

Mountaineer

E X P L O R E • L E A R N • C O N S E R V E

in this issue:

Three Generations Outside
The Baby Peakbagger
Confessions of an Old
Scrambling Student



Spring 2019 » Volume 113 » Number 2
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: Avenleigh, the granddaughter of Mountaineers leader Anita Elder, stands at the Washington Pass Overlook.



As CEO of The Mountaineers I have the opportunity to attend many events across the organization throughout the year. One of my very favorite events is our Volunteer Recognition Dinner, which takes place in January. I love this event because it celebrates the creativity, hard work, and commitment of our incredible volunteers.

For me, and most everyone who volunteers at The Mountaineers, volunteering is a way of sharing the joy of being outdoors with others. We volunteer as an act of love for our wild places and out of gratitude for those who

introduced us to a lifetime of outdoor adventure. Living in the Pacific Northwest, we are fortunate to have access to some of the greatest places in the world. From glaciers on high peaks to streams and rivers lined with ancient trees to the vibrant waters of the Salish Sea, the experiences afforded to Mountaineers are unparalleled.

More than half of the attendees at our Volunteer Recognition Dinner contribute financially to The Mountaineers. As a nonprofit organization, we couldn't do the things we do without these contributions. And yet, we're especially grateful for everyone who donates time and expertise so others can also experience our amazing wild places, safely and responsibly. We appreciate each and every person who supports the mission of The Mountaineers through their generous contributions.

At the dinner, we had the opportunity to recognize a special subset of volunteer leaders across the organization who've had an extraordinary impact on our work: educators who lead courses and trips, sharing their wisdom with students who are hungry to learn outdoor skills; youth leaders who introduce young people to the wonders of the natural world, nurturing the spirit of adventure in future Mountaineers; conservationists, who raise fierce voices, advocating for our wild places. In his acceptance remarks, Mountaineers Service Award winner, Jim French, put it aptly:

"Mountaineers play many different roles in helping to protect our environment, starting with getting people out there onto the glaciers, into the forests, and out on the water where we can see, hear, and touch nature and know firsthand what it would mean to lose it. This is what The Mountaineers do best. We ensure that anyone can enjoy nature and become inspired to treasure our public lands."

I'm proud to say that The Mountaineers and our community of volunteers embrace this responsibility each and every day. It gives me optimism, even in the face of frequent threats to our wild places.

Tom Vogl
Mountaineers CEO



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

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Mazama Ridge in Mount Rainier National Park. Photo by Erynn Allen.



Peter Dunau
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Photo by Sherrie Trecker.

My earliest memories of the outdoors begin under the hood of an oversized, plastic poncho. Each summer I tagged along with my Dad and his friends on their annual overnight paddle to Idaho's Upper Priest Lake. And even though we were east of the Cascades, each summer it always seemed to rain.

Beneath the billowing plastic, I was adorned entirely in cotton: white socks, blue jeans, t-shirt, and a baggy sweatshirt. As the rain dripped down the many troughs of my outer shell, my clothes sponged up the moisture and clung to my skin. It was a damp affair.

Thanks in large part to The Mountaineers courses I've taken, my adventures have evolved a lot in the years since. Not only am I aware of the do's and don'ts of layering, I can rig a rappel, orient myself with a map and compass, and venture into the backcountry on skis.

And yet nothing will replace the experience of those first trips: I watched with fascination as my Dad's friend (known exclusively to me as Uncle Dude) rigged our canoes to our cars; I paddled until I could barely lift my hands over my head, and then paddled some more; and I sat enraptured as we glided through the forested river banks, allowing the current to carry us back home.

That's the beauty of the outdoors: The magnitude of an adventure is always relative to the adventurer. For me, from ages 8-12, nothing was more stoke-inducing than our annual paddles with Uncle Dude. As I've grown, my outdoor experiences have progressed, but that sense of awe remains constant.

In this edition of *Mountaineer*, we explore the theme of a lifetime outdoors. We meet Vera Themer, a baby peakbagger who's tagged many a summit with the help of her father; Nick Reynolds, a self-described "old scrambler" who's taking the aging process head on, and Anita Elder, a hiker and photographer who's passing her love of nature on to her granddaughters.

Many of our columns touch on this theme as well. In "Youth Outside" Andy Bassett discusses how his family launched him into a life outside, a gift he treasures paying forward to today's kids and teens. In "Safety Stories" Steve Smith reflects on climbing Forbidden Peak years ago, a transformational trip that offered many lessons learned. And in "Impact Giving" longtime Mountaineer Dave Enfield discusses how a lifetime of scrambles inspired him to help future generations experience nature.

We hope these stories demonstrate that it's never too early - or late - to start your next adventure. And if you're looking for a community to help you get started, The Mountaineers is here to help.

Peter Dunau
Content & Communications Manager



In *"More Than A Summit: Mountain-Queers Celebrate Their First Scramble Trip"* [winter 2019], leader Louise Suhr announced Mountain-Queers, a new affinity group she founded for LGBTQ Mountaineers members. Readers celebrated her efforts:

"Yay!!! Way to go 🍷🍷🍷🍷🍷🍷"
- Bellingham, WA

"Yay!!! Also, those rainbow macaroons looks so great!"
- Seattle, WA



Diversity, equity, and inclusion in the outdoors has been discussed in many of our magazine pieces. One reader sent a hand written note voicing her support

"Just read the winter edition of Mountaineer magazine, and I applaud your efforts at broader inclusion - specifically minorities and LGBT communities."

- Carmen Almodovar, 6-year member



In Gardner's Legacy: 49 Years of Service with the Kitsap Forest Theater [summer 2018], we celebrated the incredible contributions of Mountaineers volunteer Gardner Hicks. The Kitsap Forest

Theater Producer appreciated the tribute:

"Thank you for doing the wonderful article - he gave so much to the theater, and so much of his knowledge is lost now. We miss him so much." - Gala Lindvall, 28-year member and Super Volunteer

In *"The Importance of Sleep for Optimal Performance"* [winter 2019], physical therapist C.W. Shurman explained that slumber may be the secret to unleashing your potential on outdoor adventures. Her piece struck a chord with one reader:



"(This piece) squarely hit the nail on the head when it comes to my mountaineering difficulty. Due to apnea, I'm don't expect to ever make an overnight trip again, but who knows? Equipment is improving. Sleep is indeed vital to outdoor adventures." - Edward Barnard, 1974 Basic Climbing Course graduate, now living in Minnesota

In *"Footprints: Hiking vs. Carbon"* [winter 2019], Jessica Plumb wrote about how her family's electric vehicle (EV) allowed them to kick fossil fuels out of their hiking habit. Several readers shared that they too love their carbon-free rides:



"I travelled in my 2017 Nissan Leaf (with 108 mile range) from Seattle to San Francisco this summer on a music tour--and have taken it to Bend, Mount Hood, Mount Shasta, Stevens Pass, The Olympics, The North Cascades, and camping on dozens of occasions. As a low-income, traveling-camping musician, switching to a lower-end EV was one of the

most financially sensible things I've ever done. It's saved me thousands of dollars and its range makes it pretty darn sensible for outdoor explorers, especially with so many charging stations around. I hope your article inspires the many people who are looking at their next car - and for millennials, perhaps their first car - to consider the case for why an electric vehicle makes sense." - Erika Lundahl, 5-year member

"My wife and I liked our EV so much better than our gas-powered SUV that the topic of morning coffee became 'who gets to take the EV that day.' With a 240-mile range, rigging for bicycles and kayaks, and a significantly more pleasant driving experience, it was in high demand. We eventually decided to go all EV, and are delighted with our 340-mile range, all-wheel-drive Tesla." - Charlie Michel, 8-year member, Super Volunteer, and Peak Society member

member highlight



Name Paige Nuzzolillo
Hometown Avon, Connecticut
Member Since June 2016
Occupation UX research and design
Favorite Activities Long-distance open water swimming, sailing, kayaking, backpacking, hiking, trail running

Photo courtesy of Paige Nuzzolillo

How did you get involved with The Mountaineers?

I moved to Seattle to be closer to the mountains after spending many years in the concrete jungle of Brooklyn and SoHo, NY. Backpacking Goat Rocks on vacation convinced me to hop on a plane towards a new life in Seattle with two suitcases, no job, and a lot of hope. I sought to find more like-minded, outdoor-loving people who wanted to camp and backpack on weekends rather than party and shop. I found out about The Mountaineers through a new friend. I eventually signed up for the sailing course after a trip on the water with Alan Vogt. I've wanted to learn how to sail since I was a little girl vacationing in Maine with family. Thanks to The Mountaineers, that dream finally came true!

What motivates you to get outside with us?

Meeting new people who love the outdoors, special opportunities that I wouldn't have otherwise (like an overnight sail to Bainbridge!), learning new skills, the power of community, and the calming and rejuvenating effects of nature.

What's your favorite Mountaineers memory?

My favorite Mountaineers memory is meeting one of my best friends in Seattle: Stephan Strnad, who recently passed away. He contacted me to carpool for a day hike to Gobbler's Knob at Mount Rainier, and he ended up camping overnight with my friends and I before the hike. We had such a funny night getting to know each other, cooking, laughing, trying to get our fire started (and at one point nearly falling into it). We were both new to Seattle and spent the entire night and next day hiking by one another's side. He quickly became one of my best friends and #1 backpacking buddy. A master chef in the backcountry, Stephan taught me how to live like a queen in the woods. I am so grateful that The Mountaineers brought us together. My life has forever changed because of his special soul. Nowadays, I can't go backpacking or jump in an alpine lake without thinking of him.

Who/what inspires you?

I am inspired by nature. I paint whimsical forest scenes that commemorate epic outdoor trips with my friends. I am constantly inspired by my friends who are always seeking a new adventure in nature. My fondest memories are those which involve exploring the outdoors with special people: chatting around a campfire, mushroom hunting, plunging in an alpine lake, wading in a river, cooking camp pasta, admiring a starry night sky, avoiding large mountain goats.

This past summer, I started long-distance swimming and trained for a 2.5 mile swim across Lake Washington. Stephan and I once paddled across it in an inflatable kayak, so the swim was in his honor. Our shared love for adventure kept me soaring through the water! Recently, I joined the Notorious Alki Swimmers, a group that swims a 1.5-mile length of Alki Beach throughout all seasons. Their courage inspires me to push myself!

What does adventure mean to you?

Adventure means venturing into the unknown with an open heart. It means feeling truly alive.

Lightning round

Sunrise or sunset? Sunrise.

Smile or game face? Smile.

What's your happy place? Floating on top of the ocean, sun beating down on my face, hearing only ocean waves and the rippling tide.

What's your 11th essential? Gummy bears.

If you could be a rock star at any outdoor activity overnight, what would it be? I wish I could wake up as a skilled mountaineer so I could climb Mount Rainier and summit by sunrise!

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Thirst: 2600 Miles to Home

An Interview with Speed Thru-hiker Heather "Anish" Anderson

By Julie Briselden, Mountaineers Books Publicist

Heather in Valley of Fire State Park, NV. Photo courtesy of Heather Anderson.

Last November, on a southern point along the Continental Divide Trail in New Mexico, Heather Anderson, known as "Anish" on the trail, became the first woman and sixth person overall to complete one of thru-hiking's ultimate feats: the "Calendar Year Triple Crown." To achieve this honor, Heather hiked the Appalachian Trail (AT), Pacific Crest Trail (PCT), and Continental Divide Trail (CDT) - a combined distance of 7,900 miles with a vertical gain of more than one million feet - all in 2018. In the process she set a female Fastest Known Time (FKT) for the route - hiking it in 251 days, 20 hours, 10 minutes - and became the only female "Triple Triple Crown" to complete all three trails three times since 2003.

This is just the most recent of many mind-boggling accomplishments from a thirty-something, reformed couch potato who

discovered hiking while working on the South Rim of the Grand Canyon during college. Back then, it took all her effort just to survive her first day hike - nearly 10 miles in summer heat on The Bright Angel Trail. Despite the effort, she was hooked on hiking and soon fell in love with the landscape, nature, and the solitude of the trail. Her uncanny ability to mark a relentless pace over ultra-long distances leaves people wondering just how she maintains her intensity and composure on the trail.

With the recent release of her new memoir *Thirst: 2600 Miles to Home* from Mountaineers Books, Heather shares her inspiration and motivation for tackling and accomplishing such super-human endeavors. *Thirst* is set against the backdrop of her record-breaking, thru-hike of the PCT in 2013 - a record she still

holds as the fastest ever recorded time for both male or female self-supported thru-hikers.

Fellow record-setting thru hiker Liz "Snorkel" Thomas says of *Thirst*: "It makes you want to push harder at whatever it is you do. Anish is possibly the greatest athlete in the world, but she didn't start that way. (Her) book gives you hope and courage by showing that no matter who you are or where you are at now, you can do more."

In advance of her appearance at the BeWild Speakers Series presentation, Heather sat down for a conversation about her approach to thru-hiking.

Your memoir *Thirst* has just been published by Mountaineers Books. It details your incredible, record-breaking hike of the PCT. How did you find the time to take notes while averaging 40 miles per day?

I've always kept a journal on my hikes. Although it was certainly not a daily or detailed record, I usually managed to find time a few days a week at a break or in town to jot down notes.

Thirst is quite engaging and I'm sure many will find it an inspiration to set goals for themselves, whether it's on the trail or in other aspects of their life. Do you enjoy writing? Are you disciplined about writing regularly?

Yes, I've been a writer since I was five and could write! I'm sure my mother still has the crayon illustrated stories somewhere. Before I could write, I was storytelling verbally. I wouldn't call it disciplined; I write when I have something to write, which is quite often. My phone and many notebooks and scraps of paper all around the house are covered with musings.

In order to complete the PCT in record time, you had to hike 40-50 miles a day, which doesn't leave you much time to sleep. How did you deal with that?

I was very tired!

Do you know how many calories you burned hiking at that pace? Was it difficult to carry enough food to replace those calories?

I really have no idea. There are huge metabolic shifts that take place in prolonged endurance and no one has studied such extremes as 2,000+ mile endeavors. I know that I ate 2,500



Heather on the Oregon Desert Trail. Photo by Adam Lint.

calories a day and was literally starving.

How much weight do you carry in your backpack?

It really just depends on the trail, the season, the amount of water and food, etc. My summer base weight (gear without food or water) is about 9lbs.

What piece of gear can't you be without on your epic treks?

A comfortable pair of shoes.

How about loneliness and unwelcome thoughts? How do you expel those?

I'm an introverted person who loves solitude. Loneliness is never really a factor, although I do miss my loved ones when I'm away for prolonged periods. I find it best to allow the negative emotions to come and be present with me as I walk through them. It's less exhausting than fighting them and you grow personally in the meditation.

You recently completed a Calendar Year Triple Crown, the first for a woman, covering 7,900 miles of the AT, CDT and PCT in just over 8 months. There must be some tedium over so many miles. What do you do to keep your mind positive and entertained?

I genuinely enjoy walking and though there is a certain level of repetition, I still enjoy it. When I'm particularly bored I listen to music or audio books, but usually the hike is enough.

How many pairs of shoes did you go through to complete your Calendar Year Triple in 2018?



I'm not sure, but I usually switch them out about every 500 miles. Perhaps more than a dozen. ▲▲

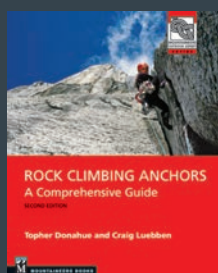
Heather's book, *Thirst: 2600 Miles to Home*, is available at the Seattle Program center bookstore, mountaineersbook.org, and where ever books are sold. Join us for her BeWild presentation, March 12, at the Seattle Program Center. Tickets and details available at mountaineers.org/bewild.



Hangdog Days: Conflict, Change, and the Race for 5.14

By Jeff Smoot

Hangdog Days chronicles the era when rock climbing exploded in popularity, attracting a new generation of talented climbers eager to reach new heights via harder routes and faster ascents. This contentious, often humorous period gave rise to sport climbing, climbing gyms, and competitive climbing – indelibly changing the culture of the sport, and pushing the limits of climbing from 5.12 to 5.13. When French climber Jean-Baptiste Tribout ascended the 5.14a To Bolt or Not to Be at Smith Rock in 1986, he broke a barrier previously thought impenetrable. John Bachar, Todd Skinner, Ray Jardine, Lynn Hill, Mark Hudon, Tony Yaniro, Alan Watts, and others star in this lively period of the sport. (\$21.95)



Rock Climbing Anchors: A Comprehensive Guide, 2nd Edition

By Topher Donahue and Craig Luebben

For this new edition of *Rock Climbing Anchors*, climber and writer Topher Donahue carefully reviewed each technique and lesson, making them even easier to understand and learn. Key updates include: reorganized lesson hierarchy and a greater emphasis on technique; "Pros vs. Cons" comparison lists; advances and changes in gear and standards; new illustrations of forces, movement, "right" vs. "wrong" technique, and more; a new section on anchor considerations for the climbing gym; and a clearer distinction between "anchor" and "placement" or "piece". (\$24.95)



Two new local guides from Craig Romano: Urban Trails: Seattle & Urban Trails: Everett

We Western Washington outdoor lovers often head to the mountains for our nature fix and exercise – but sometimes you just need a hike you can do during lunch or after work. That's what you get with the new *Urban Trails: Seattle* and *Urban Trails: Everett* guidebooks. Both Seattle and Everett offer significant park systems with a wide array of trails that traverse manicured lawns, nature preserves, old-growth forest groves, historic districts, and vibrant neighborhoods. Whether you like to hike, run, or walk, you'll find options to enjoy urban trails in these pocket-sized, full-color guides. (Each: \$16.95)

Changing the Face of Mountaineering

By Glenn Nelson, Founder of The Trail Posse



Climbers of Color practices mountaineering skills on Mount Ellinor. Courtesy of Climbers of Color.

