recreation community is taking to heart. Last year, Outdoor Alliance helped people write and call their lawmakers more than 100,000 times about public lands conservation issues. Grasstops advocates – local leaders in the recreation community – turned out for hundreds of meetings with land managers and elected officials. The Outdoor Industry Association, which Linck casually dismisses, undertook heroic efforts to move the industry's marquee trade-show in a few short months in order to stand up for its values. The association has also developed economic research that's leveraged by public lands advocates across the conservation movement, and it was instrumental in the recent push to finally secure a fix for fire suppression budgeting.

Conservation biology might be the gold standard for how land management should look, but conservation biologists shouldn't be the only people invited to speak up in defense of our public lands. We are all in trouble if we impose purity tests on what motivations or ideological standards are acceptable in those willing to defend them. Similarly, dividing recreationists into "appreciative" and "consumptive" and then hand-wringing over what activities are genteel enough to qualify as the former seems manifestly counterproductive. It also needlessly slighted the work being done by conservation-minded hunting and angling groups, as well as participants of more adventurous modes of recreation. Science should always be the north star guiding conservation, but dismissing advocates because their motivations might reflect some modicum of self-interest is basically the exact opposite of what conservationists need to be doing in order to build a broad-based political coalition in defense of public lands and the environment.

To support the idea that recreationists' single-minded focus on their own interests is harming the conservation movement, Linck contrasts the high-profile campaign to save Bears Ears National Monument – home to world-renowned climbing areas, among other invaluable attributes – with the less energetic response generated by threatened reductions to the Cascade-Siskiyou National Monument in southwest Oregon. Rather than upbraiding the recreation community for its focus, though, there's a better interpretation to the events around the Trump administration's monument reductions: the outdoor recreation community focused on a place closely connected to people's own experiences. In the process, we educated our community about a core conservation law and generated hundreds of thousands of comments and a massive community mobilization. That effort featured Bears Ears most prominently but also encompassed other monuments under threat. And although the fight to protect national monuments and the Antiquities Act is continuing, the outdoor recreation community has attached a political cost to the monument reductions that has staved off additional attacks on places like Cascade-Siskiyou in Oregon and Hanford Reach in Washington.

The idea that outdoor recreationists don't display "environmental concern" at a higher rate than the general population certainly doesn't comport with my own experience. I grew up in Washington, D.C., but whitewater kayaking was my passion from a very young age. The opportunity to experience wild places – as well as to see places suffer from development – shaped my life. Eventually I went to law school to become a more effective advocate for conservation. I built a career working to help the outdoor recreation community become better advocates for their values. Along the way, being a part of a community of like-minded people, passionate about experiencing the outdoors, as well as our responsibilities as stewards, has been a source of a lot of happiness in my life. I wake up every day honored by the opportunity to work with the exceptional people at Outdoor Alliance, our member organizations, and our partners who spend their weeks working to make the world a better place and their days off paddling, climbing, riding bikes, skiing, or hiking in each of their respective humble-badass styles. At home in the Columbia River Gorge, I'm proud to see a young community of athletes growing into advocates and stewards, working to make our community and our environment better.

What interested me most when I started my career was policy, but a big part of what I've learned over the years is that coming up with good ideas is the easy part. The challenge is in building a constituency to turn those ideas into reality, and that's where the outdoor recreation community has a leg up. I don't believe that we display "environmental concern" at the same or a lower rate than the population at large. But even if that's true, if the half of us who are ready to stand up and fight do, I'll take it. After all, it's not sentiment but action that counts, and the outdoor recreation community is taking action every day. Maybe that's because those of us who actually get out and enjoy wild places tend to view ourselves as a community. Those within our sports who share a stewardship ethic are more primed and ready to engage in concerted action. Or maybe it's because our experiences make us fired up and motivated to act. Stoked.

Linck begins his essay with a modern definition of "stoke" – enthusiasm for a thrilling experience, especially in the outdoors. But I'd like to get out my "shreddog" Oxford English Dictionary and dust off an older definition: raising up a fire. That's what the outdoor recreation community is doing right now. We're taking our experiences, our passion, our community and building a fire to drive change. Stoke is what drives climbers to show up for public meeting on Bears Ears in Bluff, Utah, in triple-digit temperatures. Stoke is what motivates paddlers to spend their careers advocating for dam removals. Stoke is what inspires thousands of adventurists to write their congresspeople in defense of the Arctic, a place most of them will never visit. Community and passion for place: these things matter.

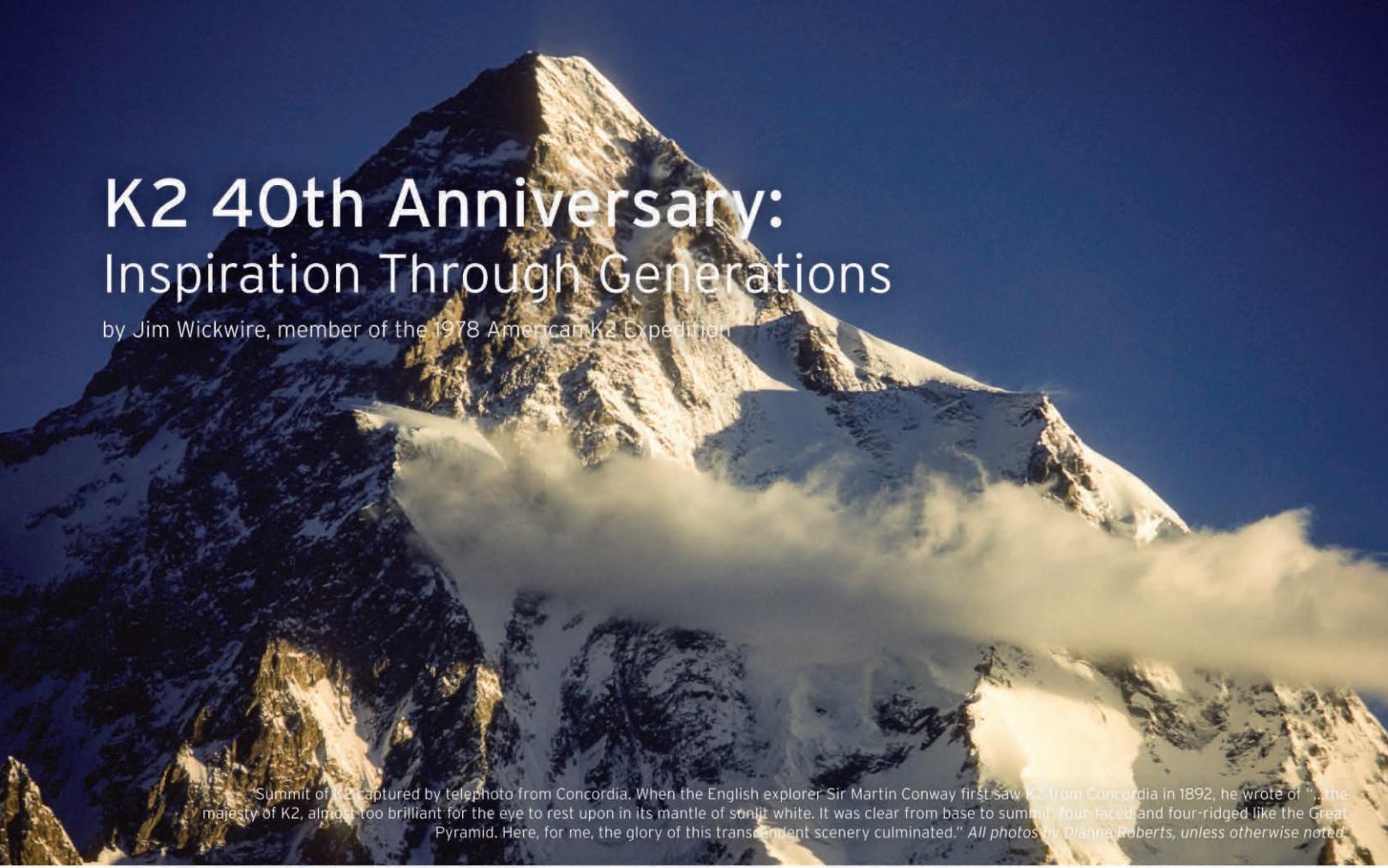
I think stoke is going to save us. 

Want to get involved?

Last year, the Mountaineers community took over 9,400 individual actions to protect public lands and conserve our wild places. To learn more and sign up for action alerts, visit mountaineers.org/conservation.

K2 40th Anniversary: Inspiration Through Generations

by Jim Wickwire, member of the 1978 American K2 Expedition



Summit of K2 captured by telephoto from Concordia. When the English explorer Sir Martin Conway first saw K2 from Concordia in 1892, he wrote of "...the majesty of K2, almost too brilliant for the eye to rest upon in its mantle of sunlit white. It was clear from base to summit, four-faced and four-ridged like the Great Pyramid. Here, for me, the glory of this transcendent scenery culminated." All photos by Dianne Roberts, unless otherwise noted.

Jim Wickwire was a member of the 1978 American expedition to K2. After summiting with Lou Reichardt, Jim survived one of the most harrowing bivouacs in mountaineering history above 27,000ft - the highest solo bivvy at the time. He described his experience on the "savage mountain" in his 1999 book *Addicted to Danger: Affirming Life in the Face of Death* (Pocket Books). This article shares direct quotes from his book, as it remains the best distillation of Jim's views on the subject.

As a teenager in the 1950s, I was a voracious reader fascinated with several books that became the classic accounts of the so-called "Golden Age" of Himalayan mountaineering. Among this treasure trove was *K2: The Savage Mountain*, the unforgettable story of the 1953 American K2 expedition. It stirred a fascination with K2 in me which has lasted a lifetime.

Around the same time, my interest was piqued by an old black-and-white photo of K2 in a history of Himalayan mountaineering. *With its perfect, conelike shape, K2 called to me as Everest never did. In high school leafing through a history of Himalayan expeditions, I saw a photograph of the mountain, as steep and symmetrical as an Egyptian pyramid, and dreamed of one day climbing it.* I am still struck by how this image foreshadowed the very route that Lou Reichardt, Terry Bech, and I took in September 1978 to the summit of K2, ploughing our way through deep snow from one side of the mountain to the other to establish Camp 6 at 25,800 feet. That traverse enabled us to link up with the Abruzzi route taken by the Italians in 1954 on the first ascent of the mountain.

Learning From Failure

When I recall my experiences on K2, I think not only about our successful 1978 expedition, but also our attempt in 1975 that ended abruptly at 22,000ft. We were on the still unclimbed complete Northwest Ridge, and reached the first of several jagged pinnacles that barred further progress. To see the entire 360-degree view from our high point, Leif Patterson, Lou Whittaker, and I were forced to straddle a narrow blade of ice-covered rock, one at a time. It remains one of the most exposed spots I've found myself, sitting on that sawhorse with thousands of feet of air beneath the soles of my boots.

We learned a lot from that failure. To climb K2 requires not only a strong team but one joined together in achieving a common goal. Although we didn't expect our expedition to be riddled with dissension and bickering, that's what happened. If the unclimbable route had not stopped us, our inability to overcome our differences would have.

“If the unclimbable route had not stopped us, our inability to overcome our differences would have.”

At the time I thought some of my teammates had made a mistake in going to K2 because they lacked motivation for the summit. I didn't see it then, but I gradually came to realize that my single-minded drive to get to the top of K2 contributed to the discord.

I promised myself that the next time I made a summit attempt, our expedition would be united.

Carrying On In The Face Of Tragedy

We planned to return to K2 in three years, but Pakistan's Ministry of Tourism issued the single permit for 1978 to Chris Bonington's British expedition. Never one to give up, Jim Whittaker asked his friend Senator Ted Kennedy to intervene with Pakistan's Prime Minister Zulfikar Ali Bhutto. In January 1977 we received the electrifying news that we had been granted an additional permit as a "special case" for the summer of 1978.

Only a few weeks before this complete reversal in our fortunes, expedition member Leif Patterson, and his 12-year-old son Tor (along with an 18-year-old friend), were tragically killed during a climb only a few miles from the family home in British Columbia. *In the hours and days after I received the terrible news, I could not stop thinking about Leif: his decency, his boyish smile, his voice with its lilt and hint of skepticism. It was Leif who had done more than anyone else to try to keep our divided team together on K2 in 1975.*

And it was after Leif whom, years later, Jim Whittaker and Dianne Roberts named their second son.

To prepare for the K2 expedition, I went to Alaska's remote Fairweather Range in July 1977 with three companions, still reeling from the loss. Two members of the Fairweather team, Dusan Jagersky and Al Givler, had been added to 1978 K2 expedition. Our goal was to attempt a difficult, unclimbed, unnamed peak. We summited shortly before midnight as the sky turned pink. As we traversed the upper north face to a saddle that would enable us to descend to base camp, one member of the roped pair slipped. Dusan and Al fell 4,000 feet down the sheer face and were killed. *I did not cry for Al and Dusan for over a year. In the hospital in late 1978, recuperating from lung surgery after my second K2 trip, I suddenly burst into spasms of sobbing, as my grief for Al and Dusan finally poured out.*

K2: Round Two

Our team of new and old faces went back to K2 in mid-June 1978. New additions included John Roskelley and Lou Reichardt, considered the country's two strongest Himalayan climbers at the time. They joined me, Craig Anderson, Cherie Bech, Terry Bech, Chris Chandler, Diana Crist, Skip Edmonds, Rick Ridgeway, Dianne Roberts, Rob Schaller, Bill Sumner, and our expedition leader Jim Whittaker. Our fallen teammates Leif, Dusan, and Al went with us in spirit.

This time we were on the opposite side of the mountain. Our objective was the unclimbed Northeast Ridge - a route which, two years prior, defeated a tough-as-nails team from Poland on the summit pyramid, only 750 feet from the top.

We hoped we could avoid the disharmony of 1975, but we didn't. We just had too many competing egos on our team. The story of how we ultimately succeeded in the face of these and other interpersonal difficulties has been told excellently in Rick Ridgeway's *The Last Step*, published by Mountaineers Books in 1980. In short, we endured 67 days on the mountain - most of them above 18,000ft - many of which we spent pinned down by storms in tiny tents eating monotonous food and feeling building pressure to stand atop the Savage Mountain.



