

Mountaineer

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



in this issue:

Love & Loss

Out, Outside

Gear Love

Backcountry Hygiene 101

Preparing for the Worst

Spring 2020 » Volume 114 » 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: Lance Garland on the summit of West McMillan spire. Photo by Spencer Kirk (@spencer.kirk)



Lead innovation in outdoor education, engage future Mountaineers, and advocate for wild places: these are the three strategic initiatives at the foundation of our current strategic plan, Vision 2022. It's hard to believe we're nearing the midpoint of the plan that has guided our priorities and investments over the last two years.

Vision 2022 is bold, and we intentionally set ambitious goals to support our members, volunteers, and the broader outdoor community in the Pacific Northwest and beyond. I can genuinely say that I'm proud of the

progress we've made on Vision 2022 and am excited about what lies ahead. Some of the highlights over the last two years include:

- Educating and engaging our members in important conservation issues like the 2019 passage of the Public Lands Package. This legislation, signed into law last year, protected the Methow Headwaters, permanently reauthorized the Land and Water Conservation Fund, and created the Mountains to Sound National Heritage area.
- Establishing an organization-wide Equity and Inclusion (E&I) effort, led by a committee chartered by our board of directors. Guided by this committee, we took more than 55 actions in the past year to increase transparency and sense of belonging for all members of our community; this included communications, volunteer and staff training sessions, and process improvements. Our engagement in E&I work will be long-term and multi-level, and I'm excited by the commitment at all levels of our organization.
- Launching a new Leadership Development series, providing more frequent and readily-available education opportunities for our 3,000 volunteers to help recognize and expand their capabilities.
- Raising the bar on the quality and consistency of our climbing programs through the Progressive Climbing Education program, the Alpine Ambassadors program, and by creating national volunteer climbing education standards in partnership with the American Alpine Club, Colorado Mountain Club, and the Mazamas.
- Expanding the reach and impact of our youth programs by adding 20 new partners and a gear lending library. More than half of our youth participants are able to participate thanks to donor-funded scholarships.
- Creating a Carbon Footprint Reduction Committee to measure and systematically reduce our impact on the climate. From large projects like converting the Seattle Program Center to solar power to smaller efforts to serve more plant-based foods at events, The Mountaineers is committed to doing our part to address the climate crisis.

While I'm pleased with our progress on Vision 2022, we hoped to accomplish a number of things that are yet unresourced. For example, one of our ambitious Vision 2022 goals was to expand the number of Teaching & Gathering Places, which support our members and programs and allow us to offer more local opportunities to learn outdoor skills. And, even though we've made some investments in our conservation programs, the development and recognition of our volunteers, E&I, and reducing our carbon footprint, there are more things we could be doing to accelerate these efforts.

In the coming months, we'll be reaching back out to our community in a variety of ways to solicit your feedback about what actions we should prioritize in the second half of Vision 2022. Our focus will be on developing clear priorities and specific plans for how we'll fund the projects we commit to. As we did in the original creation of Vision 2022, we'll co-develop this plan by listening to our community and sharing frequent and transparent updates.

Tom Vogl
Mountaineers CEO

P.S. If you have feedback or ideas you'd like to share with me and the Vision 2022 sub-committee working on this effort, please email me at tomv@mountaineers.org.



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

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Hay Bales.



Kristina Ciari
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Photo by Mitch Pittman.

The smell of hay permeated my childhood. Crisp, bright, and sometimes musty, round and rectangular hay bales were everywhere in southwestern Montana. We lived on a quarter-acre at the top of a hill a mile out of town, and I gazed at wheat fields on my way to and from school. While others suffered from allergies, I always loved hay season. To me, hay will always smell like freedom.

As a child I spent a lot of time outside. In the summer we'd eat on the back deck and

watch the sun put itself to bed. When I was old enough to ride the lawnmower by myself (8, in case you're curious), I became responsible for lawn care. It took hours on the weekends. I remember constantly fighting with an overgrown rhubarb plant twice the size of my small frame.

In the winter my dad created an ice skating rink in our backyard. We'd skate out there for hours in the bitter cold, practicing hockey stops for the team we could never afford to put me on. My first science lessons happened on that makeshift ice rink, with my dad teaching me about solar reflection and the dangers of letting leaves freeze into the ice.

A large, red, open-air hay storage barn sat across the street from my house. I was never told explicitly not to go there, but I knew instinctively it wasn't a place to play. Still, my friend Matthew from down the street would come over and we'd sneak across to the hay pile, climbing over bale after bale until we

reached the top completely out of breath. Then we'd sit there picking the yellow straws from our clothing and hair. We never stayed long, but clamoring around on those hay bales remains one of my strongest and most cherished childhood memories.

Looking back, I realize that I often sought solace in the outdoors. My body knew I needed the outdoors before I was old enough to give this desire voice. I ran outside after my parents announced that they were separating, viscerally feeling the need to find a place to hide. I wanted a treehouse; a secret hideaway. A place to call my own where I could think and play and be.

The outdoors is a place where life is lived to its fullest. It brings us our highest highs and can deliver our lowest lows. Redemption. Grief. Ecstasy. Heartbreak. The outdoors offers experiences that run the gamut, and sharing them with each other is what makes us truly alive.

In this edition, we're exploring the theme of Love & Loss. In a feature that inspired the theme, Liz Johnson walks through the loss of her partner, Tyler, five years after his fatal climbing accident. Our centerfold essay *Out, Outside*, by Lance Garland, explores what it means to be wholly yourself outdoors, and *Mother Tree*, by Heidi Walker, offers a beautiful tribute to the power of moms as personified in a nurse log. We also have pieces devoted to loving your favorite piece of gear, building resilience to better recover from trauma, and practices to increase your mountain mindfulness. And, we have a lighthearted piece on backcountry hygiene that shows that you don't have to smell bad to smell better.

This edition was probably one of the most difficult we've put together, and one of our favorites to date. I hope you find a story or lesson to carry with you as you reflect on your connection to the outdoors, deepening it with every sniff.

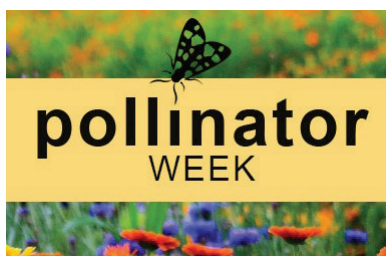
Kristina Ciari

*In honor of National Pollinator Week we heard from Dave Hunter and Jill Lightner, co-authors of Mason Bee Revolution, on **Five Steps to Creating a Bee Haven**. One of our readers raved about her own hives:*

"Before I moved, I raised mason bees for five years. I started with 24 cocoons and ended with over 5,000 of them. They went to a good home further north where a couple had a small orchard and needed some bee love. I hated to get rid of them, but my new home didn't have any fruit trees and the back yard didn't get any east or southeast morning sun.

I can't sing their praises enough, though. When I started my yard had three Asian pear trees, a fig tree, and a cherry tree. The pears weren't doing very well and the little fruit they produced tasted bland. Within just one year, the pollination of the mason bees worked magic and the pear trees went on to be very prolific with really sweet tasting fruit. The other fruit trees produced greater yields, too."

-Anita Elder, 14-year member



*In our piece on **Dawn Patrol**, several mountaineers shared how they shred in the early morning hours before work. Responses ranged from enthusiastic to incredulous:*

"So true, the wee hours of the morning are very special. Whether skiing, backpacking, alpine climbing, hiking... YES!"

-Paul Spitalny, 27-year member

"How is this even possible? Sign me up."

-Alison Warga, Facebook commenter



*Our community loves to support one another, and our **Featured Mountaineers** are no exception!*

"You are such an awesome mountain partner. Glad to have done all these adventures with you. Cheers to more."

-Ananth Maniam, 3-year member, responding to "10 Essential Questions: Komal Sanjeev"

"I speak from experience when I say that Nate is just awesome! He's one of the most approachable individuals I've ever met and loves sharing his love of the outdoors with others."

-Syed 'Fed' Naqvi, 10-year member, responding to "10 Essential Questions: Nate Brown"

"Go Sean! Sideways rain is always good. Builds character! :)"

-Vlad Krupin, 12-year member, responding to "10 Essential Questions: Sean Mathias"



*In **When Lifts Stop Running**, we shared stories from Washington's long-dead ski resorts. It struck a chord of nostalgia for many:*

"I tell people all the time - usually in association with trips into the Mountain Loop/Monte Cristo area - that there used to be a ski area at Pilchuck. I'm accustomed to strange looks in return...! Great article!"

-Stevie Russell, 31-year member

"Yes! My family skied Pilchuck back in the late 60s & 70s."

-Selena Eon, Facebook commenter

"Yes Pilchuck skied several times as a kid. I remember that little hut at bottom hill. And Hyak too, fond memories."

-Cindy Tropple Buckingham, Facebook commenter

*In **Peak Performance: 90-90 Heel Digs with Pelvic Tilt**, personal trainer Courtenay Schurman shared how to relieve pain in your SI joints. One reader was happy to get the advice:*

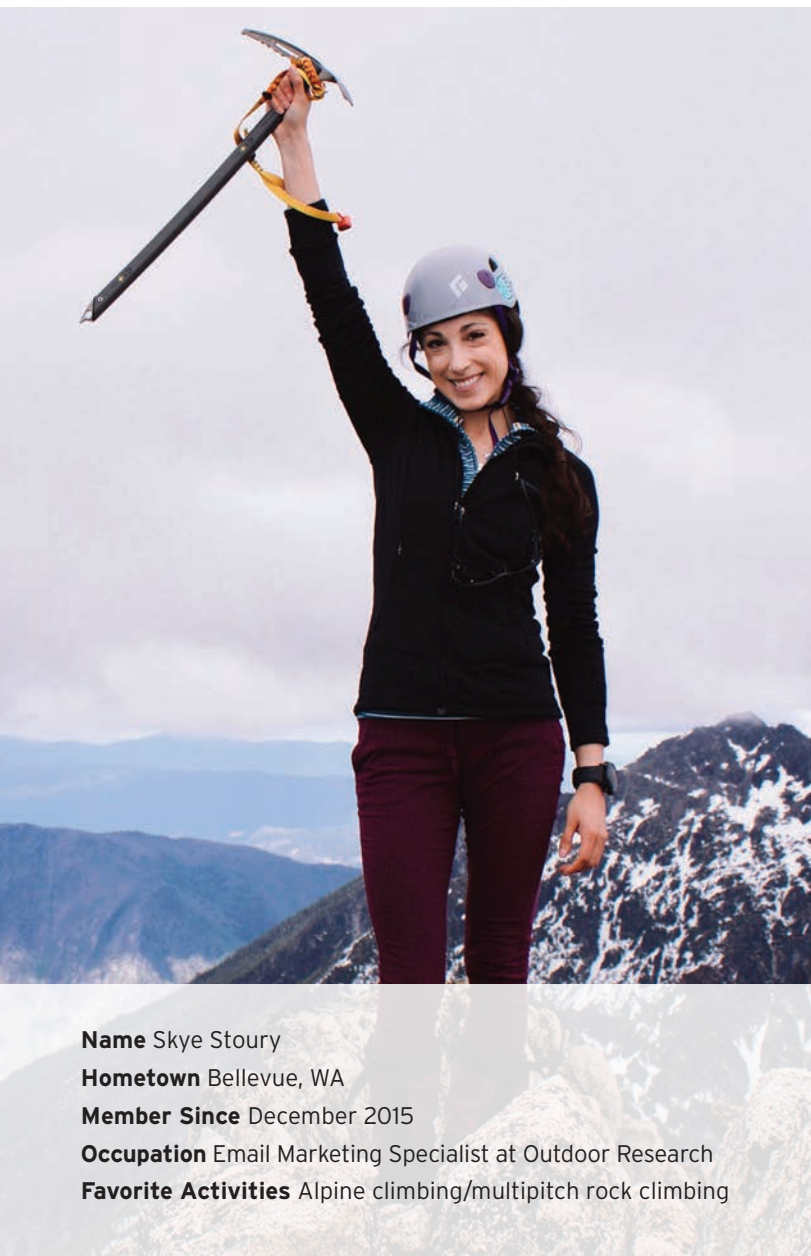


"I just wanted to say thank you for the piece you wrote on the Mountaineers blog about 90-90 heel digs to address SI joint pain. My SI joint has been super painful for the last month and it is my first time dealing with this kind of pain. I haven't been able to find much information on what to do

about it online or from two different massage therapists, and have been worried that maybe there's not much I can do. I'm going to do these exercises now!"

-Marty, *Mountaineer* magazine reader

member highlight



Name Skye Stoury

Hometown Bellevue, WA

Member Since December 2015

Occupation Email Marketing Specialist at Outdoor Research

Favorite Activities Alpine climbing/multipitch rock climbing

Photo courtesy of Skye Stoury.

How did you get involved with The Mountaineers?

One of my friends from grad school talked about joining while we were on a hike. I was interested in making new, outdoorsy friends and learning more skills, so I decided to join. I first got involved by going on hikes and shortly after became a hike leader and took the Basic Snowshoe course. I started climbing in 2015 and soon realized I couldn't live without mountains in my life. After graduating from the Basic Climbing Course in 2017, my heart was set on applying to Intermediate. The skills I learned in Intermediate took me to the summits of Prusik Peak, Mount Rainier, Mount Baker, Ingalls Peak, Sahale, South Early Winter Spire, and Liberty Bell. Now I'm more involved with the club than ever, and I've been a Super Volunteer in both 2018 and 2019, instruct for both the Basic and Intermediate Climbing courses, am an assistant instructor for AIARE 1, and this year I'm a SIG leader for the Seattle Basic Alpine Climbing course.

What motivates you to get outside with us?

The friends I have made through The Mountaineers are some of my main adventure partners. I love climbing with the community I have built through the club, and hope to soon get into backcountry skiing with my fellow AIARE assistant instructors. The members and climb leaders I climb with motivate me to keep improving my skills.

As a current instructor and future climb leader, I want to help others achieve their climbing dreams as well. The Mountaineers community means so much to me, and I hope to be a part of it for years to come.

What's your favorite Mountaineers memory?

Climbing the Beckey Route on Liberty Bell this past summer with a group of friends/Mountaineers members. It was my first Intermediate climb with the club, after doing many private climbs the previous year. It was a wonderful experience to get to climb with two climb leaders I view as mentors, and be able to lead on such a classic route. It was also nice to get to share the summit with them and my boyfriend.

Who/what inspires you?

Mainly, other women in the climbing community, whether they're professional climbers and guides or other Mountaineers members. Seeing women rocking it on hard climbs inspires me to keep training and pushing myself. Some Mountaineers who inspire me, regardless of gender, are Sherrie Trecker, Jacob Wolniewicz, Gabe Aeschliman, and Kimber Cross (though we still haven't met in person).

What does adventure mean to you?

It means doing something that excites and challenges you that is outside of your everyday life and that may, at times, be out of your comfort zone. Adventure to me is trying new things and going new places, mainly outside and in the backcountry.

Lightning round

Sunrise or sunset? Sunrise

Smile or game face? Smile

What's your 11th Essential? My camera or phone to take photos.

Post-adventure meal of choice? Pickles, but that isn't a meal. As far as meals go, I would say an Impossible burger and a beer.

If you could be a rockstar at any outdoor activity overnight, what would it be? Skiing. I just started learning last winter and wish I was good enough to go into the backcountry.

Celebrate every season: Take a Hilleberg tent!



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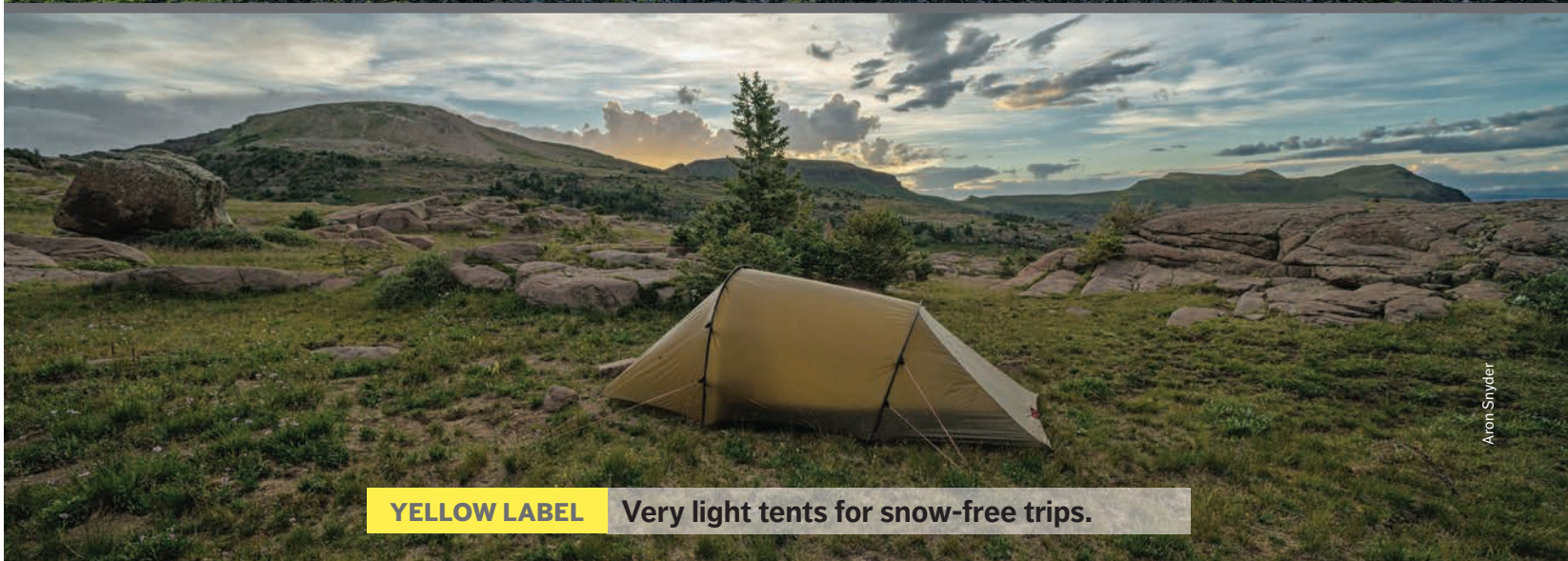
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Courtenay Schürman practicing yoga on two of the Moeraki Boulders, South Island, New Zealand. Photo by Doug Schurman.