With just three days left in his 23-day, reality television ordeal, Don Nguyen was the very embodiment of the show's title, "Naked and Afraid." Cold rain and winds pounded and compromised his primitive shelter in the Namibian wilderness. As he shivered uncontrollably, in the buff and borderline hypothermic, he pondered an ending that he ultimately refused to accept.

"I thought about quitting every day," Nguyen said. "I also thought about my Dad every day."

Nguyen's father, Thuong, had been a prisoner of war, deep in the jungles of Vietnam. Now a doctor, he'd told his son tales of subsisting on rice and pumpkin, literally turning his skin a bright orange. When South Vietnam collapsed, he and his family fled, eventually relocating to Oklahoma City, which because of the influx of war refugees has one of the largest Vietnamese communities in the U.S.

When encountering challenges like that bone-chilling night in Namibia, Nguyen reminds himself of all that his family has overcome.

"People have done better in worse situations," he said. "They didn't have a choice."

A visionary for change

Nguyen, 30, has choices, even on mountain tops, where he makes his living as a guide and sees the racial composition of fellow leaders and climbers as being almost as white as the snow blanketing the slopes they ascend. He didn't curse or lament the elevated dearth of diversity, though he generally saw climbing culture as closed and judgmental. He ascribed the lack of climbing mentors to the small community in Oklahoma City, but saw little difference, particularly for people of color, in the more alpine-centric Pacific Northwest.

The first anchor of change was set in 2016 when Nguyen led a wilderness survival skills camp with Nicco Minutoli, a mixed-race freelance outdoor professional. The idea of Climbers of Color, to promote diversity in mountaineering and trip leadership, coalesced when Nguyen and Minutoli connected with fellow transplants Christopher Chalaka and Mariko Ching. Chalaka and Ching had previously founded Outdoor Asian, which seeks to reimagine outdoor spaces as more inclusive.

The Seattle area offered a logical setting for this newest effort. Peaks sit minutes to a couple hours away in every direction. The region is home to Jim Whittaker, the first American to summit Mount Everest, as well as Sophia Danenberg, the first black woman to tag the world's tallest peak. It's also base camp for Rosemary Saal and Adina Scott, who were members of Expedition Denali, the first all-black ascent of the highest North American peak in 2013.

The first, fee-free Climbers of Color mountaineering workshop, to "teach the teachers," as Nguyen put it, was held nearly a year ago. Support was



Don Nguyen leads a talk on orienteering.
Photo by Glenn Nelson.



Don Nguyen demonstrates how to read a topo map. Photo by Glenn Nelson.

provided by Alpine Ascents, a mountain guiding outfit where Nguyen works, as well as Outdoor Research, Patagonia, and Petzl. Applicants were recruited solely through Facebook outdoor groups of color, then vetted for skill level and commitment to paying the training forward.

The dozen participants had varying levels of recreational and outdoor leadership experience. "Mountain" Dieu (pronounced dew) Nguyen (no relation to Don) is a Boy Scout mom who went from doing her first sunrise hike with a glowstick and cellphone flashlight to self-taught mountaineering that helped her summit Mount Adams, Mount St. Helens, and Mount Hood. Bruce Barcliff, a veteran, is an experienced sport climber and backpacker who is seeking to become the second African American man in the country to open a climbing gym. Monserrat Matehuala is an outdoor educator, leader in the affinity group Brown Girls Climb, and has led rock climbing outings, but decided to fly in from Denver for the opportunity to acquire more skills in, as she said, "a space with other people of color."

Training for the future

The first day of the two-day workshop was focused on navigational skills, but Nguyen also wanted to impart his do-as-I-do approach to outdoor leadership. From a tidy backpack to impeccable form, he stressed to the group that "you are ambassadors for people of color outdoors," emulating the highest standards expected from professional guides, and, "if people see you doing it the right way, they'll do it, too." Nguyen likes to keep things light, referring to miles, for example, as "freedom units" ("there are countries that use the metric system," he says, "and there are countries that went to the moon"). He also is thoughtful and meticulous in his preparation,

evidenced by his reputation for being "book smart" on "Naked and Afraid." In addition to his studies, he'd toughened his feet by walking in moccasins stuffed with sand, twigs, gravel, nut shells, and other forest debris. He also thru-hiked the 2,200-mile Appalachian Trail after college, choosing to do it solo to avoid the "virus of quitting" that can affect a group.

"No one wants to quit alone," Nguyen explained.

On the second day, the group met at Mount Ellinor, on Washington's Olympic Peninsula, where they held a mock guide meeting, practiced breaking trail in the snow and, with the assistance of Ching, learned to self-arrest falls with their ice axes. Nguyen continued to stress the importance of good pacing, his guiding pet-peeve. In a typical scenario, he explained, the strongest move to the front and the weaker members fall back and, soon, everyone is spread out. He told a story about a snowshoe trip at Mount Rainier where leadership assumptions went badly awry, resulting in two clients falling to their deaths in near darkness.

"We want to be guides for everyone," Nguyen said.

It may as well be the Climbers of Color motto: Inclusion is paramount, in every way possible.

The organization has doubled its number of mountaineering leadership workshops to four for 2019, starting in April. It also has a new logo, a monthly People of Color Climbing Night at the Seattle Bouldering Project, and has held a climb for women of color as well as various meet-up climbs of local peaks.

It's been quite an ascent since the first off-and-on rainy afternoon of the group's inaugural workshop early last spring. That day, a black man, Mexican American woman, and Filipino American man strolled together in a park that abuts one of the toniest neighborhoods in Seattle. The trio needed only to find one last landmark to complete their navigational exercise.

Gabe Juzon, a yoga instructor and Lululemon ambassador, decided to stash his compass, declaring that he'd eyeball the final checkpoint.

"Practice your orienteering," urged Matehuala, the Denver-based climber.

"I am oriental," Juzon replied, intentionally mishearing.

"I was born this way."

They laughed, because they could. Theirs was a safe space for outdoorsy people of color, carved out of a large swath of whiteness. ▲



Reflections on a Life Reared Outdoors

By Craig Romano, Mountaineers Guidebook Author

I was born in Bridgeport, Connecticut; the largest city in one of the country's most densely populated states. Located 50 miles east of New York City, Bridgeport was an industrial powerhouse from the late 1800s to just after World War II. The city attracted waves of immigrants and was, and still is, incredibly diverse. I lived in the city's Little Italy neighborhood where Italian and Yiddish were freely spoken. I remember a lot of little old ladies in black dresses. My parents were not outdoorspeople, nor were my friends. My neighborhood of tightly-packed two and three family homes was no Walden Pond.

The city began to go into decline in the 1960s, and many of the sons and daughters of the immigrants and others who came to this city for

the American dream began fleeing to greener pastures. My family was among them, and we literally left for a greener pasture. In the summer of 1969 we relocated to a small town in Southern New Hampshire with a population of 3,000. I no longer walked four city blocks to go to school. I now took a bus three miles to the only school in town. On those bus rides I stared out at what seemingly appeared to be infinite tracts of forest, wetlands, fields, and opportunities for outdoor discovery. While most children have a hard time moving and adjusting to a new environment, this 8 year old hit the lifestyle jackpot. Thanks to my mother, I was introduced to the natural world as a very young child through visits to nature centers and sanctuaries just outside of the city. I knew then, I didn't want to live in the city. I wanted to live in the country and have a lifestyle influenced and inspired by the natural world.

I spent much of my preteen years exploring old woods roads that traversed my rural town; roads which my father dubbed hunter's trails in a state he dubbed God's Country. Indeed it was, as I was in heaven in my environment of pine groves, oak flats, maple swamps, and rolling hills. I



Craig and his son at Mt. Kobau in British Columbia.
Courtesy of Craig Romano.

spent lazy summer days in mosquito-swarmed wetlands catching frogs, toads, salamanders, turtles, and snakes. During warm, hazy summer evenings, I was mesmerized by June bugs invading the porch, bats raiding the backyard, woodcocks spiraling into the sky, and deafening ensembles of chorus frogs. Every trip into the forest – every evening outside – provided me with hours of enlightenment and a constant yearning to learn more about the natural world and my relationship with it.

I became a Cub Scout, then Boy Scout. These organizations introduced me to canoeing, camping, and backpacking. Although I'd already dabbled in a little hiking (lots if you count the miles and hours spent traipsing the old woods roads), the Scouts gave me my first taste of

more serious hiking with treks up some of southern New Hampshire's iconic mountains. I religiously read *Boys Life* magazine, which only fueled my wanderlust to explore the natural world. Some of my fondest outdoor memories stem from the week long scout camping jamboree at the Hidden Valley Scout Reservation in New Hampshire's Lakes Region. The largest scout camp in New England, Hidden Valley, contains several mountains, lakes, and miles of trails. Hidden Valley gave me my first taste of backpacking or, as we called it at camp, an outing.

We slogged up granite ledges in hot, humid weather while swatting flies. We paused to scratch bites left by the successful ones. We repositioned cotton socks that bunched up in big, heavy leather boots. Hot spots on heels, itchy arms and legs, sweaty brows – it was an adventure and we were outdoorsmen, explorers, budding naturalists. We looked out over the rolling, forested countryside to nearby sparkling lakes and distant ridges and hazy mountains. The views were beautiful, but not nearly as satisfying as simply being in the outdoors – free to roam, free to dream, free from the clutter of the “real world.”

We set up camp on a forested glade above Upper Round Pond. We were several miles from any roads or villages – but in our minds we were deep in the wilderness. Wilderness is as much a state of mind as it is a physical place. Huddled around a campfire, we shared songs and lore. Retiring for the evening, we tried to assuage our minds that Old Man Shannon – the disgruntled axe-wielding logger that hated Boy Scouts because he lost his land to them – was a camp legend and not a historical reality.

It's hard for me to now fathom that my first “outing” was more than 45 years ago. And was it really 50 years ago this summer that my family moved to a small town in New Hampshire, a move which was responsible for my transformation to a fulltime devotee to all things natural and wild? While my love for nature and a lifetime devoted to healthy outdoor living has at times been a selfish devotion, I am now fervent in spreading the word. I know guidance, life choices, nudging, and fate has all led me to a life that's as near to complete satisfaction as possible. The journey continues and I am content. I have never doubted that I am figuratively, and many times literally, on the right path.

The health of the planet and the spiritual health of individuals drives me to advocate for wilderness and for a life devoted to the outdoors, one that values outdoor experiences and reverence to nature over the pursuit of material and non-sustainable consumption. I'm raising my son to respect the natural world and to embrace a healthy lifestyle of outdoors pursuits. But I am well aware that many sons and daughters do not have a parent, guardian, mentor, or community to guide them to a similar lifestyle. To those of us enlightened to the wonders of nature and blessed with an upbringing versed in the outdoors, we have a moral obligation to share our guidance and perhaps provide a little nudging as well. We know what a difference it has made in our lives and we understand what a difference it can make for others as well as for the future well-being of our planet and all of its denizens. There are many forces, temptations, and illusions working against us. So get to work spreading the word, leading the way, setting the example, and reaping the benefits of a life immersed in the outdoors. ▲▲

Craig Romano is an award winning author who has written and co-written more than 20 books. His latest release, *Urban Trails Everett* (Mountaineers Books) highlights the best trails for walking, running, and hiking in Western Snohomish County, as well as Camano and Whidbey Islands. Some of his other titles include *Urban Trails Seattle*, *100 Classic Hikes Washington*, and *Day Hiking Olympic Peninsula* (2nd edition).

Growing Up with Nature

By Andy Bassett, Youth Education Manager

MAC member Ada Kultz places gear in Washington Pass. Photo by Carl Marrs.

A little past noon, the younger members of our group started getting hungry. One of the parents found a small rock outcropping with a nice view for a bite, and I unburdened myself of my backpack and sat down next to my father. Taking in the early autumn air of the Appalachians, we ate the sandwiches he'd prepared earlier that morning. Hunger pains satiated, it slowly dawned on me that we were all enjoying something elusive in a group of half a dozen 10-year-old boys: quiet. As we took in the surrounding peaks and valleys, a friend of my father's called to us and snapped a quick photo, a photo that currently resides on a bookcase in my house. It's the memory I always come back to when I reflect on my life spent outdoors.

I didn't come from a particularly adventurous family. (I can still picture the puzzled look on my sister's face when I asked for a #2 Camelot or new avy beacon for the holidays.) While my passion for climbing and backcountry skiing began later in life, the seeds of my love for the outdoors were sewn at a young age. From the beginning, my parents taught us the importance of protecting and valuing the wild areas around us. That Mother Nature could provide the most important lessons in life and that she often teaches, and never preaches.

In a time before smartphones, my mother emboldened us to explore the woods around our house. Getting muddy was okay, getting a few scrapes was also allowed, and most importantly giving her some space was highly encouraged. The trees, blackberry bushes, honeysuckle vines, and the small creeks that formed after it rained became our playground. These joyful ways to spend a few hours of the day built the foundation for my adult life.

I see a lot of myself in the kids I work with at The Mountaineers. Every day we provide opportunities for young people to explore

and enjoy nature. Last year nearly 2,500 youth participated in adventures like climbing, snowshoeing, climbing, and kayaking. From an early age, our students are engrained with a desire to learn new things, a drive to explore their environment, and a commitment to conserve these places we hold so dear. Like I did as a child, they're building values that will last a life time.

This year we started a new program called Mini Mountaineers, which provides families and little ones an earlier entry point to our community. Twice a month, kids ages 2-5 and accompanying adults (parents, relatives, etc.) are invited to join us for activities like nature walking in Discovery Park and tracing leaves found in Magnuson Park. Our activities feed their youthful wonder and eagerness to understand the world around them.

This year we also continued to prioritize extending opportunities to youth who might not have resources to enjoy them otherwise. Of the 2,500 youth engaged this past year, nearly 30% came from underrepresented populations. Through partnerships with local youth serving organizations, our Mountain Workshops program led a total of 140 activities in 2018. These students felt what it was like to climb on real rock; they experienced the Type 2 fun of falling on Nordic skis. They pushed beyond their comfort zones to engage in outdoor experiential learning. For some, Rainier went from being a distant peak in the skyline to solid ground and snow beneath their feet. By exercising the human desire to explore, we hope young people's eyes are opened to new possibilities - not just in nature - but in all walks of life.

As an organization, we take enormous pride in protecting our public lands, a cause that's particularly important for youth. Conservation not only ensures our ability to recreate in awe-inspiring places, but guarantees that future Mountaineers can share the same feeling we have today. In 2018, over 270



Top left: Associate Youth Manager Katie Love with Mini Mountaineers in Magnuson Park. Photo by Trevor Dickie. **Top right:** MAC students, Kaelen Moe-hs and Henry Meyer, work with the Access Fund to repair climbers' trails in Washington Pass. Photo by Menno Sennesael. **Bottom left:** Andy and his father in the Appalachian Mountains. Courtesy of Andy Bassett. **Bottom right:** Young Women Empowered team up with our Mountain Workshops program at Mount Rainier. Photo by Hannah Piatok.

youth donated nearly 700 hours of stewardship work in areas where The Mountaineers lead programs. Students in The Mountaineers Adventure Club (MAC; ages 14-18) worked with partner organizations for three days to rebuild trails leading up to the Liberty Bell Group last August. Members of the Explorers Club (age 10-13) took a day in December to aid the Washington Trails Association in restoration efforts at Cougar Mountain. By creating a sense of ownership, we instill an ethic to protect the places where we play.

