

Mountaineer

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



in this issue:

Raising Adventurous Kids

Canyoning in the PNW

Celebrating 60 Years
of Mountaineers Books

The Mountain is Out

Finding Family
in the Passenger Seat

Summer 2020 | Volume 114 | Number 3

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.



16



20



36

On the cover: Maria Hines (left) and Mercedes Pollimeier, authors of *Peak Nutrition*, are both avid climbers and longtime Mountaineers members. Photo by Kyle Johnson

Mountaineer uses:



Features

- 16 Raising Adventurous Kids
- 20 Canyoning in the PNW
- 23 Celebrating 60 Years of Mountaineers Books
- 31 Embracing the Slower Side of Life
- 32 More Than Adventure Partners
- 34 The Mountain is Out
- 35 Seeking Belaytiouship
- 36 Finding Family in the Passenger Seat

Columns

- 3 Tying In
- 4 Editor's Note
- 5 Celebrating Community
- 6 Member Highlight
Tom Lawler
- 7 Peak Performance
The versatile plank
- 8 Inside Insight
Innovative outdoor education in a changing world
- 10 Youth Outside
Favorite moments
- 12 Staff Picks
Day hiking, biking, paddling, and more
- 13 Conservation Currents
Translocating mountain goats
- 40 Trail Talk
Honoring a guidebook legacy
- 42 Retro Rewind
An Olympic summer, 100 years ago
- 44 Go Guide
Explore the new virtual education center
- 50 Did You Know?
Origins of mountain rescue

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.



It's hard to believe that almost exactly three months ago we were on the phone with the Mazamas, discussing their response to a relatively new thing called the novel coronavirus. The Mazamas had just issued new guidance on best practices for hygiene in groups to slow the spread of the virus. On February 28 we shared their guidance with The Mountaineers community, our first public post on the emerging COVID-19 crisis. The message at that time was essentially, "don't panic and be sure to wash your hands frequently." An incredible amount has changed since then.

As we've watched our lives and nearly every aspect of Mountaineers operations get turned upside down, one thing has remained constant in every conversation and decision making process: the health, safety, and well-being of our community and staff. Our hearts go out to everyone impacted by this global pandemic, and we are grateful to all of you for the personal sacrifices you've made to help "flatten the curve." We literally are helping to save lives by our efforts.

Prior to the COVID-19 crisis we were on track to meet our break-even budget for the year and our operating reserves were lean, but in line with our approved budget. Thanks to careful planning, prudent fiscal management, organizational success, and the unwavering support of our community and donors over many years, we had sufficient reserves for most normal disruptions such as a recession, natural disaster, or interruption of part of our operation. It's not an exaggeration to say that the impact of the COVID-19 crisis has been a far more grave situation than any of us have experienced in our lifetimes.

Immediately after it became apparent COVID-19 would impact The Mountaineers, we launched an aggressive response strategy to help us flatten the financial curve to preserve our cash balances with a goal of sustaining operations through the summer and into the fall. The response design called for aggressive implementation of creative revenue-generating ideas and immediately limiting expenses to the most essential things. We also began evaluating liquidity options such as a recently announced emergency grant and loan program through the Small Business Administration to provide near-term financial resiliency and to protect our long-term sustainability. We did all of these things through a lens of protecting our core operations, advancing our mission, and nurturing our future to the greatest extent possible.

The last few months have been extraordinarily challenging. All Mountaineers programs are suspended, and it will likely be well into next year until full operations are able to resume. While this pandemic has presented unprecedented challenges for The Mountaineers, we continue to be inspired by the creativity, resilience, and ingenuity of our community. To honor your commitment to The Mountaineers, we're working equally diligently to ensure the future of our organization. While this crisis is one of the most difficult challenges we've ever faced, we are confident we will survive.

We've engaged our community with virtual programs, offering people opportunities to be inspired and continue learning, even during the stay at home order. It's inspiring to see so many folks participating and having a wonderful experience, even while confined to our homes. We also hosted a successful online gala and virtual auction. Our donors have been incredibly generous, making pledges of more than \$200,000, and we are incredibly grateful for their generosity.