Mountain Mindfulness

By Courtenay W. Schurman, MS, CSCS, PN2

Mindfulness has become a popular practice in yoga and other therapies, but it also has its place in the mountains. To be “mindful” means paying complete attention to what’s going on, both inside your head and outside of yourself, and being fully present in the moment. If you are multi-tasking, you are likely not being mindful. Likewise, if you are rushing to get things done, or tag the summit and get back to the car, you probably don’t have a good chance of being mindful. The other component of mindfulness is accepting yourself exactly as you are, or treating yourself the way you would treat a good friend.

The next time you’re out in the wilderness, see if any of these mindfulness tips help bring you back to the present moment:

Experience your breath

One way to clear your mind and bring yourself back to the present is to focus on your breathing. Inhale for a count of three or four seconds and exhale for six to eight. Get curious about your breathing. Each breath is different. Some might be shaky and labored if you’re straining under a backpack; others might be deep and cleansing if you’ve stopped for a break. Where do you feel your breath in your body? How much of your lungs are you using? Can you fill them completely?

Pay close attention

Try taking a pair of binoculars or a mammal, bird, tree, or flower identification book with you and see if you can find something you’ve never seen before. What landmarks stand out to you? What can you learn about yourself and your personal preferences by what holds your attention? What are your partners experiencing? Can you tell by their gestures and facial expressions whether they’re doing okay? Are the clouds changing? Is the wind picking up? All of these details, both internal and external, can give you clues to what’s happening around you, and will help you better remember the experience.

Use every sense

We probably are most familiar with sight and sound when we travel. Stop for a few minutes and see how many sounds you can hear. Can you see all the colors of the rainbow around you? What about touch? Feel the spongy moss. Take off your shoes (weather permitting) and feel the earth under your bare feet. Rub your hand along the bark of different trees. How are the smells different when it’s rained recently, or if it’s been dry for a month? What scents do the flowers, bushes, and trees give off? Finally, berry picking can be satisfying on a hot day, not to mention great fun, but use caution with taste for obvious reasons. By combining use of all five senses (and that sixth, intuitive, or gut sense) we can make smarter decisions about our travel.

Develop a mantra

One of the benefits of exploring nature is coming back feeling cleansed and grounded, connected with something grander than ourselves. If you ever find that you are no longer paying attention to what’s around you, you might bring yourself back to the present by creating and repeating a short mantra that can remind you of your intention to stay present. An example might be: “May I be filled with curiosity. May I be well. May I appreciate everything around me. May I stay safe.” Personalize it to help you focus on what’s important to you.

Fill yourself with gratitude

As you hike, consider all those things, experiences, people, and moments you’re grateful for and what they can teach you. They can be as simple as a beautiful budding flower, or as complicated as a sloughing snow slope warning you of avalanche danger. It can be a word of encouragement someone gave you when you’re struggling, or the slobbery lick you got from the passing dog a minute ago. What did that moment mean to you? Try to feel in your body where that gratitude lands.

The next time you need to bring yourself back to the present, see if you can reconnect with your natural surroundings. Doing so can increase your enjoyment of your daily adventures as well as your overall safety and well-being in the mountains. ▲▲

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



I watched in fascinated disgust as dozens of insects squirmed and wriggled towards the edges of the bark where it met the soft damp core, searching for darkness and safety. Just moments before, my mother in an effort to teach me about the wonders of nurse logs had wedged her fingernail between bark and wood and carefully pried off a chunk of bark the size of her hand. "All those insects make their home in the log. They eat the wood and make it into soil so other trees can grow." Then she replaced the bark as carefully as she had removed it. "Let's not disturb them any further."

I was 24 when the nightmares started. My mother would come to me in my dreams, reaching out to hold me; to comfort me. The corners of her mouth pushing her cheeks upward into the smile she reserved for her beloved children. I would turn from her, not in fright, but in anger to scream "You're dead! You're dead! You're dead!" Once I awoke, the tears would return.

I was 24 when my mother died after a long and debilitating struggle with diabetes. In the end, she was tired and in pain, her organs shutting down one by one - her pancreas, her liver, her kidneys, her heart. In the end, the doctors could no longer stabilize her insulin. In the end, she was gone. When she was gone, I realized how much of my self had been filled by her - her smile, her hugs, her love, her strength.

My confidant was gone, and with her my ability to make decisions. Gone also was her steadying hand and so too was my ability to stand upright and stand my ground. Her encouraging words disappeared and my motivation to achieve disappeared with them. As a young adult, I needed my mother still and she was not there. She wasn't there to walk through the woods with me where we would marvel at the rejuvenating beauty of

the forest. In time, the forest began to close in around me - I felt claustrophobic and lost, gasping for breath in a place that was once so comforting to my inquisitive mind.

In time the nightmares stopped as did the feeling of being smothered by the trees. I began to take refuge in the woods once more, to admire the intricate interconnections of the forest. The birds, moss, ferns, insects, even the fallen trees bring life to the forest.

Stopping by a fallen tree rotting next to the trail, the lessons from far ago spring to mind. I hear my mother explain in her patient tone the importance of fallen trees becoming nurse logs. As insects burrow under the bark into the wood, mosses and lichens begin to grow to help create soil; as a mother creates nourishment for her children to grow.

Soon, new trees sprout and reach toward the sunlight greedily held by the high branches of the mature trees. Growing from the higher vantage of a nurse log helps the trees and bushes thrive; as a mother encourages growth towards success for her children.

The roots of the young trees begin to stretch toward the ground as branches stretch upward. They seem to hug the nurse log as if asking it not to leave, yet no longer needing the log for support. As a child begins to leave their mother finding their own support, their own success.

As the nurse log disappears, it leaves behind a void in the root structure of the young tree - a tree that has reached the pure sunlight high in the upper forest. The tree no longer needs the support of the nurse log, but the evidence of its existence remains with the young tree - of a tree seemingly standing on its toes, strong and thriving. ▲▲



Maria and Mercedes prepare a meal ahead of a climb. Photo by Kyle Johnson.

Peak Nutrition: Smart Fuel for Outdoor Adventure

An Interview with Chef Maria Hines

By Tess Day, Mountaineers Books Publicist

Most people know Maria Hines for her culinary accomplishments. In 2005, she was named one of *Food & Wine* magazine's 10 Best New Chefs, in 2006 she went on to open her first restaurant, Tilth, in Wallingford, and in 2009 she won the James Beard Award for Best Chef Northwest. What most people don't know about Maria is that her athletic feats also command respect. Maria has completed the Seattle and Big Sur Marathons and run the 18-mile Enchantments Trail, which gains 4,500 feet and tops out at an elevation of 7,800 feet. Passionate about climbing, she has ascended three routes on El Capitan in Yosemite (Tangerine Trip, Zodiac, and The Nose) and sent countless routes in our backyard. Maria also shares her passion as a member on The Mountaineers Advisory Council.

As a chef and avid outdoorswoman, Maria always wanted a single, comprehensive resource on good food geared toward climbers. She found many written with runners and cyclists in mind, but not mountain sports. So one day, on a road trip to Smith Rock, Maria turned to her friend, NSCA-certified strength and conditioning specialist Mercedes Pollmeier, and said, "I ask you so many questions about nutrition. I wish there was a book about this for outdoor athletes. I think we should write it!"

That's exactly what they did. Combining Maria's culinary expertise with Mercedes's knowledge of sports nutrition, they penned *Peak Nutrition: Smart Fuel for Outdoor Adventure*. Coming in May from Mountaineers Books, *Peak Nutrition* details 100 simple and tasty recipes that consider outdoor goals and body science. As mountain athletes know, bodies perform differently under stress, at altitude, and with minimal sleep. These factors are taken into account, and Maria and Mercedes offer the reader information on how our digestive systems work, the relationship between food, muscles, and cramping, how nutrition relates to mental and physical stress, and more.

In advance of the book's publication, Maria sat down with us for a conversation about her approach to food and climbing.

You're well-known for your talents as a chef, but most people don't know that you're also an accomplished climber. How did you get into the sport?

A friend of mine took me to the Seattle Vertical World climbing gym 20 years ago, and I instantly fell in love with the climbing movement, which brings the body and mind together.



Wild Salmon Jerky, from p. 186 of *Peak Nutrition*. Photo by Maria Hines.

What's the most common pitfall you see climbers make in regards to nutrition?

The most common pitfall is to not think about how nutrition can enhance your physical performance – things like endurance, strength, and recovery – as well as your mental performance, including being calm but energetic, maintaining laser focus, and being able to perform fast decision-making.

Climbers tend to focus on cutting weight, because it's a strength-to-weight ratio sport. The lighter you are, the less weight and effort to climb. But you can cut weight and still have a pretty crummy diet.

What is your go-to snack to take on your climbs?

Wild-caught salmon jerky, which is in the book, is my go-to snack. It's full of omega 3s, potassium, B12, and healthy protein. If you are a low-carb athlete, it's the best. Even if you're not a low-carb athlete, all of the nutrition qualities of salmon serve as a powerful performance food. It's super delicious and doesn't require refrigeration while you're in the mountains for the day.

If you could give one piece of advice on changing your approach to food in relation to performance, what would it be?

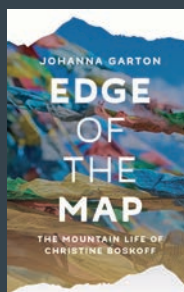
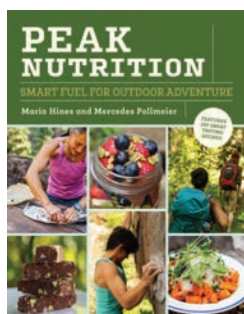
Buy *Peak Nutrition*. It's the most comprehensive outdoor athlete sports nutrition cookbook out there. And fuel timing – what you eat pre, during, and post-workout – is key. Doing this will provide sustained energy for your event or workout and help with recovery. The book tells you all about it.

Has your own approach to food changed over the years?

Absolutely. I've become so passionate about nutrition and its ability to improve performance and heal your body that I became a Level 1 Precision Nutrition nutritional coach.

I'm available to anyone looking to improve their eating habits, sharpen cooking skills, lose weight, or find guidance on sports performance diets. They can email me at maria@chefmariahines.com. ▲

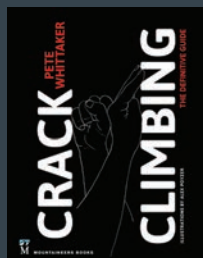
Maria and Mercedes's book, *Peak Nutrition: Smart Fuel for Outdoor Adventure*, is available at the *Seattle Program Center Bookstore*, mountaineersbooks.org, and wherever books are sold.



**Edge of the Map:
The Mountain Life
of Christine Boskoff**

By Johanna Garton

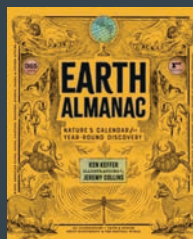
How did a girl from a small Midwestern town become one of the world's top alpinists, a record holder for the most 8000-meter peaks climbed by an American woman? Christine Boskoff would have deflected that question with a smile, but it's a story that author Johanna Garton was drawn to tell. *Edge of the Map* traces Christine's life as a high-altitude climber and trailblazing mountain guide, from her remarkable leadership of Seattle's Mountain Madness guiding company to the search efforts that riveted the nation when she and partner Charlie Fowler disappeared climbing a remote peak in China. A moving story, *Edge of the Map* is a poignant testament to one woman's strength, determination, and boundless love for the mountains.



**Crack Climbing:
The Definitive Guide**

By Pete Whittaker

Widely regarded as one of the finest crack climbers in the world, Pete Whittaker – part of the Wide Boyz duo – has made his name through dozens of cutting-edge first ascents and hard repeats. His accomplishments include the third free ascent of Norway's *Recovery Drink* (5.14c), and, with partner Tom Randall, the first ascents of *Century Crack* (5.14b) and *Black Mamba* (5.14b) in Canyonlands National Park. Now, his years of experience are yours to learn from in his new book *Crack Climbing: The Definitive Guide*. Organized by width of crack (finger, hand and fist, offwidth, and chimney) and covering everything from basic to advanced techniques, *Crack Climbing* is here to help you become the crack climber you've always hoped to be.



**Earth Almanac:
Nature's Calendar for
Year-Round Discovery**

By Ken Keffer,
Illustrated by Jeremy Collins

Award-winning naturalist Ken Keffer and artist Jeremy Collins join forces to explore the ebb and flow of nature through daily natural history facts and stories, featuring marine life, birds, fungi, geology, astronomy, and more. With more than 90 entries per season, the day-by-day descriptions capture nature's patterns and offer insight into the activities and connections throughout our natural world. Engaging and accessible, *Earth Almanac* will inspire you to learn about, appreciate, and explore the natural world all year long.

The Meaning of Mountain Workshops

By Andy Bassett, Youth Education Manager

Growing up, I counted down the days to when the Activity Bus would roll into our parking lot with my class on its roster. The air static with excitement, we would board the bus in single file, sitting side-by-side on cracked bench seats with backpacks at our feet. Short of a snow day, we were about to embark on one of the single greatest grade school events: a field trip.

What I didn't realize at the time was that my teachers had painstakingly spent the days and weeks leading up to the big day teaching us about where we were going or what we were doing. Whether we were headed to the state capitol, a national park, or a day on a high ropes course, we were engaging in the clever art of experiential learning. I was thrilled to spend the day with my friends, teachers, and those special guests - park rangers, zoo keepers, and volunteer parents - who helped show us a brand-new way of seeing the world.

These days, I occupy my time with students on the destination side of the Activity Bus. Over the past nine years, The Mountaineers has established lasting relationships with schools and teachers to provide experiences that range from single-day activities to yearlong programs, allowing students to dip their toes into different outdoor activities and skills. Annually, we host over 150 unique outdoor-based activities with over 40 youth-serving partners for school-aged children through our donor-funded Mountain Workshop Outreach Programs.

From across the Puget Sound region, students are transported to our program centers, Kitsap Forest Theater, and local trailheads to join us on an adventure. Equipped with snowshoes, hats, boots, or whatever else they might need from our Gear Library, we see these kids throw themselves into new experiences and new ways of seeing the outdoors. And it's not just big field trips that get kids outside - at 4pm every Monday at our Seattle Program Center, students from the local YMCA expand their bodies and minds as they learn to climb and support one another on and off the wall.

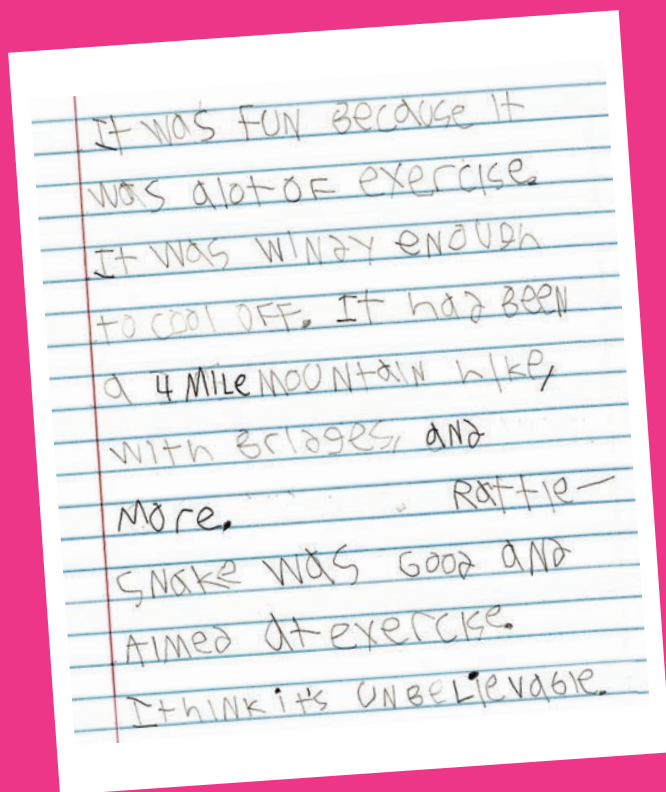


Students practicing wilderness first aid at Woodmoor Elementary School.

As I experienced as a child, these single-day adventures can crack a new world wide open. They allow us to see firsthand the history and beauty of the land around us, how our ecosystems function, and how animals look and act in the wild. Those early experiences created a foundation that I later looked toward as the outdoors became a larger and more meaningful part of my life, and I've never forgotten those teachers and facilitators that helped make those trips happen. Their creativity, thoughtfulness, and enthusiasm brought new places to life and gave us experiences that lasted a lifetime. These days, it feels good to come full circle and give these kids the joy of outdoor exploration. If you're looking for a way to give back, it may be a source of joy for you too. Read on to see the impacts our Mountain Workshop Outreach Programs have had, and how you can get involved. ▲▲



THE IMPACTS YOU MAKE



Want to get involved?

We're always looking for new volunteers to work with our Mountain Workshop Outreach Programs. Here are a few easy steps to get started:

Step 1: Visit mountaineers.org/youth/volunteer-with-youth to see available programs, upcoming events, and more. All youth volunteers are thoroughly vetted and subject to background checks.

Step 2: Take our Qualified Youth Leader Training online at the link above. This simple 3-step process gets you up-to-date with all of our programs and improves safety.

Step 3: Contact the Outreach Program Manager in your area:
Kitsap: Debbie Lynn, debbeel@mountaineers.org
Olympia: Becky Nielsen, beckyn@mountaineers.org
Seattle: Danielle Leitao, daniellel@mountaineers.org
Tacoma: Sarah Holt, sarahh@mountaineers.org



"Having my students participate in The Mountaineers program has had multiple positive impacts. Our classroom has become much more positive in our interactions with each other because of the bonding that the students do during our Mountaineers field trips.