As many members of The Mountaineers know, our mission is *to enrich the community by helping people explore, conserve, learn about, and enjoy the lands and waters of the Pacific Northwest and beyond*. When I think back to my time as a child, I realize these are the same core values my parents instilled. Like my sisters and I, who have each found different ways to embody these lessons and make a life of outdoors a part of who we are, the students I have the pleasure to serve each year also have the freedom to discover what the outdoors means to them. I hope our Mountaineers youth learn lessons that benefit their lives, broaden their horizons, and inspire them to conserve the things most important to them. By doing this, we are not just establishing the next generation of Mountaineers, but also supporting the growth of thoughtful, humble, and passionate people. ▲▲

Sharing the Awe Inspired by Decades of Outdoor Lessons, Dave Enfield Pays It Forward

By Tyler Dunning, Development Manager

When Dave Enfield describes one of his first and most memorable Mountaineers scrambles along Mazama Ridge, he does not mention the iconic views of the Tatoosh Range, the subalpine meadows down below, or Mount Rainier looming above. He does not bring up the early-season frost spreading from underfoot to distant peaks and chilling glaciers. He does not speak of beauty or majesty. Dave describes something entirely different: leaving his tent in the morning, all he saw was pure white.

Dave ascends Challenger Glacier with Mount Baker and Mount Shuksan in the distance. All photos courtesy of Dave Enfield.

An unexpected storm had rolled in overnight, causing snowsquall conditions. The whiteout tested Dave's early abilities as a scrambler and offered opportunities to learn and grow in an alpine environment. Experiences like this, shared alongside experienced Mountaineers volunteers, led Dave to join the scrambling committee and then to help write the book on the subject - well, that is, the scrambling section of *The Freedom of the Hills, Fourth Edition*. But on this day as he joined others in his favorite mountaineering activity, all he saw was blinding white.

Navigation was nearly impossible and, undoubtedly at the time, a crisis. But when Dave reflects on the trip, there are signs of amusement and still some awe. "Despite the impossible visibility, one of the trip leaders, Clint Kelley, remembered precisely how to handle the terrain," said Dave. "He was just good at observing, I guess. He took his time. Was always stopping, looking around, and taking note of things - even in a snowstorm! I really respect that level of attention. You don't see it much anymore."

It comes as no surprise then, that when asked about the greatest lesson Dave learned in the outdoors, he says to always be prepared for the unexpected.

It's these unexpected adventures that we often remember the fondest. The ones that catch us by surprise and cause us to divert from anticipated paths. The ones that become our best shared stories. Our avenues to growth and change.

Dave's journey through his lifetime in the outdoors has had many such unexpected twists and, lucky for us, he took note of his surroundings along the way. He recalls the path with merriment in the telling.

Get by with a little help from my friends

Dave was born in Everett, Washington, and then moved to Whatcom County when he was five years old. He grew up within a few miles of the Canadian border, lodged between the beauty of Mount Baker and the salt water of Birch Bay. Despite this idyllic location, Dave's family was never nature-going. By the time he graduated high school, he'd done almost no hiking. It wasn't until he moved away to attend both undergrad and graduate school, first at MIT and then Boston University, that Dave started making summer trips back home and somehow got sucked into his friends' newly chosen pastime: bushwhacking. He considers his first real hike a nine-day trek straight up the hillside from the Suitttle River to Box Mountain Lakes and Lime Mountain. They forded rivers, explored peaks, and caught awe-inspiring views of Glacier Peak - all with the naivety and gusto youth can bring. This trip gave him a taste of what was to come when he joined The Mountaineers nearly ten years later.

He joined in 1975, three years after finishing graduate school and moving back to Seattle. The woman he was dating at the time - now his wife of 40 years, Britta - became the ultimate catalyst. "One spring she planned to return home to Sweden,

and she encouraged me to occupy my free time by joining The Mountaineers while she was away," said Dave. "Following her suggestion, I joined and immediately enrolled in the Alpine Scramble Course."

"She came to regret the encouragement though," he laughed, "because, as is my habit with new activities, I became quite obsessed." This led to other courses too, like Basic Climbing and Snowshoeing. Dave ultimately chaired the Alpine Scramble Committee for two years and was elected to the Board, where he served as Secretary of The Mountaineers for two years. Despite being late to the game, Dave was advancing quickly in Seattle's outdoor community.

He came to spend many days and weeks in the mountains, often with other dedicated Mountaineers members and leaders. These experiences gave Dave an insatiable passion for exploration. He ventured to summits stretching from the North Cascades to the eastern slopes of the Cascades, and from the Mountain Loop Highway to the Snoqualmie Pass area, and on toward the many peaks near Mount Rainier. The trips left lasting impressions with rewarding outcomes. Dave was seeing unforgettable scenery and making lifelong friends.

This momentum, however, was stymied when Dave and his family, now including three children, moved to Indiana and then Minnesota for his job in the biotech industry. Dave didn't let this deter him though: the family adapted to their new environment and stayed active in new ways. When two of his kids began playing soccer, Dave replaced mountains with refereeing, an activity he continued for 16 years. Britta, having grown up in central Sweden, had spent much of her early life cross-country skiing and got the rest of the family involved once they made it to Minnesota. They enjoyed the opportunity to ski directly out of their house for a few months out of the year. For the seven years he was away from Washington, Dave remained a Mountaineers member.

Dave's outdoor adventures began with his friends, but joining The Mountaineers is what really motivated him to stay active. He remained loyal to the organization because in many ways it reformed his life. He was an out of shape smoker when he first joined. He couldn't even jog around a city block. But staying active became a staple in Dave's life. The health benefits were too significant to ignore, especially considering that Dave faces a family history of coronary heart disease, his father passing of his fourth heart attack at the age of 44.

Giving the gift of adventure

It's this acknowledgement of nature's benefits that inspires Dave to give back to his community. Once you've experienced the rewards of the outdoors, it's not a secret you want to keep to yourself. That's why Dave joined the Peak Society and has been making monthly donations to The Mountaineers since 2015. He knows any amount of giving is going to help somebody somewhere, so he happily and passionately makes these donations hoping to provide similar outdoor experiences for future trip participants. "Outreach to our youth - that's our future," Dave said confidently. "And we have to start bringing non-outdoor people into our wild spaces or we're going to lose the resource. Nature is finite



Dave on the summit of Mount Logan.

and our kids are the next generation to protect it."

Dave and Britta are now grandparents to six kids, all of whom can say they are being raised in nature-oriented families. But how could it be otherwise with a grandfather like Dave? The man has dedicated 44 years to the outdoors and still continues to get after it, though a little differently than in his initial bushwhacking days. Dave now loves walking around the city, often with a Mountaineers Books publication like *Urban Trails: Seattle* or *Seattle Stairway Walks* in hand. Through these guides, Dave's discovered many parks and nature areas in or near the city. He also continues to venture to the mountains when the opportunity arises.

Dave remains engaged within The Mountaineers too, attending scheduled events and occasionally taking courses, most recently through the photography program. He felt especially proud when, several years ago, a friend from his church's wilderness ministry noted that he'd found Dave's name while reading *The Freedom of the Hills, Fourth Edition*. It was a reminder that Dave's contribution to a book published in 1982 was still having an impact on the community, and that the contributions he makes now will have unseen positive impacts on today's youth.

When asked what he'd tell the next generation of explorers, Dave smiles and no doubt thinks back to his initial experience as a scrambling student on Mazama Ridge, and the many unforgettable trips taken with leaders and friends from The Mountaineers. "Slow down. Take your time," Dave said. "Stop and look around at your surroundings. Never lose your sense of awe. Share your passion with others, especially the younger generations. There is no reason to rush through all this." ▲▲

An Important How To: Creating Inclusive Experiences

By Sara Ramsay, Mountaineers Education Manager

Mountaineers member Sam Ortiz serves on the Equity & Inclusion Committee. Courtesy of Sam Ortiz.

The Mountaineers annual Leadership Conference is dedicated to the ongoing development of our volunteer leaders. Discussions on diversity, equity, and inclusion (DEI) have been incorporated since its inception in 2014, and we've strived to include a wide array of presenters and sessions centered on inclusive and equitable programs. At the 2018 conference, we chose to introduce a full track focused on DEI, an exciting first for this event.

Becoming a more diverse, equitable, and inclusive community is a key priority of The Mountaineers current strategic plan (Vision 2022), and we recently created an Equity & Inclusion Steering Committee - formally charted by the Board of Directors - to help guide this work. The Vision 2022 planning process included significant input from our membership, and DEI was consistently highlighted as a top priority. We know this is important work, and we're investing to affect positive change.

Thinking about the road ahead, I'm heartened by the number of people in The Mountaineers who are willing and excited to volunteer their time and be part of our journey. Our DEI track presenters are members of our community. Students, instructors, and leaders. Participants who've experienced our organization's cultural biases firsthand. I'm grateful for their courage and compassion in sharing their stories, education, and lived experiences.

In an effort to provide additional resources for our volunteer leaders, I debriefed with a few of

this year's presenters to understand why DEI is so critical to the future of The Mountaineers. Nora de Sandoval works for the Girl Scouts of Western Washington and has led several workshops around topics of DEI. Katja Hurt has a background in instructor development and curriculum design, and a growing interest in DEI. Debbie Straub is a yoga instructor and educator who practices and teaches mountaineering, yoga, and mindfulness.

Why is an appreciation of diversity an important quality to foster in our leaders?

Katja: As leaders, we model standards with our attitudes and behaviors. It's important to be intentional about how we present ourselves around diversity and inclusion because others are looking to us as examples.

Debbie: As a leader, the ability to accept and include everyone is imperative to developing a sense of team and belonging.

Nora: I would argue that instead of "appreciating diversity" a leader should be committed to creating positive, inclusive environments and reflecting on how their own privilege helps them to feel comfortable in the spaces in which they move. It is difficult, reflective, and systematic work to create positive, inclusive environments. Leaders will need to approach the task with a humble acceptance of the mistakes they will no doubt make along the way.

The National Outdoor Leadership School (NOLS) defines privilege as "an unearned advantage or right that a person is born into or acquires during their lifetime". What kind of privileges do you think our leaders unintentionally bring into their activities?

Debbie: Leaders may not be aware of what privileges they have. To bring an awareness of one's privilege is a huge first step in understanding others who may not have the same privileges.

Nora: Yes, most people with privilege are completely unaware of how their privilege makes it easier for them to move in spaces where they feel comfortable. It takes a lot of work for people to reflect on how their race, gender, sexuality, income, and education level contribute to their feelings of comfort in a place. The Mountaineers is a primarily white, comfortably middle class, educated

group, and people who identify with this move more comfortably within the organization. Additionally, I've had older Mountaineers mention that they feel increasingly overlooked by younger Mountaineers, which I thought was an interesting dynamic (and change in privilege status).

Katja: The privilege of assuming that people can drive themselves to the trailhead, have money to contribute to a carpool or to spend on a post-hike meal, and have space/means to care for and store gear. People can feel excluded by financial situation, condition of gear, or means of transportation.

How can Mountaineers leaders become better allies to people from more traditionally marginalized communities?

Nora: Educate yourself! Attend workshops, conferences, watch Ted talks, and do a media audit. From what sources do you get your news? Add sources from people of color, LGBTQ communities, and other perspectives.

Katja: Look specifically for resources about things you aren't comfortable with or don't know much about. For example, several years ago I realized I didn't understand the difference between homosexual, transgender, and bisexual (my privilege as a white, heterosexual, cis-gender female made it so I'd never felt the need to ask about or understand these differences). Setting aside time to search online helped me learn about my own blind spots. Tolerating differences is not diversity; we have to be willing to question our attitudes and beliefs and move out of our comfort zones in order to truly become inclusive.

What are simple things leaders can start doing today to foster a more inclusive and welcoming experience for participants?

- Ask each person what they're hoping to get out of the experience. This can highlight potential conflicts (ex: one person who wants to do a conditioner and another who wants to take lots of photos), foster communication and understanding between the group, and allow each voice to be heard equally.
- Don't assume participants want to be coached or have advice doled out on trips. Work on getting to know them and practice active listening skills to help them feel like a peer rather than a subordinate.
- Offer longer or more difficult trips at a slower pace so members get an opportunity to test themselves and experience something they'd otherwise see as "only for the fast people." Fitness is a huge point of tension for people interested in our activities!
- Include introductions with pronouns, as well as why this is important and what it means.
- Bring awareness to microaggressions and implicit biases. When you hear something that feels offensive, no matter how small it may seem, it most likely is - and it's the responsibility of all to address, correct, understand, and share apologies.

At the surface, DEI work can sometimes feel top-level and strategic, but at the end of the day inclusive programs will start with you - our community. Virtually all of our outdoor education programs are driven by volunteers, and modeling inclusive behavior at all levels of our organization is an important step in our evolution. I'm not an expert on DEI, but I'm reading, asking questions, listening, and learning about the many different systems of oppression which shaped the cultural landscape we live in today. So much of this is new to me, and the work feels both daunting and exciting at the same time. ▲▲

Thank you to Nora de Sandoval, Katja Hurt, Bam Mendiola, Sam Ortiz, and Debbie Straub for sharing their insights, energy, and emotional labor in support of this article.

How Not To Be A Terrible Ally

By Bam Mendiola and Sam Ortiz

Leaders have the power to shape the framework that everyone else works within. When leaders believe in the value of diversity, we weave that value into every practice and model it in our choices and actions.

Don't ask for emotional labor. People from the most impacted populations are often expected to engage in incredible amounts of emotional labor to educate and train others on how to confront biases and unravel problematic behavior. This often includes sharing and reliving trauma to offer concrete examples of the impact of behaviors. Before asking someone from an impacted population to spend time educating you, take the initiative to access the educational resources available on privilege, systematic racism, white fragility, and historical oppression.

Take up space with people in your own community first. If you're wondering where to begin, have questions, or feel that you need to discuss an issue, ask for support from other people in your own community. This lessens the impact of emotional labor on the most impacted groups of society.

Hold space for feedback, center space around others. Imagine getting called out for using racist language - what would your first reaction be? When we feel uncomfortable, maybe even attacked, we center our own needs and discomfort. This can show up as getting angry, defensive, and argumentative, or reacting with guilt and expecting the impacted person to center (or focus on) your emotion. Try to step back and do your best to not to take up space because that moment isn't about you, but the person impacted by your actions.

Center the most impacted. Center the feelings and safety of the people who have been the most impacted. Center the needs of those who have the least power. Consider the fact that sometimes, in speaking up, the most impacted have been ignored, punished, or on the receiving end of hate and violence.

Model self-accountability. Recognize when you mess up, acknowledge it, educate yourself, and don't make the same mistake again next time.

All of us, no matter our upbringing, have learned biases that take conscious and intentional work to confront and undo. When we do the work to unpack our biases the impact can be remarkable.

THE BABY PEAKBAGGER

Exploring Mount Rainier National Park with My Daughter

By Karl Themer, Climb & Scramble Leader



Vera with her "witch's broom" on the summit of Tatoosh Peak. All photos courtesy of Karl Themer.

When most people think of Mount Rainier National Park, they think of the park's namesake peak, a towering 14,441-foot stratovolcano that's famous the world over. But Washington State's iconic mountain only scratches the surfaces of the area's summit possibilities. Longtime Mountaineers Gene Yore and Mickey Eisenberg identified the 100 peaks surrounding Rainier and set about climbing these lesser-known gems. Gene, who took on the challenge at age 72, overcame cardiac arrest and a broken femur on his way to reaching all 100 peaks.

Their journey inspired a book, *Guide to 100 Peaks at Mount Rainier*, which provides routes descriptions, tracks, and maps to the summits they reached. Most of the peaks are scrambles, a few are climbs, and 15 are hikes.

Each year, Gene and Mickey host an event to celebrate folks on their quest to complete all or part of the list. Medallions are awarded to those who check off various benchmarks. Some are climbers, some are scramblers, and some are hikers - all are welcome. That being said, the group had never welcomed a four-year-old into their ranks until Karl Themer and his daughter Vera came along. Here's their story:

My love for Mount Rainier National Park began long before the birth of my daughter. For many years I explored the area, often seeking new climbing and hiking challenges. I scrambled up peaks, enjoyed climbs on Little Tahoma, and summited the "big one" - Rainier - by a variety of routes. About five years ago I discovered *Guide to 100 Peaks at Mount Rainier* by Gene Yore and Mickey Eisenberg. Their book stirred my imagination with new Rainier possibilities, many of which I'd never heard of before. I started ticking off more peaks in 2013 with an eye to one day finishing the whole list, or at least half of it.

The next year my wife Mia and I welcomed our daughter Vera into the world, and suddenly the pursuit of larger outdoor adventures was on hold. Mia and I both enjoy exploring the wild places of Washington and beyond - a passion we wanted share with our daughter. But with a newborn we had to be more selective with our outdoor trips, so I started looking for activities we could safely enjoy together.

I was looking at the *100 Peaks* book one day when I realized that not only were 15 of those summits attained by hiking trails, many of them were reasonably close to a trailhead. That summer I convinced my wife that I could bring Vera to those summits with me. I had a new project and a great reason to buy new outdoor gear, namely a child carrier (or two).

The first summer we attempted only the shortest hikes, all of them starting at the park's Sunrise area. We also limited our adventures to fair-weather conditions. Hiking with an infant requires a certain amount of preparation and precaution. I used a carrier, which can be worn on the chest or the back with a head cover. I always wore a jacket that was large enough to close around the bundle with the zipper shut to keep out the wind when it picked up. And of course, we had to carry diaper supplies and extra hats and clothes. Vera would often sleep while I walked at a steady rhythm, and we quickly

learned to keep an eye out for fallen booties and gloves.