These actions have given us some breathing room as we've addressed the immediate impacts of a near-total shutdown of operations, and we are planning for gradual re-opening this summer. Supporting our volunteer leaders and navigating the overall reopening process in a responsible, methodical manner will be our top priorities in the weeks to come.

We have every intention of ensuring that The Mountaineers will survive this crisis through the creativity, hard work, and the power of our dedicated and generous community. We hope you all continue to be safe and healthy.

Vik Sahney, Board President

Tom Vogl, Mountaineers CEO



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

EDITOR
Kristina Ciari

CONTRIBUTING EDITOR
Hailey Oppelt

DESIGNER
Sarah Kulfan, Beans n' Rice

PROOFREADERS
Trevor Dickie, Kate Regan

CHIEF EXECUTIVE OFFICER
Tom Vogl

EXECUTIVE PUBLISHER
Manisha Powar

DEVELOPMENT DIRECTOR
Amber Carrigan

PUBLICIST
Tess Day

BOARD OF DIRECTORS

OFFICERS
President Vik Sahney
Vice President Gabe Aeschilman
VP of Branches Peter Hendrickson
VP of Outdoor Centers Carry Porter
Secretary Roger Mellem
Treasurer Don Heck

DIRECTORS AT LARGE

Brynne Koscianski
Martina Kozar
Mark Kroese
Steve McClure
John Ohlson
Manisha Powar
Kara Stone
Steve Swenson
Siana Wong

BRANCH DIRECTORS

Maura Rendes, Bellingham
Matt Vadnal, Everett
Dick Lambe, Foothills
Jerry Logan, Kitsap
Greg Lovelady, Olympia
Alex Cowen, Seattle
Mark Kerr, Tacoma

YOUTH BOARD REPRESENTATIVE

Kaelen Moehs

UW BOARD FELLOWS

Dan Langis
Randall Stacy

The *Mountaineer* (ISSN 0027-2620) is published quarterly by The Mountaineers, 7700 Sand Point Way NE, Seattle, WA 98115. 206-521-6000. Postmaster: Send address changes to *Mountaineer*, 7700 Sand Point Way NE, Seattle, WA 98115. Periodicals postage paid at Seattle, WA.

Opinions expressed in articles are those of the authors and do not necessarily represent the views of The Mountaineers.



Photo by Tim Nair.



Kristina Ciari
kristinac@mountaineers.org
@activelifeck
Photo by Mitch Pittman.

In school it was marching band geeks and drama nerds. Post-graduation it was my coworkers from The Ram, which we lovingly referred to as "Ramily." Then, it was people I met climbing and friends from a running group. Today, it's a wide assortment of people from all parts of my life: professional connections, recreation partners, neighbors, pen pals, and of course, Mountaineers. Each person reflects a different piece of me, and I treasure every relationship.

The family you choose is just as important as the family you're born into. Our chosen family shapes who we are at different phases of our lives, providing support and tough love to help us learn and grow. There's a famous, unattributed quote that says "You have three types of friends in your life: friends for a reason, friends for a season, and friends for a lifetime." Sometimes you don't know how long someone will be in your life, but the message I take from that is to be equally grateful for every friend. You get to choose them as your family - even if only for a short while.

The concept of chosen family is our theme for this edition of *Mountaineer*. We select our themes more than a year in advance, but this one feels like fate. Now more than ever the people in our lives are getting us through a tough time. Putting this magazine together as COVID-19 went from a blip on a radar to a global pandemic was challenging. We spent a good deal of time second-guessing feature stories and column subjects: is this too much coronavirus, or not enough? Eventually we landed back where we started: celebrating one another and the community that brought us together.

The current pandemic notwithstanding, we have a lot to celebrate in this edition. From our contributors, we have pieces about relearning to love the outdoors (over and over) as you age, the magic of canyoning in the Pacific Northwest and the incredible community that comes along with it, a how-to with advice (which the author insists is not advice) about raising adventurous kids, and a guide to building your own chosen family. We also have two firsts for *Mountaineer*, at least as far as I can tell: a poem written in honor of the mountain (you know the one...) and a classified ad from regular contributor Teresa Haggerty seeking a new belayationship.