Jim Wickwire writes in his diary at Liliwa camp, during a rest on the approach march.



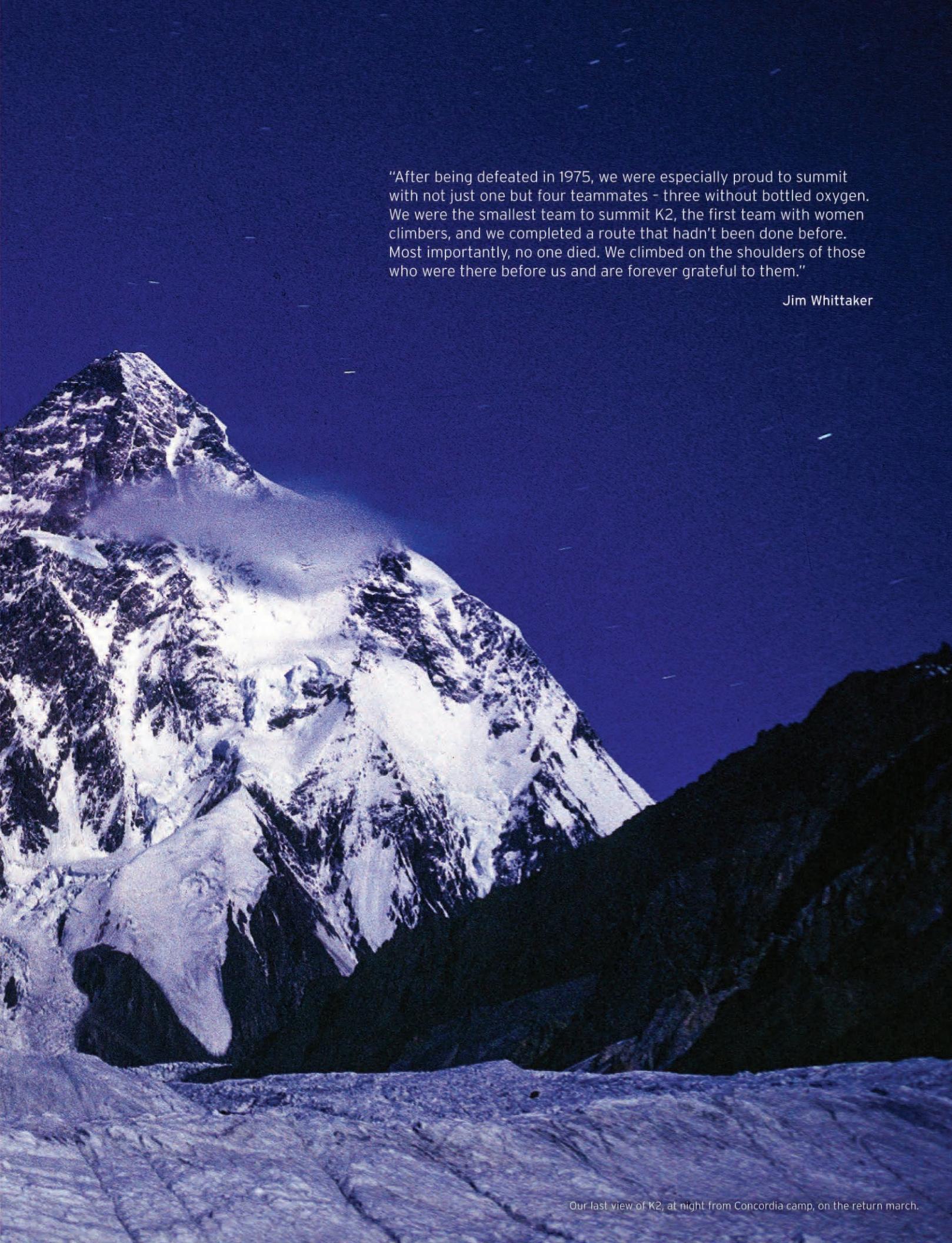
The corniced ridge and steep traverse between Camp III and Camp IV, with four climbers visible along the route. Photo taken from the top of the rock spire partly visible in the foreground, near Camp IV. Photo by John Roskelley.

A successful summit, then a harrowing exit

When Lou Reichardt and I walked the last steps to the summit of K2, it was the culmination of a lifelong dream for me, and all of my teammates. Though we had planned to use minimal bottled oxygen, Lou's set malfunctioned and he climbed without it. He wanted to head down immediately after reaching the summit, and we parted with the understanding that I would catch up with him at Camp 6. I had the team's duty of burying a microfilm strip with the names of hundreds of contributors on the summit, and I also wanted to take panoramas of that stupendous view.

Night came quickly, and, rather than risk a fall in the dark, I decided to spend the night bivouacked not far below the summit on a small platform I scraped away in the snow. My oxygen soon





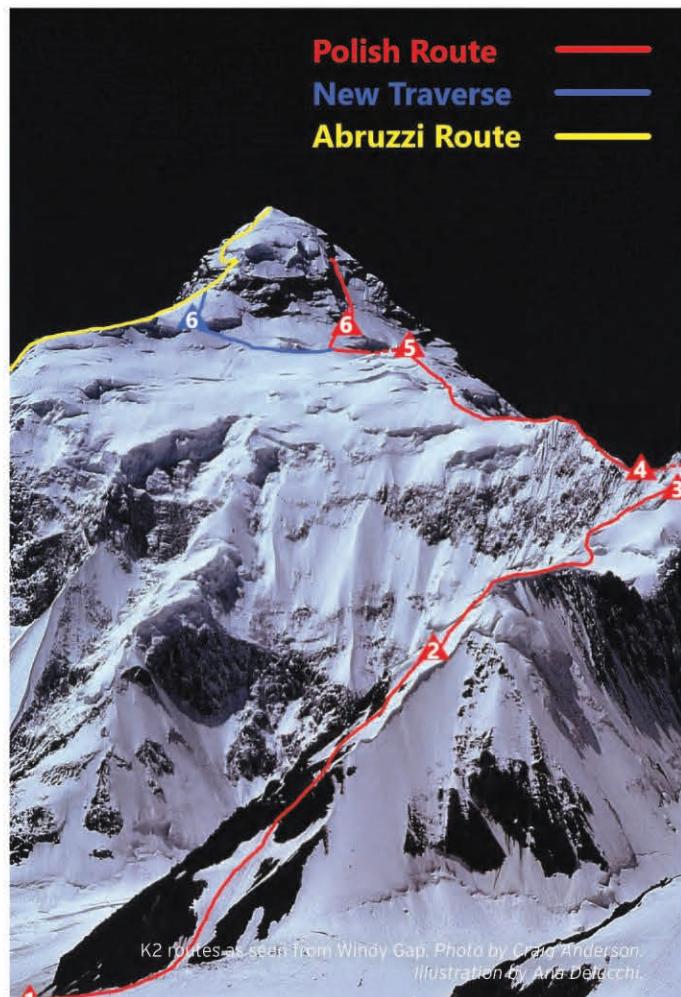
"After being defeated in 1975, we were especially proud to summit with not just one but four teammates - three without bottled oxygen. We were the smallest team to summit K2, the first team with women climbers, and we completed a route that hadn't been done before. Most importantly, no one died. We climbed on the shoulders of those who were there before us and are forever grateful to them."

Jim Whittaker

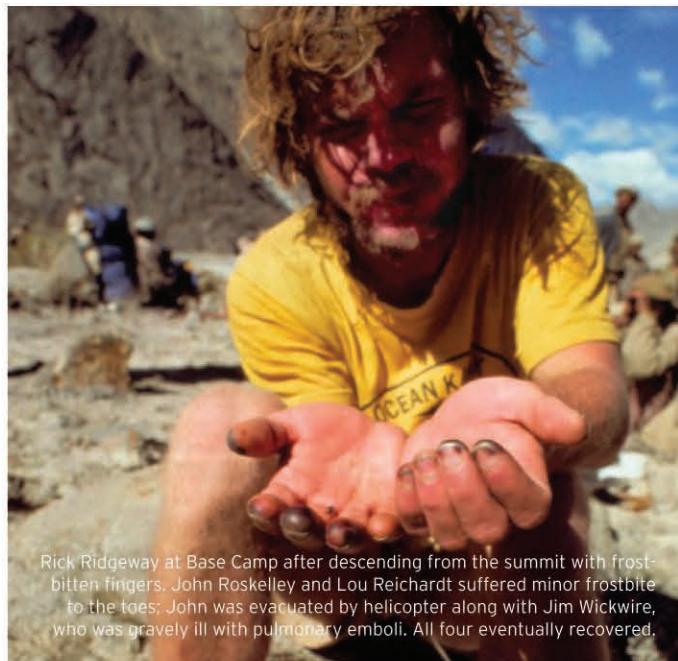
ran out, and I faced 50 mph winds and temperatures of 35 below. I concentrated my mind on survival. I realized my violent shivers meant I was in the early stages of hypothermia. Though I could no longer feel my toes, I tried wiggling them anyway: tensing, relaxing, tensing, relaxing. "Move, move, move - keep the circulation going." Somehow I made it through the night. No one had ever survived a solo bivouac above 27,000ft.

Beyond cold and hypoxic, the next morning I resumed my descent. At the top of a section called the Bottleneck, I encountered John Roskelley and Rick Ridgeway on their way up our route, having abandoned the Polish finish due to avalanche danger. I declined their offer of support, convinced I could descend to Camp 6 on my own. As my partner Lou Reichardt had done the day before, they climbed without oxygen, becoming the second pair to complete the first American ascent of K2. The complete Polish route John and Rick originally attempted remains unclimbed to this day.

Once we arrived down at Camp 1 (our advanced base camp), Rob Schaller, one of the team's three doctors, diagnosed me with pneumonia, pleurisy, and pulmonary emboli. I had a clots in my



lungs which would require immediate surgery. That agonizing first night Dianne Roberts and Diana Jagersky were my angels of mercy as they stayed close by my side. The retreat from the mountain became an ordeal. Through it all, Rob worked hard to keep me from succumbing to my ailments before I could be evacuated by helicopter to Skardu. This team saved my life.



Rick Ridgeway at Base Camp after descending from the summit with frost-bitten fingers. John Roskelley and Lou Reichardt suffered minor frostbite to the toes; John was evacuated by helicopter along with Jim Wickwire, who was gravely ill with pulmonary emboli. All four eventually recovered.

"This team saved my life."

On the last leg of the homeward journey, I wrote in my diary, "I should be on a terrible binge of euphoria now, but I am not. I have a cerebral satisfaction about the achievement. But gut-wise, deep in my emotional side, there is no spark. This I attribute to the bivouac at 27,700 feet, and to my illness. Both have drained me, and have cut sharply into the joy of standing on that high, isolated summit."

A Climbing Community Response

I was happy to be reunited with my wife, Mary Lou, and our five young children, but it took some time for me to see the results of the 1978 trip in a more positive light. The response of several of the 1953 K2 climbers who had been my teenage heroes helped expel my funk. While I recovered at home, one of my first visitors was Pete Schoening who, on the 1953 trip, saved five falling teammates from certain death with his legendary ice ax belay.

When the accident occurred, Pete and his teammates were engaged in the almost impossible task of lowering a desperately sick Art Gilkey down the mountain from their camp at 25,000ft. Whenever asked about their actions high on K2, Art's teammates would decline the hero's mantle. For them, it had simply been about fulfilling the duty climbers have to one another in such circumstances. Expedition leader Charlie Houston later referred to this as "the brotherhood of the rope."

In addition to Pete, fellow 1953 team members Bob Bates, Dee Molenaar, and Bob Craig called with their congratulations. Charlie Houston followed with a wonderful letter, the beginning of a close friendship between us. I felt honored when Bob later asked to write the foreword to Mountaineers Books reissue of *K2: The Savage Mountain*, advising me that "the main idea is to help tie together, in spirit, all of us who for 40 years have left America to try our best to climb K2."

The K2 Bond: Looking Back On It All

Forty-years later, I cannot help but feel incredibly fortunate



The last camp on the approach march before embarking on the 70+ mile trek along the icy, rocky length of the Baltoro Glacier. The soaring granite faces of the Trango Towers are in the background.

to be one of the members of the expedition to end the long quest for K2. The public spotlight is invariably on those who reach the summit, with insufficient attention devoted to the team accomplishment. The truth is we couldn't have climbed K2 without Jim Whittaker's strong and enthusiastic leadership and the dogged work of the entire team. Only together did we share in pioneering the route and carrying load after load.

“The public spotlight is invariably on those who reach the summit, with insufficient attention devoted to the team accomplishment...Only together did we share in pioneering the route.”

When I'm asked about the significance of our climb in the larger context of mountaineering history, I think it will stand as one of the important early ascents of K2, marking the first non-Abruzzi route to be completed on the mountain, and the first oxygenless ascent. I am glad we were able to pull off an alpine-style finish from Camp 5 to the summit without the use of fixed ropes, now common on the summit pyramid. Remarkably, we shunned the use of climbing ropes going to the summit, save for one linking Lou Reichardt and me, which we discarded at 27,300ft to explore alternatives to the deep snow that greatly slowed our progress.

It took 20 years, but in 1998, at the behest of the Mazamas in Portland, we held a reunion of our 1978 expedition. We were missing Chris Chandler - who perished from cerebral edema at 25,000ft on Kanchenjunga during a winter attempt in 1985 -

but nine team members were able to attend. What made our first gathering special was that the entire 1953 K2 expedition team joined us. Our heroes were much older men, but with the curious phenomenon of advancing years, the age gap between us felt somehow diminished.

Today, only Tony Streather and Dee Molenaar are left from the 1953 team. When Dee celebrated his 100th birthday in July 2018 at Mt. Rainier, several of us from the 1978 team were delighted to join him, his family, and other admirers to celebrate.