We saw grouse en route to Brown Peak and watched a hungry ground squirrel on the way to Mount Fremont; we strolled through Grand Park and picnicked below Skyscraper Mountain; we ran the ridge between Antler and Dege Peaks. By the end of the year, we had five summits under our belt.

The next summer Vera was one and a half. She could sit up in a backpack carrier and enjoy longer outings. She could also hike some of the distance herself, often multiple short segments ranging from a quarter to half a mile. A lot of patience is required when walking with a little one; we made frequent stops to examine rocks, sticks, pinecones, holes in the ground, and anything else at eye-level for a toddler. This was also the summer we took her on her first backpacking trip. Aurora Peak is too far from the trailhead to do in one day with a child, so we pushed a jogging stroller up the Westside Road for four miles before hiking to a camp on the Puyallup River. The next day she waded in St. Andrews Lake before continuing to the top of Aurora Peak. We spent another night by the swollen river before hiking out. Vera enjoyed the tenting experience and has since hiked to many more lakes for an overnight stay. We enjoyed expansive views from Crystal Peak, visited the lookouts on Shriner Peak and Gobblers Knob, trudged up Bearhead Mountain with friends, and passed throngs of tourists before tagging all three tops of Burroughs Mountain. We reached another eight of the hiking summits that year, bringing our total to 13.

Our plans changed the following year because we were out of the country for much of the summer. We still hiked frequently with Vera, but we were stuck at 13 summits - two hikes short of completing the hiking summit list. It wasn't until a year later, in 2017, that we attempted the last two hikes, Norse Peak and Tatoosh Peak. I realized then that I had made a mistake in leaving the two longest day-hikes (ten



Karl, his wife Mia, and their daughter Vera pose in front of Mount Rainier.

miles for Norse, twelve for Tatoosh) as the last to complete. Vera was over 30 pounds at this point and I also had to carry enough food, water, and clothing for both of us. Fortunately, she could hike a few miles on her own as a three-and-a-half year-old, but for most of the distance she was on my back.

A child that age can be very entertaining, often singing (the same song repeatedly) or jumping and dancing in the pack. She was also very inquisitive, asking where the birds live, what the squirrels eat, why the animals were hiding, why the butterflies are different colors, why the trees are so tall, where the water comes from, and so on. When she did walk she was creative: one of her favorite games was converting one of my hiking poles into a witch's broom.

Tatoosh Peak proved particularly challenging. On our first attempt it was cold and raining; on our second the heat was oppressive and the bugs plentiful. We turned around each time, not wanting to assume such risk with the weather. Finally, in

mid-August the conditions were right for a third and ultimately successful attempt. Vera ate lunch and played on the summit and seemed mildly aware of what we had accomplished. As luck would have it, my boot fell apart on the descent and I hiked the last five miles without a sole under my right foot. It was well worth the effort however; the project was complete, and a shiny new medallion was waiting for us the following spring from Gene and Mickey.

Hiking with my daughter to these summits was a wonderful experience for all of us. My wife joined us on about half of the trips, and now Vera asks us to take her camping and hiking each year. We did well to seize the opportunity when we did; Vera is too heavy for me to carry over many miles now. Instead we find destinations she can reach herself, typically one to two miles from the trailhead. Small alpine lakes with good camping make perfect weekend outings. We don't have a new project to work on (yet) but the desire to keep exploring continues to bring us outside.



Vera during the descent from Norse Peak.



Vera wades into St. Andrews Lake

Guide to 100 Peaks at Mount Rainier National Park is available on iTunes and as an electronic book (for tablets and phones). It is also available as an iBook through the Apple bookstore. All royalties are donated to The Mountaineers. If you're a Mountaineers member, visit mountaineers.org/benefits for a free online version. To learn more about joining the peaks of Mount Rainier National Park challenge, visit mountaineers.org/seattle-award-badges. ▲▲

Mini Mountaineers

Interested in getting outside with your little one? Check out our new Mini Mountaineers program, designed for kids ages 2-5 and their accompanying adults. Learn more at mountaineers.org/mini-mountaineers.

Tips for Hiking with Little Ones

We learned some good tricks to succeed at hiking with a small child. Above all the little one must remain warm and well-fed.

FOOD

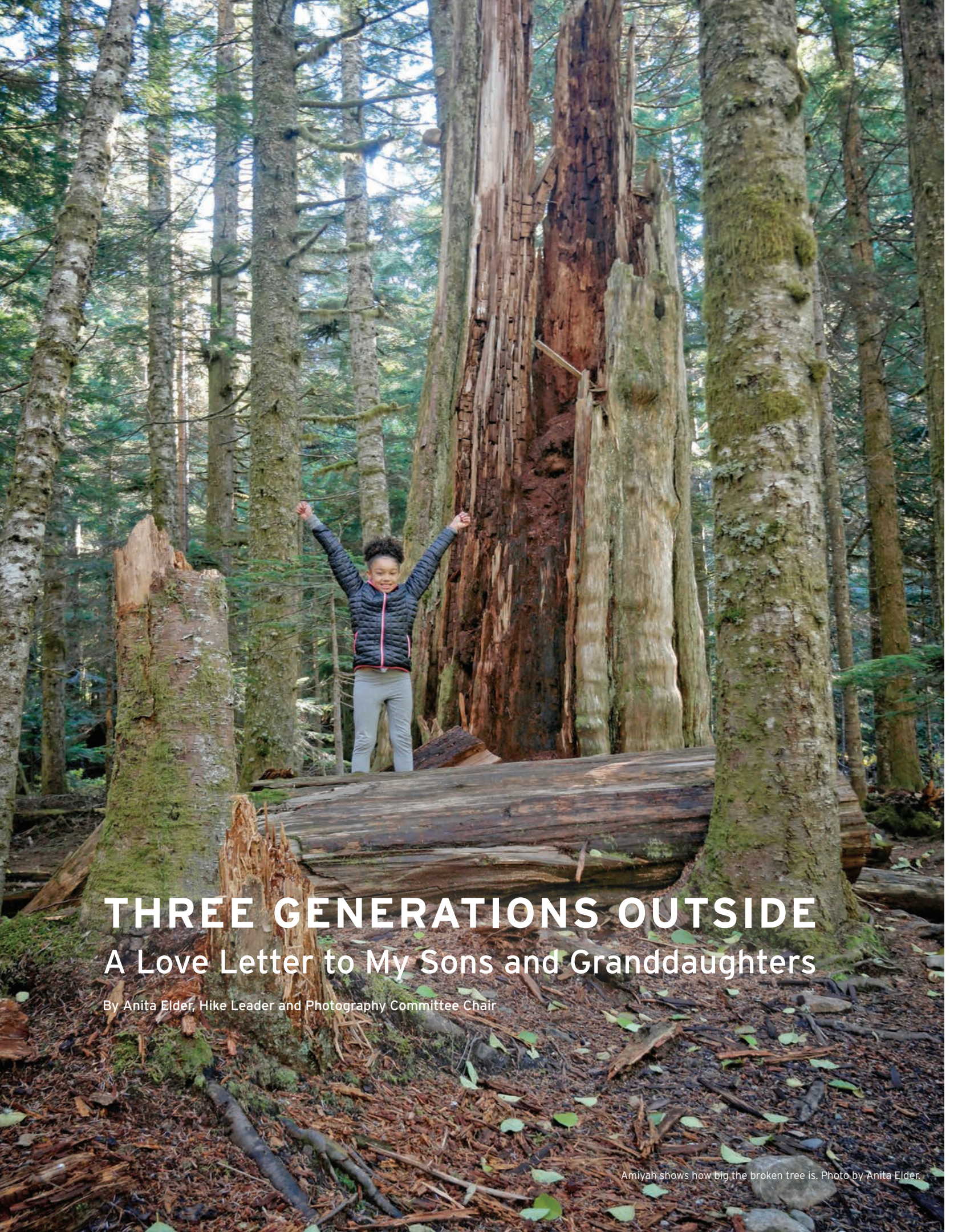
A hungry tot will complain and stop on the trail. Bringing a variety of snacks can extend the time that a kid has sufficient energy and desire to play and move on the trail. We soon realized not to plan for a single lunch break, rather many small snack breaks that help keep the adventure moving.

CLOTHES

Multiple layers and extra clothing helps avoid problems with sudden wind or cold. One should assume that a sock or glove will disappear; small children often won't mention that they have lost an item until it is far behind. Frequent checks of their hands and feet can prevent gear from becoming lost. Puddles and snow patches often become playgrounds, offering another reason to keep extra clothes on hand.

15 Hiking-Accessible Peaks in Mount Rainier National Park

	ELEVATION	ROUNTRIP MILES
Burroughs Mountain	7828	7
Second Burroughs	7402	5
Mount Fremont	7317	4
First Burroughs	7160	4
Skyscraper Mountain	7078	5
Antler Peak	7017	2
Dege Peak	7006	2
Norse Peak	6856	10
Crystal Peak	6595	8
Brown Peak	6322	5
Tatoosh Peak	6310	12
Aurora Peak	6094	20
Bearhead Mountain	6089	7
Shriner Peak	5834	8
Gobblers Knob	5485	7



THREE GENERATIONS OUTSIDE

A Love Letter to My Sons and Granddaughters

By Anita Elder, Hike Leader and Photography Committee Chair

Amiyah shows how big the broken tree is. Photo by Anita Elder.

Our small town in rural Pennsylvania didn't have a community center. Or a swimming pool. The only thing for us children to do when we weren't in school was hike the surrounding hills and mountains. My family was poor, so we never went on vacations that didn't involve a tent or camper. My strongest and most vivid memories growing up are from experiences in the outdoors. Spending time in the forests and mountains is as natural to me as breathing.

After graduating from high school in 1977, I entered the Air Force, where I spent the next 15 years. I joined the Air Force to get away from my small town where my choices were to marry a farmer or a drunk (or both).

While in the Air Force, I started my own family and continued the tradition of camping and hiking. It was something I could do with them that was inexpensive, yet very liberating.

My (ex)husband wasn't an outdoor person, so it was just me and my two boys. When they were only two and four, they'd hike to the top of Pinnacle Mountain in Arkansas. When we lived in Germany (for a total of six years in the 1980s), they'd hike 10K Voksmarches through vineyards and forests. (A Voksmarche, which stand for people's march, is a non-competitive walk in Europe.) When we were stationed in southern California, we'd meet my brother at Zion National Park to camp and hike the many trails.

One of my favorite memories was taking a neighbor and her son along to Zion. They'd never been camping or hiking and originally came from Compton, California. They had so much fun they couldn't stop talking about it and soon bought equipment to go on trips of their own. That trip has fond memories for me. We found the rendezvous site of Butch Cassidy on one of our hikes, and the boys spent hours chasing lizards around the old school house. My oldest found a horse grazing nearby and hopped on its back before I could blink, galloping away, bareback, with the biggest smile on his face (before I caught up and halted his fun). At the end of the day, a German family camping next to us shared their bounty of fresh corn. We all ate around the campfire, enjoying good food and new friends.

Just about every weekend in the summer, we were off camping and hiking somewhere.

I know these were special times for my boys. When my youngest son graduated high school, he thanked me for these childhood memories in a Mother's Day card. I still have it.

Looking the part

I never really thought about it at the time or noticed that my children, who are biracial, looked different than the average camper and hiker. It wasn't until I was much older and a Mountaineers member that I became aware that there isn't much racial diversity on the trails. We just enjoyed the outdoors and made it a point to hike and camp as much as possible... except for when we lived in Texas.

We moved to the Lone Star State in the early 1990s, and for the first time, we felt blatant hatred and bigotry. People in east Texas were always staring at us. We were once refused service at a restaurant. They didn't come right out and say anything, but after 30 minutes of them completely ignoring us, we knew. I even lost a job when the owner discovered I was married to a black man (and only a week after I had received my third raise in three months for great work). Seeing such hatred directed at my family, I wasn't as comfortable taking the boys hiking or camping. We still went to the lake to swim, but I don't believe we ever went on an overnight trip in the Texas.

Discovering The Mountaineers

I moved to Puget Sound in 1996 and got a divorce later that year. My boys were teens by this time and opted to stay in Texas to finish school and stay with their friends.

As I got older, I wasn't able to hike like I used to due to severe arthritis in both knees. I tried not to let it stop me from enjoying the outdoors. And, since my new husband didn't really hike, I would often go on my own. At first, I joined a local Volksmarching club and did 5K and 10K walks on the east side of Lake Washington.

I didn't discover The Mountaineers until 2007 when I took a photography class elsewhere, and the instructor recommended The Mountaineers Photography Committee. My first event with The Mountaineers was at Discovery Park taking photos of mushrooms. I ended up taking the Basic Photography Course later the next year. In 2017, I became chair of the Photography Committee. Over the years, I've led Mountaineers trips to Crater Lake, Ebey's Landing, Nisqually National Wildlife Refuge, and dozens more. I love hiking with a camera in hand, and introducing others to one of my favorite activities. Photography offers you opportunities to explore the same place in new and different ways, and to appreciate all of the perspectives available if you take a few extra moments to look for them.

Introducing another generation to the outdoors

Two years ago, my youngest son Marcus' family moved back to the Pacific Northwest.

His daughters, Amiyah, age 12 and Avenleigh, age 7, developed a love for water during their younger years in Hawaii. But hiking through the woods is new for them. Marcus took them camping a few times on the beach, but as a member of the Navy, he's often out at sea. His (ex)wife wasn't raised with camping or hiking, so she never thought to do that with the kids. Excited to have my granddaughters so close again, I was eager to introduce them to the outdoors.

At first the girls whined about how far we were going: their feet hurt; they were cold, etc. I was determined to "toughen them up." Plus, I felt they needed to get outside in the fresh



"Tell me, what is it you plan to do with
your one wild and precious life?"

Mary Oliver



Avenleigh on a family camping trip to Lake Easton State Park. Photo by Anita Elder.

air instead of sitting around playing computer games all day. As Jim Whittaker is fond of saying, "They need more green time and less screen time."

To better prepare myself, I picked up a few books like Susan Elderkin's *Best Hikes With Kids: Western Washington*, published by Mountaineers Books. I also read articles from the *Washington Trails Association*, especially the Tips and Tricks section.



Avenleigh wears her signature goggles at Mountaineers Summer Camp. Courtesy of The Mountaineers.

One of the great tips I learned was: Find ways to keep kids engaged while they're hiking. The next time we hit the trails at Islandwood on Bainbridge Island, I gave each of the girls a point and shoot digital camera. The camera gave them something to do and somewhere to focus their energy. Soon, they forgot about how far we were hiking or when we were leaving. Their complaints transformed into lively discussions about the names of plants, trees, and small animals.

On our next hike to Franklin Falls, their mother came along and the girls were eager to show off their newfound knowledge, grabbing their mom by the hand and telling her the names of things they'd learned. They knew what a sword fern looked like, and they could tell the difference between a ground squirrel and a chipmunk. But, they still complained about their feet being cold. Our next step was to get them decent hiking boots and socks. I know from experience that wool socks and comfortable boots make all the difference in the world!

A summer of fun

Because The Mountaineers helped me over the years, introducing me to new locations and learning new skills, I wanted Amiyah and Avenleigh to experience The Mountaineers Summer Camp. I'll admit to having an ulterior motive: I wanted them to learn that the color of their skin shouldn't stop them from enjoying what this world has to offer. I wanted them to have experiences that would make them strong adults.

Since the girls live in Everett, they spent the week with me so I could ferry them to and from the Seattle Program Center

each day. They always love spending time with me and I look forward to their visits. That said, it had been a long time since I had young kids underfoot for an extended period of time.

On the first day of camp they were nervous. They'd never climbed a wall or kayaked on a lake; plus, they didn't know anyone. These are all very normal kid (and adult!) anxieties. I reassured my granddaughters that they'd have fun, then left them in the care of the competent camp staff. What a change a day can make! Picking the girls up at the end of the day, they were so excited. They kept talking over each other - competing for my attention - to tell me what they did and how much fun it had been.

Over the next week, the girls made new friends and one mom even asked for a play date. They learned to make survival huts after a field trip to Monroe. They swam and hiked and kayaked and played. Avenleigh wore her swim goggles all day on the second day. By the end of the week, Amiyah loved the kayaking the most; Avenleigh loved climbing the wall. Both exclaimed that they couldn't wait for next summer so they could go to camp again. Since I wasn't there during the day, I really loved looking through the photos that The Mountaineers posted at the end of the week.