On a typical Mountaineers field trip my students encourage each other. There are no put-downs. Each person's achievements are everyone's achievement. The Mountaineers field trips give my students opportunities to interact with one another outside of the classroom and get to know each other in a different way."

-Robin G., Teacher

Why Hornbein Gives The Importance of Philanthropy in Nonprofit Publishing

By Tyler Dunning, Development Manager

When I asked Tom Hornbein about his relationship with reading over his 89-year lifespan, he didn't answer, he simply rotated his computer forty-five degrees so I could see the room behind him on our Skype call. What was revealed was an entire wall of books, most of them about outdoor adventures, many of which were Mountaineers Books titles. Buried in his stack is surely his own book, *Everest: The West Ridge*, which follows his and partner Willie Unsoeld's groundbreaking 1963 first ascent of Mt. Everest via the treacherous West Ridge. It doesn't take a bibliophile to recognize that this collection is the mark of fervor; his ice axe long stowed, Hornbein now sits on a mountain of literature.

To many, a book just is a book. Slow entertainment compared to the distractions of today. But for those engulfed in the industry, a book is something much more: an idea that tumbles into years of work and a touch of madness, then agents and editors, publishing houses, acquisition teams, design work, paper stock, font size, margins, printing, distribution, marketing, reviews, interviews, readings, signings, etcetera, etcetera. Then, most importantly, there's the readers. What this adds up to, hopefully, is the inexplicable magic of a good narrative.

One way to create this magic is with the mission-based model of nonprofit publishing, like we use at Mountaineers Books. This unique model opens the door for philanthropic support, with the incentive of a tax deduction for donors who want to align with our mission, and allows us to focus on our organization's goals, rather than financial returns for investors. Using donor funds we can amplify influence by establishing platforms that deliver on larger programmatic impacts and giving greater attention and support to our authors. We think of our authors as ambassadors of our efforts, and as inspiration to our readers and the next generation of adventurers.

The process isn't easy and is often unpredictable, as Hornbein told me himself. He said that writing his book about Everest was harder than actually climbing the mountain. However, it can hold unexpected benefits too. Through working with Mountaineers Books staff on the special edition commemorating the 50th anniversary of his summit, he came to understand the true significance of our publishing impact.



Author Tyler Dunning with Tom Hornbein in his home in Estes Park, Colorado.

Since our initial partnership on *Everest*, Hornbein has become an integral figure in our publishing community. He sits on our Legends & Lore book advisory council, has introduced us to new writers and narratives, and is a recurring philanthropic donor. Through all this, he has seen firsthand how through charitable donations, we as a nonprofit publisher can invest in stories that connect people to the life-changing world of outdoor adventure.

And that's precisely why I wanted to ask a few questions about his choice to financially support Mountaineers Books, including donating the royalties from his book.

What importance has Mountaineers Books had in your life?

First of all, I read many of the books. *Freedom of the Hills*, of course, is a classic, and Dee Molenaar's book, *The Challenge of Rainier*, is similar. There's a lot of history there and the stature of Mountaineers Books stands out amongst all other outdoor publishers because they are such a major force. The history of mountaineering is a precious part of the foundation on which outdoorspeople now dwell and it needs to be preserved. My book is a good example because with its re-publication, Mountaineers Books kept it in print and kept it alive. And that's what they are doing now with the Legends & Lore series, as well as the other practical publications they put out - they keep books alive. Then of course, there is the Braided River imprint, which I consider the most precious of what Mountaineers Books does because those publications help us to continue having a planet to live on.



Tom Hornbein calculating the plan for Everest's West Ridge. Photo by Willi Unsoeld.

Have you seen Mountaineers Books play a critical role in conservation and environmentalism in your time as an outdoorsman?

Absolutely. They're using storytelling to make a positive change. And that's where my personal passion is at this stage in my life. We need major publication forces to drive this change. Mountaineers Books does that.

Helen Cherullo (the Publisher at Mountaineers Books) is one of my heroes. We've really grown to be very close friends and I have huge admiration for her. Dave Brower, who was the original publisher of my book through Sierra Club Books, is another hero of mine. Dave was really a driving force for environmentalism in publishing and Helen has been the visionary who picked up where he left off with Braided River.

What do you think would be missing from the world if we didn't have Mountaineers Books?

Well that's a question! If there was no Mountaineers Books, one could imagine that there would be an educational vacuum. We need these incredible and creative people who are all willing to put themselves out there, into this world, to write, photograph, and video with passion and to capture a message to continue collaborating with Mountaineers Books. I have huge admiration for what they all put themselves through. It's not risk-free by any means.

Hornbein is right, of course. Publishing is not without risk. But as a nonprofit publisher, we are able to make a difference by choosing stories we believe deserve to be shared. With the support of generous donors like you, we can transport stories

from the mountains and into the hands and hearts of thousands of readers everywhere. Today, Mountaineers Books has more than 800 titles in print that empower our outdoor community - locally and around the globe - which include guidebooks, instructional guides, histories, biographies, natural histories, adventure narratives, and conservation titles.

As we enter our 60th anniversary of Mountaineers Books, we reflect on our journey and look to the future of our organization. We publish to educate, to conserve, to inspire, and to protect. We do so with the hope that this becomes a collaborative effort with our readers and an opportunity for the community to put their collective power toward the preservation and propulsion of important storytelling.

That's why I donate to Mountaineers Books. That's why Hornbein donates, too. Because books matter. Protecting our history, culture, and wild places matters. We invite you to do the same - help us ensure that Mountaineers Books is around for another 60 years, shaping lives and bringing stories to life. ▲▲

Inspired to support Mountaineers Books? You can make a donation any time at mountaineers.org/donatemountaineersbooks or by calling 206-521-6006.

You can also join us April 8 to hear from Mountaineers Books author Steve Swenson about his and his team's historic 2019 first ascent of Link Sar, one of the highest unclimbed peaks left in the world.

Charting New Waters

Creating a Cross-Branch Paddling Community

By Sara Ramsay, Volunteer Development Manager

Special thanks to Tom Unger, Karen Cramer, Charlie Michel, and Barney Bernhard for their help in the creation of this story.

In the Pacific Northwest, year-round sea kayakers are a tight-knit community. These brave individuals don their drysuits in all conditions and relish in the opportunity to paddle big waves during winter storms. They seek adverse conditions to build their skills, growing more confident in their ability to explore wilder and more remote places.

The Mountaineers sea kayaking community is no exception. Paddlers travel up and down the Puget Sound, along the coast, and up toward British Columbia in search of adventure. Like many of our activities, each branch of The Mountaineers has their own style of paddlers and a distinct sense of community. But our sea kayakers are unique in the way they've built community across branches. More so than other activities, our paddlers - students, graduates, and leaders alike - travel and learn together throughout the club.

Sparking community

In the fall of 2016, Mountaineers leader Tom Unger made two decisions that shaped his relationship with The Mountaineers paddling community. First, he pitched a presentation for the annual Leadership Conference about forming compatible groups. Second and simultaneously, he decided to start organizing expedition-style sea kayaking trips through The Mountaineers. He began working on his presentation using his Cape Scott plans - a two-week trip around the northwest tip of Vancouver Island - as an example.

Tom's story is similar to that of many Mountaineers. He joined the club shortly after moving to the Seattle area, found some partners, did a few private trips, and then let his club activity lapse. It was a good run, but his partners eventually moved, changed interests, or otherwise got busy. So he reengaged with The Mountaineers to meet new people and rebuild his community.

And as he worked on his Leadership Conference presentation, Tom thought there might be some good partners out there who he hadn't met yet. As it turns out, he was right.



The ripple effect

The Cape Scott trip was a success, and several of Tom's presentation attendees signed up to join him. Of this group, four members - Tom, Karen Cramer, Charlie Michel, and Barney Bernhard - completed another expedition together the following summer, picking up where the Cape Scott trip ended and paddling 200 nautical miles south from Quatsino Sound to Tofino. In 2019, Charlie organized a two-week trip to the Hakai Protection Area in Canada. Tom and Karen also co-led a trip with several others down the coast of the Olympic Peninsula that same year, a particularly committing trip because of the rocky coastline and frequent surf landings. Each of these trips brought members together from several branches.

The Cape Scott group has learned together and developed new skills to share with the club. After a private trip to Mexico where he learned to kayak sail, Charlie returned to Washington with an idea to integrate that tool into the group's coastal expeditions. The group trained one another before developing a curriculum to train others. They engaged with other Mountaineers at events like Paddler Development Weekend, an annual weekend of clinics designed to advance skills and build community across branches, and went into every trip with the goal of learning as much as possible. Each outing stretched their skills a little further and bonded the group a little closer.

"On our first day as we left the protection of Quatsino Sound, feeling the full force of the open water and wind, we raised our sails to experience the most exhilarating sea kayak sailing of our lives. There were huge seas and the strongest winds we'd experienced thus far in the trip. We were able to cover 23+ miles in a day with exhilaration, versus 16 miles of agony."



In field collaboration. Photo courtesy of Charlie Michel.

Reflecting on their trips together, Tom, Karen, Charlie, and Barney all talk about kayak sailing as a highlight of the past two summers. In Barney's words: "On our first day as we left the protection of Quatsino Sound, feeling the full force of the open water and wind, we raised our sails to experience the most exhilarating sea kayak sailing of our lives. There were huge seas and the strongest winds we'd experienced thus far in the trip. We were able to cover 23+ miles in a day with exhilaration, versus 16 miles of agony."

The value of connection

The beauty of Mountaineers trips like these is that they create space for new connections and partnerships. In 2016 Tom pushed himself to go outside of his comfort zone and find new partners to paddle with, and that trip fostered community and shared knowledge. As Charlie put it, "Doing these trips together has connected us; the bonds remain strong and establish a basis for collaboration on other sea kayaking topics."

The Mountaineers are social people, but for each of us, there is a limit to the number of individuals we can know and feel connected to: our branch, our class, our mentor group. Each provide a small sea within the larger ocean of The Mountaineers.

Meeting new people can be challenging, especially in the context of outdoor sports, which bring elevated risk and

KICK-START YOUR OWN COLLABORATION

Want to meet folks from other branches but unsure how? Try these:

Attend org-wide events

Attending an org-wide event is a great way to meet new people and have fun while you do it. Our Leadership Conference, BeWild events, film festivals, and speaker series all draw crowds from across The Mountaineers. Come, get inspired, and make connections!

Take a course with another branch

Taking a course, clinic, or seminar outside of your home branch is a great way to get to know new peers in a fun, educational setting. You'll have the chance to discuss shared experiences, skills, or goals - which could lead to a shared adventure. Already taken plenty of courses? Consider instructing!

Adventure with other branches

Want to snowshoe with folks from Foothills (our branch along the I-90/I-405 corridor)? Climb with the Kitsap Mountaineers? Or paddle in Seattle? Sign up for a trip with a new leader! All of our branches also host open houses throughout the year, with committee members present to represent their community.



Sea kayak sailing. Photo courtesy of Barney Bernhard.

consequences. Building camaraderie with a core group is comforting and rewarding, and it's a valuable resource. But as our goals and styles grow and change, it's helpful to remember the large ocean of Mountaineers in which our smaller groups come from. For any trip or class you want to lead, and for any style you want to do it in, there are probably others who share your same interest and passion. Across our seven branches, there are always potential adventure partners ready to connect - you just have to be willing to test the waters. ▲▲



Emerald Peak, Okanogan-Wenatchee National Forest. Photo by Luke Helgeson.

Underfunded

Why Our Public Lands Need Your Help

By Katherine Hollis, Conservation & Advocacy Director

One sunny summer weekend in 2019, Becca Polglase was driving with three friends to the Dingford Creek Trailhead for a brisk day hike. As they wove through the forest, the conversation flitted between adventure goals and gear, eventually landing on the topic of public lands. Her friends lamented closures, access limitations, and much-needed maintenance. “You know,” Becca said, “permits are confusing, roads are bad, and trailheads aren’t being serviced because of a lack of funding.”

Her adventure buddies obliging her, Becca (who works as The Mountaineers Programs & Operations Director) went on to explain why people with a passion for the outdoors need to take action. Organizations like The Mountaineers, Outdoor Alliance, and many others dedicate resources to understanding and communicating key issues with the outdoor recreation community and, even though budgets can be confusing and detailed, protecting public lands includes funding them. That’s why we must engage elected officials and land managers on these issues. As Becca put it, “If you care about the outdoors, when The Mountaineers posts an Action Alert for a funding issue, you need to take action!”

When they arrived at the trailhead, the group was greeted by a sign on the pit toilet from the U.S. Forest Service stating an indefinite facilities closure due to lack of funding. While not the ideal situation to be in after a long drive, it was a perfect example of what Becca had shared in the car: though unglamorous, funding public lands is a key part of protecting and accessing the places we love.

A chronic issue

If this story sounds relatable, it’s because it is. Nationally, the Park Service has \$12 billion in deferred maintenance backlogs, and the Forest Service and Bureau of Land Management also face significant funding issues. Here in Washington, our state Department of Natural Resources, Department of Fish and Wildlife, and State Parks all face operational funding issues. Budget cuts force land management agencies to lay off rangers, resource specialists, and many other stewards of our public lands. Work in climate science research and environmental standards also suffer.

We have seen that when our land management agencies are short-staffed and under-resourced, they scramble to bridge funding gaps with proposals like entrance fee increases and broader and longer closures. Such measures threaten access for everyone, particularly those with limited funds.

What we do (and how you can help)

Protecting public lands is a core part of who we are as Mountaineers. We work to build and maintain strong relationships with legislators and land managers, bridging the gap between them and sharing land managers’ perspectives and challenges with those who shape policy. We advocate for funding in budget processes at both a state and national level. We advocate for legislation that will help address these issues, and work to educate outdoor enthusiasts on funding issues. When possible, we provide easy ways to take actions on a funding process or piece of legislation. And most importantly, we encourage everyone to be passionate, be informed, and be a voice for the outdoors.

While budget issues can be convoluted and at times challenging to understand, they are no less important than saving a beloved place from industrial-scale mining or keeping a climbing area open to responsible use. Funding allows us to know the rivers, trees, trails, snow, and wildlife that call our wild places home. It’s up to us to speak up for these issues to ensure public lands, and the experiences they provide, are stewarded now and into the future. Thank you for joining us as we work to preserve the places we love - and don’t forget to pester your friends on the way to the trailhead so that they can be part of the solution, too. ▲▲

What does underfunding look like in Washington?

Underfunding state lands is a chronic national issue, and Washington is no exception. These are just a few impacts:

1. **The Milk Creek Bridge** over the Suiattle River washed out more than a decade ago. This is a major access route to the Pacific Crest Trail and a section of the classic 30-mile Dolly Vista Loop.
2. **Along the I-90 corridor**, facilities at Dingford Creek Trailhead, Denny Creek Trailhead, and Asahel Curtis Picnic area (all U.S. Forest Service lands) have all been closed due to maintenance issues.
3. **The Icicle Creek and Colchuck/Stuart trailhead areas** have minimal infrastructures that are severely underequipped to handle the current demands upon them, stemming from the area's popularity as a climbing destination. Volunteers and local nonprofits are ready and able to help, but the Forest Service is unable to provide the employees needed to partner on this work.
4. **Fall's View Campground** closed many years ago because the Forest Service did not have sufficient funding to clean sites and provide general maintenance. Since that time trees developed root rot and the site has remained closed due to possible safety hazards. Funding to restore the area is required before it can be reopened.
5. **The Hoh Rain Forest Visitor Center**, the second most-visited location in Olympic National Park, is only open Friday through Sunday in shoulder seasons and closed completely in January and February, despite demand for greater availability.
6. **Mt. Rainier National Park** has over \$186 million in deferred maintenance costs. A priority is improving the Paradise trail system, to make hiking (and access to climbing Mt. Rainier) easier, while improving the protection of fragile alpine meadows. The park's sewage system is also in need of a significant overhaul to address aging and increased use.
7. **Vantage, or Frenchman's Coulee**, is a highly popular climbing destination managed by the Washington Department of Fish and Wildlife (DWF), and heavily used in shoulder seasons when it's too wet and cold to climb in other areas. Human waste has been a major issue over the last decade, and as DWF has faced budget concerns, the climbing community funded the installation of two pit toilets. Unfortunately, DWF does not have the funds to have these toilets regularly serviced.



LOVE & LOSS

By Liz Johnson, 7-year member

I knew something was wrong. I could feel it. I was out on a solo hike and had stopped for a break when a small voice in my head propelled me into motion with a sudden sense of urgency. Get back down the trail, it said. Now. Go carefully and take the easy route. Get home quickly and take a shower. Keep your phone close. Somehow my subconscious knew before I did that Tyler's life had ended. It would be hours before I got the call that changed my life forever.



Liz and Tyler post-climb
in the North Cascades.
All photos courtesy of
Liz Johnson.

I moved to Seattle almost exactly a year before, and my world was dramatically and wonderfully different. Ostensibly, I came west for graduate school, but fundamentally, I wanted to live near the mountains. I grew up on the east coast, and had always loved the hustle and bustle of New York City. As I got older and had opportunities to travel, I found myself awestruck by the mountains. I was fascinated by skiing and climbing, though I had very little experience with either. I felt drawn to mountainous landscapes, but had never heard of the “backcountry,” and to be honest, I didn’t even understand what hiking was. Was it different than walking?

On my first day at the University of Washington, I overheard some classmates talking about rock climbing and I swiftly introduced myself. Soon, I was climbing outside for the first time wearing shoes and a harness borrowed from one of my new friends. It didn’t take long for me to develop a regular gym habit. It was a magical time, making friends, getting to know a new city, and embracing new hobbies.