We're also celebrating Ananth Maniam (ஆனந்த் மணியம்), our newly-crowned Mountaineers Leader of the Year, who has not only climbed almost 300 peaks in the last three years, but has done all of it without owning a vehicle.

And the biggest party of all is our centerfold celebration of Mountaineers Books! 2020 marks 60 years of excellence in nonprofit publishing, and we are humbled to continue carrying forward this indelible legacy. Just this week we learned that all four titles published this year through our Braided River conservation imprint received a Nautilus award, representing "better books for a better world." Nautilus awards celebrate and honor books that support conscious living & green values, high-level wellness, positive social change & social justice, and spiritual growth. Previous Nautilus award-winning authors include Barbara Kingsolver, Eckhart Tolle, and Desmond Tutu. In addition to our eight-page spread wishing Mountaineers Books a very happy birthday, you'll find stories celebrating books peppered throughout our regular columns as well.

We may not know what the future holds right now, but if the past is any indication - and trust us, we looked into it (check out our Retro Rewind piece) - we will get through this. As the Beatles say: we get by with a little help from our friends.

The support, enthusiasm to help, and creativity coming from our members, volunteers, and staff during the COVID-19 crisis has been tremendous. To say this community is exceptional would be an understatement. That's why we're devoting this page - normally dedicated to reader feedback - to instead celebrate our community's outpouring of support.



The Foothills branch put together a Kudoboard to share kudos with other Mountaineers. Many of the comments were directed to staff, and we were moved to tears by this kind gesture.

"Mountaineers staff, we're thinking of you and SO grateful for all you do for us!"

- Cheryl Talbert, 11-year member & Super Volunteer

"Your support while I signed up for classes through CHS helped me summit Kilimanjaro! Thanks for all you do."

- Dori Gillam, 13-year member & hike leader

"Thanks to each and every one of you for your dedication to The Mountaineers and the amazing support you provide to our members and volunteers. We are thinking about each of you during this tough time, and look forward to a future where we can gather together again to celebrate the outdoors."

- Travis Prescott, 3-year member & Super Volunteer

"Thank you SO much for all you do! I don't know where I'd be without the amazing Mountaineers community. We will get through this!"

- Christina Buckman, 8-year member & hike leader

"Thank you for not only supporting our students and volunteers in getting us out on amazing adventures, but also for bringing us excellent social events like BeWild, Banff Film Festival, and MountainFilm Festival! And for publishing all the great outdoor oriented books that we are catching up on now! We can't wait to join you in all of the great outdoors again!"

- Kelli & Craig Taylor, 9-year members, Peak Society

Many people have given donations to help support The Mountaineers through this unprecedented crisis. Some individuals left notes with their gifts.



"Don't let Covid19 stop the messaging and the mission! Hang in there Mounties."

- Matt Ray, 7-year member, Peak Society

"This small donation is in appreciation for all that The Mountaineers does to promote love and respect for the outdoors and our natural resources."

- Victoria A. King, 32-year member & naturalist leader

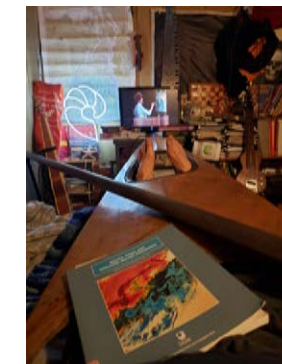
"I am donating now in hope that every little bit will help The Mountaineers stay afloat during this difficult time. My membership has given me so much in the 2 years since I moved to WA, including knowledge/skills, experience and a great social community."

- Rachel Rubin, 2-year member, Seattle branch

"Thank you for taking care of your workers during COVID-19! And thank you for helping me quell my hiker antsy-ness with these books!"