The proof of our own "brotherhood of the rope" was evident when the Bechs - Terry and Cherie - volunteered to carry loads for Lou Reichardt and me so we could complete the crucial traverse across the upper mountain. Cherie was forced to turn back, exhausted from the severe hypothermia she suffered in reaching Camp 5 at 25,000ft. I know from my own encounters with teammates over the years that we feel mutual pride and satisfaction about what we were able to accomplish together. Whether you personally reach the summit is not the most important; the team's success is what truly counts.

A 40th Anniversary Celebration

In early September 2018, our 1978 team will gather once again to celebrate the 40th anniversary of this American summit of K2. Though we've also lost Rob Schaller, who sadly passed away in December 2014, I eagerly look forward to joining my other teammates to mark the exact anniversary of the first summit: September 6. We're excited to be back on our home turf where it all started, and I know The Mountaineers' celebration will be particularly meaningful. We are all connected through the power of community.▲

A Look Into the Archives: Kodachrome Film

by Dianne Roberts, expedition photographer



A Balti woman, near the village of Askole. Baltistan is a Muslim area, and the local women avoided being seen by the men on the expedition. However, they showed great curiosity toward photographer Dianne Roberts, who was able to meet and photograph them, many for the first time.

In 2003 – 40 years after Jim Whittaker and Sherpa Nawang Gombu stepped onto the summit of Mt. Everest – our families (along with a few friends) met in Kathmandu, Nepal, flew to Lukla, and trekked to Mt. Everest Base Camp together. As Jim said, “Once more before we die, Gombu, we need to go to the mountain, raise a cup of rum and Coke, and say ‘Hello, old friend.’”

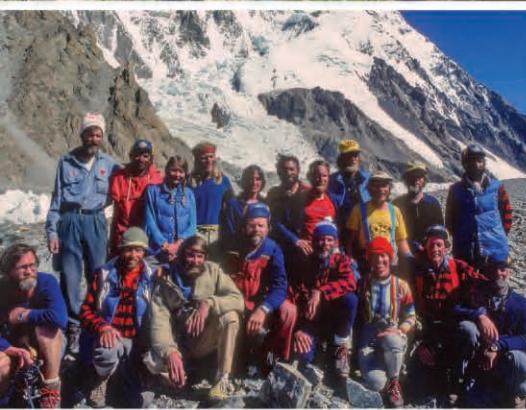
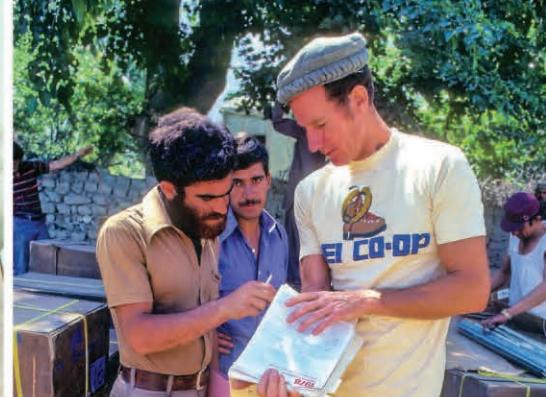
Nikon was a sponsor of the 1963 American Mt. Everest Expedition and, to help commemorate the 40th anniversary in 2003, they sent a Nikon professional photographer and an impressive pile of brand new Nikon digital cameras and lenses with us on the trip. It was my first foray into digital photography and I've never looked back. I was gobsmacked by the instant gratification, the endless possibilities, the degree of control, and the revelation that invisible data on a tiny memory card could emerge from the “digital darkroom” as dazzling images to endlessly and non-destructively manipulate. I leapt with both feet into the deep crevasse that is Photoshop and have been contentedly wandering its convoluted passages ever since.

Now – 15 years later and 40 years after our first successful American ascent of K2 – I've dived into the windowless basement room we call (with all due respect to its namesake

sculpture at Fort Worden State Park) “Memory’s Vault,” and I am getting reacquainted with... Kodachrome*.

I slide open a metal file drawer that holds 25 rolls with 36 slides each – 900 individual images, each about 1"x1-1/4", in 2"x2" cardboard mounts. Each file cabinet has five drawers, and I have 10 cabinets – so around 45,000 image slides, all of them numbered, many of them individually captioned, and selected images marked with color-coded stripes.

I turn on the big light table, fire up the Kodak Carousel projector with its stack loader and small projection box, choose an image from the roll marked “475 – K2 from Concordia,” lay it on the illuminated table, and lean over to examine it with a magnifying loupe. There it is, the iconic view of K2, just as it was 40 years ago when I held my breath in anticipation at National Geographic to see it for the first time, having waited weeks after the 1978 expedition for the film to be processed. The colors are still bright and true, the rounded corners of the mount still smooth. I visualize grasping a stack of 36 in my hands, holding it up to the light and quickly accordioning the tiny squares back and forth to find a favorite image –something I used to be able to do without dropping even one.



Clockwise from top left: Cherie Bech and Terry Bech on the hot, dry approach march, with the Baltoro river in the background; A load carry to Advance Base Camp. Pakistani Liaison Nazir Sabir with Jim Whittaker, checking loads at Skardu; Children in Rawalpindi (Islamabad); Camp IV at dusk. (Photo by Bill Sumner); A Balti porter at evening prayer, Urdukass; The team (including the four Hunza high-altitude porters) gathers at Base Camp after the climb; Jim Whittaker and Rick Ridgeway take advantage of a small hot spring on the approach march, much to the amusement of the Balti porters; Paiju Peak (21,654ft) from near Lilliwa Camp on the return march (center).

I am struck by what I unthinkingly left aside when I stepped into the digital world: the physical sensations, the three-dimensionality, the durability and variety of the materials, the patience and skill to compose perfectly in the camera before squeezing the shutter button, the suspense of not knowing the outcome, and the tenacity to keep photographing anyway.

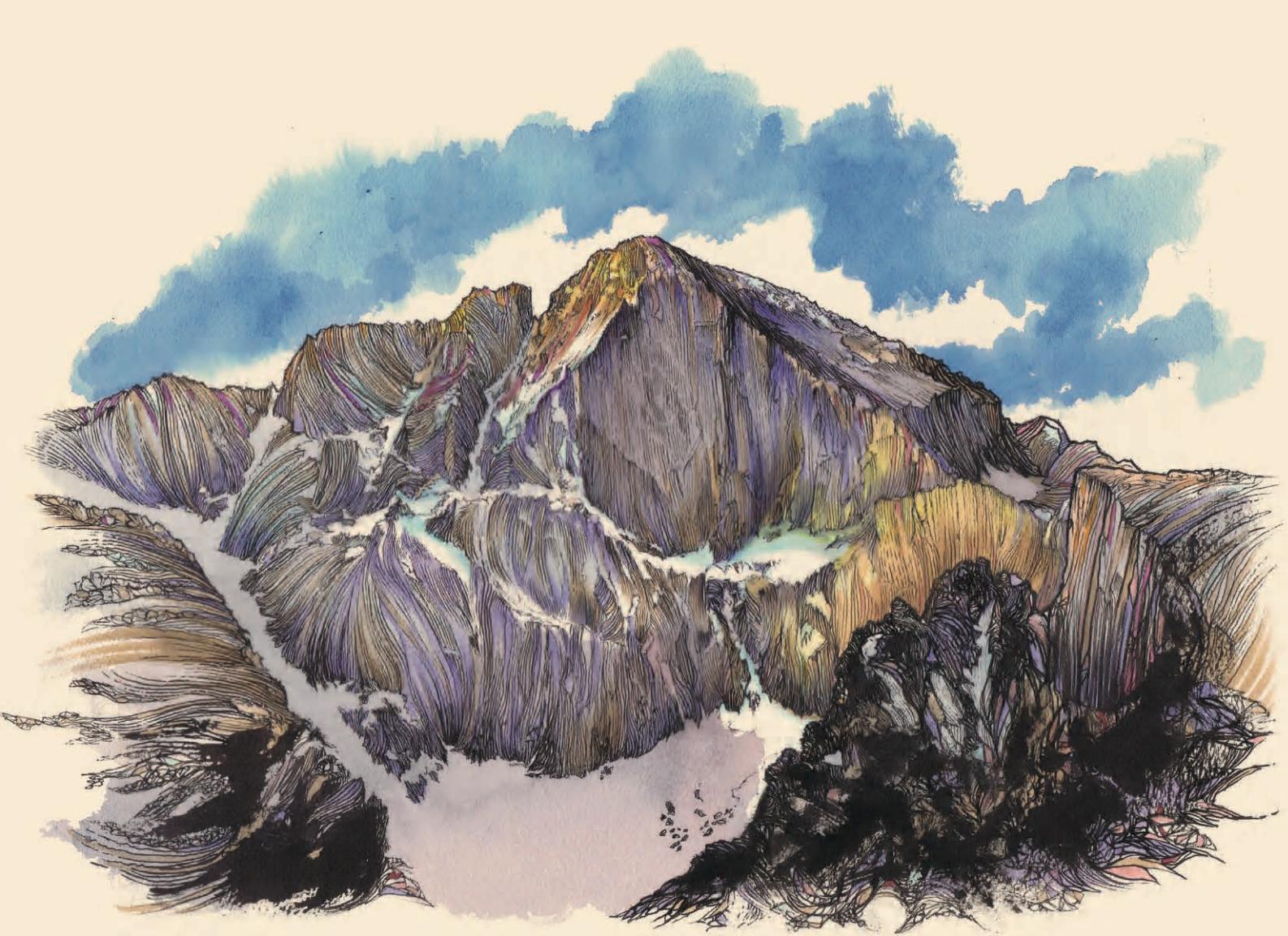
I give the transparency a light swipe with an anti-static brush and lay it on the scanner. After what seems like endless whirring and clicking, it unceremoniously appears as a file on a hard drive, soon to be imported into Lightroom and processed in Photoshop. Unseen subtle variations in color will become visible, detail will appear in areas that were previously black, antique dust and scratches will disappear. Marvelously, the digital image will be "better" than the original.

But still.

I remove the slide from the scanner and hold it up to the light one last time, taking note of the handsome red and yellow Kodachrome logo. I tip my cup, smile, and take a sip of coffee. "Hello, old friend." 

*For the uninitiated, Kodachrome is was the first color film made available in 1935 by Kodak, and until its discontinuation in 2010, it was the oldest surviving brand of color film. I shot using film for decades.

Dianne Roberts participated in the 1975 and 1978 American K2 expeditions as the trip photographer. She climbed as a member of the team, establishing a new altitude record for North American women in the process. She captured thousands of photos in their weeks abroad, some of which were published in National Geographic, celebrating the milestone in American mountaineering. Dianne used her camera as a bridge with the local community as well. She captured the spirit of the people of the Baltoro region in Pakistan, most of whom - especially the women - had never been photographed before. Dianne rooted through her archives for this edition, and many of the photos you see in this article are appearing in print for the first time. We are grateful to Dianne, and all of the expedition team members, for their support of The Mountaineers.



Why Jeremy Draws

Three Questions for Artist Jeremy Collins

May - Longs Peak, CO

Over the past decade, Jeremy Collins has become one of the most followed artists in the outdoor world. While there are plenty of landscape artists around, Jeremy is a climber who has melded his physical and visual passions into a unique way of expressing his view of the natural world. Mountaineers Books published his art story, *Drawn: The Art of Ascent*, in 2015, and his calendars beginning in 2018. Here, Jeremy talks about how he got started drawing and why he pursues it.

Your art often has a very specific point of view. Is there an overarching philosophy or message that you want to convey with your art?

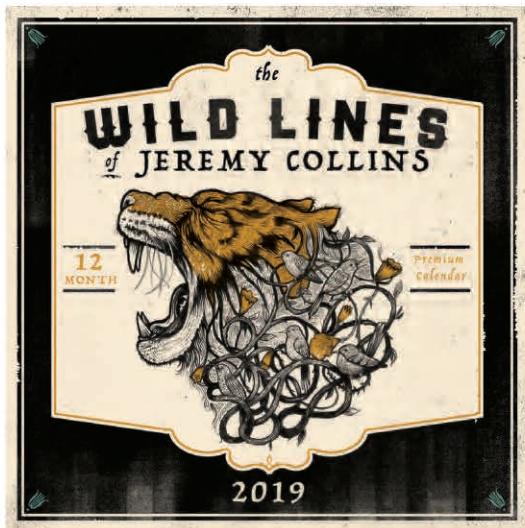
I suppose it's embodied in the Edward Abbey quote where he encourages his readers to be like him: "... a part time crusader, a half-hearted fanatic. Save the other half of yourselves for pleasure and adventure."

My work has a level of playfulness, but at times is just a celebration of something powerful I find in nature. My

philosophy is that in order to care for something you need to know it, and to know it you need to spend time with it. I spend a lot of time in the outdoors, and certainly with the drawings I create there; some more than others. I am tactically attached to the landscapes I create, often climbing or adventuring with in those same landscapes.

How old were you when you realized that making art was your calling?

I think it was likely in high school. My dad was a successful structural engineer, and we had explored the idea of architecture as a path for me. Seeing as that I could barely succeed in algebra, but was in the honors program for art and was winning scholarships, I think the choice was easy. At the time, I was doing my first art-related job working at the local theme park, doing live portrait drawings. I didn't last long in college, enamored with a dirtbag lifestyle of climbing and having adventures primarily in the desert southwest. Somewhere in there I got my first job at *Rock & Ice* magazine illustrating articles and how-to's. That was the door I needed.



The Wild Lines of Jeremy Collins 2019 wall calendar published by Mountaineers Books



Jeremy Collins roams the earth with sketchbooks in hand, dumping his soul into their pages. It is in the folds of those pages that his particular worldview was born—from authentic travel and adventures as an exploratory rock climber to award-winning filmmaker and author. Follow his adventures on Instagram at [@jer.collins](https://www.instagram.com/jer.collins) and online at jercollins.com.

Has your art always focused on the outdoors and nature?