LOVE

I met Tyler online a few months later. My roommate and I were both single and we decided to join an online dating site in solidarity. I started off passively, just replying to the messages I received, but after a couple of weeks I decided to be more proactive. The first time that I went searching, I found Tyler.

When I read his profile, I had a strong feeling about him immediately. I wrote him a message, but I was too nervous to send it, so I shut my laptop and went to sleep. The next day, I opened my computer, looked at the message, took a breath, and hit send. The page reloaded and, to my complete embarrassment, I realized that Tyler had sent me a message the night before, and now, like an idiot, I’d just sent him one that didn’t make sense. Luckily he didn’t hold that against me.

Our first date was a delight, devoid of awkwardness and full of laughter. I remember thinking how handsome he was - we could’ve talked forever. Our drink turned into dinner, then ice cream. I’m someone who often puts my foot in my mouth, but when I made an outrageous joke, Tyler just laughed and laughed.

For our third date, Tyler suggested we climb Midway on Castle Rock near Leavenworth. It was my first multi-pitch climb and first trad climb, and I was excited about the new experience. Patches of snow remained on the ground, but the sun shone warmly on our faces. Belaying on the first pitch, I watched him easily make his way up, placing gear along the way. When it was my turn, I began to climb, engrossed in the simultaneous tasks of climbing a chimney and cleaning pro for the first time. At the end of the pitch, I clumsily pulled myself up to the anchor atop Jello Tower. After securing my PA, I looked down and saw how tiny the cars looked in the parking lot. Suddenly aware of the exposure, nervousness started to build in the pit of my stomach. I took some deep breaths, put Tyler on belay, and watched him step across the gap to lead the next pitch, leaving me alone and feeling trapped on my island in the air.

I was having second thoughts, but knew that we had to keep going up in order to get back down. I took some deep breaths and tried to focus on the climb. I promised myself that if I could just get through this, I’d never have to do it again. As soon as I topped out though, my relief was overshadowed by exhilaration. I couldn’t wait to do it again.

That spring and summer, Tyler became my climbing partner, my dance partner, and my best friend. We got to know each other on long drives and approach hikes. When we were in the city, we were often at the climbing gym or out dancing with friends. Of the things we shared, climbing was especially important to me. Looking back I realize that it gave me the sense of adventure and exploration I had been seeking when I moved out west.

One of our last conversations was about how it felt as if we’d known each other forever. He saw me as I was, and I saw him too. I was enamored by his generosity, empathy, and enthusiasm for new experiences and adventure. He was always lending his time or his gear to a friend in need or carrying more than his fair share of gear in his pack. Tyler had an uncanny way of noticing if someone felt left out or uncomfortable and putting them at ease. He knew himself well, and he lived life according to his principles. He inspired me to do the same.

Though we’d only been together for a short while, it felt like much longer. We had lived so fully, and we were already making plans for a life together.

LOSS

On Friday, September 13, 2013, I was with Tyler at his apartment while he packed up for a climb. He told me his objective - Forbidden Peak - and expected return time - maybe Saturday night, but probably Sunday.

The next day, Tyler and his partner summited via the west ridge. On their descent, a falling rock struck Tyler on the head and knocked him off his stance. He fell hundreds of feet and his partner was unable to reach him, but with the help of another party, was able to descend and notify rangers.

The next day, I got the call. I had just raced home from the solo hike. I knew in my gut that something was wrong, but when I learned of his death, I went into shock. I cursed and wailed and threw things at the wall. I crumpled into a pile on the floor. There was nothing I could do - Tyler was gone. I called my mom, sister, and friends.

The first few days were a blur spent in sad camaraderie with other people who loved Tyler, punctuated by administrative chores: planning memorials, writing a eulogy, and trying to sort out our intermingled lives. For days, I could hardly eat, and in the evenings friends and I would laugh and cry over beers while I tried not to over-indulge in alcohol on my empty stomach. At night, I’d get in bed and frantically journal before my emotional exhaustion set in and I’d fall into a deep sleep. When I awoke in the mornings, there’d be a few peaceful seconds before I remembered what had happened.



Tyler and Liz camping at a music festival.

GRIEF

My grief felt unimaginably deep, but the breadth surprised me as well. I didn't know that when someone close to you dies, you grieve for more than the person. I was mourning Tyler, our relationship, and our plans for the future. I mourned the things I would never know about him, the mystery of him that I had yet to uncover. I mourned the way our relationship grounded me. I mourned the way he saw me clearly and helped me see myself.


Grief exhausted me. I soon returned to an incredibly supportive community of classmates and professors, but completing my academic work felt impossible. I was so tired and frequently overcome with emotions that it was difficult to focus in class. My interest in what I was studying and working on couldn't compete with the grief I was feeling. I scaled back my responsibilities by dropping some classes and resigning from my student council position to make more time for what invigorated me: connecting with others and physical exercise.

Having lost so much, I was scared of losing more. I clung to those things Tyler and I had shared, climbing in particular. I climbed all the time, with my friends, with his friends, with new friends. It felt familiar and the exercise did me good. Eager to continue alpine climbing but short on partners and skills, I enrolled in The Mountaineers Basic Alpine Climbing Course. Tyler had taken Basic, and he had encouraged me to do the same, emphasizing the value of learning from multiple teachers and getting to know the community.

I had an incredible time in Basic and I am lucky to remain close friends with several of the instructors and students I met that year. Being in the mountains, surrounded by climbers, grounded me in the present moment, away from worries about the future and sadness about the past. It provided a sense of achievement and strength. But it wasn't always easy, and there were times when I was overcome with fear in a way I hadn't been before. I remember crying at the bottom of a summit belay while loose, crumbly rock rained down on me and a partner.

I had to keep living when I was out of the mountains as well. I started seeing a therapist, which was immensely helpful. I spent as much time as I could with my friends and I got to know some of Tyler's friends in a new way. Connecting with the people who also loved Tyler was powerful - we cried a lot but we laughed so much too. I will always be so grateful to the people in my life whose love and support sustained me at the time. They listened when I needed it, and distracted me when I needed that too.

As time went by, the grief did get easier. I stepped into my own as a climber. I regained some of my focus for school and life. I made new memories. My good days became increasingly more frequent. This simultaneously brought me both hope and despair. There were times when I clung to my grief because it was my closest connection to Tyler.

A man wearing a red t-shirt and a grey climbing helmet with red straps is seen from the side, looking out over a vast mountain range. The mountains are rugged and partially covered in snow, under a blue sky with scattered white clouds.

"Every now and then something cracks the grief back open. Sometimes it's something small, like a smell that reminds me of him, but most often my heart breaks whenever I learn of another life cut short in the mountains. "

Tyler in one of his favorite places: the North Cascades.

LIFE

Before Tyler died, I imagined death or loss as something you eventually get over. After he died, the idea seemed absurd. Just as he will never cease to be a part of me, our time together will never cease to be a part of my story, and his loss will never go away.

But, the other inevitability is that I am not fixed in time. I am no longer the woman who just lost her partner. My story has continued. Like rings in a tree trunk, my life, my story, and my identity has grown around Tyler and beyond my time of intense grief.

Today, whenever I think of Tyler it's almost always with a smile. But every now and then something cracks the grief back open. Sometimes it's something small, like a smell that reminds me of him, but most often my heart breaks whenever I learn of another life cut short in the mountains.

A few years ago, I met a new partner who shares my love of the mountains. I taught him to rock climb and he taught me to backcountry ski. Recently, we learned to mountain bike together. Sometimes I worry about losing him too, but that fear is greatly outweighed by the sense of inspiration, grounding, and joy that moving through the mountains brings to both our lives.

I don't know what the rest of my story will look like, but I've learned the importance of trusting my gut and spending time doing the things that most make me happy. Tyler made the most of his short life, and I want to make the most of whatever time I have, both for me and for him. ▲▲

OUT, OUTSIDE

By Lance Garland, Firefighter & Climber



Lance on the summit of Cerro Benitez in Chilean Patagonia.
All photos courtesy of Lance Garland unless otherwise specified.

My Mountaineers climbing team is at the summit block of Mt. Olympus, and the clouds are coming in. It's July 2018, and this is our second climb of the week. My muscles constantly remind me of the miles and elevation I've required of them so far, and the distance I still have to go. To finish this ascent we have a short pitch of rock, and we're doing our best to get up there and see the mythical views before getting completely socked in.

Our climb leader shoots up the 5.3-5.4 pitch, and we take turns belaying as we each move upward, one by one. I'm the third one to summit, and Greg – one of my climbing partners who graduated from the Basic Climbing Course with me – snaps a quick summit picture of me before we're engulfed in clouds.

"So you're dating a guy in LA, huh?" He asks. "How's the constant traveling going?"

On the summit of Mt. Olympus, Greg's question is an invitation to be openly myself, to share my life with him, and to share this summit in a more meaningful way.

Building connections

A few days prior, most of the Olympus climbing group and I were in the Glacier Peak Wilderness of Snoqualmie National Forest. It was a scorching 90 degrees, there was no wind, and the sun's glare off the snow was intense. We were in a marmot kingdom, which turned into a hazard when they chewed on gear we didn't keep an eye on. As we sat around the creek, filtering water for our midnight attempt of Glacier Peak, my tent-mate Kyle made a comment out of nowhere: "I can't believe you never told me that you're gay." There was real emotion in his voice. I couldn't place if it was anger or pain.

We'd become fast friends the year before, climbing the steep chimney of Mt. Shuksan, and then Mt. Baker a few weeks later. He was from the Midwest and didn't grow up with access to grand mountain vistas like those of my childhood. His jokes often crossed the line of political correctness; he got in trouble during our mountaineering course for a comment that equated female climbers with sewing circles. His political leanings seemed very different from mine, so I steered clear of any conversation involving them, including my personal life. But we both had competing, hearty laughs, and shared a mutual wonder of the mountain ranges we traversed. Our connection was formed as we sat together with mouths agape, singing their praises.

Even though we had climbed a handful of mountains together, we hadn't yet had "the talk." Over the winter, he had learned through social media that I'm gay.

As we sat around the creek with a looming Glacier Peak behind us, I did my best to minimize the importance of his revelation, saying, "Now you know." My laugh wasn't the usual hearty heave, it was more timid, but it got the job done, and we changed the subject. However, over the course of the next day he brought it up again and again, dropping the topic into casual conversation and doing his best to get me to open up about it.

Finally, I couldn't deflect anymore, so on the summit of Glacier Peak, in a sea of Cascade mountaintops, I told him I had a

terrible breakup the year prior and didn't want to talk about it. I tried to convince us both that I wasn't hiding anything from him. "But you're my tent partner. I just thought that I should know the guy I'm sleeping next to is gay," he said. "I mean, you're my first gay friend. Actually, you're the first gay guy I've ever met."

I realized in that moment that coming out to someone is not only a process for me – it's a process for who I come out to as well.

Reading the landscape

To manage the dangers of being openly gay in the outdoors, I look for signals from the people I adventure with. A gay slur or an off-color joke can be a sign that my belayer isn't capable of belaying me and that I should climb carefully in such a person's presence. While my tent-mate Kyle proved to be open-minded and we became even closer after that conversation, it could have turned out very differently.

Most of the people on my climbs are people who I've trained or climbed with before. But in The Mountaineers, we also climb with people we don't know. We share tents with strangers, as I did on a trip to West McMillan Spire in the Picket Range where I slept in my small two-person tent with a basic graduate from a different branch who I'd met but hours before. We rely on the organization to vet other climbers and vouch for our ability to keep each other safe and alive in the wilderness. We put our trust in The Mountaineers to make sure that we all have, at minimum, the knowledge and skills required for our chosen outdoor sports.

When we climb, for example, we put our lives in the literal hands of our belayer. No one wants to be belayed by someone who makes them feel unsafe, whether that's physical or emotional safety. For minorities in the outdoors, and for me as an openly gay man, we look for a belayer who has the basic knowledge and support needed to be a part of a climbing team where minorities like us are allowed to take up space.

This adds to our community network and connects us with other people like us, so that we can have experiences like the one I had with that stranger from my McMillan Spire climb, who turned into a friend as we climbed into the mountain range that was a shared, longstanding dream.

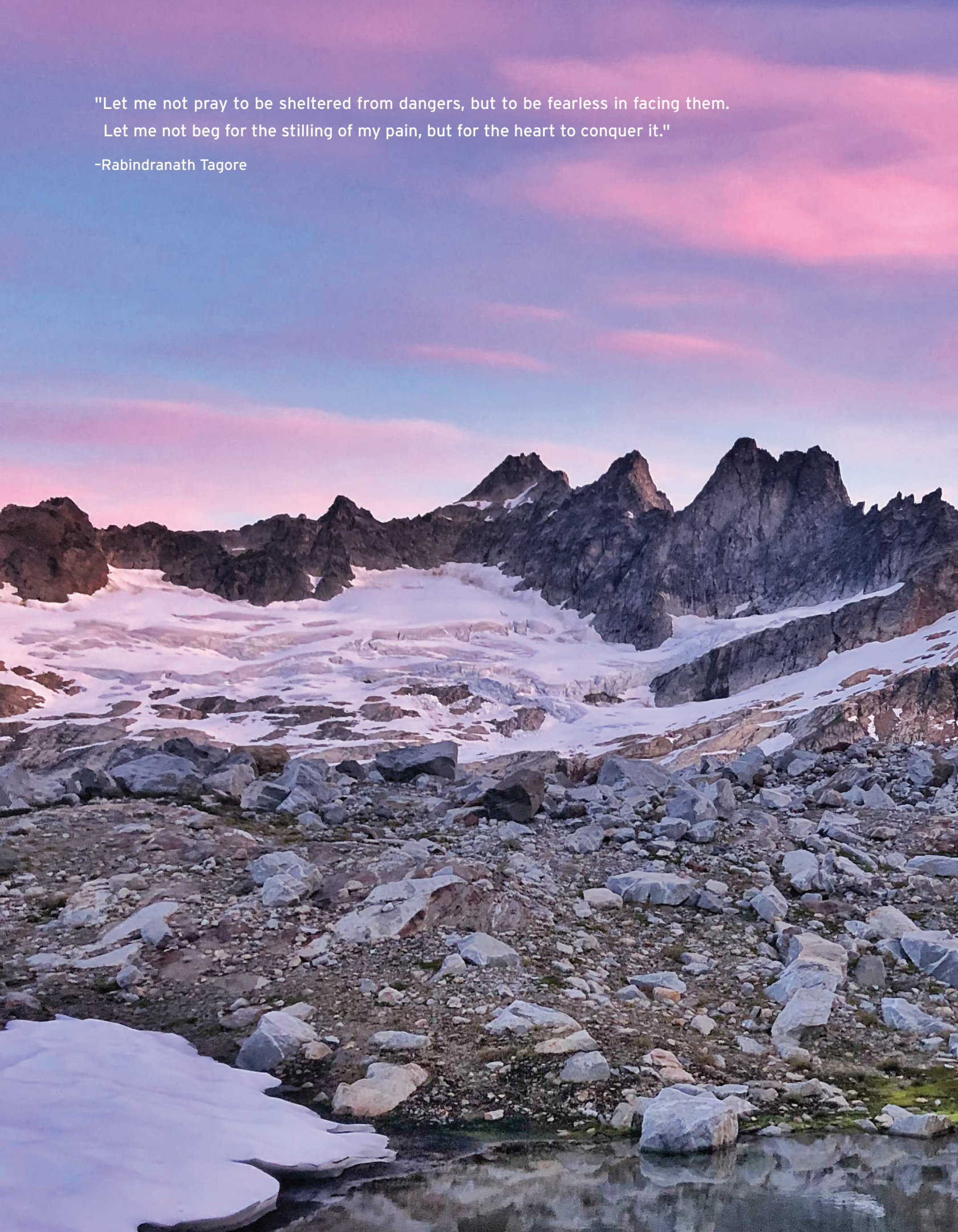
Checking for bias

People have a lot of preconceptions about gay lives. They judge us by their experience and by what society has ingrained in them. I recently wrote an essay for *Outside Online* about being an openly gay firefighter and outdoorsmen, and while there were parts of me that thought it wasn't an important story to tell, some of the responses I received validated its usefulness.

Many supportive people rallied around my message and lifted up my voice, and for that I remain profoundly grateful. One of the most poignant was a man from Colorado, an aspiring climber and firefighter, who has dreamed of doing the things I have done, but as his authentic self. After reading my story, he wrote me an emotional email and told me that for the first time in his life he felt that someone in the public realm represented who he was and who he wanted to become. He wrote about how he knew all too well the fears and anxieties of being openly

"Let me not pray to be sheltered from dangers, but to be fearless in facing them.
Let me not beg for the stilling of my pain, but for the heart to conquer it."

-Rabindranath Tagore





At sunrise climbing toward West McMillan Spire, in full view of the Southern Pickets range and Terror Glacier.



Clockwise from top left: Climbing toward Glacier Peak in July of 2018. Photo by Kimber Cross (@kimberbelle). Lance (left) and Oliver on the slopes of Grindelwald, Switzerland, a few days after Oliver proposed. Lance dreaming of the Pickets before he became a climber during a scramble atop Trappers Peak. Lance's climbing team on the summit of Glacier Peak. Photo by Kimber Cross (@kimberbelle).

gay in places where there aren't many others living openly. The fear often immobilized him and held him back from pursuing his passions. He wrote about how my openness inspired him to live his dreams and to follow his heart.

And yet there were others

Some of the most common knee-jerk responses were from individuals trying to invalidate my perspective. People said the essay was a useless bit of journalism and must have been a slow day for the publication. People said that society has long since gotten past the issue of gay people. They ask, "Who cares if you're gay in the outdoors?" They ask, "How exactly is one gay outside anyway? Are you sashaying up the mountain with a pink feather boa? Get over yourself and stop being a victim." Others verged on the precipice of open hostility.

As a writer, I can't expect to please everyone when I put myself out there. The vulnerability of writing brings with it a lot of criticism, oftentimes cruel, but I share these comments to show the white-hot center of the topic.