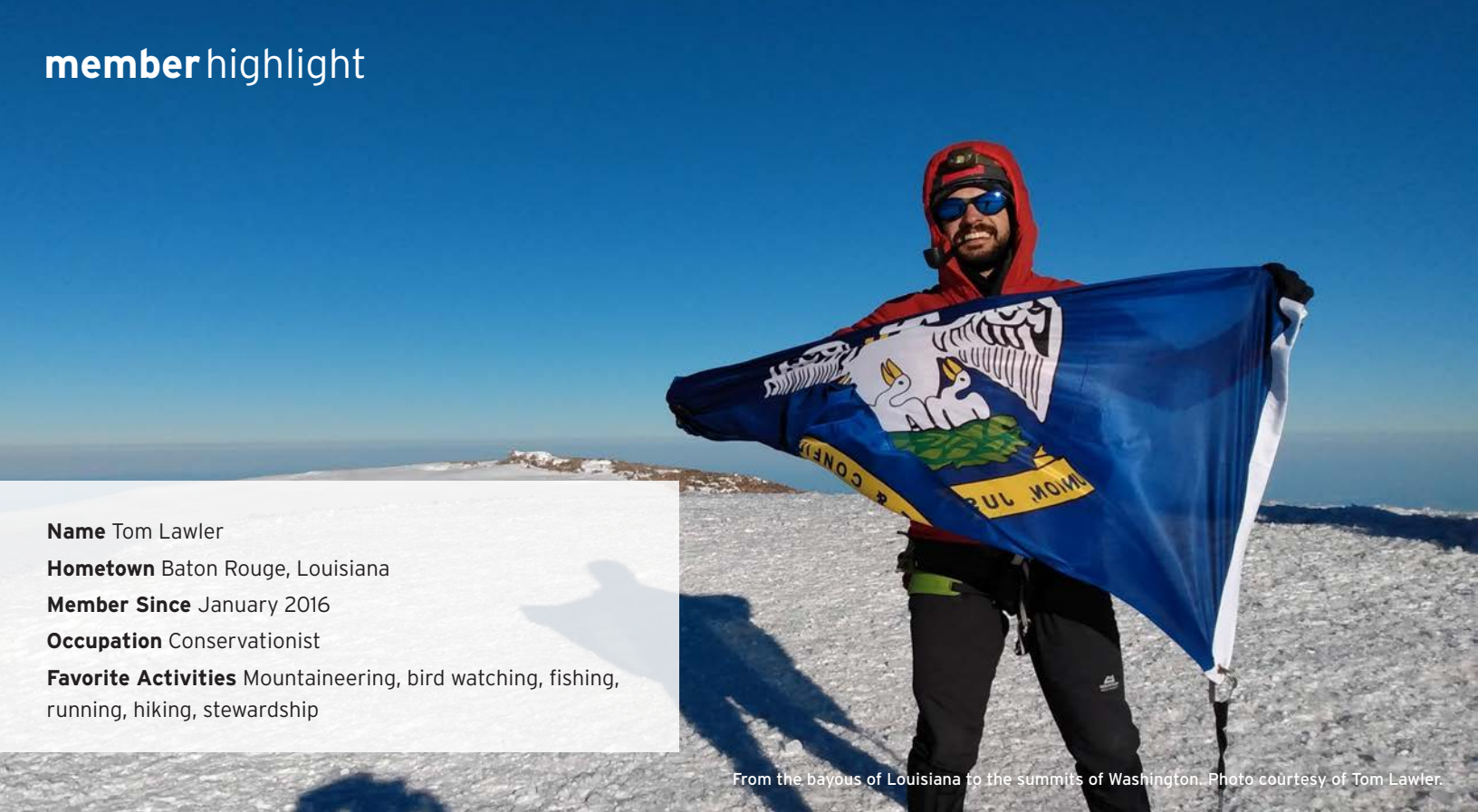
- Ashley Barnett, Mountaineers Books reader

A bonus from our usual Reader Feedback section! For April Fool's Day this year we unveiled our "Stayed Home" badge, thanking members for staying home to help stop the spread of COVID-19. We heard from a few members about what they got up to:



"Not on Facebook, Twitter, or Instagram but I thought you might like to see how old water folk cope without water. Bought goodwill books at half price, and with Bob Ross I learned where happy clouds and happy trees live."

-John Foltz, 5-year member, Kitsap Branch



Name Tom Lawler
Hometown Baton Rouge, Louisiana
Member Since January 2016
Occupation Conservationist
Favorite Activities Mountaineering, bird watching, fishing, running, hiking, stewardship

From the bayous of Louisiana to the summits of Washington. Photo courtesy of Tom Lawler.

How did you get involved with The Mountaineers?