My work is a result of what is on my mind, so it evolves daily from political to sociological to anthropological and, yes, my love of nature. I think that underlying inspiration has always fed into my work from drawing horses nonstop as a young kid to now, where I have a library of sketchbooks full of enough mountains and landscapes that I forget their names. The early part of my career in publications and product development was somewhat chaotic—always experimenting both with material and subject matter. It's not that I don't experiment now, but for the last decade or so, my work has felt more consolidated in its vision. I am not afraid of a blank page. I feel comfortable there. ▲



August - Elephant Rocks



March - Good, Better, Best



October - Trout Compass

Looking Beyond Stoke: It's Time To Educate The Masses

by Craig Romano, Mountaineers Guidebook Author



* Scramblers head out for a trip in the Central Cascades. Photo by David Bradley.

It's no surprise to any of us who have been hiking and adventuring in our wild places since the days of heavy lugged-sole boots, knee high cotton socks, and external frames that in the words of conservationist Rick McGuire of the North Cascades Conservation Council and Alpine Lakes Protection Society: we are currently facing a human tsunami on our trails. And if we're to stay true to this metaphor, a tsunami inundating our wild places isn't going to leave them in good shape.

Unless you've been doing all your hiking in the far reaches of Northern Canada or the wide empty expanses of the Great Basin you surely must be noticing some disturbing trends. On your next hike, look around. How many bags of dog excrement do you see lining the way? How much human waste do you see lying on the forest floor surrounded by fetid blossoms of toilet paper? How many discarded plastic bottles, crumpled tissues, snack wrappers, and plastic bags do you see in the brush? How many illegal fire rings have you encountered this summer – and how many of them were still smoldering?

How many trampled heather meadows, eroded switchbacks from trail-cutting, initials carved into trees, bridges, even historic Native American petroglyphs, have you recently encountered? How many times has your peace in the backcountry been interrupted by some self-centered boor blasting godawful noise from Bluetooth speakers? And how many times have you watched some narcissistic fool disregard rules and regulations to get the perfect selfie to share his new paradise found with hundreds of strangers who will soon be bringing their bad behavior with them as well? Yeah—if this newfound stoke among the masses is what's needed to protect our wild places, count me as a heretic who says nay.

“Those of us who care so deeply about our wild places have a mission – and a big one.”

You see, I'm concerned about all the new, uneducated masses heading outdoors. It's bad enough that our federal government is neglecting our wild places by seriously underfunding and threatening them with developments and fewer environmental protections. Add thousands upon thousands of clueless hikers and outdoor users – many feeling entitled to do what they please – and you're looking at a recipe for disaster for our trails and wild places. And if you dare point out how they're violating wilderness ethics, etiquette, and in many cases downright common sense and courtesy, in their words you're just a hater. Call me a hater then because I hate seeing our public lands, wild places, and precious wilderness areas trashed and abused.

When I first started hiking back in New Hampshire in the 1980s I quickly learned how so many of the wild places I had come to love were established and protected not by the government, but by concerned citizens. With a newfound passion to save more places, I joined the Society for the Protection of New Hampshire Forests (SPNHF). I was now stoked to save, protect, and fight for New Hampshire's wild places. And this stoke never wavered. I just received my 35 year pin from SPNHF. As I became aware of more wild places through my travels, – my new found stoke led me to want to protect them. I joined the Save the Redwoods Foundation, Save the Manatee Club, the Green Mountain Club, and the Wilderness Society after taking numerous hikes in California, Florida Vermont, and all over the country.

The last few years have seen me heading deeper into the wilderness and farther away from the masses. It's not that I don't like company. I do. I just don't like bad company. And on my treks I've been doing some serious soul searching. In theory, getting more people stoked on our trails and out into our wild lands is supposed to translate into more people willing to protect those lands. It's a mantra that I have long subscribed to and one that I have sounded off in my hiking guidebooks. But I wonder, how much of this new stoke is nurturing the next wave of conservationists and good trail stewards? If the answer lies in the amount of trash and toilet paper lining our trails, we are literally and figuratively in deep doo doo.

I didn't always feel this way about getting more people stoked to get outside. But I have always felt strongly about being a good steward of the land and a defender of wild places. And I have always welcomed fellow hikers and backcountry users that share that ethos. I don't mind at all sharing the trail with a thousand enlightened hikers. I abhor being out there with just one jerk. And lately it seems like there are far more jerks on the trail than in the past. But is that true?

We have actually walked this path before. Back in the 1960s there was a huge back to the earth movement that had scads of young people heading into the wilderness and on the trail. And not surprisingly, many of these neophytes were partaking in some abhorrent behavior – like cutting down tree boughs for campsites, trenching a campsite, camping in meadows and along fragile lakeshores, burning or burying garbage, and bathing in lakes and creeks. Many of the shelters along the Appalachian Trail became counterculture squatter camps. As the trails and backcountry took a beating, it was only natural that a new awareness would soon spawn one that preached the concept of Leave No Trace, going light on the land and being good backcountry stewards. Groups like the Appalachian Mountain Club and The Mountaineers made it part of their mission to make sure that these hikers were recreating responsibly.

I started hiking in the 1980s and over the years really noticed remarkable changes on the trail. They were getting cleaner. The backcountry was being treated with more respect, and I was noticing less and less boorish behavior. Trail use continued to grow, but folks were finding these trails through guidebooks and outdoors clubs and other means that emphasized proper backcountry travel and behavior. But then a funny thing happened within the last decade – the advent of the smart phone with its ubiquitous byproduct of dumb behavior.

“What will save our wild places is stoke coupled with education and a vigilance to protect and enhance them.”

Many within this new wave of hikers and outdoors people are finding their way to the trails through Instagram, Facebook, and YouTube. Many heading up the trails and into the backcountry are armed with only a phone and no clue on how to properly recreate. In many cases they are endangering themselves, and in others they are literally trashing the environment. While I can understand that they may not know how to properly relieve themselves in the

backcountry, the leaving of trash behind totally bamboozles me. Where is Woodsy the Owl when you need him? Where is common sense? Oh yeah, there's no app for it. No, stoke alone won't save us. Unfettered, it can actually harm our environment. What will save our wild places is stoke coupled with education and a vigilance to protect and enhance them.

When I moved to Washington in 1989 I joined The Mountaineers, then Conservation Northwest (originally the Greater Ecosystem Alliance), Washington Trails Association, Skagit Land Trust, San Juan Preservation Trust, Columbia Land Trust, and Friends of the Columbia Gorge. Bring them on! I feel morally and ethically bound to give back, to protect and fight for the wild lands that

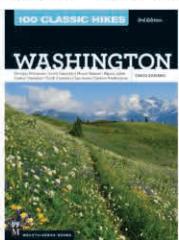


Wildlife got into a garbage bag near Colchuck. Photo by Colin Foster.

have given so much purpose to my life and which have constantly kept me stoked to hit the trail and learn something new about the natural world and myself. I have made it my mission through my career as a guidebook author and outdoors writer to help get new people into the outdoors – and for them to become good stewards and strong advocates for the protection of those lands.

So yes, despite how much garbage I have been finding on the trail lately, and how much clueless behavior I have been encountering in the backcountry lately, I still do believe that stoke will save these places. But not stoke alone. It must be coupled with education that emphasizes Leave No Trace and good stewardship. Those of us who care so deeply about our wild places have a mission – and a big one. We absolutely need to get stoked to help guide the new masses of hikers onto the right path. The numbers of new outdoor recreationists are grand. Just think of what can happen when they all become good environmental stewards. We have so much to lose if we don't embrace them and help educate them. And we have so much to gain if they join our ranks. ▲

Craig Romano is an award winning author of more than 20 guidebooks with Mountaineers Books, including 100 Classic Hikes Washington. He's also an ardent conservationist. He lives with his wife, son, and cat in the Skagit Valley.





Coming Full Circle

50 years ago Judy Sterry was a Mountaineers youth - now she's paying it forward to the next generation

by Peter Dunau, Content & Communications Manager

Junior Mountaineers swimming at Copper Lake. Photo by Bob and Ira Spring

Judy Sterry remembers the exact day she joined The Mountaineers. It was her 14th birthday, the minimum age required to become a member at the time. By 16, she had climbed all six of Washington's major Cascade volcanoes: Mount St. Helens, Mount Adams, Mount Baker, Glacier Peak, Mount Olympus, and Mount Rainier - 65,640 feet in total elevation.

"I wanted that pin," Judy tells me, referring to The Mountaineers Six Majors honor, awarded to members who've summited each peak.

Much has changed since Judy trekked up the state's highest mountains as an intrepid teenager in the 1950s. Mt. St. Helens blew its top in 1980 and is no longer considered a major. Climbers no longer summit Rainier on 100-person teams like Judy did. And The Mountaineers no longer teaches students to catch their falling climbing partners using a harness-free hip belay. (Judy's recalls honing her skills by bearing the weight of a plummeting 100-pound cement block at the old Camp Long training ground.)

And yet as the adage goes, "The more things change, the more they stay the same." The Mountaineers is still launching youth into the outdoors - and Judy is still part of it.

Now 77, Judy has stepped up as a regular volunteer with our Mountain Workshops, a partnership program The Mountaineers leads with local organizations serving low-income and at-risk youth. The program breaks down barriers to the outdoors and introduces kids to rock climbing, first aid, navigation, and more.

Judy also supports Mountaineers youth through personal donations. In addition to Mountain Workshops, these contributions benefit The Mountaineers' year round adventure programs for kids and teens.

"This was an important part of my life, and I want kids today to have that too," says Judy. "I want them to develop a comfort in the outdoors, gain leadership skills, and pass their love of adventure onto others. I also want them to grow up and vote for conservation so we can maintain our wild places."

Life As A Junior

When Judy joined the club, she took the basic climbing course and joined Mountaineers Juniors, a youth program open to members under 18. Judy became a leader with the Juniors, serving as the youth representative to The Mountaineers board.

"We were a ragtag group of kids," Judy says. "We'd plan all kinds of adventures. The rule was we had to have a chaperon over 18, but that person was just there to make sure we were okay. We were the ones making the decisions and leading the outings."

She recalls ski trips to The Mountaineers Meany Lodge and bike expeditions to the San Juan Islands. Her face lights up when thinking of the biking adventures.

"We'd pile into the train in Seattle, get off at Mt. Vernon, ride to the ferry, and then cache our bikes on the island and camp. Back then, there were huge unsettled areas that we had to ourselves."

She also recalls adventures with the late photographer and guidebook author Ira Spring. His Mountaineers Books publications like *100 Hikes in Western Washington* inspired entire generations to explore Pacific Northwest trails.

Ira would regularly ask the Juniors to go on trips, so he could snap photos of them for one his upcoming books.

"He'd take us up to places like Foss Lakes in his station wagon," says Judy. "For food, we'd eat canned tuna, canned peas, noodles, and mushroom soup - and we were totally delighted with it. He wasn't a legend at the time; he was just Ira."

Judy's time with The Mountaineers helped inspire a lifetime of outdoor adventure. She went on to become ski patroller and instructor and spent time working at NOLS and Outward Bound, two of the nation's leading outdoor schools. She remembers years where she spent 150 days on the ski slopes.

"I still keep my skis in the living room," she says. "They're close by for whenever I want go."

Kids Today

Ten years ago, under the leadership of Mountaineers' Education Director Becca Polglase and former CEO Martinique Grigg, the club made a major investment in our youth programs - an effort Judy says she's "just delighted with."

Since then, our youth programs continue to grow. In addition to Mountain Workshops, we now feature three year-round youth programs: Mountain Adventure Club or MAC (for ages 14-18), Explorers (for ages 10-13), and Pioneers (for ages 7-9). We also offer weeklong summer camps in Seattle, Tacoma, Olympia, and Kitsap. In total, The Mountaineers provided 10,156 experiences for youth last year.

MAC, our teen program, carries on many of the traditions and leadership values Judy treasured during her time as a Junior. "It's a program designed to be run by the kids," says Becca. "They determine the curriculum. They determine their goals."

The group meets regularly and plans monthly adventures, going over everything from food to budgets to gear. Adult advisors are on hand, but MAC teens are given the space to learn from their successes and failures. It's a philosophy Judy has always endorsed. "Let kids experience things," she says. "Protect them, but don't mollycoddle them."



Recent MAC highlights include backpacking the Ozette Triangle, cross-country skiing to Lost Lake, and climbing Mount St. Helens. Each year, the MAC program also makes a weeklong pilgrimage to Squamish, a rock climbing mecca in British Columbia.

On this year's trip, MAC volunteer Jeffrey Hunt climbed with 14-year-old Ben Saelens. The pair made it up Skywalker, a route that requires climbers to go up five pitches of 60 meter rope, while placing their own protection - a combination of athletic and technical skill that many adults aspire to.

Ben and Jeffrey took turns taking the lead. Jeffrey summed it up with a Facebook post saying, "Ben's protection placements were all very good; these kids are well taught." He went on to give a shout out to Carl Marrs, who along with Sarah Holt in Tacoma, serves as the point person on Mountaineers staff for the MAC program.

Climb On

After Judy spoke with me, we headed out to The Mountaineers climbing wall to help belay for a Mountain Workshop.

While we waited for the kids to show up, we met another helper, Keely Carolan. Now entering her senior year in high school, Keely came to The Mountaineers summer camp six years ago, and later joined our Mountaineers Adventure Club. Last fall she became the youth representative on our board - the same position Judy held 50 some years ago.

I asked Keely, if she was on the MAC trip that summited Rainier the previous weekend. "No," she said. "I couldn't go because I was competing in climbing nationals in Georgia." Wow, I thought, our youth are crushing it!

As we waited, I suggested getting some photos of Judy and Keely climbing together. "That's fine," Judy said. "But these days, I can only belay. My body's just not up for climbing anymore."

With Judy belaying, Keely scampered up the rock wall. When she came down, we all started chatting again. Then came Judy's voice: "Alright, let me give it a shot."

Judy got tied in. A series of steady, well-practiced moves followed. In no time, she was up the rock wall looking down on us.

"Okay," she said. "You can take me down now." Judy could still do it, and soon she'd be showing the Mountain Workshop kids that they could too. ▲▲



Junior Mountaineers on a bike trip to the San Juan Islands. Photo by Bob and Ira Spring.



Beware of Slugs

A slime-induced fall leads to a massive backcountry rescue

by Michale Kelly, 15-year member & hiker leader

A little over four weeks after her injury, Michale makes it to the top of West Tiger Mountain No. 3. Photo courtesy of Michale Kelly.