The response touched on a sad truth that there are still places where being openly gay in our society is reason for ridicule, if not outright hostility. I try not to focus on these facts, but when they show up in your inbox and as comments for anyone to read, you can't just forget about them.

Visible and invisible hazards

For many minorities, their difference is visible. People process their bias against visible minorities quickly and often before any interaction has taken place. Many queer people can signal their differences with clothing or other visible cues, but for

people like me, we “pass” for straight people. Passing is a concept where a minority can fit into a normative environment without being seen as different. For me, as a white man who has little visible cues to indicate my sexuality, I pass until I come out to my peers.

Coming out as queer can certainly mean wearing a feather boa and sashaying along a trail for some people, but for me, being openly gay in the outdoors is when I am my authentic self, open to sharing my life with those outside with me. It is a move away from fear and toward trust in my fellow humans.

But coming out comes with its own set of obstacles.

When I come out to someone, there is a moment when I see their reaction written on their face and in their body language. Because I pass, when I come out to someone I get to witness, in real time, their processing of the new information. Often in this moment I go from being part of the team – of straight white men – to instantaneously becoming an outsider, someone who is not on the same level, someone who is less-than. Oftentimes in this moment I am relegated to being more like a woman, which has given me new insight to the injustices of sexism.

I can come out to someone through words, or I can come out to someone through actions. In my *Outside* article, I became a visible gay man when I was kissing my boyfriend in our tent and a stranger walked up and was clearly shaken by the sight. Coming out to strangers carries the threat of hostility and even violence, even if it doesn't always end with such things. For many young people, coming out to family can bring with it ostracism and homelessness. Some estimates state that 40% of homeless youth are LGBT. As a firefighter in downtown Seattle, I see this disproportionate percentage play out in the course of my day-to-day duties.

Being openly gay in the outdoors isn't a political statement, but can get turned into one by people who haven't accepted that they share space in nature with people different from them. These are the same people who talk about their wives and husbands; their date nights and their marriages and their kids. They come out to the world as straight without ever thinking of that as “coming out” because it is a common thing and is greeted without judgment. They are openly themselves because society hasn't ever made them believe that being openly themselves is a political statement or something that people can use to judge them or make them feel unsafe. They've never had to censor this part of themselves. They've never had to try to pass as homosexual in order to survive.

I live in a world where my sexuality is constantly elevated to being the most important thing about me. This happens to most gay people, and it's an obstacle for us. In my ideal world I would go about my business and live a “normal” life, or one that passes for normal. In a lot of ways I have that option available to me because I can pass and could choose to do so. It would certainly make my life easier in so many ways.

But instead of going to great lengths to hide my relationship status, instead of being sure not to touch my fiancé in outdoor spaces, of keeping my private life private from my friends, and of constantly censoring myself and my wardrobe, I choose to be open to the world and the outdoor community around me.

By doing so, I step into the political realm where my identity can be consumed by peoples' bias and their beliefs. Some people feel like they have a say in my life, as if their judgment is enough to censor or silence me. This is a part of our history, but in today's society, the value we place on love and freedom has made this a thing of the past - mostly, anyways.

Building a new trail together

The Mountaineers has become a place I call home. On one of my recent climbs with The Mountaineers – West McMillan Spire – I had the great honor of climbing with an openly gay climb leader. Like my tent-mate on that climb, I didn't know the climb leader before the trip either, but on the first stretches of trail we talked about married life, of his husband and their years-long journey together, and my new adventure with my fiancé and how we will exchange vows this summer in Whistler.

Knowing that people like me have been outside climbing for years, openly living out their mountaintop dreams as their authentic selves, is a wonderful thing.

I feel it important to keep speaking my truth, so that we continue to engage a world that fosters inclusivity and openness. This is something that doesn't just happen, and it is something that needs to be reinforced by people of all walks of life. We do this by listening to each other, by truly hearing what the other has to say about their experience. We do this by supporting each other in ways that builds on our similarities as well as learning how to navigate our differences. We do this by being open.

When we talk about our lives, and when we share our perspectives, we talk about important things. Everyone deserves to speak their truth. Everyone deserves a place to call home. Everyone deserves to feel safe in that space. And everyone deserves access to nature.

If I had my way, I wouldn't be writing so much about my sexuality. Being gay wouldn't be a reason to have the spotlight on me. My actions, like climbing Olympus and Glacier and West McMillan, would be the heart of the story. But I've spoken up, and will continue to do so, because I know all too well what it's like to live in the shadows, isolated and lonely and without a community of similar people around me. While I've somehow carved out a place for myself as an open individual today, I'm writing this for my younger self - for that man in Colorado who dreamed big dreams - and for all the others out there who are looking for proof that they can succeed in the world as their authentic selves. I've done it. This story is proof, and I want to encourage you to do the same. Live your outdoor dreams with openness and as your authentic self knowing that the more you do so, the more fulfilling and freeing your life will be. ▲▲

While Lance fights fire in Seattle, climbs the mountains of the Pacific Northwest, and sails the Salish Sea, he writes. Two volumes of his adventure series, ITINERANT, are available on Prime reading; the latest was a finalist for the 2019 International Book Awards for LGBT fiction. It follows two men in love, as they explore the earth in search of a home free from oppression. His writing has appeared in Outside Online, The Seattle Times, and The Stranger, with essays forthcoming in Orion, Hidden Compass, and the anthology, Earthly Love.

GEAR LOVE

By Trevor Dickie, Content Associate | Illustrations by Emma Switzer

Forget about that special someone - let's focus on that special something! We all have the pieces of gear we love above the rest. Things that keep you warm, safe, and comfortable. Take a moment to think about that piece of equipment you just couldn't live without, and enjoy these love letters written by Mountaineers to gear they adore the most.

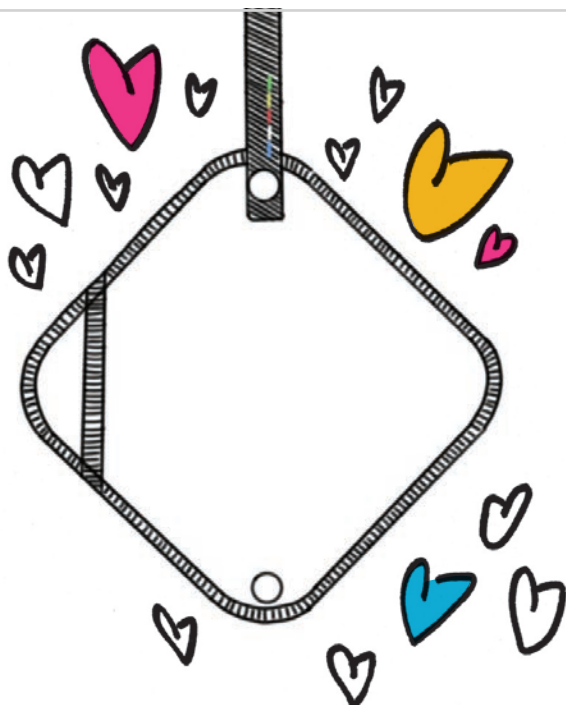
Dear Hiking Boots,

I wasn't expecting to develop such a wonderful, lasting connection. From the moment I laid my eyes on you, I could tell we would visit some wonderful places together.

You always offered the best support. Never a blister nor a slip, even in the stormiest of conditions. You kept me safe and warm. I always looked forward to another season with you. But I've been noticing some changes recently. You seem a little worn down; a bit tired. I can't tell if it's from all the steps we've taken together or the wear of the difficult trails, but your sole seems tired. I worry you might not want to adventure much longer. Maybe we aren't who we used to be.

I find myself admiring the flexibility and versatility of trail runners. I never thought I'd find another love like you, but I think it's time we part ways. I hope there's no hard feelings.

LOVE, TREVOR



Dear Kula Cloth,

Thank you for being the piece of gear I never knew I needed! I've spent years peeing outside. Alone. I've heeded the call of nature while watching the sunset on mountain summits and while trying to stay dry in sudden downpours. I've tried the shake-n-drip technique and I've wished for a well-timed breeze. But with you, my beautiful Kula, I never have to pee outside by myself again.

Thank you for helping me feel strong and confident in the outdoors. I love how easy you are to take on adventures, with your double-snap strap (allowing me to snap you closed for privacy if I desire). I love your reflective stripe so I can find you in the dark. I love that you are sustainable and made in the USA. I love that a fellow outdoorsy lady created you for us. And I love all your beautiful designs!

Thank you, Kula Cloth, for changing the way I pee outside.

Love, Katt

My Dearest Caldera Cone,

Every day I spend backpacking on the trail, I thank Trail Designs for creating you. Can you believe that we've been together for more than 7 years?

Other stoves are picky. Some stoves demand gas as white as snow. Some are as finicky as Goldilocks, rejecting anything but the perfectly balanced mixture of propane and butane. But you don't care. Your good nature will happily take denatured alcohol. You don't object to rubbing alcohol. When the availability of other fuels is scarce, you will even accept antifreeze from a gas station. And on special occasions, we can have a romantic evening fueled by high proof alcohol from the liquor store.

And your loyalty! I'm sorry I hurt you when I left you for a canister stove last winter because you do a poor job of melting snow. I will never forget that once the snow had melted, you welcomed me back into your loving arms. You also stood by me when I once stepped on you. Understandably, you did get a bit bent out of shape, but with a few nudges with my pliers, you were as good as new.

Others do not appreciate your magnificence. Land managers ban you because you have no shutoff valve and are a fire risk. Maybe you can start a forest fire when used carelessly, but your care keeps the flame in my heart burning eternal.

Oh, Caldera Cone! How I love thee! You are by far my most beloved gear.

Wait a second? I can go stoveless and save a few ounces? Sorry, Caldera Cone, I'm leaving you at home from now on. Warm food is overrated. It's not ultralight unless you suffer.

Love, Adam



Dear Kanpai Bottle,

My mind is always on what you carry for me, what you bring to the world just when I need it. You are there for me when it is scorching outside, carrying some mouth-watering ice cream, but when it's freezing cold, you carry hot coffee for me. No one has made my life more wonderful than you. When I am away from the comforts of the worldly pleasures of a freezer or stove, you show up in my pack. I always know you have my back. The more time I spend with you, the more I find myself falling deeper in love with you and everything you hold. I love you – and I love us together.

Thank you for being there with me through the very thick and thin moments of life; on a glacier, on a rock face, and at a campsite.

Love, Ananth



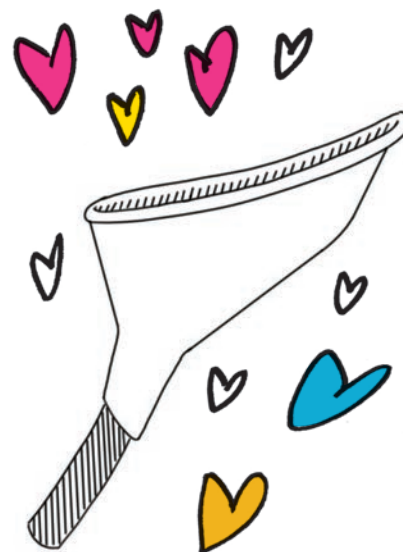
Dear Freshette,

Before I met you, there were so many things I didn't like about peeing outside: 1) trying to keep my butt warm while taking care of business, 2) hiking a sizeable distance away from the trail/camp/group to 'water a rock' (I would never pee on trees, that's not Leave No Trace), 3) taking off all of my layers, which can be okay on hot summer days but is especially bad in snow camping scenarios, 4) returning to the lodge to use a restroom at a ski resort, 5) splashing a little, a reality no matter how talented you are, 6) asking myself if I should face uphill, or downhill, or maybe side hill (I still don't actually know), 7) sometimes, choosing to under-hydrate or hold it for too long due to the aforementioned reasons.

Things I do not like about peeing outside as a woman since I met you:

Look at that! There's not a single entry on the list. Thanks Freshette, you've changed my life.

Love, Emma





BACKCOUNTRY HYGIENE 101

You Don't Have to Smell Bad to Smell Better

By Teresa Hagerty, Foothills Backpacking Committee

Erin Sweatland takes her Kula Cloth for a ski tour on the Inter Glacier. Photo by Kristen Connolly.

Hello gorgeous! You - yes, you! With the messy hair, dirty legs, and that certain wilderness glow about you. You look fabulous!

You can absolutely look and smell great in the backcountry. The amenities of your million-star hotel can include everything you need for clean skin, sparkling teeth, and mostly inoffensive aromas. These are the tips you need to maintain good hygiene in the backcountry. Learn how to stay fresh(ish) with the right combination of tools, know-how, and Leave No Trace practices.

BODY ODOR PREVENTIONS

Clothing

The best offense is a good defense. Minimizing body odor and bacterial growth begins with your clothes. I rely on wool or wool blend base layers for all multi-day trips. This includes all base layer shirts, socks, and underwear. Wool and wool blends have a natural resistance to bacteria, including the body odor-causing *staphylococcus hominis*, are naturally quick-drying, and retain their warmth when wet. Fellow adventurers on a month-long trek in Nepal recently put this to the test, wearing nothing but the same wool base layer shirt every day. I can

attest that they were amongst the least offensive trekkers around the dinner table. Wool works!

Bathing

It goes without saying that most backcountry adventurers don't have regular access to showers. But that doesn't mean you can't bathe, you gorgeous filthy animal. My daily backcountry hygiene routine starts as soon as I arrive at camp. My first priority is drying my feet to reduce odors, minimize the risk of athlete's foot, and reduce the chance of blisters. I then change into dry socks and breathable camp shoes (I prefer lightweight, close-toed Crocs). I also wipe my face and hands with a rehydrated unscented wet wipe (ex. Wysi Wipes).

A warm day and early arrival to camp may also allow for a full backcountry bath. A backcountry bath requires a spot a minimum of 200 feet away from natural water sources, a pack towel or bandana, water, and biodegradable, unscented soap (scented soap not only has the potential to attract animals, but can damage the environment). A few drops of Dr. Bronner's soap and a splash of water on a pack towel or rehydrated wipe is all it takes to get started. I recommend moving from your face to your hands, then torso, legs, and underarms before wiping down your bathing suit area. Finally, rinse your pack

towel and wash your feet. Complete with a full-body rinse (not in a stream or river!) or by wiping down with a fully-rinsed pack towel.

A great substitute for a full backcountry bath is some quality wet wipe time in your tent. I schedule these right before bedtime. This alternative doesn't use soap (it could introduce odors into your tent), but you can still make a big difference with only a wipe and water. The same top-down order applies. I use one rehydrated wipe for my face and hands, a second for my body, a third for the sensitive bits, and a fourth for my feet. The tent bath is immediately followed by changing into dry socks, dry underwear, and sleep clothes. It's important to sleep in dry socks and underwear to minimize the growth of humidity-loving bacteria. Excess bacteria can quickly lead to increased body odor, fungal growth, yeast and UTI infections, and other unpleasant things. Control what you can - dry clothes are a great proactive move.

Backcountry laundry

On long-distance treks you may reach the clothing breaking point. You can only stretch the same shirt, underwear, and socks for so many days before backcountry laundry must be done (this is four days for me, since we're sharing). It's relatively easy to do with a gallon-sized bag, a few drops of biodegradable soap, and water. Add a few items of clothing into the bag with a few drops of soap and about two cups of water. Agitate the dirty clothing for a couple of minutes and disperse the wastewater at least 200 feet away from natural water sources. Clean laundry items may be dried on a paracord laundry line or clipped to your backpack with safety pins or carabiners.

THE BACKCOUNTRY BATHROOM

Welcome to the awkward part of the conversation: the backcountry bathroom. Let's get into it.

Peeing

Let's start with the easiest to address: peeing. This topic gives me occasional envy of the menfolk in my life for whom peeing in the woods can be as simple as finding a semi-private spot. Yeah, I'm jealous.

Peeing in the woods is a bit more complicated for women. It's important for women to wipe or dab away excess moisture to reduce the chance of bacteria growth in a vulnerable location. Dry yourself with either toilet paper or a reusable pee cloth. I'm a huge fan of the reusable and antibacterial Kula Cloth, which also reduces the volume of used toilet paper to pack out. Pee funnels are a good alternative too. Follow the same Leave No Trace principles as the menfolk.

Pooping

Dealing with solid waste in the backcountry is a more complicated proposition. All solid waste - human or canine - must be disposed of appropriately. This means depositing solid waste in an established backcountry privy, burying it in an appropriately-dug cathole, or carrying it out in a blue bag. All toilet paper must also be packed out. Please visit the Leave No Trace informational page or our low impact recreation videos on Mountaineers.org for more information on this topic.

Maintain hygienic and responsible practices by always packing out your toilet paper, employing a backcountry bidet, and using hand sanitizer. A backcountry bidet is a game-changer, and you can hack a reliable one with a lightweight 4 oz. Nalgene flip-top squeeze bottle. Use it by manually squirting water onto yourself and repeating as needed. The backcountry bidet reduces odor-causing residue, the risk of UTI infections, and the dreaded monkey butt. It's worth its weight in gold.

All solid waste-related events should be followed by hand washing, and if possible using hand sanitizer as well. As a dear friend and physician says, do not close the fecal-to-food loop. Ever.

Periods

Ladies, promise me, pinky swear, right now that you will always pack it out. Used feminine products may not be disposed of in backcountry privies or pit toilets (unless you want some poor ranger to fish it out). Luckily, a few items make packing out used feminine products less traumatic. I recommend either a double-layer Ziploc system, with used feminine products placed in an inner bag inside of a duct tape-covered outer bag, or an inner bag inside of an odor-proof OpSak. Menstrual cups are also a good option. Follow the same disposal

methods for solid human waste. Keep in mind that menstrual cups must be rinsed each time, and washing with soap or boiling it is recommended at least every several uses to keep bacteria levels low to avoid infection. Rinse it thoroughly to make sure soap is always kept outside of our bodies.