After witnessing a fatal accident while scrambling in the United Kingdom during my graduate studies, I knew I needed more community and safer instruction to continue exploring the mountains. I took an AmeriCorps position in 2015 at a Seattle nonprofit next door to the Seattle Program Center in Magnuson Park. The following year I joined The Mountaineers to take the Compressed Alpine Scrambling Course. I also gave my time to help instruct Wilderness Navigation and help with first aid scenarios, which I still do today. I took Basic Alpine Climbing last year in Tacoma and try to be a regular face at that branch.

What motivates you to get outside with us?

I am a conservationist by trade and after spending all week outside working, I sometimes have no desire to be anywhere other than my couch on the weekends. But my friends and community in The Mountaineers continue to motivate me to get outside for fun! I am so grateful for these connections and this achingly beautiful region we call home. I love tapping into kindred mountain-spirits.

What's your favorite Mountaineers memory?

My favorite Mountaineers memory was bagging Ingalls Peak last year. I attempted it in 2016 after a full summer season building the new trail on Mailbox Peak (over 100 nights spent on the mountain that summer!). Something was off that day and I bonked somewhere in the mist and rain. It was such a bummer and I vowed to make another attempt one day. It was my first summit after taking the Basic Alpine Course exam in 2019, three years later. It was incredible to send it, especially among new adventure buddies in the Tacoma Branch.

As a donor and volunteer-supported organization, The Mountaineers is based on community support. How have you paid it forward, or how have you benefited from someone else paying it forward?

I received a scholarship to complete both the Compressed Alpine Scrambling and Basic Alpine Climbing Course. I pay it back by volunteering for youth groups, navigation courses, and first aid scenarios at the Seattle and Tacoma clubhouses. I try to do it at least once a month. The Mountaineers is my community and I enjoy being part of it in stewardship.

What does adventure mean to you?

For me, adventure is creativity and independence put into action. Especially if it gets you out of your comfort zone.

LIGHTNING ROUND

Sunrise or sunset? Other: early bedtime before an alpine start

Smile or game face? Other: victory dance

What's your 11th Essential? Easy, it's friendship!

What's your happy place? The Middle Fork of the Snoqualmie River. Anywhere back in there is beautiful. I've worked on many of the trails and enjoy the mountain views and big trees.

If you could be a rockstar at any outdoor activity overnight, what would it be? Sea Kayaking - I'd like to do the Inside Passage and take a side trip for Spirit Bears.

The Versatile Plank

By Courtenay Schurman, MS, CSCS, PN2

March 2020 stunned us nationwide with national, state, and city park closures, school cancellations, Stay Home orders, and changes to our everyday freedoms. But that doesn't mean our mental and physical wellness must shut down with it. To develop resilience and versatility in the comfort of your own home, include the plank. It is one of the most versatile upper body movements you can perform to develop core, triceps, shoulders, and chest strength. You can make it part of an anaerobic workout by adding a jump, or a meditative workout by adding a downward-facing dog. Pull out a mat and move!

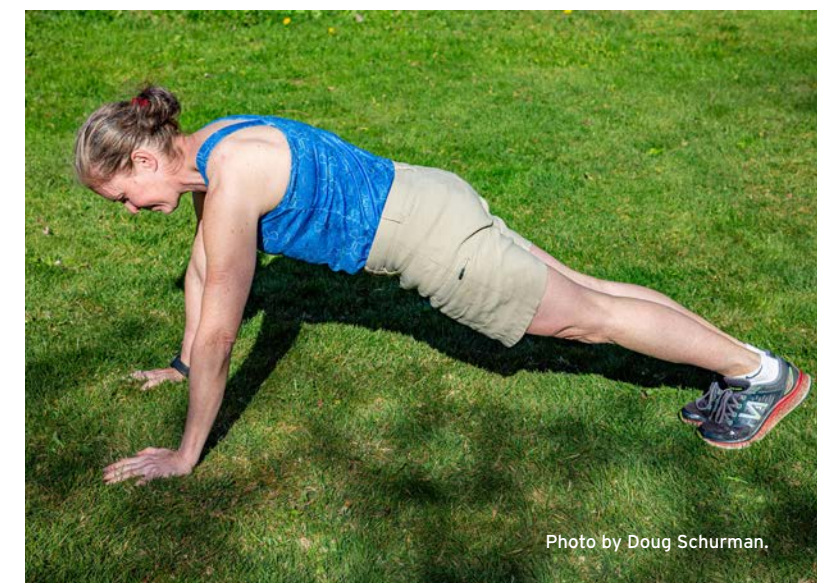


Photo by Doug Schurman.