Last May, what started out as a straight forward backpacking trip turned into a harrowing ordeal for Mountaineer member Michale Kelly. With humor and grace, she recounts the good, the bad, and the downright ridiculousness of having to travel five miles without the use of her right leg.

We encourage our readers to keep Michale's story in mind on their adventures. When managing risks in the backcountry, we must all factor in the difficulty of a rescue operation miles from the nearest road. Accidents happen, even on relatively "easy" trails. Make sure you have a plan before you go!

I knew it would be hard to make it out.

Two days prior I had taken a nasty fall as my trail companions Nanci, Laurie, and I were backpacking into the Enchanted Valley, a lovely meadow northeast of Lake Quinault. As we approached our camping spot at the 12-mile mark, the "horses to barn" mentality set in and we started cruising down a hill with large rocks imbedded in the dirt. I was suddenly down, hitting the ground hard on my right hip.

I unbuckled my pack, rolled over, and laid on the trail, fighting waves of nausea. There were no obvious injuries, though I felt spacey and in mild shock. There was only a little over a mile left to camp, so I pushed on.

I was able to make it to camp, where I spent Saturday cycling through napping, walking, and stretching, while Laurie and Nanci went off to explore the trail toward O'Neil Pass. I checked in with the rangers in the area, Richard and Brendan, to let them know about my injury and our plans to hike out. By evening I could almost do a few yoga poses and get my own socks on - the 13-mile hike out looked like a go.

We broke camp, tucked away our dew-soaked tents, and were on the trail shortly after 6am. I was in the "lead," traveling slowly with short breaks every 45 minutes. At the 7-mile mark, I was starting to feel grinding in my hip. My pace began to slow. Then, my right foot slipped and I went flying. I landed hard on the ground alongside the trail. "This is not good!" I screamed. Looking down, I realized I had been felled by a large banana slug. "How could there be so much slime in one place?" I thought to myself. "I know they grow giant slugs in the Olympics, but really?"

It didn't take long to realize I could not put any weight on my right leg: the last five miles to the car now looked less possible. There was no cell service and I was stuck, unable to even crawl. Laurie took off down the trail to reach her car and drive the six miles to the nearest ranger station. Fortunately she ran into the ranger from our camp spot, Richard, near the trailhead. She alerted him to my injury and followed him to the North Forks Ranger Station to get the rescue started. Meanwhile, Nanci and I knew we had a long wait ahead of us. Laurie had left us with her emergency first aid kit, and I had one, two, and finally three doses of oxycodone to calm the spasming and cramping. I was eventually able to reposition myself onto level ground with a sleeping mat to lie on.

1pm - A doctor passed by as he and his companion were working their way up the valley for the night. Asking if he could examine

me, he did not find any signs of bruising or internal bleeding. They insisted on staying with us until they could pass me off to a ranger or an EMT. By 1:30 a group passed by with a satellite phone, allowing us to get an emergency call out.

By this point, we had multiple calls out and knew help was coming. Two hours later, Ranger Brendan arrived, relieving the doctor as we continued to wait for emergency services. The oxycodone was wearing off, but fortunately the pain and cramping had subsided. Brendan did not recommend taking any more medication as I needed to be alert with strong vital signs when the EMTs arrived. The warm day faded into the shadows and, with the sun going down, the temperature started to drop. We bundled up and awaited the arrival of the rescue team.

9pm - Our EMT Katie and her husband Steve arrived. They knew the Olympic Mountain Rescue team was assembling at the trailhead and were on their way via headlamp. My trail companion Laurie was also on the way back with food. It was wonderful to see her breeze in; we knew she'd be back in spite of the extra ten miles.

11pm - We heard via radio communication that the team was getting closer, and it was time to "package" me into a transportation device. Katie and Steve carefully transferred me into the middle of what looked like a large bean bag, using my backpack as a back rest and cinching the straps tightly. In a flash, the team arrived and announced that we were going out that night. We had five miles to travel, and at a good pace they expected to move about one mile per hour. They assembled the litter and attached one large wheel in the center of it. I was lifted on top and cinched in by a second set of straps. It took five people to keep it balanced: two on each side and one at my head. It felt like a large unicycle.

11:30pm - I was finally moving along the trail after 12 hours of patiently waiting, conserving energy, and trying to keep my mind and body calm. The lead scout and the five people circled around me were in constant communication about upcoming hazards. Their dialogue provided an ongoing and insightful soundtrack to my trip. We went up, down, and over rocks, and dropped into a few holes. The trail became narrow and sometimes we'd lose one of the rescuers when they were brushed off or fell into me. Hours went on and the team would seamlessly rotate to alternate their carrying arm or request a replacement. I could see the sweat dripping off them and knew what hard work it was. Our EMT Katie would occasionally pop into view to ask if I was okay.

The biggest challenge for the team was crossing Fire Creek, the bridge being too narrow for me and my entourage to pass over. The leader had scouted out the creek in advance. He had found an area that looked like a safe crossing, even though the water was moving fast over the rocks and at places was a foot deep. Before I knew it, the team was pulling me across the stream. The next challenge was a long uphill climb; the rescuers commented that last time they faced a hill like that, they had a mule to help. Two of the rescuers attached ropes to the front of my rig and slowly pulled me up the trail.

3:30am - Around this time we arrived at the trailhead, a full hour earlier than expected. Our EMT offered to call an ambulance

to transport us to the closest hospital, but I preferred to get into Laurie's car and endure the 4-hour drive to a hospital back home. After hours of being "packaged," I was so stiff I could only move my arms. I was carefully transferred into the car, with two oxycodone to set me up for a comfortable ride back to Seattle.

7:30am - We arrived at Valley Medical Center, and by 3pm I was being wheeled back into my room with a total hip replacement, the "Ferrari" model with titanium and ceramic. My surgeon told me I'd feel the effects of the injury for six weeks, but I could get back to hiking and even backpacking with full pack weight quickly. The summer was not lost! That evening was filled with visits from family and featured a wonderful dinner from the hospital kitchen, my last real meal since breakfast 18 hours before.

Reflecting on the rescue and all that it involved, my first thought is how blessed I was to be surrounded by loving family and friends, and embraced by the kindness of strangers. I'm deeply grateful to the role each of them played in my rescue. I know I'll be back on the trail soon. Thank goodness for modern medicine! ▲▲

Lessons Learned

- Consider carrying a satellite communication device and know how to use it - one can't count on cell service
- Share your trip plan with a friend before you leave
- Make sure your fellow trip members have your emergency contact's information
- Listen to your body, stay calm, and be clear with your needs during an incident
- Be grateful for the kindness of strangers, friends, and family
- Watch out for slugs

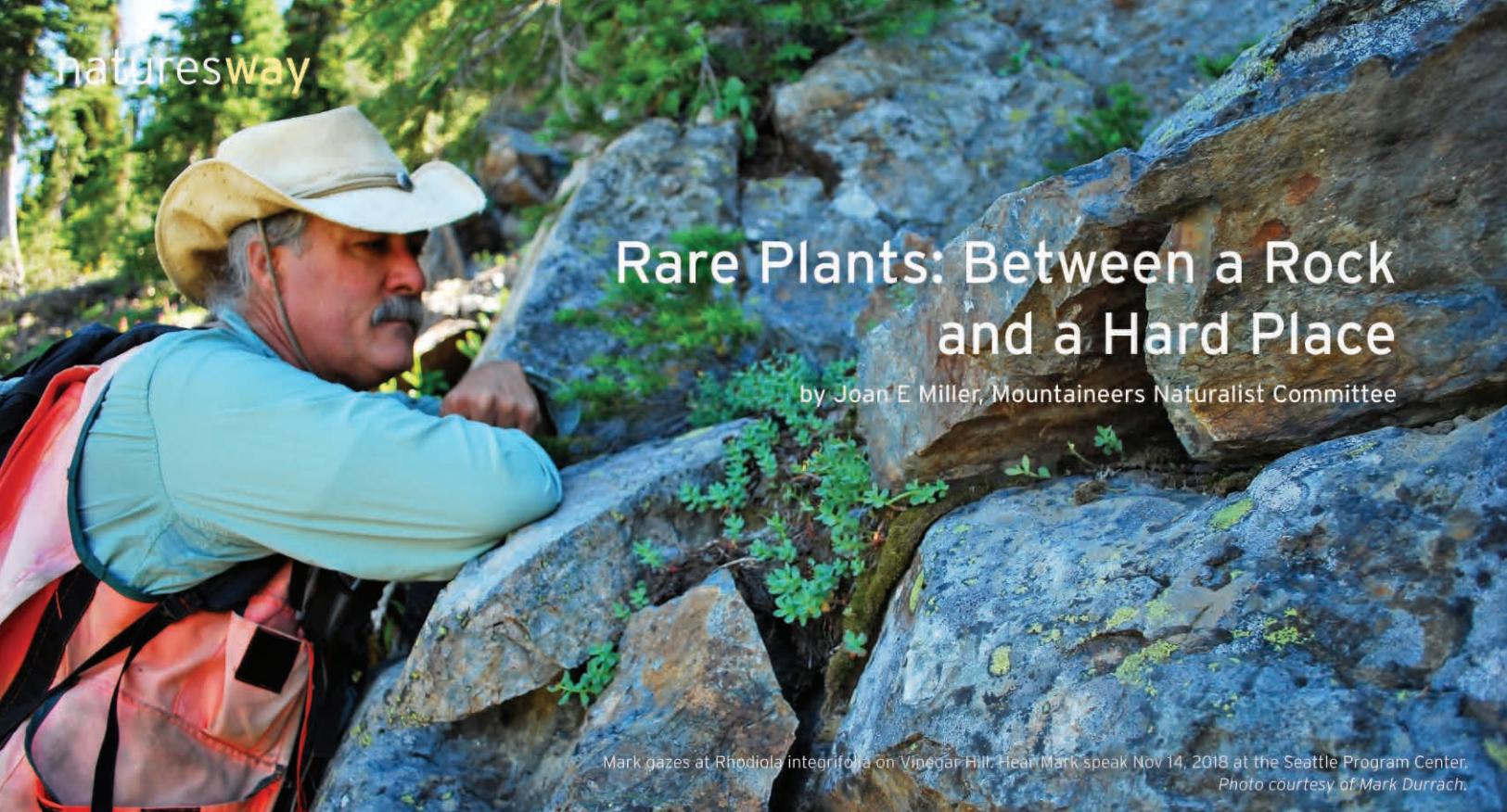
Michale joined the Mountaineers in 2003 and has taken courses in Snowshoeing/Winter camping, Wilderness First Aid, Navigation, Sailing, Intro to the Natural World, and Conditioning Hiking. She credits meeting like-minded people in The Mountaineers changing her life. Her recovery is going well, and she recently enjoyed her first backpacking trip since the accident.

Olympic Mountain Rescue - Thank you!

Michale would like to thank the Olympic Mountain Rescue team for their successful rescue efforts. Olympic Mountain Rescue is a volunteer organization dedicated to saving lives through rescue and safety education. Their response and professionalism exemplified the dedication and expertise of their organization.



-Photo courtesy of Douglas Indrick



Rare Plants: Between a Rock and a Hard Place

by Joan E Miller, Mountaineers Naturalist Committee

Mark gazes at *Rhodiola integrifolia* on Vinegar Hill. Hear Mark speak Nov 14, 2018 at the Seattle Program Center.
Photo courtesy of Mark Darrach.

When worlds collide, it's usually a bad thing. But when geology and botany come together for Mark Darrach, he's as happy as a *Polystichum lemmonii* on an ultramafic substrate.

A geologist and botanist, Mark is busy documenting the relationship between rare plants and unusual geologic settings. He devotes part of every year to field research in spectacular mountain locations of the western states. But as a research associate with the Burke Museum, he also spends time indoors, examining and classifying specimens in the museum's botany collections, housed in the University of Washington's Herbarium.

Mark was one of those kids whose childhood forays into nature set him on a life path of conservation. "I've cared about nature since I was a little boy," he says. "At six years old, my dad starting teaching me all the tree species in the various places where I grew up. I have a deep appreciation of wild areas and biodiversity."

His passion is, in part, channeled into studying unusual geologic settings such as ultramafic terranes, which have "unique chemistry that drives the evolution of plants strictly on those sorts of substrates." Ultramafic rocks are not common, but some can be found in the North Cascades and elsewhere along the west coast. These rocks have been derived from the earth's mantle by subductions processes, and have usually been metamorphosed by the time they reach the surface, Mark explains. Typically they have been transformed into serpentine, which is rich in iron and magnesium and, often, phytotoxic trace elements such as nickel, chromium, and cobalt.

"This particular chemistry fosters the evolution of unique plant species. But, when those plants evolve in that setting, they're essentially marooned on that particular substrate. They can't cross over to other more common substrates because they have

a particular suite of adaptations that have allowed them to live on these unusual and chemically challenging substrates." And that can spell trouble for such plants as climate changes unfold.

Climate change, as it relates to vegetation, is a sub-focus of Mark's research. He participates every year in the international GLORIA project (Global Observation & Research in Alpine Environments) on various mountaintops in the western U.S. Every five years, teams of scientists at sites in California, throughout the mountain west, and across the globe monitor changes in alpine plants via the GLORIA protocol. This summer, Mark worked on the second measurements above timberline in the Sweetwater Mountains of far eastern California, where unique rocks and clay-rich soils support diverse and rare vascular plants. He also conducted a GLORIA remeasurement along the crest of the Panamint Range along the western margin of Death Valley National Park. "We're looking at plants that are most at risk for climate change. They're likely to disappear as the planet warms."

In addition to his field and herbarium work, Mark is helping update "Vascular Plants of the Pacific Northwest," the well-known technical guide for the flora of the region.