GO FORTH AND BE CLEAN

Real talk: I may or may not bother with a backcountry bath, laundry, or clean underwear during a short 2-3 day outdoor adventure, but I am religious about the unscented wet wipe bedtime routine. There is a fine balance between maintaining hygiene standards and embracing the true freedom of the hills, and that balance is highly personal. For me, this freedom includes the liberty to be dirty, go to bed with pine needles in my hair, and wake up smelling like earth. Now go forth and embrace your own version of backcountry fabulous. ▲▲

Backcountry Hygiene Tool Kit

Maintain effective backcountry hygiene on every adventure with these items:

- Liquid hand sanitizer
- Dehydrated wet wipes (ex. Wysi Wipes)
- Pack towel - ultralite, face sized
- Dr. Bronner's Castile soap - unscented, 2 oz.
- Mini toothbrush and toothpaste
- Bathroom kit: toilet paper, Ziploc one-quart trash bag, trowel (ex. Duece of Spades)
- Backcountry bidet - 4 oz. Nalgene flip-top bottle
- Pee cloth (ex. Kula Cloth) or pee funnel (ex. Freshette)*
- Feminine hygiene products (ex. tampons, pads, or menstrual cup) *

* Women-specific items

As Goes the Caribou

By Craig Romano, Mountaineers Books Guidebook Author



One of the most beautiful and wild places on the eastern seaboard, the Chic-Choc Traverse was placed on Peter Potterfield's *25 Classic Hikes of North America* with good reason. In May 2000, my wife Heather and I did a recon trip to Quebec's Chic-Choc Mountains in the 200,000-acre Parc National de la Gaspésie. Three months later we returned to backpack the 50-mile Chic Choc Traverse - one of the most stunning stretches of the International Appalachian Trail. We were hooked.

Named by the Mi'kmaq, the largest of the First Nations Peoples traditionally occupying land from Newfoundland to Maine, the Chic-Choc Mountains (meaning "impenetrable wall or barrier") form the rugged spine of the upper Gaspé Peninsula. Rising from nearly sea level, the Chic-Choc are prominent and imposing. Bulky peaks exceed 3,000 feet in elevation, with deep glacier-carved river valleys and rocky cirques. Mount Jacques-Cartier stands the highest at 4,160 feet.

Thanks to their northern latitude and maritime position, the Chic-Chocs have a climate similar to neighboring Labrador

and Newfoundland - cold but not severe. The highest summits are carpeted in alpine tundra. Providing habitat to several at-risk plant species, these mountains are also home to the southernmost caribou herd in North America and the only remaining herd south of the St. Lawrence River.

About 200 Gaspé woodland caribou roamed the park when we visited 20 years ago. One of Canada's 12 subpopulations, the Gaspé herd had been greatly reduced due to the loss of its habitat: old-growth boreal forests. On the last day of our five-day trek, we got up early to crest the barren summit of Mount Cartier to try to catch a glimpse of them. We were the only ones on the trail that mid-September day. The weather was clear and warm with a calm breeze. As we approached the rounded open peak, we grew ecstatic upon spotting a handful of caribou across the summit.

We stood quietly and positioned our trekking poles behind our ears, pointing them to the sky. Caribou, like moose, have poor eyesight, and we were told that the erect trekking poles look like antlers to them from a distance. Whether it's true or



Mountain caribou have been identified as an “umbrella species” by conservationists, meaning that protecting their habitat also helps preserve many other species who depend on the same ecosystem, and yet they’re still facing extinction all over North America. We explore this further in *Caribou Rainforest; From Heartbreak to Hope*, published by Braided River, conservation imprint of Mountaineers Books, in 2018. Learn how you can take action to protect this stunning ecosystem and its critically endangered woodland caribou at caribourainforest.org. Photo by David Moskowitz.

not we gave it a shot, and sure enough a few of the caribou gave us a perplexed look as if we were wayward caribou. With camera in hand, I snapped a few photos of the beautiful animals to capture the moment. As it turns out the photos weren't necessary, as that experience is firmly imprinted into my mind. It was the highlight of the traverse, and to this day one of my fondest hiking memories.

I long to return to hike Mount Cartier, this time with my son. I want him to experience the same wonderment his parents did so many years ago. However, with the Gaspé herd now down to 90 animals, I fear that may not be possible.

The prospect of ever seeing the Southern Selkirk woodland caribou herd is grimmer. I've been intrigued by this herd, ever since reading an article in the *Defenders of Wildlife* magazine about them back in the 1980s. The most endangered mammals in North America, these caribou were also the only remaining population in the Lower 48 – and they were found in Washington. During the 1990s and early 2000s I made several trips to the Salmo-Priest Wilderness in the far reaches

of northeastern Washington, in hopes of seeing one of these elusive members of the deer family.

The Wilderness was created in 1984 to provide habitat for the caribou and endangered grizzly bears. However, the Wilderness's horseshoe-shaped boundaries cover little more than the region's highest summits, leaving most of the area's valleys of intact old-growth forest open to road building and logging. The adjacent Priest River Valley in northern Idaho – excellent grizzly and caribou habitat – was also omitted from the Wilderness area and open to resource extraction. And to the north in British Columbia, a highway, transmission lines, and an array of logging roads cut through adjacent prime caribou habitat.

Caribou feed on slow-growing lichens that grow on old-growth conifers. Since the time the *Defenders of Wildlife* article was written in the 1980s, huge swaths of the old-growth forest which sustained the caribou were cut down.

My stomach sank two years ago when I read that the Southern Selkirk herd was declared extinct. The last surviving animal from that herd, a female, had been captured and relocated to an impoundment near Revelstoke, BC. Perhaps with an aggressive breeding program employing caribou from other herds, the Southern Selkirk population may rebound and be reintroduced to the wild lands they once occupied. But it will take many decades, perhaps centuries, to restore their habitat. The prospect of that happening looks bleak. With the caribou's absence, the wildlands of Northeast Washington are now a little less wild. And we humans – who are so capable of reason – are the reason why these caribou are now extinct.

I will never get to hike among them and revel in that part of our natural heritage. A part which, until very recently, had defied the ravages of urbanization and mass consumption. I lament the caribou's passing as I lament all the other species great and small that we've added to the long and growing list of extinctions and extirpations.

The natural world is my tonic for when the human world lets me down. But it gets harder to feel nature's rejuvenating powers when we continue to chip away at nature itself. And far too often I take to the hills, mountains, forests, shorelines, and prairies seeking redemption but instead returning disheartened with how we've compromised our world. Each passing year a part of me, like the caribou, is gone.

I often wrestle with big pictures when I spend hours alone on the trail. Always asking why, why, why? And often pondering: if only this, or if only that? I'm reminded every day of the perils we face as our planet continues to urbanize, our numbers continue to multiply, and our consumption continues unconstrained. Mankind is capable of greatness, and we have corrected past wrongs to bring species back from the brink. Rebounding populations of bald eagles, bison, and gray wolves attest to this. But I'm afraid as we allow thousands upon thousands of acres of prime habitat to continue to be cut over, paved over, and treated like a commodity available to the highest bidder, scores of other creatures will join the South Selkirk caribou. Our remaining wild lands become less wild - and little pieces of ourselves go with it. ▲▲

A Fall on Cutthroat Peak

By Sherrie Trecker, Mountaineers Climb Leader



Cutthroat Peak. The ascent and technical portion of the descent identified in black, fall location identified in red. Photo courtesy of Sherrie Trecker.

Everything about this climb was perfect, until it wasn't. The trip started at 5am on a Tuesday morning in mid-June, 2018. With steep snow gullies visible from Highway 20, my climbing partner Ben and I knew that we faced carrying boots and ice axes for the day. We would be ascending the South Buttress of Cutthroat Peak, a 5.8+16-pitch route, then descending the West Ridge, a low fifth-class route with plenty of exposed ridge climbing.

It was clear from the boot track that it had not been climbed more than maybe once since the last snow; we may have been only the second ascent on the South Buttress that year. The common approach to the base of the South Buttress was still filled with ice, and since we only had microspikes, we opted to take an approach to the right, which included a quick rappel down to the base of the climb. Despite this re-route, we were ready to start the first pitch in 3 hours.

Our plan to simul-climb every pitch that was 5.7 and below, and belay out the two 5.8 pitches, worked perfectly. Despite wintry conditions with some of the climb still snow-covered, we hit the summit at 2:30pm, just 5.5 hours after the start of our climb.

We made two 30-meter rappels down the west ridge, then took a beautiful exposed fourth-class ridge walk to our next rappel station. We made two more rappels down to some third-class sandy ledges, and then descended onto a steep snow finger, still well ahead of where we thought we'd be for the day.

We had hoped the snow would be less steep and icy than what we had seen looking up at the gully in the morning, but that isn't what we got. We quickly recognized that we would be face-in down climbing for several hundred feet. Ben started the descent, and I followed in his footsteps. I was plunging my axe in at every step, and though my feet slipped out from under me a couple times my self-belay position stopped me. The slope angle changed slightly, and Ben decided to try to side-angle down - or at least that's what it looked like in the footsteps I was following. I shifted position, and on my first step I was swooped off my feet. I had not plunged my axe as I had been when I was face-in down climbing, and I started to slide, unable to self-belay. I tried my hardest to go into self-arrest, but the ice axe popped out of my hands as I slid.

With my leash on I tried to regain control of my axe and perform an arrest, but as I gained speed the axe remained just

outside my reach. I turned around in time to see that I was headed toward a small rock formation with a moat in front of it, and I hoped it would at least slow me down. Instead I flew right over it, slamming down hard on my thigh as I landed. At that point the axe leash had come off my wrist and I had nothing to stop myself except another rock formation, this one 150 feet away and rapidly approaching as I barreled down the slope. Quick thinking led me to decide that my best approach would be to put my body into a glissade position and dig my heels and butt into the snow as much as possible to slow my descent. I braced for impact, hoping that I would at most break an ankle or hurt a knee.

My plan sort of worked. I hit those rocks at a little less than full speed, but still tumbled 10 feet down the rock gully, unable to keep my feet down as I hit rock. I remember the entire impact, and every body part that struck rocks. I kept wondering not if, but when, I would lose consciousness. I couldn't see how I was going to walk away from this one. When I finally stopped I saw blood everywhere, which really freaked me out, but I also did not feel much pain, which freaked me out even more.

Fortunately I had a great partner in Ben, who saw me fall but managed to keep his cool and continue his slow face-in down climb for approximately 300 feet to reach me. He did not rush, which could have caused a second accident. By the time he got to me I was in full-on sympathetic ASR (automatic stress response), which meant I was breathing heavily, had a high heart rate, and was freaking the hell out, tears and all. I was not feeling much pain and, unfortunately for Ben, also not making a ton of sense. I had already felt my head, neck, and back, and thought that I didn't have a spine or head injury. I also confirmed that most of the blood was coming from skin having ripped off a hand, not from my head or any other extremity. Ben did a quick check as well.

Once we confirmed that I'd be able to walk out on my own, he started to find a good descent path. I was still super confused, and unable to follow him down relatively easy terrain. I was breathing deep, labored breaths, and couldn't get my shaking under control. I was terrified. I couldn't get my thoughts together, and felt like I couldn't continue down, but knew I had to. Ben recognized that I was not making good decisions and had me sit down, then he set up a rappel down the class 3/4 rock scramble terrain. While he was setting up the rappel I sat, trying to calm myself with the thought that this was just an automatic stress response and I was fine. I took 800mg of ibuprofen, drank some water, and by the time we did the rappel I was able to think clearly again.

However, from that rappel we still had around 500 feet of steep face-in down climbing on snow. Ben led the way, kicking great steps for me, but I was still so terrified. I plunged my ice axe in as deeply as it would go with every single step. This made for a very long descent process. I was bleeding through my gloves, trickling a trail of blood as we went. It was unsafe to stop, so I continued my slow, methodical down climbing until reaching a rock outcropping. Mercifully, the

snow slope angle decreased significantly, and I was able to enjoy a glissade to the basin. The glissade hurt my bruised tailbone and thighs, but it was worth it to not have to worry about falling again. I gingerly limped out of the snow basin and down the climber's trail to the car. We arrived at our cars at 8pm. Even with the fall, our 15 hour car-to-car time was in line with what we'd expected when we set out that day. As I walked out I was dismissing my fall as a near-miss. We'd just climbed an awesome route and made good time. I was okay.

Update: Spring 2020

It's been almost two years since my accident. Though my initial response was to be thankful that I didn't sustain greater physical injuries, the accident had a greater impact on me than I could have expected right after the climb. I hope that by reading this, you gain a few takeaways without having to go through the experience yourself. Of course there are the basics, like practicing your self-arrest technique at least annually, bringing the right gear for the objective, keeping your WFR or WFA up-to-date, and having an emergency communication device with you at all times. Those are things I recognized as helpful almost immediately. However, I never could have predicted the long-term ramifications of this accident.

Even though my external injuries were minimal, in hindsight I should have gone to the doctor after the climb. My butt bruise healed quickly, along with my pride, but I probably developed microfractures in my heel that kept me from climbing a few really cool routes in 2018. If I had gone to the doctor they would have properly assessed me, and I might have healed more quickly with physical therapy.

Perhaps more importantly than the physical injuries, I experienced long-term psychological damage from the fall. I have recurring dreams and flashbacks of falling, not just on steep snow, but also off rock cliffs. Sometimes I get anxiety leading up to climbs that is so great I have to cancel. Sometimes I just don't want to climb at all; I want to give it up completely, despite it being one of my main sources of joy over the last decade.

I finally sought professional help for this in 2019, and was diagnosed with Post Traumatic Stress Disorder (PTSD). I think that if this topic was more frequently discussed, I could have recognized symptoms of a stress injury in myself much sooner after the incident. There is not a lot of information out there on stress injuries as they relate to climbing accidents, which makes people who are experiencing them feel isolated and alone. However, awareness is increasing. I had the opportunity to talk about my fall and the impact it had on me with American Alpine Club's The Sharp End podcast for Episode 45, "One False Step and a Year of Recovery". By discussing this important topic and seeking help as needed, it will hopefully keep people like me from withdrawing from our lives' greatest passions. ▲▲



PREPARING FOR THE WORST

A Chaplain's Perspective

By Katja Hurt, Emergency Services Chaplain & Super Volunteer

On August 14, 2018, I received the phone call. A climber had died, and my mountaineering friend had just gotten the news. He needed assistance with what to do next. In seven years as an emergency services chaplain, I've lost count of how many death notifications I've given, and I was the right person for my friend to call. Only, when I realized that the climber he was talking about was Stephen Kornbluth, my best friend and "mountain husband," I felt my world shatter into a million pieces. None of my experience had prepared me for this moment.

In the midst of my grief, I called on my chaplain training and managed to guide our community through the next steps and provide compassionate care to Stephen's girlfriend, the two survivors who were with him when he died, and eventually, myself. Surviving a sudden loss is a long journey and there are still many difficult days. I credit my ability to keep moving forward to the years of excellent training in critical incident stress management I have received. Now, more than ever, I advocate for everyone to learn to care for themselves and each other emotionally and psychologically.

In the year-and-a-half since Stephen's death, numerous people have asked for advice and training to better prepare for these kinds of tragedies. While no one should have to experience a fatality, near-miss, or other significant event of loss, you can incorporate things into your daily routine to help you prepare for the worst. By developing your resilience and ability to care for others in a crisis, you will be better prepared to help lessen the impacts of acute stress and shorten the recovery process.

Practice resilience

Being resilient means that you are able to “bounce back” from a traumatic event, and research shows that being mentally prepared, developing good practices, and taking care of yourself will help you recover more rapidly from a stressful event. Resilience is a skill that anyone can develop and improve, and there is even evidence that people can develop psychological resistance (i.e. an immunity) to traumatic stress (see Five Factors Resilient People Possess, below).

To practice resilience, start by keeping your body at peak performance. This means eating well, getting enough sleep,

and staying physically active. Build and maintain social connections with family, friends, and the community – these people will provide support when you need it most. Look internally to nurture your inner source of energy and sense of purpose, and work to develop a clear, focused mind by learning new things, practicing problem-solving, or meditating. Resilience is also improved by training, practice, and mental preparation for an event. Imagining, or better yet practicing, a successful response to a worst-case scenario will help you better respond and recover.

Promote recovery

There are numerous models and theories on how to support someone through a crisis, and trying to cover all of them can be overwhelming (for anyone interested in delving deeper, I recommend training in Psychological First Aid and Assisting Individuals in Crisis). To promote recovery, follow these six principles of caring for yourself or someone else when a crisis occurs:

1. **Connect with the person** (or if you are the person in crisis, seek connection for yourself). This can be as simple as a greeting and exchanging names. After Stephen died, I made sure that all of those impacted were never alone for the first several days. When people would ask me what I needed, I would ask for a hug as this is one of the simplest expressions of human connection.
2. **Keep the situation from getting worse.** Get to a safe location and provide any life-saving interventions (stop bleeding, keep them warm, etc.). The survivors on the climb with Stephen made the difficult decision to self-evacuate and leave his body behind. I applaud them for doing so. Emotional distress will be made worse by continued exposure and physical distress.
3. **Listen to their story** (or if you are in crisis, try to tell someone your story). Talking to someone who actively listens to you

can help a lot. If the details are too painful to recount or might traumatize the listener, you can focus on reactions and the experience rather than descriptions. Talking to a trained mental health provider or chaplain helps when information needs to be kept confidential. As a chaplain, I regularly call other chaplains to talk through difficult events. It can be emotionally draining, but talking helps you process the experience and get it out of your head.

4. **Address immediate and short-term needs** such as food, shelter, clothing, health, and hope (yes, hope can be as critical for survival as food and shelter). People in crisis commonly neglect their own needs. Provide meals or rides to appointments or assist with household chores to reduce this burden and promote recovery.
5. **Help determine the next steps**, connect with resources, and make referrals as needed. Short-term impacts on sleep and appetite are normal. However, if a person cannot function or is struggling with long term distress (depression, trouble sleeping, withdrawing/isolating, intrusive or suicidal thoughts), help them access medical care or a mental health professional as soon as possible.
6. If possible and appropriate, **follow-up or check-in with them** within a few days.