Base plank

Find a clutter-free space (even outside is perfect to get fresh air and sunshine). Place your hands shoulder width apart on a solid surface in front of you. Be sure both hands are equally loaded if you're on grass, dirt, or sand. Straighten one leg then the other, so you're on hands and toes, keeping heels together and body straight. Eyes should look straight down to maintain spinal alignment. Think of pulling your hands and toes together in order to keep the entire front of the body tight. Contract the glutes. Take long, deep breaths, in through the nose and out through the mouth. Hold for at least thirty seconds, performing two or three sets. When you can hold longer, try a variation below.

Base push-up

Keeping your body in a straight line from knees to shoulders, inhale as you slowly lower your nose and chest to the floor, exhale as you press back to starting position. If knee pushups feel easy, straighten your legs so you are on hands and toes, abs held tight to protect the lower back, and lower to the floor until your nose touches. For advanced exercisers, propel yourself off the floor and add a clap (clap pushups) before your hands return to the floor. Perform two or three sets of eight to ten repetitions.

Plank pushups

Once you have mastered the basic plank and pushup, combine them. Start in plank, lower in a pushup, then hold the plank for ten seconds and repeat until you fatigue. Rest a minute and repeat twice more.

Add a leg raise

A harder version of the plank or pushup includes holding one leg up in the air behind you, so that you are on two hands and one foot. Not only does this force the core and

arms to work harder, but you also activate the glutes and hamstrings of the leg in the air and add work to the quad of the bracing leg. Perform two sets of eight for each leg with a minute of rest between sets.

Elevate toes

By placing your feet up on a chair, step, or unstable surface such as an exercise ball, you increase the intensity for your upper body and core for both planks and pushups.

Make it anaerobic

To turn this movement into an interval workout, add jumps. After you complete your pushup, jump both knees forward towards your chest and stand or jump upright, reaching hands to the sky. Some refer to this as a burpee or jump squat. Continue for twenty seconds, stop and breathe for ten seconds, then continue seven more rounds. This four-minute protocol is called a Tabata and is one of the toughest home workouts you can do without any equipment.

Make it meditative

At the end of any workout, restore your breathing and focus on what you're grateful for. Shift your hips into the air from plank position until your heels are as close to the floor as you can get them, shoulders extended, arms near ears. Take long, deep breaths in and out through the nose. When you're ready, shift back into plank again, hold for five seconds, then press back into down dog. Once your breathing has returned to normal, lower knees to the floor and rest in child's pose, arms by your sides, palms face up, head turned to one side. Give yourself a pat on the back for doing something positive for your physical and emotional well-being. ▲▲

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.



Innovative Outdoor Education in a Changing World

By Nick Block, Volunteer Collaborations Manager

Virtual bird watching. Photo courtesy of Evy Dudey.

In the short span of several weeks, the coronavirus outbreak went from a small blip on our radar to something that, at times, feels all-consuming. Nearly every person, company, and organization on the planet is impacted by this crisis - and The Mountaineers is no exception.

While agonizing, the decision to suspend in-person programming in March was a quick one. The health and well-being of our community has always been The Mountaineers top priority. The more difficult challenge became how to reformat our programs for a new (socially distant) normal.

Although we still have a lot to learn, COVID-19 has forced us to think outside the box and find new ways of offering outdoor learning opportunities. We needed to create a more flexible and agile operating structure, and challenge the way things have traditionally been done. As a 114-year-old organization, quick and nimble change does not always come easily to The Mountaineers. But adapting quickly for our community was essential, and will continue to be critical in our rapidly-changing environment.