Every year in North America, north of Mexico, somewhere between 30 and 60 new species of plants are described by scientists. There are unknown numbers of species that still haven't been documented, offering much opportunity for scientists and amateurs to contribute to biodiversity knowledge. "For me, it's all about preserving biodiversity," Mark says. "If I can put a name on a plant, get it published and recognized, that plant has at least a leg-up on not going extinct. Most recently described plant species are rare. Seeds will be archived and will have a chance of surviving accordingly." ▲

Marine Birds and a Warming Ocean: The Power of Citizen Science

by Joan E. Miller, Mountaineers Naturalist Leader Committee



Julia with a whale head in Alaska. Hear Julia speak Jan 9, 2019 at the Seattle Program Center.
Photo courtesy of Juila Parrish.

On any given day, dead seabirds wash ashore or, in scientific lingo, are "beachcast". In what began as an effort to document what was happening with seabird populations along the west coast - asking questions like, "What kind of bird was it? Why did it die? Where did it come from?" - has grown to a group of more than 1,000 participants on 450 beaches helping scientists reveal annual patterns and document the impacts of climate change and other factors on seabirds.

COASST, short for Coastal Observation and Seabird Survey Team, is a citizen science program founded in 1998 by Julia Parrish. A marine biologist, Parrish studies change in marine ecosystems, with marine birds serving as indicators of environmental health. A couple of decades ago she was focused on seabirds in Washington. But she soon saw a need for a larger scope initiative, and that led to the formation of COASST. Today, she is COASST's executive director and a professor of ocean fishery sciences at the University of Washington. In 20 years, her vision has blossomed into a wide-ranging citizen science program across four states.

COASST was developed to provide baseline data about birds that could be used in the event of an oil spill. But since then, Parrish says, COASST data has contributed to a variety of resource management issues. The program is so successful, that it's been expanded to add data about marine mammals and beach debris.

Parrish recounts that in 2013, an oceanic event produced one of the greatest impacts on seabirds ever documented. "That's when a very large body of unusually warm water, known as 'The Blob,' developed in the northeast Pacific Ocean, resulting in harmful algal blooms, fishery collapse, and mass mortalities of marine mammals."

At its height, the Blob covered an area the size of Canada and was up to four degrees warmer than normal. "That doesn't sound like a lot, but aquatic organisms are not adapted to such change." Parrish compares a rise of four degrees in ocean temperature to a similar rise in the human body. "That would put you in the hospital."

The impact on seabirds was devastating. Five mass mortality events between 2014 and 2017 totaled in the millions of birds, says Parrish. That was the largest avian response to ocean warming ever documented. "We know this because thousands of coastal residents from California to Alaska have diligently collected data on beachcast marine birds on a monthly basis as part of COASST." Volunteers are the heart of COASST, and carry out vigilant observations in Alaska, Washington, Oregon, and California.

In such cases, all carcasses except a few collected for study are left in place. "Death is part of the life of the ecosystem," says Parrish. "The carcasses become food for everything from grizzly bears to kelp flies. The first thing we tell people is to consider the ecosystem when you see a carcass on the beach. It's not about burial or removal. It's about keeping something there. It's also about figuring out what it is, and that's what COASST is about. Participants get trained on how to survey a beach and if they find carcasses, how to identify them, and do that in a framework that involves no guessing. COASST is evidence first, scientific deduction second."

As climate change drives more and more change in marine life, COASST's data is no doubt vital to policy making. "I would say we are a 'witness' program," Parrish says. "We bear witness to what's going on in the environment and then, we tell those stories. We're not silent witnesses. We're very vocal witnesses to what's going on." ▲

We Aren't in Kansas Anymore: Trekking in Tasmania

By Eileen Kutscha, Mountaineers Global Adventure Leader

The beauty of Tasmania. Photo by Neal Kirby.

Perhaps it was the splash of the shy platypus as it swam away after a close encounter with us on the trail, or the snarl of Tasmanian devils feeding on carcasses and biting each other at a sanctuary near the start of our trek. Or maybe it was the zzzzzzzip of a big, black currawong bird unzipping a backpack and helping itself to the snacks in our backpacks, or the THUMP of the Bennett's wallaby jumping away with a joey in her pouch as we watched from our hut. One thing was certain: we weren't in Kansas anymore.

Our group of six intrepid Mountaineers of all backgrounds and ages explored the heart of the Tasmanian backcountry by way of the famed Overland Track. If Tasmania (known locally as Tassie) was Oz, the Overland Track would be the yellow brick road. From the moment we stepped foot on this lush island in the far-south of Australia, the flora and fauna were clearly other-worldly: egg laying mammals, Tasmanian devils, joey-toting wallabies, cubic droppings from the aforementioned wombat, trees that drop their bark instead of their leaves, and flowers shaped like Dungeness crab.

We ventured south during an Australian holiday at the end of December, and instead of running into the typical international crowd of hikers doing this well-known trek, we encountered many helpful locals eager to highlight the great treasures of Tassie. Being from the Pacific Northwest, the most exotic animal I'd ever run into was an elk or maybe a mountain goat. On this trip we regularly found ourselves saying, "What is that?" Oh, a duck-billed beaver with webbed feet? Okay. Oh, and that's a wombat that leaves cubic droppings to mark its territory all over the trail? Okay, well sure, that makes sense. The list went on and on and on.

One of the rangers we met was particularly helpful in explaining the various poisonous snakes to us. How unnerving... but also very helpful! Lots (and I mean LOTS) of things can kill you Down Under.

The only familiar thing on our six-day trek was the sound of rain gear flapping in the wind. An intense storm blew in, and we had

to put on our rain coats and ponchos on in a hurry. Just like at home, we still got wet.

Our trek passed through five different ecosystems in six days: eucalyptus forest, high alpine/subalpine, button grass moorland, myrtle beech rainforest, and grassland. The weather did not cooperate initially, so we accelerated our time on the traditional Overland Track to visit a very unique part of the park at the end of the track: the Labyrinth area - essentially the Tasmanian version of the Enchantments. Once the weather improved, we used the opportunity to climb a peak called the Acropolis together as a group. High above the rest of the land, the views added yet another spectacular memory from the trip.

The trek was an unforgettable, super-natural experience for all of us. We were introduced to a unique and remarkable place that certainly left a lasting impression on me, as well as a sense of appreciation for global travel with like-minded adventurers from The Mountaineers. I can't wait for my next chance to explore in the Pacific Northwest, and beyond! ▲▲

Upcoming Global Adventures

Interested in experiencing your own global adventure? We have a number of upcoming trips led by our experienced volunteers to help you explore around the world.

Ski/Snowboard in Hokkaido, Japan
February 7-21, 2019

Hike/Backpack the Lofoten Islands, Norway
June 15-25, 2019

Trek Jotunheimen National Park, Norway
June 26-July 6, 2019

Find more information and sign up online at www.mountaineers.org/globaladventure. Additional information on this and other trips are presented at our "Walking in the Wild" events. Find tickets on our website.

2018-19 Naturalists Lecture Series

Seattle Program Center | Wednesday nights at 7pm

Free to Naturalist Study Group members, \$5 donation for all others



Nov 14, 2018, Mark Darrach, "Rare Plants: Between a Rock and a Hard Place" – Mark, a geologist, botanist, rare plant conservationist for US Forest Service, and Research Associate at The Burke Museum, entertains as he explains the relationship between rare plants and unusual geologic substrates of the western US.

Jan 9, 2019, Julia K Parrish, "Marine Birds and a Warming Ocean: The Power of Citizen Science" – Julia is Executive Director of Coastal Observation and Seabird Survey Team (COASST) and a professor of ocean fishery sciences at UW. The COASST effort is helping scientists see patterns about the effects of climate change and other factors on seabirds.

Feb 13, 2019, Christian A Sidor, PhD, "Fossils From the Bottom of the World: Paleontology at the Shackleton Glacier Camp" – Chris is Associate Director of Research and Collections Burke Museum and Professor of Biology at UW. He will take us on a visual journey to the spectacular landscapes of the Transantarctic Mountains, where the Triassic rocks he's studying are exposed, as we learn what it's like to do fieldwork in Antarctica.

Mar 13, 2019, Govinda Rosling, "Pigeon Guillemots: A Seabird That Measures The Health of the Salish Sea" – Govinda's photo rich account of seabirds' life cycle, behavioral habits, quirks, and antics will entertain as she explains the Pigeon Guillemot Research Group's 15 year study and why it's important.

The Mountaineers 2018 LEADERSHIP CONFERENCE SATURDAY, DECEMBER 1, 2018

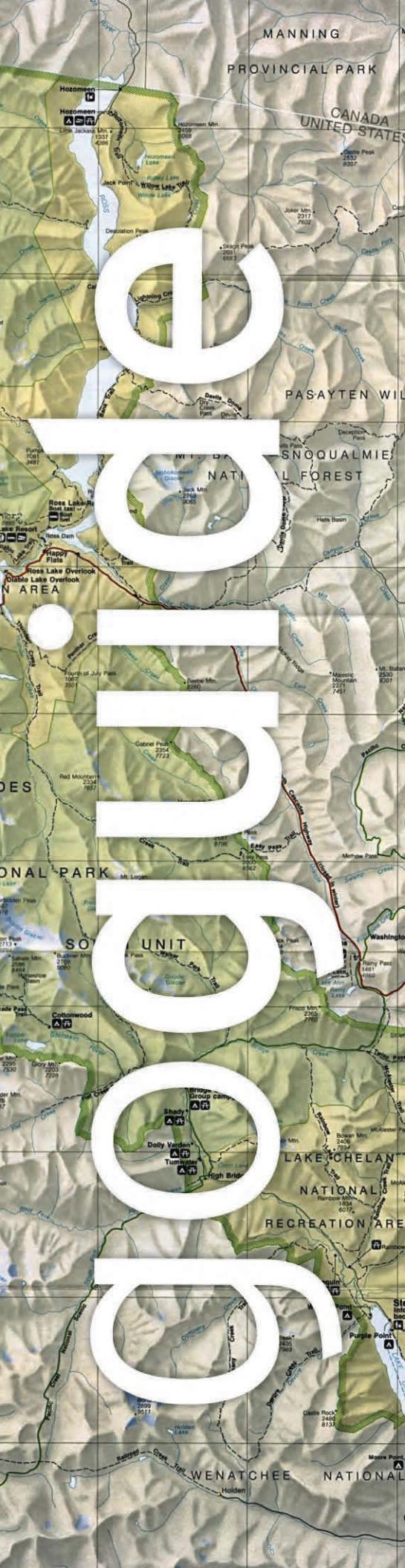
A day of professional development dedicated to thanking, inspiring, and empowering The Mountaineers current and aspiring volunteer leaders.

The Mountaineers Leadership Conference is a one-day program including esteemed outdoor professionals and seasoned leaders from our own community. In a series of interactive sessions, we will explore the many facets of leadership – including decision-making, pedagogy, and group facilitation. Join us and participate in this engaging and exciting event spotlighting The Mountaineers secret-sauce: Volunteer Leadership!

Learn more at www.mountaineers.org/leadershipconference2018

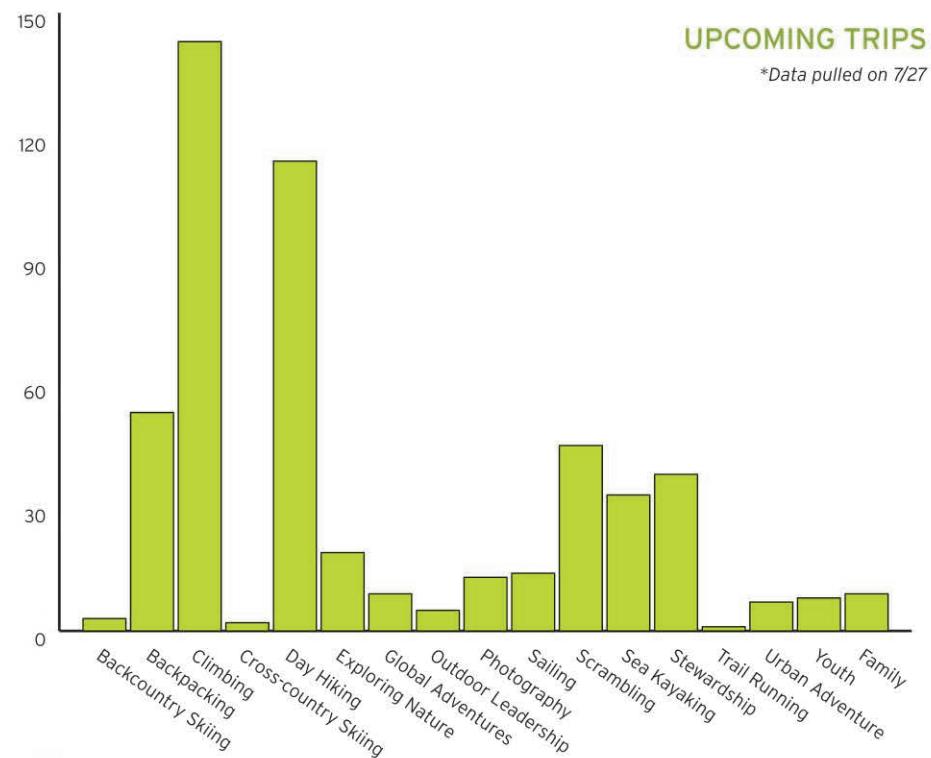


Photo by Nate Brown.



Mountaineers Activities

The Mountaineers has over 500 activities on the calendar RIGHT NOW, and our volunteer leaders are listing new things every day. The best way to get involved is to go online and find your next adventure today!



How to Sign Up for Activities

Step 1

Visit our website

www.mountaineers.org

Click on the big green Find Activities button, or hover over the 'Activities' tab and choose 'Find Activities'

Step 2

Filter your activity search

Define your search using the filter options in the green column on the left. To view activities by location, choose 'Map' in the upper right.

Step 3

Select an activity & register

Click on the activity of your interest to learn more. If you like what you see, select the orange Register button. You'll be added to the trip roster and receive a confirmation email.

Note: Activities require registration unless otherwise noted. You will also need a current waiver on file with The Mountaineers to participate.

How to Sign Up for Events

Step 1

Visit our website

www.mountaineers.org

Click on the Upcoming Events button on the left of the main page, or click More and choose the Events tab.