New family traditions

My son Marcus wasn't able to move back with his family right away due to military obligations, but when he finally settled back in Everett we went on a family camping trip over Labor Day weekend to celebrate. I made reservations to tent camp at Lake Easton State Park, just past Snoqualmie Pass. The water was too cold for swimming, so we found some hikes around the state park. We drove to Hyak and hiked the Snoqualmie Train Tunnel Trail. Even though the tunnel and return are rather long for young kids, I didn't hear any complaints. Later that evening, we toasted marshmallows over a propane stove (since a burn ban was in place), giggles filling the air around our non-campfire. I'd wanted to tell ghost stories before bed, but the girls were exhausted from a full day of activities and fell asleep quickly, bellies full of marshmallows.

We also took a road trip to Winthrop on Hwy 20, making frequent stops for short hikes, mostly in the Newhalem area. Mushrooms were plentiful, so I pointed out the names of different species to the girls (from what I could remember from Mushroom Weekend at Meany Lodge). We also walked the short trail at the Washington Pass Lookout, where we saw great views of the mountains, along with a lot of golden larches. Marcus was amazed at the beauty our state has to offer!

These days, my granddaughters ask when we are going on another hike or going camping. It's harder with school and the colder weather, but we were back on the trail in January when I led a family hike at Nisqually National Wildlife Refuge.

I really loved sharing the outdoors with my children and now I enjoy sharing that love with my granddaughters. I also know that by spending time as a family and continuing to explore trails in the Pacific Northwest, my granddaughters will grow up and pass this love on to their own children... And they won't let the color of their skin stop them! ▲▲

“ I know that by spending time as a family and continuing to explore trails in the Pacific Northwest, my granddaughters will grow up and pass this love on to their own children... And they won't let the color of their skin stop them! ”





Nick and his classmates on the ascent to Mary's Peak. Photo by Mike Warren

CONFESSIONS OF AN OLD SCRAMBLING STUDENT

By Nick Reynolds, Mountaineers member

I looked around at the others, perhaps 75 in all, and saw that almost everyone was quite a bit younger than me. One exception was an instructor who looked like he might at least hail from the same part of the century. The lines on his clean-shaven face were well-defined and weathered in a good way. Barely noticeable, a small paunch was his only outward concession to the years. Overall he looked very fit and sturdy. His high-end, knee-length gaiters – neatly attached to clean, well-maintained boots – reinforced the impression. Even though the sun hadn't hit the clearing in the Bean Creek Basin in the Teanaway where we stood, he was wearing sunglasses. He walked over and, perhaps keying on my white beard and noticeable enough paunch, greeted me by asking, "How old are you?"

"66," I answered. "And how old are you?"

"77," he replied, and walked away.

What the heck? I thought. He's 11 years older than me? I was a little bemused, but also kind of impressed.

This was my introduction to the experience field trip segment of the compressed scrambling course.

Walter, the 77-year-old instructor I'd just met, somehow intuited that age was on my mind.

A wannabe mountaineer

I'm a lifelong hiker and for longer than I care to admit, a wannabe mountaineer. I can remember the day in the winter of 1987-88 when I first wrote in to get brochures about climbing in the Cascades. The blue-tinted trifolds took up long-term residence on my simple pine coffee table, where they stood out against the grain. Since I've lived and worked most of my life on the East Coast, taking the next step and summiting these peaks was on hold until I retired from full-time government work. I saw my chance after my wife decided to go to acupuncture school in Mt. Vernon, Washington and started commuting to Washington for class one weekend a month.

One month I got a ticket to go with her. I went in search of the outfitter who had sent me the brochures. After pausing for a minute outside the no-frills storefront, I walked in and asked some very basic questions. Over the next three years, I embarked on a handful of short but intense summer climbing trips in the Cascades. The first year I failed to get up Mt. Baker because I was not fit enough. The second year I was fit enough to get close on Sahale Peak, but once I stepped onto the summit ridge from the Quien Sabe Glacier, I realized that I had a lot to learn about exposure. The third year, with a long-time friend and climbing partner, I made it to the top of Mt. Baker.

I was one unhappy climber when my partner decided to go back to full time work, and I was left to my own devices. But I was not ready to quit. On my 65th birthday, over morning coffee in our suburban DC kitchen, I joined both the Mazamas and The Mountaineers as a gift to myself. I immediately began looking for ways to get involved. I could at least be an armchair climber, and maybe figure out a way to take a course or two and meet like-minded climbers, form or join a cohort of some kind. Like my wife, the commuting acupuncture student, I could fly out West two to three times a year. Bottom line: by setting goals and challenging myself, I might stay fit for another ten years or so.

And so, a year later, I signed up for the Compressed Scrambling Course.

Some of the people recently featured in Mountaineer magazine have overcome tremendous obstacles like brain surgery and addiction. My journey is hardly in the same category, but aging does have its challenges. Scrambling up a peak was my way of taking it on.



Walter navigates a tricky stream crossing. Photo by Mike Warren.

From wannabe to scrambler

From the start I was pleasantly surprised by the welcome I received. I must have seemed the strangest, neediest scrambling student – from the wrong coast and the wrong demographic, and with the most questions. Nevertheless, course chairman Jeff Patterson patiently answered email after email as I explained who I was and what I wanted to do. Jeff even offered to pick me up at the airport and let me sleep in his guest room – an expression of faith in the goodness of the outdoor community. How did he know I was not an ax murderer, a half-serious question that, believe it or not, my wife and I once fielded after a new hiking friend offered us a place to stay in Maine. When I finally got to the Seattle Program Center and met the other students, I felt at home.

Even though none of the other students had spent their lives toiling away in an airless federal building, and despite the fact that they collectively had more tattoos and colored hair than all the Feds in D.C. combined, they made me feel like I had been a part of the team for years. As different as we may have appeared on the surface, no one ever made me feel as though I was out of place.

This sense of community was one thing that set the course apart from commercial outdoor classes I'd taken in the past. Another major difference was that the instructors were all volunteers. One, Steve McClure, was even a board member who, I'll wager, had to clear a busy schedule to be with us on a Friday afternoon. Most volunteer instructors were



accomplished climbers and scramblers. When we caught a glimpse of Chris Spanton's calendar as he was setting up a slideshow, we got an idea of what it means to be committed to mountaineering: his calendar looked a little like the schedule for the winter Olympics, with a variety of events every week.

The lessons we learned were reinforced over the course of three days. We began with in-town instruction, then spent the final two days at Stevens Pass, practicing what we learned in the classroom. A decent commercial class on self-arrest usually covers falling forward, head up, into the mountain. But in our course we ran through at least four scenarios, including one where we started on our backs, head down. As we practiced our instructor, Allison Swanson, cheerfully encouraged us in English and Danish. ("Why Danish?" you might ask, as I did. Answer: "Because the Portuguese class was overenrolled.")

In case you haven't experienced an upside-down self-arrest, you start out on your back in the snow on the mountainside. If you want, the instructor will grab hold of your boots as you get into position, and let go when you say you are ready, launching you downhill. You experience, in short order, a sense of disorientation from being upside down on a 35-45 degree slope – maybe even a hint of fear – then a moment of trust as you connect with the instructor, then a surge of adrenaline as you start to slide. Finally, assuming you manage to flip yourself over and plant your ice ax, relief and accomplishment.

The thoroughness of the course didn't stop with self-arrest. Our prerequisites for graduation included completing three scrambles, a Wilderness First Aid course, and Navigation course – not to mention the experience field trip in the Teanaway a few weeks after the initial three-day course. I thought this was the right way to prepare future scramblers.

On the field trip, I chose to join one of the groups going for a lesser peak called Mary's. I see now I could have pushed myself a good bit harder and gone for one of the more challenging peaks, but the upside was that Walter was one of our evaluators. I will not soon forget watching him tell students to do it again when their performance on a skill test wasn't good enough – and then marking them honestly on the report cards we received. This was very different from courses where everyone passes more or less automatically.

I did well enough on the field trip to get one of the course's custom-printed yellow alpine scrambling buffs, but in the end I didn't get the scrambling badge itself. I completed the Navigation and First Aid courses back East, but it was tricky to schedule testing in Seattle, let alone work in three scrambles. Trying to bunch all the requirements up into manageable trips from the East Coast proved to be a bridge too far.

But I have no regrets. The course unfolded in stunningly beautiful corners of the Cascades I never would have found on my own. There I felt the camaraderie of the trail in small acts of support and friendship. I learned about scrambling, a discipline between technical mountaineering and hiking that provides folks with the skills to venture up breathtaking summits that lie off the beaten path.

A key point that I learned anew was the value of planning and preparation, especially for the older outdoorsman. A few decades ago, I could go on a six-day expedition with little preparation; now I need to ramp up my exercise routine before heading out, even if it's just a challenging day hike. It may take a bit more diligence for me to get outside these days, but that doesn't mean the adventure's over. Thanks to Walter, I learned that you can keep going long after conventional wisdom tells you to lower your expectations and settle into a rocker on the porch. ▲▲

Knee Health: Reverse Step Ups & Backwards Walking

By C. W. Schurman, MS, CSCS, PN2

One of the most common concerns mountaineering clients have is how to keep their knees healthy as they add mileage and years. To strengthen your quadriceps for downhill hiking, add Reverse Step Ups and Backward Walking to your training program. Both moves will help you develop better balance and build your leg strength and confidence, no matter your age.

Reverse step up

Stand in front of a sturdy bench six to thirteen inches high, preferably in front of a mirror. Place the foot of your non-dominant leg on the step behind you, toes turned outward ten degrees. Square your hips and shoulders forward, with a hand on a wall or dowel to help balance. Slowly lift yourself onto the elevated leg as though you are walking upstairs backwards. As you lower back to the floor, watch your knee in the mirror. If it wobbles or buckles toward the midline, feels tentative, or if you lose your balance, lower the height and try again.

On each repetition, try to keep your knee tracking over the middle toe or slightly outward. Resist collapsing inward. Make sure the leg on the bench does the lifting rather than rebounding off the floor. Subsequent sets may feel more stable as the muscles adjust to the exercise. Perform three sets of eight to ten repetitions, twice a week, taking two seconds to lift and two seconds to lower. Add a backpack or hand weights or increase the height of the step to add difficulty.

Backwards walking

To see if backward walking might help, first walk ten steps forward and nine steps back (to return to the start). If you have no pain in either direction, find a flat area clear of traffic or obstacles and walk backward for thirty yards. Once you can walk forward and back six times without pain, look for a slight

elevation and walk backward up the hill.

If you are comfortable walking forward 2.5-3 mph on a treadmill, set a flat treadmill to a reduced pace (perhaps 1.5-2 mph). Be sure to hold onto the handrails to get into position facing backward. As you get more comfortable and familiar with the exercise, gradually increase your speed to match your forward pace. For increased challenge, increase the treadmill elevation or walk backwards up a moderate hill. If you train outside, make sure the area is clear of roots, obstacles, and traffic. Consider training with a partner who can walk forward while you go backward, then switch.

Who can benefit?

Anyone rehabbing from knee surgery or recovering from lower extremity injuries (sprained ankles, Achilles tears, or shin splints) might find both exercises helpful. If you have tried ibuprofen, ice/heat treatments, time off from training, physical therapy, stretching, or strength training and are not satisfied with your results, try the reverse step up. Athletes who need to make quick changes in direction or run backwards (i.e. soccer players or skiers) or who need a cross-training option to supplement their sport may benefit from backward walking.

Why do they work?

The eccentric (lowering) phase of going downhill is usually what causes mountaineers the most knee discomfort. The Reverse Step Up mimics the downhill movement in a safe and controlled environment, with you in full control of height, weight, and support until your legs are stronger. Backward walking reduces the eccentric component of training on the knee joint, allowing the body to continue to increase cardiovascular capacity and strength endurance while healing.



Katherine Hollis of The Mountaineers hikes the recently improved trail to the Liberty Bell Group in the North Cascades. Photos by Peter Dunau.

Outdoor Advocates Network is an online resource designed to provide you with the knowledge to protect our public lands.

Mountaineers at South Early Winter Spire in the North Cascades. Photo by Ida Vincent.



At a time when our public lands and waters are under unprecedented attack, the outdoor community needs knowledge and resources to protect the outdoor experience. That's why we launched Outdoor Advocates Network (OAN). This online resource features our eLearning course, Protecting Public Lands 101, as well as our Action Center, where you can check out many of our nation's most pressing public lands issues and make your voice heard.

WHAT PEOPLE ARE SAYING ABOUT OAN

“ Super helpful and informative. Broke it down so anyone could understand the complicated federal public lands system.”

“ Clear, concise explanation of our federal public lands designations.”

“ The amount of information that was packed into one hour was amazing.”

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Great! You can receive a badge for your efforts. Sign up for the course at mountaineers.org/OAN.



Take Action

Now that you're informed, it's time to make your voice heard! Visit our Action Center to find important public lands issues you can engage on. Check it out at outdooradvocates.net/action-center

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Sign up at: mountaineers.org/currents

Mountaineers.org

Check out all the conservation issues we're working on at: mountaineers.org/conservation-blog

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Follow us on Facebook for regular conservatin posts: facebook.com/TheMountaineers

Humility and Exposure: Enduring Lessons from Forbidden Peak

By Steve Smith, Climber & Outdoor Educator



Left: Steve climbs unroped near the top of 500-foot West Ridge Couloir. Top right: Looking onto Forbidden Peak. Bottom right: Steve approaches the summit of Forbidden Peak. Photos by © Steve Smith.

In July 1996, I was a rock climber with very little experience in the mountains. I found myself in Glacier, having moved to Washington State from the relative flat-lands of the East Coast, where "it might be hot but at least it's humid." I was working for a small outdoor education program, and my new friend there suggested we go climb a technical peak in the North Cascades.

"Hmm, I don't know, how hard is it?" I asked, eager (but unable) to appear brave.

"It's only 5.5 or 5.6, it will be easy!" he said. I was leading much harder climbs at the crags at that point, so felt confident that I'd be up to the task.

So off we went to Marblemount, WA to pick up a permit to climb the classic West Ridge of Forbidden Peak.

Connie Lightner, mother of teenage climbing phenom Kai Lightner, is fond of saying, "Sometimes you win, and sometimes you learn." This Forbidden trip allowed us to win, and even more so, to learn.

Lesson One: Take responsibility for your own route selection and know what skills are required.

I completely trusted my partner and left it up to him to pick the route and make all the decisions. He must have assumed I was more experienced, and I didn't realize I was signing up for glacier travel, steep snow climbing, and an array of other alpine challenges. I had climbed a handful of multi-pitch routes at crags, but had absolutely zero experience mountaineering and had never set foot on a glacier before.

The approach

We got our permit and trudged up the steep, muddy trail, eventually arriving at Boston Basin, a stunning place full of wildflowers, marmots, and sweeping alpine panoramas.

We set up camp and went to pull out dinner. I had the MSR Whisperlite stove, and my buddy had carried a fuel bottle... but neither of us had the requisite fuel pump. We stared at our packages of pasta and put on a good face, but felt a sense of despair. How had we missed this crucial piece, and what did it mean for our larger ability to plan and coordinate our efforts? We scrounged snacks for dinner (one of us, who shall remain nameless, had actually brought an entire box of blueberry Pop Tarts) and headed to bed early for our alpine start.

Lesson Two: Plan, communicate, and double check what you're bringing.

In this case, we managed to make it work, but really more through luck than skill. Had we forgotten a more essential item, we would have been in a much worse situation.

An alpine start

We woke around 2am and enjoyed a few more cold Pop Tarts before setting off towards the looming ridgeline of the peak. As we traveled across the snowfield, it imperceptibly turned to glacier, which became quite convoluted as we approached the couloir commonly used to access the upper ridge. We did not discuss roping up on the glacier, and we proceeded by climbing unroped up the couloir.

It had been warm the night before, and it was easy to kick deep bucket steps as the couloir gently steepened. Soon, using two ice axes each and still climbing unroped, we were hundreds of feet above the glacier. I felt secure due to the snow conditions, although I was aware I had never actually practiced self-arrest before and was unsure what I would do if I were to slip.

Lesson Three: It's easy for more experienced climbers to underestimate the difficulty of terrain for beginners.

I was basically testing and discovering my limits and abilities in terrain that would have been extremely unforgiving (or worse) had I failed. I didn't have the experience to be soloing on the terrain where I found myself, and didn't know what I didn't know.

Climbing the West Ridge - slowly

We made it onto the ridge crest, changed out of boots and crampons, and stashed equipment for the rock climb ahead. It was a warm, pleasant day on the ridge, with no other parties in sight. We roped up and started simul-climbing along the ridge-crest, a technique which was new to me but which intuitively made sense.

I found climbing pitches as the second climber much easier than being on lead, where I had to navigate the challenges of rope drag. I was more accustomed to crag climbing than ridge

climbing, and the route wandered around gendarmes from one side of the ridge to the other. As I climbed, I placed gear in less-than opportune places in order to minimize rope drag. At times, it likely would've been better to belay than simul-climb - it would have been just as fast and without the added risks of a simul-climbing fall.

The day was lovely, and the remarkable views got better and better as we moved up the ridge.