Being present matters

Over the years, I have seen how remarkable the act of sitting with someone and letting them tell their story can be. In chaplaincy, we often use the ministry of presence, which is simply being there to show someone that they are not alone. Oftentimes, connecting and listening to a story is more important than knowing the right thing to say. Sometimes people just need to know that their feelings are normal, and that despite this traumatic experience they will recover. If you are ever faced with a traumatic loss or are with someone in crisis, remember that social connections and interpersonal support are the most important elements in building resilience and recovering from a crisis.

Five Factors Resilient People Possess

(adapted from *Psychological Body Armor* by Dr. George Everly, 2018)

1. **Active Optimism:** choosing to believe that things will turn out well and that you have the ability to make them turn out well.
2. **Decisiveness:** being able to make decisions, especially difficult ones.
3. **A Clear Moral Compass:** knowing what it means to be honest and to act with integrity, and being able to put your beliefs into action.
4. **Tenacity:** being able to keep going, even to the point of failure, and then being able to define that failure as a lesson or a stepping stone.
5. **Interpersonal Support:** connecting with others and feeling like part of a family, social group, or team. ▲▲

Mountaineers Books Fulfilling Our Mission, 60 Years and Counting

By Trevor Dickie, Content Associate

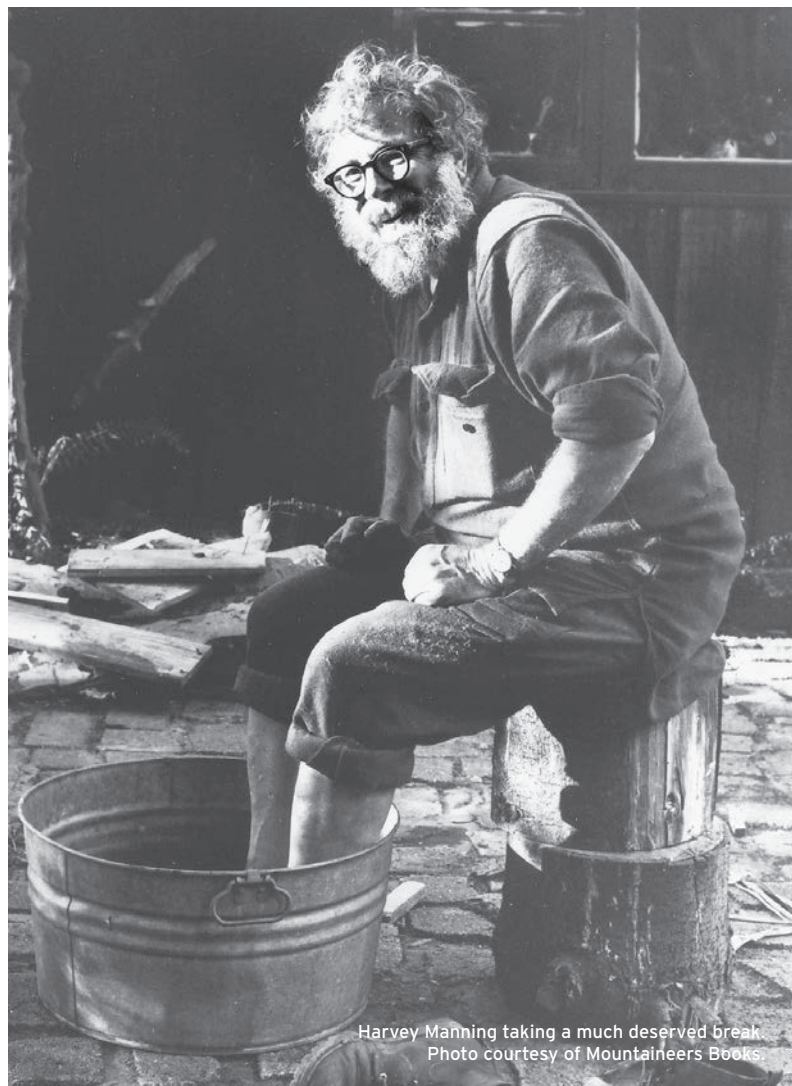
A squabble over climbing styles nearly tore The Mountaineers apart in its early years. Choosing instead to put differences aside, that turmoil spawned a text so seminal that it would come to be read religiously by aspiring climbers around the world. *Mountaineering: The Freedom of the Hills* is now seen by many as the pinnacle of climbing education material, and next to it since the beginning is the nonprofit publisher Mountaineers Books.

Early on, the need for a reference text became clear to climb leaders in The Mountaineers. Wolf Bauer, the pioneer of our rock climbing programs, became the source for much of the information present in our first literary creation: the *Climber's Notebook*. The 1940 notebook "contained information on how to tie knots, techniques for climbing on rock and snow, orientation, and first aid," Jim Kjelsden wrote in *The Mountaineers: A History*. "Much of it is as useful now as it was a half-century ago, including such admonitions as 'look back to the rear occasionally so you will recognize territory on return.'"

Wolf came up through The Mountaineers as part of a restless body of young people in the 1920s and 30s who banded together to climb unsanctioned by the club. Known as "outlaw climbing," the practice was controversial at best and measured on the Richter scale of discord at worst. Since climbing techniques at the time marred the landscape, leaving behind metal spikes called pitons in cracks in the rocks, the practice went against the strong conservation ethic of The Mountaineers. This difference in perspectives almost caused the club to collapse.

Seeking common ground, Wolf started a sanctioned climbing program using techniques he learned from European instruction books. The information shared in his and others' climbing lectures went on to be the basis for instruction in the *Climber's Notebook* and throughout The Mountaineers for decades to come.

In 1954, the climbing committee, low on stock of the 1940 handbook, saw an opportunity to update the 15-year-old information. Harvey Manning, a former chair of the climbing committee and well-respected Mountaineer, was tasked with organizing the revision of the text. In September 1955, he called a meeting of all the current and past committee leaders he could find. In a quote from Kjelsden's history book, "the group then gathered to consider the material," Manning says, adding with characteristic humor, 'they met on four



Harvey Manning taking a much deserved break
Photo courtesy of Mountaineers Books.

consecutive nights, and the members who remained by the fourth night became the book editorial committee."

Years were spent developing, reviewing, redeveloping, and re-reviewing the material. Each chapter was redrafted multiple times as the editors worked to balance information and uniformity with tone and feeling. Sometimes words just wouldn't cut it, and visuals were needed to compliment the concepts. Tom Miller drew stick figures to start, and other artists like Dee Molenaar and Donna Balch also contributed to give the book its distinct illustrations.

As challenging as writing and editing the book proved to be, its financing was just as difficult. In August 1956 the Book Finance Committee was formed to determine how to pay for it. The Board budgeted \$3,000 for the project in 1956, but eventually 101 people lent an additional \$15,000 to the project to make it a reality.

By 1960, they had a book, but were still without a title. With no shortage of books called *Mountaineering*, Harvey came up with the enduring subtitle, "The Freedom of the Hills." Today, the book is most commonly – and affectionately – known as *Freedom*.

An initial printing of 5,000 copies was ordered, and the editorial committee members assumed the print run would last half a decade. The order didn't last a year. It seemed the text was just as popular outside of the club as within, and everyone who had loaned money to the book was repaid within a few short months.

Freedom's editors agreed that the book's proceeds would have the most impact reinvested into publishing projects, and in 1968 the board of trustees established the literary fund committee with the purpose of financing "the publication, from time to time, of such books, pamphlets, or other educational material," Kjelsden wrote. "They couldn't have predicted that 'from time to time' would eventually come to mean publishing a new book nearly every week of the year."

With 60 years of history to look back on, Mountaineers Books achievements in recreation, conservation, and outdoor education are incomparable. It's doubtful that Harvey and the editorial committee members could foretell their course textbook project would grow into an active catalog of over 700 titles. Over time, we've discovered that books with powerful and evocative messages change lives, and in some cases, the direction of history.

Over the last six decades, Mountaineers Books titles have changed the way residents of the Pacific Northwest and beyond look at and enjoy our outdoor spaces. One of our most transformative early books was written by Harvey Manning, who, alongside Ira Spring, published the first of many *100 Hikes* guides, introducing tens of thousands of people to the power of the outdoors, many for the first time. Today, local guidebook author Craig Romano has taken the mantle of the Spring/Manning legacy, updating their earlier works with more than 20 Mountaineers Books titles introducing yet more people to the outdoors, including our new and popular *Urban Trails* series.

Fred Beckey, one of the most important first-ascensionists and mountain explorers North America has ever seen, documented and described the Cascades for generations of climbers in his *Cascade Alpine Guides*. His titles are still some of the most detailed references available. We continue to share guides, like *Mount Rainier: A Climbing Guide* and *Washington Scrambles*, to support future climbers, and publish skill-based titles, like *Crack Climbing: A Definitive Guide* and *Gym to Crag*, to share skills and make the outdoors accessible to everyone.

Our conservation publishing footprint is huge as well. Were it not for *The North Cascades*, published in 1964, our beautiful North Cascades National Park containing the American Alps might not exist. *The Alpine Lakes*, published in 1971, "is credited with saving the Alpine Lakes Wilderness from a presidential veto," wrote Kjelsden.

"I sat down with the President and opened the book," recalled former Washington State Governor Dan Evans, in an interview for *Mountaineer* magazine in 2017. "That 15 minutes

turned into 45 minutes. Aides kept coming in and saying, 'Mr. President, you have to get to the next meeting; you have to go.' And he just kept leafing through that book, lost. You know he was an Eagle Scout, a hiker, a lover of the outdoors himself, and, as a result, the Forest Service took a back seat, he signed the bill and Alpine Lakes was created."

Through our Braided River imprint, titles are published each year that work to protect the last wild places in western North America. Works like *Seasons of Life and Land* and *Caribou*

Rainforest have been essential to the protection of vast landscapes and the animals and people that rely on them. Our recent book, *We Are Puget Sound: Discovering and Recovering the Salish Sea*, supports citizen engagement, advocacy work, and changes to public policy, with an ambitious goal to restore and protect salmon and orca habitat.

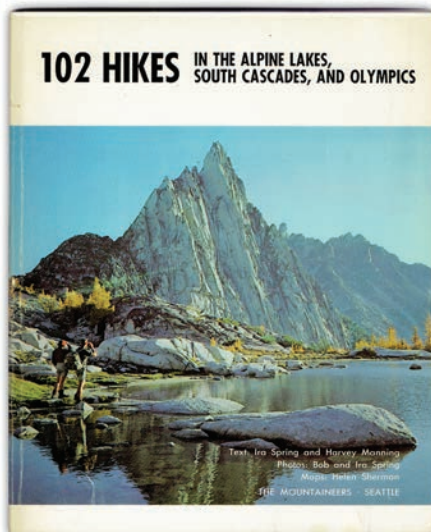
Our Skipstone imprint shares lifestyle-focused titles that you can thank for the wonderful backcountry enchiladas you found in *Dirty Gourmet*, or the backyard goats you're considering bringing home after you read *City Goats: The Goat Justice League's Guide to Backyard Goat Keeping*.

To carry forward this legacy, we're investing in titles and series to make the outdoors more accessible to a diverse

demographic of current and future recreationists. Our books are actively changing what it means to be outdoorsy, introducing people to all of the ways you can enjoy the outdoors, including beekeeping, gardening, foraging, car camping, and exploring city parks.

Freedom laid the foundation for over a half-century of publishing history. As a testament to itself, its ninth edition was released in 2017. While the publishing process for *Freedom* is now managed by a team of professionals, the words are still 100% written by volunteers.

What will climbing and outdoor recreation look like 60 years from now? That's unclear. However, it's safe to say that *Freedom* and Mountaineers Books will still be here to guide climbers young and old, new and seasoned, in their mountain pursuits. Many outdoor dreams begin in the pages of a book, and we're proud to help bring those pages to life. ▲▲



Celebrating 60 Years of Mountaineers Books

In the summer edition of Mountaineer magazine, we'd like to feature your stories about Mountaineers Books. If one of our books has impacted your life, please send your story and photos to magazine@mountaineers.org or Attn: Magazine, 7700 Sand Point Way NE, Seattle, WA 98117. We're planning to celebrate our 60th birthday all year long - please check our website for announcements. mountaineersbooks.org.



Cod Heads; Hiking in the Lofoten Islands. Photos by Cheryl Talbert.

Adventuring Among Cod Heads on Norway's Lofoten Islands

By Cheryl Talbert, Global Adventures Leader & Super Volunteer

No, "Cod Head" is not a new term of endearment, nor is it an insult, at least not one that I've heard used before. It's food, and happens to be quite an important one! Cod heads are a coveted foodstuff, a fact I became acutely aware of during our trip.

Our Mountaineers trekking group was finishing our first day on Norway's stunning Lofoten Islands, an archipelago of six major islands totaling over 62 miles long. Home to deeply-carved fjords with lakes and peaks up to 3,400 feet high, the islands are blessed with an abundance of sheer granite walls that would make any Yosemite climber salivate. After a 3-hour ferry ride from the mainland and a fabulous hike with 360-degree views over sea and mountains, we checked into our rorbuer. "Rorbu" is a traditional style of cottage once used as seasonal lodging by Norwegian fishermen, and ours was a row of cheery, barn-red cabins on stilts perched on the side of an inlet.

We started exploring the nearby town of Hamnøy, across a soaring bridge with views up three deeply-carved fjords, when we encountered our first cod heads packed in and glaring from the window of a warehouse. More heads decorated a rack along the sidewalk further on. A small café featured a cod-body chandelier and baskets of dried cod strips for sale by the door.

Dried cod (known worldwide as stockfish) is a central feature of life here. One of the world's largest seasonal fisheries – the "Lofotfiske" – takes place on Lofoten each year between February and April. During the Lofotfiske, millions of Norwegian

Arctic cod migrate from the Barents Sea to spawn in the islands' warm Gulf Stream waters, and commercial fishermen gather from all over coastal Norway to fish the bountiful run.

Stockfish is one of the world's longest-sustained export commodities. It was first mentioned in a 13th century Icelandic saga in which Chieftain Thorolf Kveldulfsson ships stockfish from Norway to Britain in the 9th century AD. The introduction of Christianity in Europe, and the associated rules about what people could eat during Lent and other periods of fasting, led to a surge in demand for fish. Lofoten's stockfish fit the need perfectly. Nutritious and lightweight, stockfish have a long shelf life and no requirements for salting or packaging, so transportation to markets in England and beyond was easy.


Stockfish continued to be a problem-solver for populations beyond Northern Europe in need of resilient food sources. The Nigerian Civil War, which lasted from mid-1967 through early 1970, saw over a million people perish, mostly from hunger. The massive humanitarian crisis had relief agencies worldwide responding with flights of emergency supplies. Norway contributed stockfish; rich in protein and vitamins, it was perfect to combat the rampant malnutrition.

We camped, hiked, and bagged peaks for eight more idyllic days, several with bluebird weather. We stayed in two different rorbuers, camped on lovely beaches, rode ferries deep into fjords, rambled through flower fields, trekked past a multitude of lakes and waterfalls nestled in granite, and sipped coffee and hot chocolate in every small village café we could find.

Nearly everywhere, the silhouettes of cod drying racks in the distance, and occasionally that faint (or not-so-faint) whiff of fermenting fish, came to mesh perfectly in our minds with the tidy brick-red fishermen's cabins and sparkling water against the sheer granite and deep green peaks. I didn't come for the cod heads, but I sure am excited to come back and see them again. ▲▲

Interested in your own international experience? We have a number of upcoming Global Adventures trips led by our experienced volunteers to help you explore around the world. For more information, visit mountaineers.org/globaladventures

Explore the canyons of the PNW

A photograph showing two people in canyoning gear (helmets, backpacks, ropes) standing on a large, wet rock ledge. A waterfall is visible in the background, and another person is partially visible on the right side of the frame.


Lush green corridors. Sculpted granite. Turquoise pools. Waterfall after waterfall. Magical, hidden parts of our natural world. The canyons of the PNW are one of our best kept secrets. Unlike the more familiar desert slots of the American Southwest, here in the Northwest, we have clear flowing creeks full of life waiting to be discovered.

Canyoning combines exploration, adventure, solitude, teamwork, and pure, unadulterated fun. A technical sport, it also requires training in the unique equipment and techniques. Our Seattle Canyoning Committee is hosting a 5-day intensive course in July to give you these skills and prepare you to join Mountaineers canyoning trips later this summer. Join us to expand your world of possibilities and connect with these spectacular places hidden in plain sight.

mountaineers.org/canyoning2020



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MOUNTAINEERS

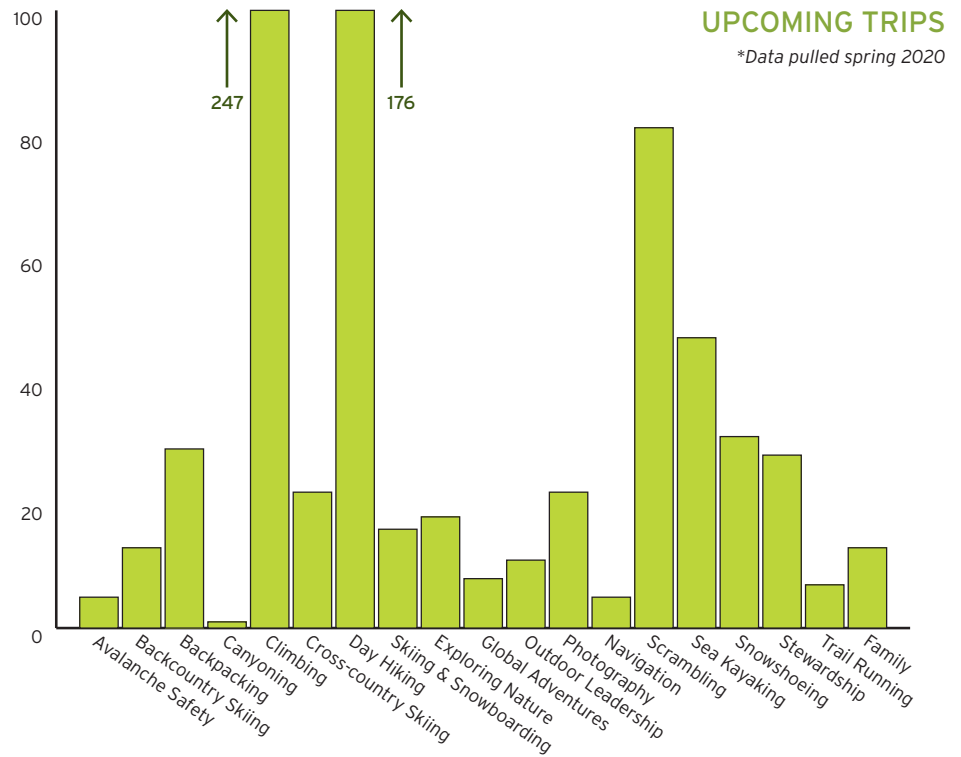
A photograph of a person rappelling down a large waterfall. The person is wearing a helmet and a backpack, and is suspended by a rope. The waterfall is cascading over dark rocks, creating a misty spray at the bottom.