Step 2

Browse for local events

Scroll down to view our most popular events, or choose a branch or program center calendar for more events in your area. Browse through your options, and click on an event to learn more.

Step 3

Select an activity & register

Many events are free but require you to RSVP via the orange RSVP button. Events that require tickets will have a link for online ticket purchases.

Frequently Asked Questions

What if I'm not a member? Many of our activities - especially day hikes and urban adventures - are open to the general public. You simply need to sign up for a guest membership at www.mountaineers.org/join. Guests can participate in two activities for free before joining.

What are some easy ways to get started? Sign up for an activity without prerequisites. These includes day hikes, backpacking trips, stewardship activities, photography outings, and occasional sailing opportunities! Also, consider taking a basic or introductory course like Basic Snowshoeing, Introduction to Rock Climbing, Navigation, and much, much more! Visit www.mountaineers.org/courses to see what's currently available.

How are events and activities different? Activities are primarily daylong outings that require participants to use skills in an outdoor setting. Examples include hikes, naturalist walks, or snowshoes - in short you are outside doing something. Events are open to the community and are primarily opportunities to see presentations and socialize. Examples include summer picnics, branch banquets, and our BeWild speaker series.

What if I don't meet the prerequisites for an activity? Some of our technical activities, like climbing and kayaking, have prerequisite skill requirements. If you want to learn the prerequisite skills, we encourage you to take one of our courses. If you already have the prerequisite skills, you might qualify for equivalency. Email info@mountaineers.org and we will help you apply for equivalency so you can participate at the appropriate skill level.

Why do some activities say 'Leader Permission Required'? All of our Mountaineers activities are led by volunteers. To assure everyone on a trip has a set of specific skills, some volunteers require you to contact them in advance to participate. Before signing up for a trip that requires leader permission, please contact the leader by clicking on their name in the course/activity listing and sending them an email. You can always email our member services team with questions anytime: info@mountaineers.org.

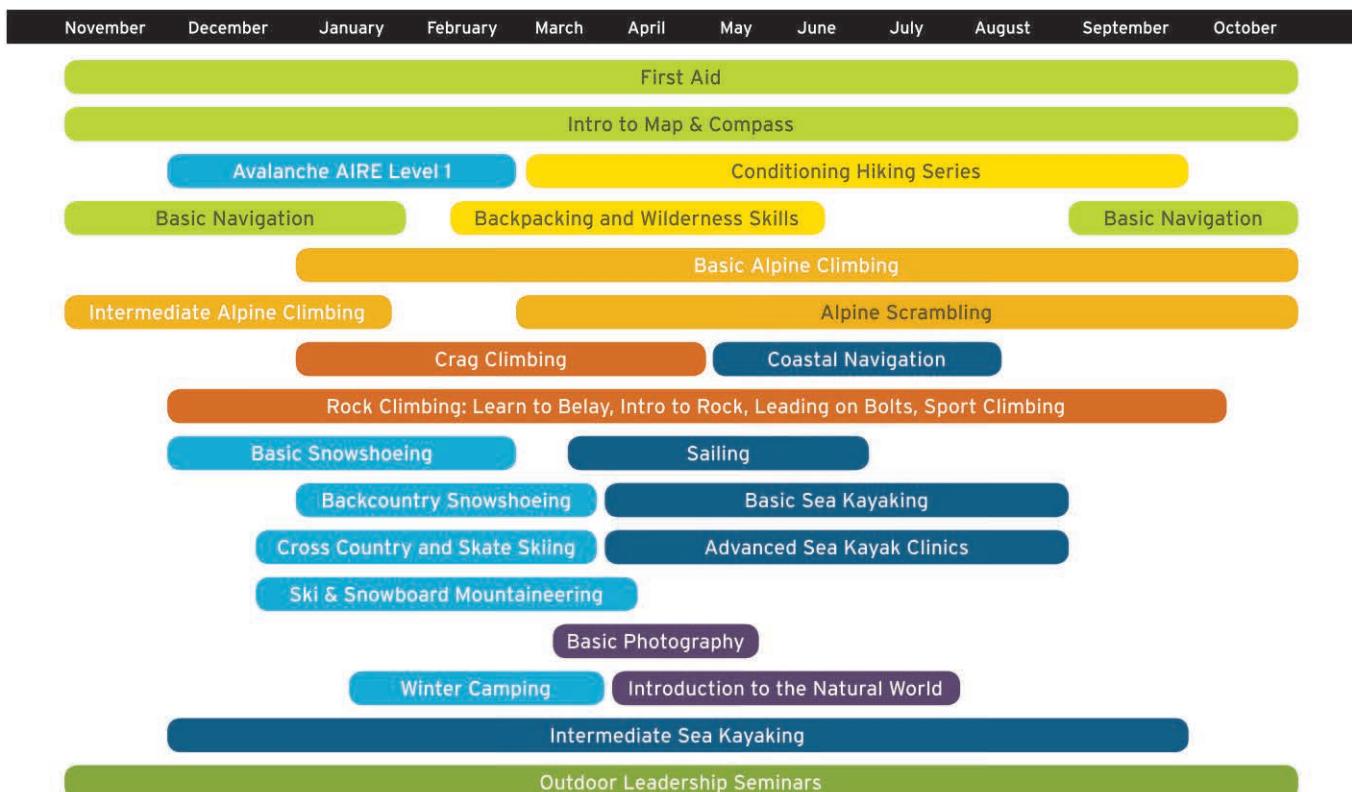
What if the activity is full? Sign up for the waitlist! Yes, it works. We have roughly a 10-20% attrition rate from courses and activities, meaning spots become available often on our trips.



The Mountaineers Course Overview

Looking for a Mountaineers Course, but don't see it listed?

Take a look at our course calendar below. We have some listed in the spring, some in the winter, and some all-year-round. If you can't find what you're looking for, it may be offered another time of the year. Also, the same course may be offered by multiple branches, so if the course for the branch closest to you is filled, or doesn't work with your schedule, keep an eye out for one offered by a nearby branch. If you already have the skills covered by one of our introductory courses and want to participate in activities that require a course, contact member services at info@mountaineers.org. You may qualify for equivalency in that course.



Please visit www.mountaineers.org to see current course listings and to sign up.
Course selection varies by branch. Registration usually opens 1-3 months prior to the start of the course.

COURSE LISTING KEY

Course price
(if listed greater
than \$0)

Start and end dates
7/25/14 - 7/29/14, Advanced
→ Members: \$250, Non-members: \$350. Contact: Martin Mountaineer,
m.mountaineer@mountaineers.org. Tacoma
Leader's email
Branch
Contact's name

How to use the Go Guide:

We use the same category names online, so if you find an activity or course you would like to sign up for, just go to our website and click on the *Explore* (for activities) or *Learn* (for courses) tab. You can then filter your search by category (for example, *Day Hiking*). If you don't see what you're looking for, don't hesitate to call Member Services! We're here to help: 206-521-6001 or email: info@mountaineers.org.



VIEW OF SHUKSAN FROM BAKER LODGE. PHOTO BY RICH LAWRENCE.

Baker Lodge

www.mountaineers.org/bakerlodge

Rustic Mount Baker Lodge, nestled in the spectacular North Cascades, is a fun getaway and incredible wilderness recreation base only three hours from Seattle. The lodge is within walking distance of the Mt. Baker Ski Area and many scenic summer and fall hiking trails - a perfect spot for enjoying the mountains and valleys of Mount Baker-Snoqualmie National Forest.

FALL HIKING

Fall at Mt. Baker Lodge offers wonderful hiking on a great variety of trails that start within walking distance or a short drive from the lodge. Many are suitable for children. Artist Point is 3 miles away at the end of a paved road, with panoramic views of Mt. Baker, Mt. Shuksan, and the North Cascades. Early fall offers berry picking, so bring your containers. Join us Thanksgiving weekend for the opening of the ski season at Mt. Baker.

RESERVATIONS

Individuals and groups are welcome! The Mt. Baker Committee encourages groups – such as Scouts, school and youth groups, families and friends – to use the lodge whether or not they are members. Register online through the Baker Lodge website, or call The Mountaineers Program Center at 206-521-6001.

VOLUNTEER

Enjoy cooking, painting, electrical, plumbing, or carpentry work? If so, contact Baker Lodge Committee Co-chair Michael Wynne-Jones (206-451-7114, MtBakerLodge@Gmail.Com), or Co-chair Amalija Kopac (206-276-4766, Mtbakerlodge@gmail.com). We'll show you how to enjoy the fun and beauty of Mt. Baker while helping to make a great lodge run smoothly.

Please note: During winter and early spring, all cars must carry chains and a snow shovel! A Sno-Park permit is not needed to ski at the Baker Recreation Company's ski facility.



Meany Lodge

Meany Lodge

www.mountaineers.org/meanylodge

The Mountaineers oldest winter sports resort, located approximately 60 miles east from Seattle off of I-90 near Stampede Pass and surrounded by the Wenatchee National Forest, Meany Lodge provides a warm family environment for all - perfect for winter and summer adventures alike.

MUSHROOM WEEKEND Oct. 6-7, 2018. Save the date! Registration will open August 1. One benefit of all the rain we get is a bumper crop of mushrooms. Spend a weekend learning to hunt mushrooms in the Pacific Northwest with experts from the local Mycological Society and The Mountaineers. Eat delicious feasts prepared from locally sourced mushrooms. This weekend always fills up, so check back soon after registration opens.

WHAT TO EXPECT

We are an all volunteer community, not a 4 star hotel. Meany Lodge provides a warm family environment for all. With room, board and hot showers, it's perfect for winter and summer adventures. You provide your own sleeping bag and toys (from skis to board games), and the lodge provides most everything else, including food.

VOLUNTEER

If you have been wondering what it takes to keep Meany going, come to one of the Work Parties held in the summer and fall and see what it takes. Work Parties are free and offer a great opportunity to enjoy the lodge in a different light. You can learn new skills or brush up on old ones that your 'real' job doesn't let you do anymore. There is also time to get to know folks over work and conversation. Contact: chair@meanylodge.org.



Stevens Lodge. Photo by Jeremy Lange.

Stevens Lodge

www.mountaineers.org/stevenslodge

Nestled near the Stevens Pass Ski Area, this rustic ski-in/ski-out lodge is your quiet dream getaway from the hustle and bustle of the big city. You can enjoy skiing, snowboarding, backcountry skiing, cross-country skiing and snowshoeing. We are located adjacent to the ski area at the summit of Stevens Pass, putting you within hiking distance to all of the trails at the summit, the Pacific Crest Trail and the excellent Stevens Pass Bike Park.

RESERVATIONS

From April to mid November, the lodge is available for group bookings of 30 or more people. Meals can be provided or your group can provide their own cooking and food. Depending on snow accumulation and the Stevens Pass Resort, from mid November to late March the lodge is open to all, every weekend, during the ski/snowboard season from 6pm Friday to roughly 2pm Sunday. To book a stay at the lodge for the weekend, reservations can be found on the Lodge's home page. Each weekend breakfast is provided on Saturday and Sunday, as well as dinner on Saturday. The lodge has two dorms with 20 bunks in each dorm. There are two shared bathrooms, each with a shower. The main living area has a large dining room and a lounge area with a fireplace. The dining area can also double as a classroom for those wanting a learning environment.

VOLUNTEER

Our lodge at Stevens Pass is run and maintained almost entirely by volunteers. We schedule work parties every fall to get together and prepare the lodge for the upcoming season. If you would like to join the family and volunteer, or simply get more information about helping out, please contact StevensLodge@outlook.com.

Follow us on Instagram @stevenslodge_mountaineers, Facebook and Twitter @StevensLodge for the most updated details about lodging, events, and how to purchase swag.



Kitsap Forest Theater & Cabin

www.ForestTheater.com

Theater Inspired by a Magical Place - Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater. Our 2019 season brings "Newsies" (spring) and "Mamma Mia!" (summer) to life on our unique stage. These uplifting and family-friendly musicals will appeal to young and old alike - treat yourself to a "day away" in the forest.

TICKETS AVAILABLE ONLINE

Give the gift of outdoor adventure for the whole family! Save on our two-show package. "Newsies" (May 26, 27, June 1, 2, 8, 9, 15, 16) and "Mamma Mia!" (July 27, 28, Aug 3, 4, 10, 11, 17, 18).

AUDITIONS FOR 2019 SEASON

Season auditions will be held the end of February. Weeknight rehearsals are held at Seattle Center, weekend rehearsals and performances are held at our unique outdoor Forest Theater in Bremerton. All ages, including kids, are needed. Great activity for parents/children together. Watch our website for details.

HELP WANTED

Do you like to cook? The Mountaineers Players are looking for cooks to prepare meals for cast and crew during Kitsap weekend rehearsals and performances. We also need help with set building, costume sewing, prop collecting, ushering and parking for shows, and carpentry work on the property.

KITSAP FOREST ADVENTURE CAMP

Watch for sign-ups for two weeks of Adventure Day Camps for grades K-4 in January. Camps fill up fast, so don't delay in signing up. We offer ferry transportation from Seattle. Do you like mentoring kids in the outdoors? **We are looking for staff** (paid and volunteer) to work with kids grades K-4 for two weeks of outdoor day camp in July (July 8-12 & 15-19).

Welcome to the
seven branches of
The Mountaineers

BELLINGHAM

Chair: Krissy Fagan,
kristenfagan@hotmail.com

Vice Chair: Minda Paul,
mindapaul@hotmail.com

Website: mountaineers.org/bellingham
bellinghammountaineers.com

The Bellingham Branch was founded in 1983 with 50 members. You will find it tucked alongside the craggy expanse of the North Cascades. It features a, close-knit community, courses in first aid, and basic and intermediate mountaineering.

It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. From the lodge, Mountaineers and guests can recreate to their heart's content year-round. In addition to the courses noted above, our branch also offers hiking trips and snowshoe tours.

BRANCH MEETINGS: Public meetings are held



EVERETT

Chair: Elaina Jorgensen,
elaina.jorgensen@gmail.com

Website: mountaineers.org/everett

The Everett Branch was officially founded in 1911 when the Mountaineer charter was amended to provide for branches. It has recorded many "firsts" during its storied history including the first ascent of Whitehorse Mountain in 1913, the first climbing course in 1954, and the award of the first Intermediate Climbing Course certificate in 1979. As Everett is a smaller branch, the companionship of fellow Mountaineers is valued as much as outdoor experiences.