At one point we were sitting together on the ridge, eating and drinking, and I took my rock shoes off to relieve some of the pain in my feet. A moment of drama - the equivalent of a near-miss, really - occurred when I decided to put my rock shoes back on again. As I tugged hard on the heel loop to pull my tight shoes back onto my foot, the heel loop slipped out of my hand, which led the shoe to catapult straight up into the air about fifteen feet, hovering delicately a thousand feet above the glacier, with me and my partner staring in disbelief as it trembled in the light breeze. Miraculously, it fell straight back down into my arms. My partner and I looked at each other; not a word was spoken. We'd left our boots way back at the top of the couloir, so all I had with me were my climbing shoes. Losing one would've been disastrous.

Another desperate situation, narrowly avoided solely by luck.

Lesson Four: Maintain situational awareness.

Through lack of awareness and carelessness, I almost created a dire scenario in a remote, precariously-exposed area. I was taking my shoes on and off on the ridge just like I was in the habit of doing at a roadside crag, with no situational awareness whatsoever to the potential consequences of my choices.

So upwards we continued. As the sun traversed across the sky and began to drop towards the western horizon, a harsh mid-summer glare began to soften to warm, golden colors. We made our way to the summit as the last golden rays of sun sank below the horizon. It was now starting to get dark, and we had been on the move continuously since 3am.

Abruptly, I realized there was no chance whatsoever that we'd be off this peak before nightfall.

Lesson Five: Establish a turnaround time and re-evaluate your progress as you go.

We were so focused on making the summit we didn't even consider assessing the time. I don't know how we wasted the entire day up there on the ridge, but I have lots of photos of us eating, drinking, and having fun - I think we were just enchanted. We should've set a turnaround time in advance, which may have given us a sense of urgency or at least helped us make a conscious choice about continuing or turning back.

The descent

With night nearly upon us, we began to race down the ridge. Due to the diagonal and traversing nature of the ridge, it was hard to move quickly. Rappels took us diagonally off the natural fall line, and down-leading subjected the follower to frightful exposure on the descent to the next piece of gear. Slowly, we inched our way down the ridge.

We found the first rappel anchor at the top of the couloir, and began the second rappel into the heart of the couloir as the last rays of sun sunk below the horizon. I volunteered to go first on the second rappel. I set off down the moderately steep snow into the couloir, my headlamp sweeping from left to right as I made my way downwards.

In mid-summer, the snow melts away from the rock walls on either side of the couloir, putting the rappel anchors farther and farther out of reach. As I descended, I noticed several rappel anchors 15-20 feet above the snow, separated by a deep, dark moat between the snow and rock. I reached the end of my rappel and strained against gravity to see if I could pendulum over to one of the anchors; then promptly blew out my footholds in the snow, falling backwards into the moat and landing upside down at the very end of rope.

In 1996, tying knots in the end of the ropes or using auto-blocks to back up rappels had not become a common practice. Without these safety measures, I was at risk of sliding off the end of the rope and into the deep abyss, between the ridge and the glacier.

Lesson Six: Use good habits and backup systems to manage the consequences of human errors.

Tying knots in the end of the rope on a rappel, especially at night when it's hard to see the next rappel station, can save your life. The fall into the moat could easily have dislodged my brake hand, causing me to slide off the end of rope with dire consequences.

Once we re-established ourselves in the couloir proper, we had hundreds of feet of relatively steep and exposed snow to descend. There's no way we could reach any of the rappel anchors on either side of the couloir, as the snow moat on either side was too big. We had no choice but to down-climb the steep, soft snow.

My headlamp died, and I was fairly certain I was next. In the moonlight, I could see the yawning bergschrund far below, and imagined myself sliding and tumbling down the mountain into that gaping hole. Somehow, step by step, we descended through the snow, climbing down into the bergschrund and back up the other side.

Once on the gentler snow slopes, we trudged down to the grassy meadows and eventually to our tent in the basin. We arrived around 2am, approximately 23 hours after we left. I promptly passed out.



By the time we awoke the next morning, the sun was high in the sky. On the hike out, I was so exhausted from the previous day that I face-planted on the only semi-flat section of trail between camp and car. Laying on the ground with my face in the talus, I considered my choices for an unusually long and humbling time.

How this experience affected me

Despite all the crises narrowly averted by sheer luck and the utter mental and physical exhaustion, I also gained experiences that would go on to define much of the rest of my life:

- A true sense of partnership and connection that only develops from overcoming risks and challenges through teamwork;
- A desire to know these mountains better, to have a sense of place in this wild and austere sea of peaks and ridgelines;
- Unexpected joy at the sense of being on the thin edge between glory and tragedy.

Conclusion

After the trip, I spent the next 20+ years of my life engaged in mountaineering pursuits, not only as a past-time and a lifestyle, but in a variety of professional roles.

As my love affair with the North Cascades and climbing deepened, I returned to Forbidden Peak again and again, climbing all three of its primary ridges, including the Torment-Forbidden Traverse in a day.

Forbidden Peak remains true to its name, and has been the site of multiple accidents and countless epics over the years. Contrary to popular knowledge, and certainly contrary to the unprepared style in which I climbed it over 20 years ago, the mountain requires skills, judgment, and fitness. It is not a peak for beginners, even if it impelled me as a beginner to launch into a lifelong pursuit of mountaineering, with powerful opportunities for learning and personal growth along the way. ▲▲

Steve Smith is a risk management consultant at Experiential Consulting, LLC, where he serves outdoor/experiential education programs. His career has included administrative leadership roles with national organizations including Outward Bound and The Student Conservation Association. As a member of The Mountaineers' Adult Education staff, he helped envision and launch Progressive Climbing Education and Alpine Ambassadors. Learn more about Steve's work at www.outdoorrisk.com.

A NEW PROGRAM CENTER FOR OUR KITSAP BRANCH

By Jerry Logan, Kitsap Mountaineers Branch Chair



Photo by Bill Bandrowski.

A revamped building in Bremerton is set to transform how The Mountaineers Kitsap Branch teaches and trains students. But before we get too far into the future, the story of our new home warrants a look at the past.

Volunteers built the Westgate Fire Station more than five decades ago, and for over 30 years members of Olympic Mountain Rescue (OMR) stored equipment there. This summer, OMR inherited the building, providing the group with space to store their rescue truck and equipment and host training sessions. OMR's ownership also entails an exciting new partnership with our branch: We're happy to announce that we're working together to create a center designed to advance mountaineering and mountain rescue!

Our two mountaineering organizations have long histories in the Puget Sound and Olympic Mountains. OMR is one of the eight Washington State mountain rescue organizations formed in 1957. These new groups grew out of the Seattle Mountain Rescue Council, a group started by Mountaineers members in 1939 and officially established in 1948. For many years before that, Mountaineers played a key role in the initial exploration of the Olympics. According to *The Mountaineers: A History*, our first summer outing in 1907 - led by Asahel Curtis, Montelius Price, and Cora Smith Eaton - took sixty-five Mountaineers into the heart of the Olympic Mountains. Nearly a century later in 2003, we formed the Kitsap Branch.

I am the current Branch Chair of the Kitsap Mountaineers and a member of OMR. Early in 2018, the OMR President informed its membership of the opportunity for OMR to take over management of the building. While OMR was studying this proposal, I was elected Branch Chair.

At the time, most of our branch's lectures and workshops were held at the Kitsap Cabin, a small log building that shares property with the Kitsap

Forest Theater. We were cramming 24 basic mountaineering students and a dozen instructors into a cabin without climate control, with bathrooms located in an outbuilding hundreds of yards away. Needless to say, the conditions were not optimal for high-quality training.

Knowing that OMR would likely gain control of the Westgate Fire Hall, I proposed that we pursue a partnership to create a "program center-lite." After the building was transferred, we signed a lease to use part of the building for our course and activities!

This comes at a perfect time for the Kitsap Mountaineers. Our branch is growing, and for the first time in a long while all our officer positions are filled with incumbents. Most of our new leaders are women, and all of our leaders are energizing us with tremendous new ideas. We're excited to provide a better educational experience to the students in our climbing, navigation, and scrambling courses.

OMR recently completed an extensive renovation of the fire hall and renamed it the Harold Brooks Community Center in honor of the long-time leader of the Westgate Volunteers. Our branch has also contributed to improving the space. Led by our 2018 volunteer of the year Steve Anderson, we installed a number of bolted anchors for instruction. We plan to build climbing walls, and we will design the rappel ledge so that OMR can also use it to practice rescues. A number of Mountaineers are also part of OMR, so sharing this facility will allow both groups to benefit from improved climbing and rigging training.

The benefits of the facility are already evident. Our students now have a place to practice skills like belay escape and crevasse rescue while staying dry and warm! The building is also much closer to the Bremerton ferry terminal, providing easier access for our students that come from Seattle - a not insignificant portion of our class.

We hope the new program center will encourage more people to become members of The Mountaineers and join Olympic Mountain Rescue. I am grateful for all of the support we've received throughout this endeavor, and I look forward to seeing how this new facility will help us introduce more people to the outdoors. ▲▲

Into the Archives

By Trevor Dickie, Member Service Representative



Founded in 1906, The Mountaineers has amassed an array of artifacts hailing from monumental adventures and events in the Pacific Northwest. In this edition of Retro Rewind, we decided to venture into our archives and highlight a few of our most treasured objects.

Mount Rainier Summer Outing Camp Sign

In the first few decades of The Mountaineers existence, members planned long, yearly excursions into the wilderness every summer and winter. On these annual trips, our members ventured into the mountains to explore and discover first ascents on unmapped peaks. In 1912, The Mountaineers spent July 20 - August 10 traveling around Mt. Rainier. For those early outings, metal signs were created by hand to designate the different camps (following proper decorum of the time, single men and women camped in separate areas, with a family camp set up in between). With lots of members coming along, it's not hard to imagine the big dinners and nightly fires after a day spent exploring. "One cannot think of a summer's outing without recalling

the campfires," Mary Pashall wrote in our 1912 Annual. "The lost art of storytelling here returns and brings with it original verse and song to fill this breezy chapter of life's outdoor holiday." By the end of the 1912 trip, our total ascent/descent measured at 50,000 feet, with 139 miles walked. This camp sign was from the group's 10th camp, which sat at an elevation of approximately 4,500 feet on the north side of Mt. Rainier. The 1912 summer outing was also the first year we reached the summit of Mount Rainier as an organization. "We stood upon the pinnacle of Rainier's icy mantle. A thick haze obscured the horizon," wrote E.M. Hack. "The utmost heights of Hood, St. Helens, and Adams pierced the cloud canopy and appeared as floating islands in a sea mist."



All photos on this page by Trevor Dickie

Lloyd Anderson's Gavel

Lloyd Anderson is best known as the co-founder of REI and his search for cheaper, better quality climbing equipment. Lloyd's quest began with an ice ax for a Basic Climbing Course led by Wolf Bauer, who was pioneering new techniques with The Mountaineers. The increasingly technical climbing required new, more advanced tools than traditional hobnail boots and alpenstocks (a long, wooden shaft). Not finding anything locally, he and his wife Mary ordered from Europe, soon establishing themselves as the go-to source for gear. Lloyd and Mary launched the cooperative for \$5 in 1938 while operations remained in their West Seattle attic (Lloyd, Mary, and three other Mountaineers members put in \$1 each). "In 1942 the club moved to 523 + Pike Street, just above the Green Apple Pie Café. Soon thereafter, Lloyd Anderson moved his fledgling Recreational Equipment Cooperative down the hall, thereby establishing a kind of Mountaineers Central," reads one caption in Jim Kjeldsen's *The Mountaineers: A History*. Lloyd eventually went on to become President of The Mountaineers in 1946, perhaps using this gavel to keep more than a few committee meetings on schedule after a bit of storytelling.

Harper Novice Cup Ski Trophy

As one of our earliest skiing trophies, the Harper Novice Cup was known for the spectacle rather than the skill. "It became the highlight of the winter sports season, probably due to the drama and comedy in a mass of beginning skiers trying to negotiate a race course," Jim Kjeldsen wrote in *The Mountaineers: A History*. The trophy was introduced in 1923 for men, after the success of an earlier competition, featuring women cross-country skiers with less than two-and-a-half seasons of experience. The 1929 edition of *The Mountaineer Annual* - designated as a special ski-focused volume - detailed the race, "The course is to run from a point near Snoqualmie Lodge to a mark at or near the U. S. Geological Survey "hub" at the summit of Snoqualmie Pass, and return, with points given for speed, less one point for every fall experienced en-route." If you look closely, you might just recognize that last name on the trophy, inscribed as the 1940 champion.

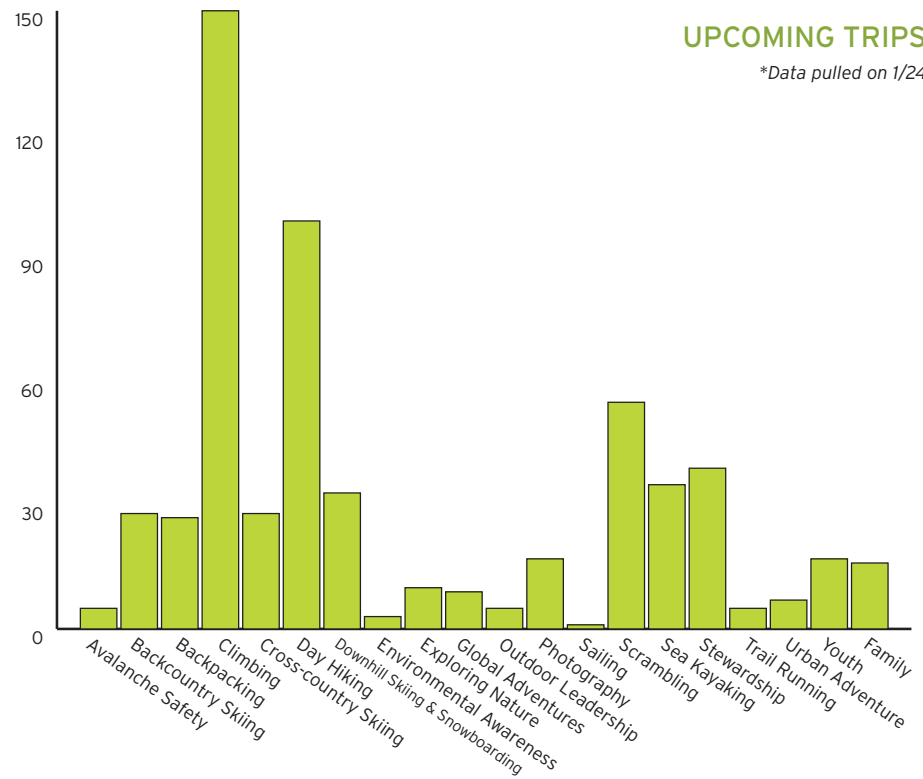


Mountaineers Activities

The Mountaineers has nearly 600 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!

UPCOMING TRIPS

**Data pulled on 1/24*



IN 2017:

Mountaineers participants climbed a combined **40 MILLION FEET** and traveled more than **10,000 MILES**



12,427
members



3,143
volunteers



390,777
books sold worldwide



47
courses & clinics devoted
to outdoor leadership
development



295
new leader badges
awarded



9,400
individual actions to
protect public lands

4,496 individuals
participated in a
course, seminar,
lecture, or clinic.

40 public comment letters
submitted providing
detailed expert analysis on
public lands issues

455 people trained in
low-impact backcountry
skills through eLearning
course

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 event & 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, back-packing 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: 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, so spots often become available.





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



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.

Mountaineers Courses

Below is a sampling of courses offered. See www.mountaineers.org for complete and up-to-date listings.