Ian Williams descending Thunder Falls, Summit Creek. Photo by Becca Polglase.



Mountaineers Activities

The Mountaineers has over 780 activities on the calendar RIGHT NOW, and our volunteer leaders are listing new things every day. The best way to get involved is to go online and find your next adventure today!



HOW TO BECOME AN OUTDOOR ADVOCATE

Take the Protecting Public Lands 101 elearning course to learn the basics of our national public lands system and empower yourself to take part in advocacy efforts.



NO

Are you a Mountaineers member?

YES



No worries! You can still access the information at outdooradvocates.net.



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



Receive a badge for your efforts. Sign up for the course at mountaineers.org/OAN.



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, backpacking trips, stewardship activities, photography outings, and occasional sailing opportunities! Also, consider taking a basic or introductory course like Basic Snowshoeing, Introduction to Rock Climbing, Navigation, and much, much more! Visit www.mountaineers.org/courses to see what's currently available.

How are events and activities different? Activities are primarily daylong outings that require participants to use skills in an outdoor setting. Examples include hikes, naturalist walks, or snowshoeing - 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 at info@mountaineers.org.

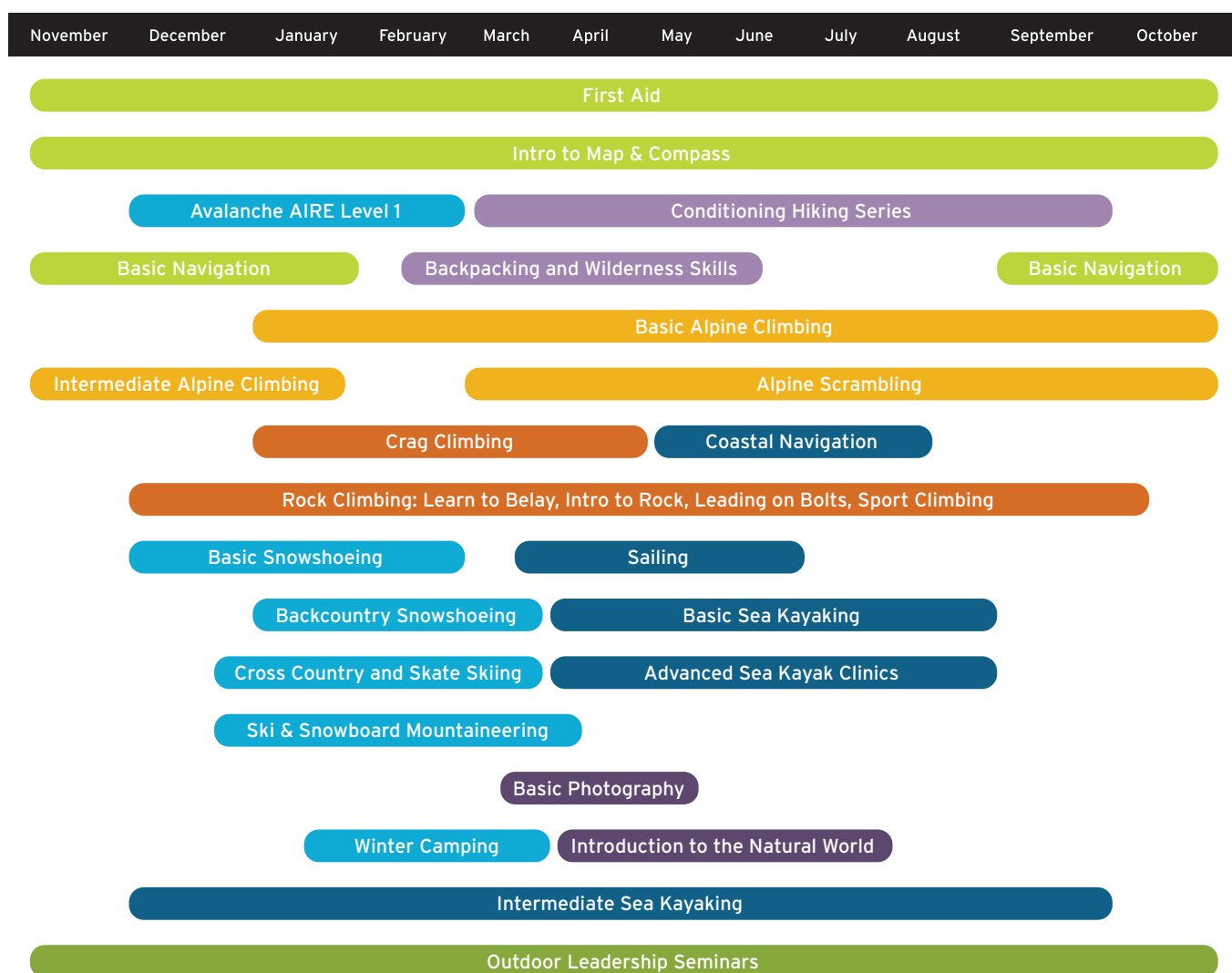
What if the activity is full? Sign up for the waitlist! Yes, it works. We have roughly a 10-20% drop-out rate in courses and activities, so spots often become available.



The Mountaineers Course Overview

The Mountaineers is a volunteer-led community built around sharing knowledge and skills to safely recreate outdoors. We offer courses every season and some all year round. The same course may be offered by multiple branches and you can take a course with any branch. Exploring our clinics and seminars is also a great way to refine or expand your existing skills. Practice skills taught in our courses, learn about new techniques or gear, and explore new possibilities within our organization, like becoming an activity leader. Our clinics and seminars are often open to both our membership and the general public.

To learn when our courses are coming, take a look at our course calendar:



You can access all of our offerings online, with up-to-date information on subject matter, materials, and rosters. If you already have the skills covered by one of our introductory courses and want to participate in that type of activity, contact member services at info@mountaineers.org to find out how to qualify for equivalency. To see our courses, visit www.mountaineers.org. We hope to see you outside!

Open to Mountaineers members 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 'Locations & Lodges' in the dropdown menu.

Volunteer

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



Baker Lodge

mountaineers.org/bakerlodge

Our rustic Mt. 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 Mt. Baker-Snoqualmie National Forest and surrounding wilderness from the comfort of Baker Lodge.



Meany Lodge

mountaineers.org/meanylodge

Built in 1928, this destination ski resort is located off of I-90 at exit 62 (Stampede Pass). Meany Lodge provides a warm, family-friendly environment for all. Join us for our all-ages Spring Carnival Mar 7-8, our Adventure Wellness Weekend Jun 5-8, or for one of our work parties held after the snow melts - all are welcome! The lodge sleeps 97 people and is available for meetings, conferences, and wedding rentals.



Stevens Lodge

mountaineers.org/stevenslodge

Nestled near the Stevens Pass ski area, this rustic ski-in/ski-out lodge is 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 to a cabin in the woods, with bunks for the whole family. Several trails are a short walk or drive from the lodge.

Kitsap Forest Theater

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 and create a treasured family tradition. Our 2020 shows (showing spring and summer) are uplifting musicals that appeal to young and old alike - treat yourself to a day away in the forest. Tickets are available online, save on our two-show package.

Disney's *Beauty and the Beast*: Step into an enchanted world and "be our guest" for this heartwarming tale of true love and transformation, perfect

for the entire family.

***Bend in the Road - The Anne of Green Gables Musical*:** Join us for the Northwest premier of this high-energy, reimagined musical based on the beloved classic *Anne of Green Gables*. Retaining the heart of the original story, this warm, funny musical is perfect for ages.

Help Wanted: We are looking for cooks for weekend rehearsals and performances, help with set building, costume sewing, prop collecting, ushering, and parking for shows.

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
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 Council 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 historic Mt. Pilchuck lookout.

KITSAP

Chair: Bill Bandrowski, bill.bandrowski@gmail.com
Secretary: Christine Grenier, highroadhiker@wavecable.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 western Puget Sound, from Gig Harbor to the Olympic Peninsula, including Pierce, Kitsap, Jefferson, and Clallam counties. Join us at our

program center, conveniently located in Bremerton.

Branch Council Meetings are held in February, May, August, and November. Our annual celebration is in October and we will be hosting an Outdoor Leadership Speaker Series this spring. Please join us! Visit our branch calendar for details.

SEATTLE

Chair: Bill Ashby, wsashby@gmail.com
Chair Elect: Jared Pearce, jared.pearce@gmail.com
Website: mountaineers.org/seattle

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

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 bookstore, indoor and outdoor climbing walls, event spaces, and more.

Branch Council Meetings are held every other month (except summer) to discuss new and ongoing initiatives. Our branch is growing rapidly, and we are actively seeking people to support our community - no prior experience required. Visit our branch calendar for details.

FOOTHILLS (I90-I405 CORRIDOR)

Chair: Cheryl Talbert, cascadehiker@earthlink.net
Websites: mountaineers.org/foothills

Courses & Activities: AIARE avalanche safety, backcountry and downhill skiing, conservation and stewardship, cross-country skiing, first aid, hiking & backpacking, navigation, scrambling, snowshoeing, and trail running - and a brand new climbing program!

The Foothills Branch is the club's newest branch, founded in 2004 and encompassing the eastside communities along the I-90 and I-405 corridors. In addition to our educational and activity

programs we host stewardship events with the Mountains to Sound Greenway Trust, film screenings, guest speakers, and other community events. We are also excited to be a close partner with Meany Lodge!

Our branch is growing rapidly, and we are actively seeking people to support our community - no prior experience required. We invite you to get involved in branch leadership and getting our communities outside. Contact the branch chair if you might be interested.

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

TACOMA

Chair: Curtis Stock, cstock34@msn.com
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 Mt. Rainier. Check out our events listings for great ways to get involved with our community.

OLYMPIA

Chair: Bob Keranen, keranen@hcc.net
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. Our branch is known for its robust stewardship program.

Our speaker series and potluck runs from October to May. Join us on Mar 4 to listen to Ras and Kathy Vaughan describe the incredible 2600-mile route they established, the UP North Loop; on Apr 1 to hear Paul Souders tell an arctic adventure tale about a bay, a boat, and a bear; and on May 6 for Lou MacMillan's stories of his voyage to Antarctica.

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 'Locations & Lodges' 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.

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 With picnics, open houses, banquets, guest speakers, and more, our branches host an array of events for you to get involved. To check out what's next, visit mountaineers.org/events. From this page, you can select 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. Login, then 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 our community. Reach out to your branch chair to get started.

**The Seattle Branch doesn't have a branch-wide eNewsletter, but several activity committees publish eNewsletters, including climbing, navigation, photography, and naturalists, and many activities have a Facebook presence. To learn more, contact the committee chairperson. To find a committee, input the committee name into our search bar at the top of our website.*

BEHIND THE SHOT SPEAKER SERIES



Photo by Louis MacMillan.

Varnasi & The Ganges River

June 3, 2020 | 7PM

Eric Radman will present a fast paced, multi-media slideshow on India. He'll explore its people, culture, and the Hindu festival of colors, Holi.

Travelling in the Rajasthan area of India, you'll see many of the famous sites as well as the holy city of Varanasi on the Ganges River. The presentation will also cover arranged marriages and an Indian wedding.

Voyage to Antarctica - A Photographic Journey to the South Shetland Islands and Antarctic Peninsula

May 13, 2020 | 7PM

Louis MacMillan traveled to Argentina and Antarctica in December 2018 with Muench Workshops on an expedition organized for photographers from all over the world. Louis will talk about why he went to Antarctica, how he traveled there, the workshop itinerary, and will present a slide show of his photos.



Photo by Eric Radman.

Learn more at mountaineers.org/seattle/photography.



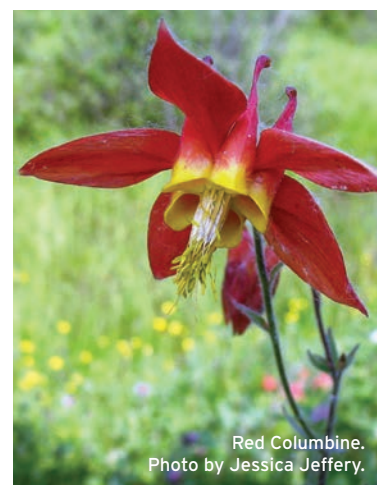
Elephant's Head near Mt. Rainier. Photo by Mickey Eisenberg.



Balsamroot on Umtanum Ridge. Photo by Marguerite Hauberg.



Avalanche Lily along the Skyline Trail, Mt. Rainier. Photo by Kristyn Loving.



Red Columbine.
Photo by Jessica Jeffery.

DID YOU KNOW? Washington's Wildflowers

By Hailey Oppelt, Communications Associate

We know spring has arrived in the northwest when the crocuses worm their violet heads and long green bodies out of the dirt every March, a harbinger of brighter days. Our walks to work and school are dotted by blasting spring rains, and hikers slowly start to fill the trails again as snow melts and our forests become plump with moss and ferns. But for all of spring's tricks, we always circle back to one thing: flowers. Washington's wildflowers are show-stoppingly beautiful, drawing folks out of their homes and onto the trail like herbaceous pied pipers. Grab your alpenstock and yodel a tune, the hills are alive and we're off to sniff the flowers. These are a few of our favorites.

Avalanche Lily

This distinctly northwest flower is one of the prettiest you'll find, with delicate white petals curling away from a yellow center, stamens proudly popping out to attract local bees. Found in alpine and subalpine regions in the Cascades and Olympics, avalanche lilies earned their name by blooming in late spring when the snowmelt begins, sometimes cropping up in large, dramatic patches. They'll bloom through mid-to-late summer in damp meadows and around the edges of receding snowfields.

Elephant's Head

The flower whose name can't be forgotten! Take a close look at these densely-packed stalks of flowers and you'll see little pink or purple elephant heads, trumpeting the arrival of spring. Common in meadows and near mountain streams, you'll find these flowers primarily in the Cascades in high-elevation areas from June through November.

Balsamroot

Balsamroot is easily identified by its cheerful large yellow flowers and thick stalks. Also known as the "Oregon sunflower," these hearty plants are commonly found in dry, cool mountain regions in Eastern Washington. Peaking in May and June, balsamroot was a significant food source for many local Native American tribes, who would grind its seeds into flour, eat stems raw, bake their thick taproots, and use leaves for medicinal purposes.

Red Columbine

Often found in well-keeled gardens, red columbine is also a wildflower found across the US. With many names to choose from - meeting-houses, rock-lily, jack-in-trousers, and cluckies, to name a few - these flowers are well-known and much-loved. A key food source for hummingbirds and a favorite of four bee species, red columbine dots the landscape in moist, open, and partly-shaded areas from coastlines to alpine meadows. Enjoy these flashy little red flowers from May through August.

Learn More

Identify flowers (and much more!) with *Field Guide to the Cascades & Olympics*, offering a wealth of information on our native plants and animals. Or enjoy *Best Wildflower Hikes Washington* to pick the ideal spot to explore. Both books are published by Mountaineers Books and available at mountaineersbooks.org/books, our bookstore, and wherever books are sold. ▲▲

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with member benefits

Trailhead Yoga at Stevens Pass
20% off outdoor yoga

Backcountry Foodie
40% of the ultralight recipe & meal planning service

Rack N Road
15% of products, 10% off installation

Outdoor Research
10-15% off at the Seattle store

And more!

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

Photo by Ida Vincent.

FRESH GROUND. EXTRA TALL. NO LID.

... AND ICED.
[How do you take *your* adventure?]

Photo by
Michelle Miller

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Photo by Charlotte Austin

The Mountaineers presents

BEWILD

Stories of Passion & Adventure

Be Inspired by Incredible Stories

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

Doors open at 6pm | Show at 7pm

**The Mountaineers
Seattle Program Center**

www.mountaineers.org/bewild

Brendan Leonard | Mar 12

Brendan Leonard bought the url semi-rad.com for \$29 in 2011, intending to write a weekly post about adventure for a year and see what happened. Almost nine years later, his words on Semi-Rad are read by half a million people each year. His new book, *Bears Don't Care About Your Problems*, is a collection of the best Semi-Rad stories with all-new color illustrations. At this event Brendan will tell stories covering the history of Semi-Rad, which started as one guy cracking jokes about the outdoors on a small blog, and is still really just one guy cracking jokes, but for a few more readers.

Vik Sahney | May 14

Vik Sahney is an outdoor adventurer, business leader, Mountaineers volunteer, and soon-to-be Board President. In 2011, he became the first Indian-American to complete the Seven Summits, climbing the tallest peak on each continent, including Mt. Everest in May 2009. During his BeWild, Vik will share stories of humble beginnings and exceptional challenges, and the journey that took him to the summit of the world's tallest peaks.