Everett's programs include alpine scrambling, basic and intermediate climbing, back-country and Nordic (cross-country) skiing, hiking, sea

on the second Tuesday of each month and Branch Committee Meetings are on the fourth Tuesday of each month. See the website for time and locations.

VOLUNTEER OPPORTUNITIES: We would love

kayaking, and snow-shoeing. The Branch's avalanche, navigation and wilderness first aid courses provide instruction in critical outdoor skills.

The Lookout and Trail Maintenance Committee restored and now maintains the Mount Pilchuck Lookout. Each year, thousands of people climb to the lookout to enjoy a spectacular 360 degree view of the Cascades, Puget Sound, and the Olympics.

BRANCH-WIDE EVENTS: Everett members gather together from time to time for some fellowship, food, and fun. Those events include a Salmon Bake in October, a Gear Grab & Potluck in March, a Family Picnic in August, and an Annual Awards banquet in November.

OPEN HOUSES: The general public as well as branch members and their guests are invited to attend our monthly open houses on the first

Wednesday of most months (no open houses in July, August or December). Some open houses are devoted to introducing our courses. They include Winter Course Night (November), Spring Course Night (February) and Introduction to Hiking (April). Others feature guest speakers. Open houses will be held at the Snohomish County Public Utility District (PUD) Building, 2320 California Street, Everett 98206-1107. You can also explore our website, to learn more about our activities, courses and events.

VOLUNTEER OPPORTUNITIES: The Everett Branch has unlimited volunteer opportunities for those who want to lead climbs, hikes, scrambles, ski tours, kayak paddles, and trail maintenance activities. Our course graduates are often invited to return to serve as assistant instructors. Volunteers are also needed to serve on activity and branch committees. Please join us.

KITSAP

Chair: Jerry Logan, cjtjlogan@gmail.com

Website: mountaineers.org/kitsap

The Kitsap Branch was founded in 2003. Our members come from throughout the West Sound region from Gig Harbor to the Olympic Peninsula, including Kitsap, Jefferson, and Clallam counties.

BRANCH MEETINGS: The Branch Executive Committee meets in March, June, September,

and December at a local fire hall or the Poulsbo City Hall. All are invited to attend. We are working on an arrangement to develop a "program center-lite" in Bremerton that will give us a place to meet and train in a more convenient location with better amenities - bathrooms, kitchen, and climate control - that will enable higher quality training and ease of use for our volunteers and students. We welcome your input as we work through this improvement to our branch. Please check the Kitsap Branch event calendar on The Mountaineers website.

VOLUNTEERING: Volunteer opportunities are always available for those who want to lead climbs, scrambles, hikes, and kayak trips. We are also actively looking for an additional at-large member of our Executive Committee, with particular emphasis on a hiking or scrambling enthusiast. We offer our Navigation Course in both the spring and fall, and always have opportunities for recent graduates and experienced backcountry navigators to help lead e-Learning, classroom sessions, and field trips.

SEATTLE

Chair: Peter Hendrickson, p.hendrickson43@gmail.com

Website: mountaineers.org/seattle

The Seattle Branch was the sole club location in 1906 when The Mountaineers was founded. Seattle Branch courses and activities include hiking and backpacking, scrambling, climbing, Nordic skiing, snowshoeing, avalanche, on and off trail navigation (including GPS), first aid, safety, youth/family oriented activities, folk dancing, leadership training, naturalist study, conservation/stewardship, photography, 20's-30's events, Retired Rovers activities, sea kayaking, and sailing.

Volunteers instruct, lead, develop, govern, and enjoy our courses, activities and events. We

welcome more hands to help with an activity, add quality, or bring something unique to our branch. Make inquiries directly to committee chairs or to the branch chair.

Seattle Branch Council meetings are held at the Seattle Program Center 6:30 - 8:30pm the second Thursday of January, March, May, July, September, and November. Guests are welcome. Meeting minutes are found in the branch committee web folder. Branch Council elections are held in the fall of odd numbered years.

A recognition and award banquet is held each year to celebrate the great work of our hundreds of volunteers.

An ongoing invitation is extended to new or simply curious folks for the activities below.

MEET THE MOUNTAINEERS: The Seattle Branch holds a Meet The Mountaineers open

house at The Mountaineers Program Center periodically. These allow new members and prospective members to learn about The Mountaineers and our offerings. Keep an eye on the website for information about the next one.

FOLK DANCING: Tuesdays 7:30 - 9:30pm (unless a parks or national holiday). Location: Peter Kirk Community Center (AKA Kirkland Community Senior Center) 352 Kirkland Avenue, Kirkland. See our Seattle Branch events calendar online (not to be confused with the Seattle Program Center).

INTRO TO MAP, COMPASS AND ALTIMETER: Learn how to avoid getting lost outdoors. See our website to register. Fee required.

PHOTOGRAPHY: Every third Wednesday, the Seattle Photography Committee holds a potluck and photo presentation.

FOOTHILLS

Chair: Cheryl Talbert, cascadehiker@earthlink.net

Websites: mountaineers.org/foothills

Social Media: Follow us on various branch Facebook pages to further connect with the community.

Branch page: facebook.com/FoothillsMountaineers/

Hiking: facebook.com/groups/FHHiking/

Backpacking: facebook.com/groups/FHBackpacking/

Snowshoeing: facebook.com/groups/foothills.mountaineers.snowshoeing

Trail Mix (social and inclusive community): facebook.com/groups/FHTrailMix/

The Mountaineers Foothills Branch - the club's newest branch - was founded in 2004 and encompasses the eastside communities

along the I-90 and I-405 corridors. The branch sponsors trips, activities, and courses that focus on hiking, backpacking, avalanche awareness, backcountry skiing, first aid, navigation, snowshoeing, winter camping, alpine scrambling, trail running, outdoor leadership, and speaker and film events for members. Signature programs include a season-long Backpacking Building Blocks (B3) Course and a Ski & Snowboard Mountaineering Course.

VISIT THE FOOTHILLS WEB PAGE for information on branch committees and programs, upcoming activities, meetings, film and speaker events, trips, and courses. A "Foothills News & Notes" email is sent monthly to branch members. If you live on the eastside and are not a Foothills member, you can modify your affiliation by accessing "My Account" on the website.

BRANCH LEADERSHIP COUNCIL: The Foothills Branch Leadership Council - the governing

body for the branch - meets every other month (except in summer) to discuss new and ongoing initiatives and share important information. See the branch calendar for specific events and meeting dates.

VOLUNTEERING: Are you looking to develop or utilize your knowledge and skills while making new friends and working with like-minded outdoor enthusiasts? The Foothills Branch welcomes members interested in becoming activity or trip leaders, instructors, program administrators and event planners. The branch regularly offers training courses to qualify individuals to lead hikes and backpack trips. Backcountry ski and snowshoe leader training is also available. Contact information for course and activity committees can be found on the branch website. Our branch is always looking for individuals interested in assuming leadership positions and assisting with administration and strategic planning.

TACOMA

Chair: Jim Paxinos, jim.paxinos@tacomamountaineers.org

Website: mountaineers.org/tacoma

The second largest of all seven branches, the Tacoma branch maintains not only its own program center in the Old Town neighborhood

of Tacoma, but a property close to Mt. Rainier, the Irish Cabin on the Carbon River. The Tacoma Branch offers an extensive list of activities and courses, including backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, wilderness navigation, avalanche awareness, photography and youth programs.

MEET THE TACOMA MOUNTAINEERS: The Tacoma Branch holds a free meeting on the third Thursday of every month (except June-August and December) to introduce prospective and new members to the branch. The meeting starts at 7pm with a presentation about The Mountaineers, followed by an interlude to talk with various activity representatives.

OLYMPIA

Chair: Siana Wong, sianawong2@gmail.com

Website: mountaineers.org/olympia

The Olympia Mountaineers hold a potluck and speaker series on the first Wednesday of every month September through May, excluding November, at the Friends Meeting Hall at 3201 Boston Harbor Rd. NE. The potluck begins at 6pm. Bring a dish to share and your own plate and flatware. The adventure presentation begins at 7pm. Contact Carolyn Burreson at ccburreson@q.com. The branch library will also attend, giving you a chance to browse, return books, or check out materials.

OCTOBER 3 ADVENTURE PRESENTATION: Olympia Mountaineer Marko Pavela will share tales of his adventures in Mexico. These will include an ascent of Pico de Orizaba and a

descent of the Chorreadero (an underground river canyon/cave that descends 1000') rafting the Rio La Venta, and taking in the Arco del Tiempo.

DECEMBER 5 ADVENTURE PRESENTATION: Craig Romano will visit again to talk about his new book *Urban Trails: Seattle and Vashon Island*. The book includes south King County and features beaches, old growth forests, lakeshores, wildlife-rich wetlands, rolling hills, scenic vistas, historic sites, and vibrant communities.

BRANCH STEWARDSHIP CHALLENGE! Get your stewardship day in before the weather turns.

ELECTION RESULTS are in and the Olympia branch has a new Chair-Elect and Secretary starting October 1. Congratulations to Bob Keranen and Doug Hansen!

BRANCH HIKING AND CLIMBING AWARDS,

PINS, AND PATCHES. Get your paperwork to Jean Fisher (Wb2jean@yahoo.com) for sea kayaking awards and to Kerry Lowry (kerryndon@comcast.net) for all other awards by September 15. See the website's branch awards page for details.

THE BRANCH BANQUET is scheduled for October 27 at St. Martins. It's a great evening and you should plan to attend.

THE BANFF MOUNTAIN FILM FESTIVAL is coming on December 8 and 9, with different movies each night. Watch the website and email blast for ticket information.

THE BRANCH OFFICERS meet on the second Wednesday of each month at 6pm at the Olympia Center, 222 Columbia St NW. Members are encouraged to attend the meetings on September 12, October 10, and November 14.

Stoked

by Steve Scher, UW professor and former KUOW host

Ome Diabler, Dr. Otto Trott, and Wolf Bauer, shown here around a campfire in 1950, were the founders of the Seattle Mountain Rescue and Safety Council, later renamed the Mountain Rescue Council. Composed of expert skiers and experienced mountain climbers, this voluntary group served as a model for the national organization. Photo by Ira Spring.

I was not stoked to write this column, not stoked at all, bra'.

When I hear someone say how stoked they are to get on with whatever it is they are getting on with, I get wistful at the lack of context.

In its modern appearances, stoked is a juvenile's bravado.

Stoked is too often wielded by folks who are willfully ignoring consequence. It is a phrase used first by surfers, then adopted more broadly by climbers, the ones who haven't yet dangled off a rope, swaying in a wind, rocks falling all around. College football players getting pumped up for a game that could well end with their first concussion talk about how stoked they are. It's left to others to worry about a life cut short.

Being stoked these days is the blissfully ignorant, cynical passion of our modern, environment-devouring economy. I've heard people say, "The Russians are so stoked for climate change. They are going to be growing pineapples at the Arctic Circle." It's left to others to worry about a world in freefall.

Stoked has a grittier meaning, one embedded in consequence.

The person who stoked the coal furnaces that blasted out the industrial age ached their way through a short and dirty life. A coal burning railroad engine gouged its way through forests, mountains, and deserts on the energy of the stoker, who wielded shovelful after shovelful as the miles passed. Were they stoked to be feeding that fire? Take a look at the size of the shovels they used 150 years ago to stoke the mills. A visit to CrossFit five times a week wasn't what made it possible to hoist that tool. It

was desperation, hunger, fear for family if failure wins out. No new pair of lime green nylon gloves will stave off the burns and scars covering hands that stoked those fires.

The people who gather in groups to high-five each other on their way to the top don't seem to account for the pain, the disappointment, the defeat that might otherwise temper their bravado with humility.

Because stoked isn't the raging fire. It is the effort it takes to get that fire raging that matters.

We stoke the fire in a wood stove and then close the damper until just the right mix of air and fuel will let it burn for hours while we go about our business. Maybe this is an old man's definition of stoked. The raging flames of youth have dissipated. The heart is smoldering. The best to hope for is a radiant heat that will keep the fire burning just a little bit longer, just a few more hours, months, years.

Youth should be stoked to take on the world, face any challenge, jump into any adventure. Yoke yourself to that energy, let it carry you far, but know its consequence. Temper your stoke with perspective.

We pay a price. It is a price worth paying, but it is still a price. The effort takes its toll.

In old age, when you stoke the fires, tell the stories, of hope, of fear, of loss, of satisfaction, enjoy the heat and let your eyes fill with tears, for a fading life well-lived. ▲

KICK STEP IPA

A project
benefiting The
Mountaineers

membershipmatters



Kick Step IPA

A Delicious Way To Support The
Mountaineers

Last year we introduced Kick Step IPA, a bold and distinctly Northwest India Pale Ale by Ghostfish Brewing. The delicious partnership gives 10% of proceeds back to The Mountaineers, directly advancing our mission to transform lives and protect the outdoor experience for generations to come. Learn more about Kick Step is supporting The Mountaineers, including where you can get your own Kick Step, at the link below.

Learn more at www.mountaineers.org/kickstep

Ghostfish and The Mountaineers were both founded on the idea of transcending limits. We thrive on a spirit of wonder, a sense of adventure, and a commitment to the wild places of the Pacific Northwest. We're powered by strong passionate communities who support our missions. Whether it's distinctive craft beer made from high-quality, low-impact grains, or unique, life-changing experiences in the outdoors, we believe life is meant to be lived and lived well—no matter who you are. This is Kick Step IPA: a liquid representation of our shared values, with proceeds benefiting The Mountaineers.

bushwhackers' paradise

Thorny devil's club doesn't bother us. Hiking poles and a friendly warning to fellow bushwhackers keep our trek moving along. Take it slow. And stop to look around. "Old man's beard" moss drips from trees like tinsel. When you need a break, just take a seat. It's the softest ground you've ever touched.

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