AVALANCHE SAFETY

3/3/19-3/6/19 - AIARE - AVALANCHE RESCUE + LEVEL 2 (RECREATION TRACK) - COMBINED COURSE The AIARE 2 is a three-day/24-hour course that provides backcountry travelers an opportunity to advance their decision making skills in more complicated situations such as being a leader within a small travel group, traveling in more complicated terrain, and/or developing a travel plan where resources are scarce. This is an intensive combined AIARE Avalanche Rescue and Level 2 course in which participants advance their knowledge and skills in companion rescue, identification and discussion of avalanche phenomena, risk management, and decision-making in avalanche terrain. - Contact: Annie Graeter - annie.graeter@gmail.com - Tacoma

3/6/19-3/10/20 19 - AIARE Avalanche Rescue + Level 2 Combined Course - This is an intensive combined AIARE Avalanche Rescue and Level 2 course in which participants advance their knowledge and skills in companion rescue, identification and discussion of avalanche phenomena, risk management, and decision-making in avalanche terrain. - Members: \$495, Non-members: \$550 - Siana Wong - sianawong2@gmail.com - Olympia

3/7/19-3/7/19 - AIARE - Avalanche Rescue is a one-day stand alone course that is intended to be retaken on a regular basis in order to keep abreast of best practices in rescue techniques and gear. New participants will learn the basics of companion rescue, while returning participants will expand their skill set with advanced topics and realistic scenario practice to help improve their skills. - Members: \$165, Non-members: \$165 - Annie Graeter - annie.graeter@gmail.com - Tacoma

3/8/19-3/10/19 - AIARE Level 2 (Recreation Track) - The AIARE 2 is a three-day/24-hour course that provides backcountry travelers an opportunity to advance their decision making skills in more complicated situations such as being a leader within a small travel group, traveling in more complicated terrain, and/or developing a travel plan where resources are scarce. - Members: \$400, Non-members: \$400 - Annie Graeter - annie.graeter@gmail.com - Tacoma

BACKCOUNTRY SKIING

3/7/19-3/25/19 - Backcountry Ski & Snowboard Course - Everett Backcountry Ski Course, "Exploring the Cascades" - The course offers a great introduction to safely meeting the challenges of travelling the in the Cascadian backcountry on snow. - Members: \$250, Non-members: \$275 - Barry Hershly - barry.hershly@gmail.com - Everett

4/15/19-5/20/19 - Glacier Skiing/Snowboarding and Crevasse Rescue - Teaches rope skills necessary to effect a crevasse rescue. - Members: \$310, Non-members: \$710 - Kit Eiber - kit_eiber@yahoo.com - Foothills

BACKPACKING

3/21/19 - 10/31/19 - Backpacking Building Blocks (B3) Course - Backpacking Building Blocks (B3) is the most comprehensive backpacking course the Mountaineers offers, aimed at providing new and returning backpackers with the latest knowledge, gear info, practical experience, compatible trail companions, and experienced helpful mentors to help you become capable and confident on overnight or longer trips with the club or on your own. Open to members from all branches! A copy of Andrew Skurka's Ultimate Gear Guide 2nd edition will be provided to each student. - Members: \$130, Non-members: \$150 - Cheryl Talbert - cascadehiker@earthlink.net - Foothills

5/6/19-10/15/19 - Introduction to Backpacking - Hands on course for new backpackers. We will have two lectures, a gear practice day and multiple field trip options. - Members: \$100, Non-members: \$120 - Lisa Hayek - lisa.hayek@tacomamountaineers.org - Tacoma

5/15/19-9/30/19 - Backpacking with Kids - Backpack with your kids! This course is for parents with some backpacking experience who want to take their children (little ones to teenagers) backpacking. Learn more about planning, on the trail, gear, tips and tricks, etc. Parents must be Mountaineers members and must participate with their kids in the field trips. - Members: \$30, Non-members: \$50 - Lorelei Felchlin - lorelei@felchlin.net - Foothills

YOUTH BACKPACKING

3/11/19 - 3/23/19 - Outdoor Skills for Families - Learn the skills to get outside and safely enjoy Washington's wilderness. - Members: \$30, Non-members: \$60 - Dixie Havlak - havlakrd@comcast.net - Olympia

5/22/19 - 6/9/19 - Essentials of Backpacking - For backpackers, this course will bridge the gap between day trips and experiencing the wilderness overnight. - Members: \$60, Non-members: \$90 - Jim French - jimfrenchwa@comcast.net - Olympia

CLIMBING

3/5/19-10/1/19 - Introduction to Alpine Rock - Be a safe follower on a basic alpine rock climb - Members: \$200, Non-members: \$250 - Fred Bumstead - frederichb@yahoo.com - Seattle

3/18/19 - 4/21/19 - Introduction to Single Pitch Trad B - Introduction to placing traditional gear in a single pitch crack climbing environment. - Members: \$200, Non-members: \$300 - Ryan Dubberly - ryandubberly@gmail.com - Seattle

4/2/19-5/12/19 - Self Rescue 1 - Learn the skills to rescue a follower while on a multi pitch climb. - Members: \$100, Non-members: \$150 - Nicholas Hunt - huntntb@gmail.com - Seattle

4/3/19-5/12/19 - Introduction to Single Pitch

Trad C - Introduction to placing traditional gear in a single pitch crack climbing environment. - Members: \$200, Non-members: \$300 - Ryan Dubberly - ryandubberly@gmail.com - Seattle

4/11/19-5/30/19 - Intermediate Rock Module - Trad Leading - This course will help students develop the necessary skills to climb multi-pitch trad routes. - Members: \$200, Non-members: \$300 - Jill Uthoff - jilluthoff@gmail.com - Tacoma

4/13/19 - 7/1/19 - Beyond Basic Rock - Members: \$160, Non-members: \$0 - Tristan Steed - twisty428@gmail.com - Olympia

5/8/19-12/18/19 - Advanced Alpine Rock Course - Members: \$250, Non-members: \$300 - Aaron Molskness - aaron.molskness@gmail.com - Seattle

5/8/19-6/9/19 - Introduction to Multi-Pitch Trad A - Introduction to climbing in a multi pitch environment with an alpine climbing focus. - Members: \$300, Non-members: \$400 - Gabe Aeschliman - g.aeschliman@gmail.com - Seattle

6/3/19-7/7/19 - Introduction to Multi-Pitch Trad B - Introduction to climbing in a multi pitch environment. - Members: \$300, Non-members: \$400 - Gabe Aeschliman - g.aeschliman@gmail.com - Seattle

6/4/19-10/31/19 - Intermediate Glacier Climbing - Members: \$300, Non-members: \$400 - Rob Holman - robert.e.holman@hotmail.com - Everett

6/15/19-6/23/19 - Intense Basic Alpine Climbing Course - A comprehensive 9 day course designed to give you all the same skills as the standard Basic Climbing Course. - Members: \$1350, Non-members: \$1450 - Nathan Foster - nathan.96@comcast.net - Seattle


7/1/19-9/14/19 - Intermediate Hard Snow and Alpine Ice Module - This course will help students develop the necessary skills to climb steep hard snow and alpine ice routes. - Members: \$200, Non-members: \$300 - Jill Uthoff - jilluthoff@gmail.com - Tacoma

9/19/19-3/15/2020 - Self Rescue Course - The Everett Branch Self Rescue Course (SRC) is a module of Everett Intermediate Climbing Course (ICC) and covers Rescue of Follower & Leader on Rock, Small Party Rescue, Pitoncraft, Bolting, Introduction to Rope Soloing and Aid Climbing, Glacier Rescue. - Members: \$100, Non-members: \$150 - Rodica Manole - rodi.man@gmail.com - Everett

HIKING

3/1/19 - 9/30/19 - Conditioning Hiking Series - Conditioning Hiking Series - Members: \$145, Non-members: \$0 - Kari Durr - karidurr@hotmail.com - Seattle

4/10/19 - 10/31/19 - Conditioning Hiking Series - NEW PARTICIPANTS MAY REGISTER FEBRUARY 1. REPEAT PARTICIPANTS ARE WELCOME TO REGISTER AFTER FEBRUARY



15. This course offers you the chance to develop your fitness capabilities while hiking with many of the same people throughout the duration of the course. You will reach new distance and elevation goals and visit some amazing places. Beginning in the spring, the course provides a structure of increasing challenging hikes that are scheduled to develop your abilities and skills. - Members: \$55, Non-members: \$0 - Donna Kreuger - djkreuger@comcast.net - Olympia

EXPLORING NATURE

4/2/19 - 9/9/19 - Introduction to the Natural World Course - An introductory course for the outdoors person interested in learning more about the natural world they are exploring. - Members: \$130, Non-members: \$270 - Anita Elder - anita@anitaelder.com - Seattle

FIRST AID

3/13/19 - 4/14/19 - Spring MOFA - Mountaineering Oriented First Aid - Olympia. Registration Priority for Olympia Alpine Scrambling and Basic Climbing Students. Open to all on Feb 20, 19. Classes: 6:00 to 9:00pm on 3/13/19, 3/14/19, 3/18/19, 3/25/19, 3/27/19 8:00am to 4:30/5:00 pm on Saturday and Sunday 4/13/19 and 4/14/19. Griffin Fire Station 3707 Steamboat Loop NW Olympia. Do not order a book when you register. Course book is ASHI Wilderness First Aid. - Members: \$165, Non-members: \$300 - Bob Keranen - bobkeranen@gmail.com - Olympia

4/6/19 - 9/10/19 - Wilderness First Aid (WFA) - The Wilderness First Aid course (formerly MOFA or AFA) is a 16 hour program plus a scenario practice session, and provides participants with a nationally recognized certification for basic backcountry first aid and emergency response. - Members: \$195 , Non-members: \$250 - Nancy Lee - jycnan@gmail.com - Foothills

4/26/19 - 4/28/19 - Wilderness First Responder Recertification - Wilderness First Responder Recertification - Members: \$300, Non-members: \$350 - Mary Panza - makinanoise@hotmail.com - Seattle

5/31/19 - 6/9/19 - Wilderness First Responder - Wilderness First Responder - Seattle - Members: \$650, Non-members: \$700 - Mary Panza - makinanoise@hotmail.com - Seattle

9/30/19 - 10/13/19 - MOFA Refresher - Members: \$75, Non-members: \$150 - Bob Keranen - bobkeranen@gmail.com - Olympia

10/5/19 - 10/13/19 - Fall MOFA - Classes are 8:00am to 4:30/5:00pm. Sat/Sun Oct. 7/8 and Sat/Sun Oct. 14/15. Griffin Fire Station 3707 Steamboat Loop NW Olympia. Do not order a book when you register. Course book is ASHI Wilderness First Aid. It will be provided on the first day of class. - Members: \$165, Non-members: \$300 - Bob Keranen - bobkeranen@gmail.com - Olympia

11/15/19 - 11/17/19 - Wilderness First Responder Recertification - Wilderness First Responder Recertification - Members: \$300 - 350 - Mary Panza - makinanoise@hotmail.com - Seattle

12/11/19 - 12/15/19 - Hybrid Wilderness First Responder - Hybrid Wilderness First Responder - Members: \$650, Non-members: \$700 - Mary Panza - makinanoise@hotmail.com - Seattle

NAVIGATION

3/14/19 - 9/21/19 - Wilderness Navigation - Wilderness Navigation - Members: \$67, Non-members: \$67 - Rick Finkle - rickfinkle01@gmail.com - Tacoma

4/16/19 - 5/5/19 - Basic Navigation Course - Olympia's Basic Navigation course which includes two lectures and a field day, as well as homework and final test. - Members: \$60, Non-members: \$60 - Mike Kretzler - mkretzler@comcast.net - Olympia

OUTDOOR LEADERSHIP

3/30/19 - 3/30/19 - Outdoor Leadership Seminar - Build and enhance your outdoor leadership skills through facilitated real-life scenarios, discussion and problem solving. - Members: \$50, Non-members: \$80 - Monica Fisk - monica.fisk@gmail.com - Tacoma

3/30/19 - 3/31/19 - Leave No Trace Trainer Course - Learn how to minimize your impact in the outdoors. - Members: \$55, Non-members: \$75 - Brian Carpenter - fleasgach@gmail.com - The Mountaineers

SCRAMBLING

3/5/19 - 12/31/2020 - Alpine Scrambling Course - Members: \$230, Non-members: \$330 - Dave Schultz - gdbshultz@gmail.com - Tacoma

4/13/19 - 10/1/19 - Compressed Alpine Scrambling Course - The goal of scrambling is to summit peaks. Learn safe off-trail travel on both snow and rock and how to use an ice ax to self-belay or arrest an unplanned slide, allowing you to safely reach the majority of the peaks in the Cascades. The course occurs over the span of one full weekend plus a one half-day lecture and a Saturday field trip. - Members: \$480, Non-members: \$560 - Bill Borom - jabahut1234@yahoo.com - Foothills

5/17/19 - 5/19/19 - Compressed Alpine Scrambling Course - This course covers the same curriculum of skills as the regular Scramble Course but over the span of one weekend. - Members: \$480, Non-members: \$580 - scrambling.seattle@gmail.com - Seattle

SEA KAYAKING

4/4/19 - 9/30/19 - Basic Sea Kayaking Course - Everett - Members: \$225, Non-members: \$300 - Bill Coady - billcoady@outlook.com - Everett

4/27/19 - 11/30/19 - Basic Sea Kayaking Course - Members: \$225, Non-members: \$300 - Dennis Egan - dennisvegan@comcast.net - Seattle

4/6/19 - 10/1/19 - Basic Sea Kayaking Course - Members: \$225, Non-members: \$300 - Esther Ladwig - emladwig@yahoo.com - Tacoma

5/2/19 - 12/31/19 - Basic Sea Kayaking Course - Olympia - Members: \$210, Non-members: \$300 - Will Greenough - kayakwill@yahoo.com - Olympia

com - Olympia

YOUTH

4/8/19 - 4/12/19 - April Break Camp - Seattle - Kids will learn all about climbing and outdoor activities during this week of school break camp! - Members: \$370, Non-members: \$420 - Katie Love - katiel@mountaineers.org - Seattle

6/24/19 - 8/23/19 - Summer Camps - A fun-filled, week-long day camps. Each week has a different theme. - Members: \$450, Non-members: \$520 - Katie Love - katiel@mountaineers.org - Seattle

7/8/19 - 7/19/19 - Kitsap Forest Adventure Camp Week 1 and Week 2 - Members: \$250, Non-members: \$300 - Gala Lindvall - galalindvall@gmail.com - The Mountaineers

7/8/19 - 7/10/19 - Seattle Transportation for the Kitsap Forest Adventure Camp Week 1 and Week 2 - Seattle transportation from the Seattle ferry dock to Kitsap Forest Adventure Camp and back again. Requires registration in Kitsap Forest Adventure Camp, Week 1 or Week 2 - Members: \$150, Non-members: \$150 - Gala Lindvall - galalindvall@gmail.com - The Mountaineers

7/1/19 - 7/3/19 - Summer Camp - Mount Rainier - Three day camp out at Cougar Rock Campground! - Members: \$390, Non-members: \$425 - Katie Love - katiel@mountaineers.org - Seattle

7/8/19 - 7/12/19 - Summer Camp - Rock & Ropes -Tacoma - Campers will learn basic rock climbing skills, have an opportunity to climb real rock outdoors, and gain other wilderness skills! - Members: \$330, Non-members: \$400 - Sarah Holt - sarahh@mountaineers.org - Tacoma

7/22/19 - 7/26/19 - Summer Camp - Survivor Week - Campers will learn wide variety of outdoor skills, focusing on safe travel in the wilderness! - Members: \$330, Non-members: \$400 - Sarah Holt - sarahh@mountaineers.org - Tacoma

8/5/19 - 8/9/19 - Summer Camp - Cabin Fever Week - Olympia - This week will include learning survival skills as we overnight camp Tues - Friday at the Three-Volcanoes Cabin owned by Mountaineer Dixie Havlak. - Members: \$300, Non-members: \$350 - Becky Nielsen - beckyn@mountaineers.org - Olympia

8/19/19 - 8/23/19 - Summer Camp - Advanced Climbing Week - Advanced Climbing Week! Calling all spider monkey campers - we have a new camp for you to dive into the world of rock climbing! - Members: \$390, Non-members: \$450 - Katie Love - katiel@mountaineers.org - The Mountaineers

8/19/19 - 8/23/19 - Summer Camp - Mt. Baker - A week-long away camp hosted at Mt. Baker Lodge for campers ages 10-14 featuring beautiful hikes just outside the front door. - Members: \$800, Non-members: \$875 - Katie Love - katiel@mountaineers.org - The Mountaineers

Open to members, groups, and the general public, our lodges provide visitors with unparalleled access to skiing, snowshoeing, hiking, and more. The Mountaineers is also home to the Kitsap Forest Theater, a historic outdoor theater showcasing two musical productions a year which are open to the public and a family favorite.

Lodge Webpages

Information about schedules, availability, meals, group rentals, and special events can all be found on the lodge webpages. You can also book your stay online. To access our lodge webpages, visit the direct links listed below or go to mountaineers.org, click on 'More' in the top menu, and then click on 'Lodges & Locations' in the dropdown menu.

Volunteer

Our lodges and Kitsap Forest Theater are run by dedicated volunteers, and they can use your help! Visit our lodge webpages and www.ForestTheater.com to learn how you can contribute to the teams that keep our outdoor centers running.



Baker Lodge

www.mountaineers.org/bakerlodge

Our rustic Mount Baker Lodge is nestled in the spectacular North Cascades and is a beautiful getaway all year round. Located within walking distance of the Mt. Baker Ski Area and numerous summer and fall hiking trails, enjoy the mountains and valleys in the Mount Baker-Snoqualmie National Forest and surrounding wilderness from the comfort of Baker Lodge.



Kitsap Forest Theater & Cabin

www.ForestTheater.com

Theater inspired by a magical place! Join us for a grand adventure as you stroll down the forested trail to our breathtaking theater. Our 2019 season brings "Newsies" and "Mamma Mia!" 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. Enjoy special savings on our two-show package!

Newsies

May 26, 27 & June 1, 2, 8, 9, 15, 16

Stop the presses! This Disney film turned Tony-winning Broadway hit tells the rousing tale of Jack Kelly, a charismatic newsboy who leads his fellow "newsies" in a strike against the unfair working conditions imposed by the titans of publishing.

Mamma Mia!

Enjoy the story, songs, and dances that made *Mamma Mia!* a global phenomenon. Set on a Greek island paradise, this mother-daughter musical is the ultimate celebration of love, laughter, family, and friendship.



Meany Lodge

www.mountaineers.org/meanylodge

Built in 1928, this destination ski resort is located at exit 62 off I-90 at the Stampede Pass exit in the Wenatchee-Okanogan National Forest. Meany Lodge provides a warm, family-friendly environment for all - perfect for snowshoeing and skiing (downhill, Nordic, and lift-assisted backcountry). Lessons are available, and all meals are included. The Lodge sleeps 97 people and is available for meeting, conference, and wedding rental.

SPRING CARNIVAL, March 8-10, 2019

Celebrate the last weekend of winter with games, snow sculpture, racing, skits, and entertainment for all ages.



Stevens Lodge

www.mountaineers.org/stevenslodge

Nestled near the Stevens Pass Ski Area, this rustic ski-in/ski-out lodge is also open to PCT thru-hikers and mountain bikers in the fall, and skiers in the winter. Tired of the hustle and bustle of the big city? Come for a quiet respite in a cabin in the woods, with bunks for the whole family. Several trails are a short walk or drive from the lodge.

The Mountaineers is home to seven branches, each offering a number of courses and seminars. Our branches also host a variety of events like picnics, film screenings, and guest speakers. Regardless of which branch you join, you can sign up for offerings with any branch. Learn more at mountaineers.org/locations-lodges.



BELLINGHAM

Chair: Krissy Fagan, kristenfagan@hotmail.com

Vice Chair: Minda Paul, mindapaul@hotmail.com

Website: mountaineers.org/bellingham

Courses & Activities: climbing, first aid, hiking & backpacking, scrambling, and stewardship

You'll find the Bellingham Branch tucked alongside the craggy expanse of the North Cascades. Our close-knit community offers climbing courses, hiking trips, and more. We're also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge.

Branch Committee Meetings are on the fourth Tuesday of each month. Visit our branch calendar for details.

EVERETT

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

Website: mountaineers.org/everett

Courses & Activities: avalanche safety, backcountry skiing, climbing, cross-country skiing, first aid, hiking & backpacking, navigation, scrambling, sea kayaking, snowshoeing, and stewardship

Founded in 1911, the Everett Branch offers over a dozen programs. As a smaller branch, we value companionship and regularly host events including monthly open houses and annual gatherings like our Salmon Bake, Gear Grab & Potluck, Annual Awards Banquet, and more. Check our branch calendar for details. Our branch is also known for our unique, Lookout and Trail Maintenance Committee, which restored and continues to maintain the spectacular Mount Pilchuck Lookout.

KITSAP

Chair: Jerry Logan, cjtjlogan@gmail.com

Vice Chair: Bill Bandrowski, bill.bandrowski@gmail.com

Website: mountaineers.org/kitsap

Courses & Activities: climbing, exploring nature, first aid, hiking & backpacking, navigation, outdoor leadership, scrambling, sea kayaking, snowshoeing, and youth & family

The Kitsap Branch draws members from throughout the Western Puget Sound from Gig Harbor to the Olympic Peninsula, including Pierce, Kitsap, Jefferson, and Clallam counties. We're

excited to announce that our branch recently leased a new program center, conveniently located in Bremerton, which will provide us with new and improved training facilities.

Branch Executive Committee Meetings are held in March, June, and December. Please join us! Visit our Branch Calendar for details.

SEATTLE

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

Website: mountaineers.org/seattle

Activities & Courses: avalanche safety, climbing, cross-country skiing, exploring nature, first aid, folk dancing, hiking & backpacking, navigation, outdoor leadership, photography, retired rovers, sailing, scrambling, sea kayaking, snowshoeing, stewardship, and youth & family

The Seattle Branch began as the sole club location in 1906 when The Mountaineers was founded. Our Meet The Mountaineers open houses are held about once a month and are a great way for new and prospective members to learn about our many offerings. Our branch is also home to the Seattle Program Center, which features a book store, indoor and outdoor climbing walls, event space, and more.

Seattle Branch Council Meetings are held the second Thursday of January, March, May, July, September, and November. Guests are welcome. Visit our Branch Calendar for details.

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.

Courses & Activities: avalanche safety, backcountry skiing, cross-country skiing, first aid, glacier travel, hiking & backpacking, navigation, outdoor leadership, scrambling, snowshoeing, stewardship, and trail running

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. Our signature courses include Backpacking Building Blocks (B3), Basic and Intermediate snowshoeing, and Ski & Snowboard Mountaineering, plus a wide range of seminars and clinics. Our Wilderness First Aid and Wilderness Navigation courses offer convenient access to Mountaineers members on

the east side. We also host film screenings, guest speakers, and other community events; visit our branch calendar to get involved.

Branch Leadership Council Meetings are held every other month (except summer) to discuss new and ongoing initiatives. Visit our branch calendar for details.

TACOMA

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

Website: mountaineers.org/tacoma

Activities & Courses: avalanche safety, climbing, first aid, hiking & backpacking, navigation, outdoor leadership, photography, sailing, scrambling, sea kayaking, snowshoeing, and youth & family

The second largest of all seven branches, the Tacoma branch maintains its own program center in the Old Town neighborhood of Tacoma as well as the Irish Cabin property located near Mount Rainier. A great way to get involved is our Meet the Tacoma Mountaineers events, held on the third Thursday of every month (except June - August and December). At these free meetings, we begin with a presentation about our branch, followed by interlude where guests can speak to various activity representatives.

OLYMPIA

Chair: Marko Pavela, mlpavela@hotmail.com

Website: mountaineers.org/olympia

Courses & Activities: avalanche safety, backcountry skiing, climbing, cross-country skiing, exploring nature, first aid, hiking & backpacking, navigation, outdoor leadership, scrambling, sea kayaking, stewardship, snowshoeing, wilderness skills, and youth & family

The Olympia Branch holds a monthly open house, potluck and speaker series from October to May. Our April 3 speaker is Ken Lee, an acclaimed photographer who will share his "Whole Brain" approach to capturing images, and our May 1 speaker is Philip Kramer, a photographer, writer, and long-distance hiker who will share stories about adventures spanning six continents. For more details, visit our branch calendar. Our branch is also known for its robust stewardship program.

Branch Council Meetings are held on the second Wednesday of the month. Members are encouraged to attend. Visit our Branch Calendar for details.

Get Involved With Your Branch

Visit Your Branch Page Go to mountaineers.org and click on 'More' in the top menu; then click 'Lodges & Locations' and select your branch from the dropdown options. On your branch home page, you'll find branch news, upcoming events, contact info, and more. You can also access your branch page using the direct links listed in the branch summaries below.

Browse Branch Courses & Activities

To see what's available, visit mountaineers.org and click the big green 'Find Courses' button or 'Find Activities' button. You can then narrow your search by branch using the filter options in the green column on the left. Remember, you can sign up for courses and activities offered by any branch

Branch Events From picnics to open houses to banquets and guest speakers, our branches host an array of events. To check out what's next, visit mountaineers.org/events. From this page, you can click on your branch calendar.

Branch eNewsletters Branch eNewsletters are a great way to stay up to date. To opt into these emails, visit mountaineers.org/profile. Scroll down and make sure the box next to 'Branch Communications' is checked.*

Volunteer Our branches draw on people with a range of skills and interests to power their programs. Instructors, event planners, admin help, and more is all needed. Volunteering is a great way to plug into these communities. Reach out to your branch reps to get started.

** The Seattle Branch doesn't have a branch wide eNewsletter, but publishes several eNewsletters at the activity level including climbing, navigation, photography, and naturalists, and many activities have a Facebook presence.*

membershipmatters

STAY COZY with member benefits

Ombraz Sunglasses

30% off, with one tree planted for every pair purchased

Off-Grid Adventure Consulting

15% off consulting fees to plan your next big adventure

Skis.com & Snowboards.com

15% off, just in time for end-of-season deals

Onda Coffee

10% off low-impact single-serve coffee

And more!

For more information, visit
www.mountaineers.org/benefits

Did you know?

The Long and Unlikely Journey of Our Basalt Columns

By Peter Dunau, Content & Communications Manager

"The night before we didn't sleep. We were seriously worried it'd be a disaster," says John Ohlson, the man who hatched the idea of erecting 25-foot basalt columns at The Mountaineers Seattle Program Center.

Days earlier a batch of rock towers, weighing 15 tons each, arrived via semi-truck from a quarry near Moses Lake. John's sleepless night came before the operation's most delicate phase: hoisting the massive columns without breaking them (or killing someone in the process).

Although nerves were running high, the moment of truth came after years of meticulous planning. And if these rocks could talk, they'd tell you that their story began long before that:

The basalt hails from the Columbia Plateau, an area where pillared, rock outcroppings rise at a 90-degree angle from sagebrush-filled ravines. The striking geological formations trace back 17 million years to when lava flooded the area and crystalized into basalt rock. Researchers are still debating the specifics, but about 12,000 years ago, the colossal Glacial Lake Missoula floods came crashing west and carved out the rock walls we see today.

Several thousand years later, John Ohlson visited a petrified rock shop near Vantage and noticed a small basalt column out front. The shop owner pointed him to its quarry which he visited.

John later met with fellow volunteers Gene Yore and Glenn Eades to consider the columns for a climbing wall. "It had some real advantages," John said. "Climbers could get a feel for real rock and practice placing cams and nuts in the cracks to catch their falls." Gene, already serving as Seattle Climbing Chair, became convinced and stepped up as Project Manager with many volunteers helping out.

The benefits were undeniable, but as with many great ideas, the crew had to overcome a slew of logistical hurdles to turn their dream into a reality.

First they had to address what John describes as "crappy soil." To support the columns, the team laid a 14x14x3-foot concrete foundation, with 32-foot steel



pilings to provide an anchor. Like an iceberg, our basalt columns go further below the surface than above.

Then there was the quarry. John was amazed when he saw columns far taller than ours being plucked from the side of the rock wall by a high-powered excavator. The problem? The columns tended to break, which is okay for their primary use of being sliced into high-end floor tiles, but wouldn't cut it for a climbing wall. The team found ten intact columns that looked like good candidates, but in the ensuing weeks five broke just sitting at the quarry.

Things didn't get easier when it came time to bring them across the state. Within 20 miles of being loaded onto semi-trucks, another column broke. They were down to four, the minimum number needed. There was zero room for error.

With one crane holding the 15-ton column and another guiding it into place, the process of erecting the columns is an experience John describes as "pretty scary." But when the two long steel prongs at the bottom of the first column met their corresponding holes in the concrete, John thought, "This might work after all."

Indeed, it did. After their construction in 2011, John enjoyed following his son Dave's lead on the first ascent, and the columns have been a wonderful training resource ever since. Rumor has it you can find a number of signatures of well-known Mountaineers in its summit register.

Please note that climbing the columns requires skill and caution. Visit mountaineers.org/basalt-columns {we'll get this link working soon!} for climbing information and guidelines.

SEA KAYAKING

Explore the seas of the Pacific Northwest!

Each spring, many of our branches host introductory sea kayaking courses, where you can learn the skills to paddle in the Puget Sound, San Juans, and more. Upon graduation, you'll receive the Basic Sea Kayaking badge, which qualifies you to enroll in Mountaineers trips and take more advanced classes. Sign up today!

Basic Sea Kayaking Courses

Everett: Apr 4 - Sep 30

Tacoma: Apr 6 - Oct 1

Seattle: Apr 27 - Nov 30

Olympia: May 2 - Dec 31



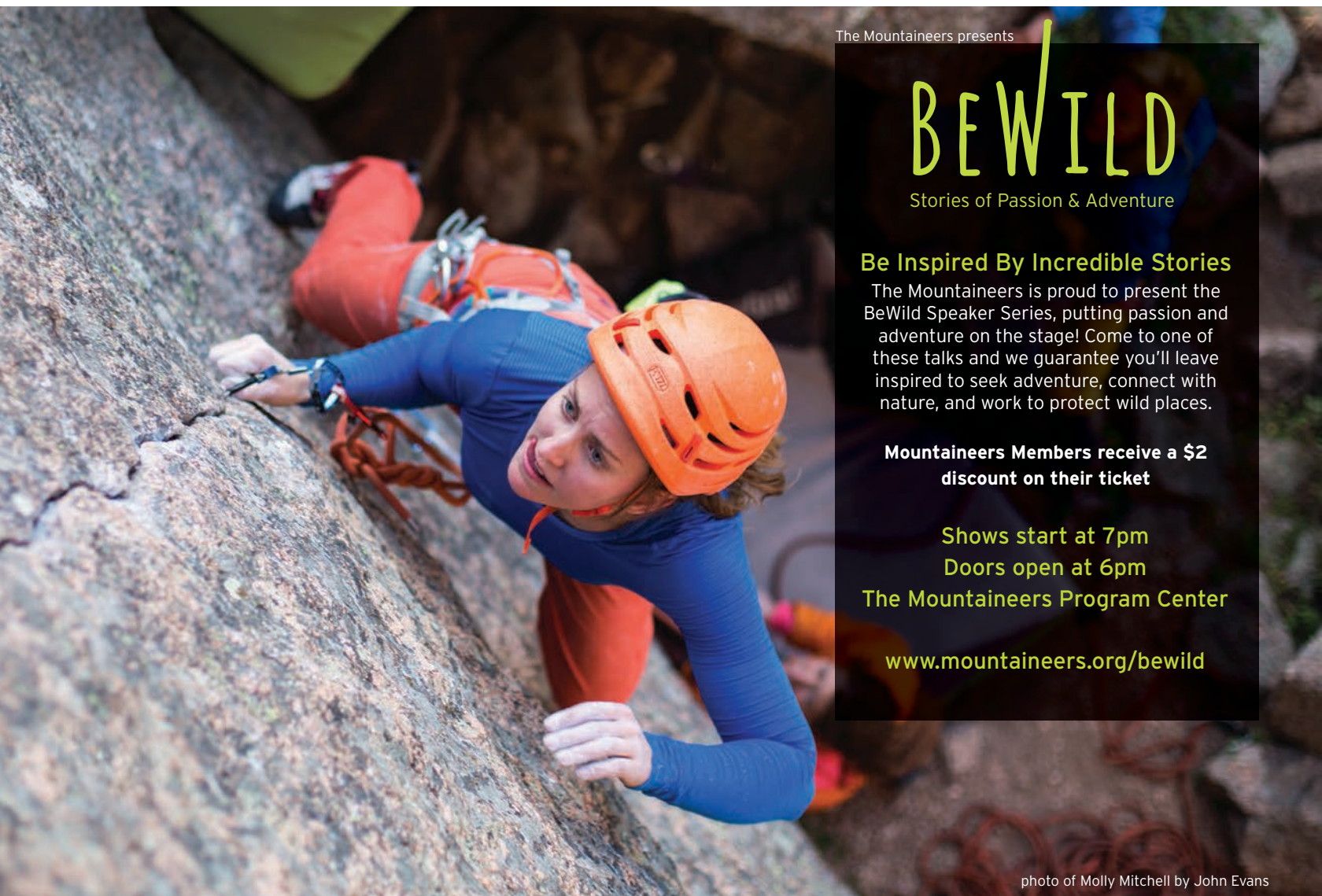
Learn more and sign up at mountaineers.org/find-courses

"I still remember that first moonlight paddle at Lake Union. The water was so flat and calm and seeing the reflection of the sparkling city lights on the water... I was hooked."

- Filicia Wibowo, Mountaineers member



Photos by Matthew Pahs



The Mountaineers presents

BEWILD

Stories of Passion & Adventure

Be Inspired By Incredible Stories

The Mountaineers is proud to present the BeWild Speaker Series, putting passion and adventure on the stage! Come to one of these talks and we guarantee you'll leave inspired to seek adventure, connect with nature, and work to protect wild places.

**Mountaineers Members receive a \$2
discount on their ticket**

Shows start at 7pm

Doors open at 6pm

The Mountaineers Program Center

www.mountaineers.org/bewild

photo of Molly Mitchell by John Evans

Heather Anderson | Mar 12

By the age of 25, Washington's Heather "Anish" Anderson had hiked the "Triple Crown": the Appalachian, Pacific Crest, and Continental Divide trails. Then she attempted to settle down - it didn't take. After a few years, she left her job, her marriage, and a dissatisfied life and walked back into the mountains. Join us to hear Heather tell stories from her new memoir *Thirst: 2600 Miles to Home*, published by Mountaineers Books.

Molly Mitchell | May 14

Pro climber and coach Molly Mitchell's first ascents include routes like *All Hell Breaks Moose* (5.13 R) - an endeavor she summed up with the words, "falling is not an option." Despite her success, she's often felt her climbing career is an uphill battle. Join Molly as she shares how addressing her inner struggles made her stronger physically and mentally - enabling her to pioneer new climbs and inspiring her to give back to others.