The ideas and solutions generated by Mountaineers volunteers have been inspiring, and we're grateful to the volunteers leading opportunities to help our members keep learning when normal is not possible. Seeing our leaders' creativity, ideas, and passion has been truly exciting. While there are many challenges ahead of us, we'd like to think we

also have an opportunity to try new things, challenge our assumptions, and do things a little bit differently than we've done before. In a time when isolation has become the new normal, keeping our community together has become more vital than ever.

As of this writing, public lands are beginning to re-open and we're exploring what that may look like for the future of our programs. To support our volunteers in this time of uncertainty, staff are working hard to develop and support innovative learning options like volunteer-created online content, digital events, and flexible course offerings. Helping volunteers and members stay engaged with their courses and programs is our top priority, and we've been so amazed by the incredible outpouring of dedication and creativity from our volunteers (which is why, for this edition of *Mountaineer*, we've renamed this column Inside Insights in a nod to those doing their part to keep us all healthy by staying inside).

Here are just a few ways our volunteer leaders are helping to innovate outdoor learning:

Virtual Education Center

In April, we launched a Virtual Education Center to provide members and volunteers with a place to advance skills and create new content. This includes a calendar of virtual

events, activities, and courses so members can find online offerings available to our community. We built a curated library of content on a variety of different topics including fitness, leadership skills, and more for our members to enjoy.

We also included a content creation page to help volunteers find ways to turn their in-person content into online content. Our hope is that this shift to support volunteers with online tools will allow us to be flexible and creative as we continue to navigate our way through the changing world.

Virtual curriculum toolkit

We launched a toolkit within Google Classrooms, a free online learning platform, to give interested volunteers a variety of options to get their content online. Allowing instructors to creatively structure content, host video conferences, and even create video content, the possibilities of what a volunteer can do are endless. We are already seeing volunteers use this tool successfully. For example, the Foothills Branch used Google Classrooms to enhance their existing Digital Navigation and Trip Planning Course, which is now being taught entirely online. This helped enable more students to participate and reduce the burden on volunteers in the long term while simultaneously getting more students the critical navigation skills they want and need!

Blended learning

Blended learning refers to mixing online and in-person content. We've seen a lot of excitement from volunteers on this approach, as it allows for more flexibility and adaptability when we need it most. The Everett Scrambling Committee was an early adopter of this technique. Their Rope Techniques Seminar is required for all scramble leaders, but it came with a logistical headache: the lecture space was several miles from the field location, so running the course involved driving from one location to the next, making coordination and logistics difficult. Everett Scrambling moved their lecture content online, making it easy to run the lecture content at any time - including during the COVID program suspension. This will make it easier for students to finish the second portion of the workshop in the field at a future date.

Compressed and intensive classes

Many volunteers are interested in creating compressed or intensive versions of their courses, where students learn in a shorter time frame, and we already have a few examples of these courses across the organization. For example, instead of a course that runs three lectures over three weeknights with one weekend field day for three consecutive weekends, an intensive course might run all the lectures and field trips in one block of time over the course of four days. This format presents a challenge for students and volunteers who must be able to take time off during the week, but it allows for adaptability in the timing of the course, and it greatly reduces the overall time needed to complete a course. Members with children or challenging

travel schedules often find intensive courses to be the best solution for them, and the overall format reduces our carbon footprint.

Small cohorts and mentor groups

With social distancing guidelines likely to be in place in some form or another for the foreseeable future, many programs are looking to try a small group format. Instead of large gatherings, the small cohort model creates a smaller, tight-knit gathering of students who learn together. This model can create deep friendships and close connections, and the various digital options help these small cohorts connect within the larger community. Smaller groups can also be hosted in more locations, increasing their flexibility.

Like intensive classes, cohort-based programming has the ability to run programs at different times in the year. For instance, moving a course that normally runs in the spring to the fall is much less logistically challenging when you are dealing with smaller groups and a shorter timeline.

Digital events

We've seen lots of success from digital events already, and we're excited to carry them into the future. The Beta and Brews evenings - a popular event where Mountaineers climbers gather to share beta from a favorite climb - has gone digital, with high attendance! Other activities have started to offer similar presentations, like the Backpackers' Pajama Party hosted by the Foothills Branch.

Overall impact

As a community, we are becoming more agile, flexible, and creative every day. Life during a global pandemic has been challenging for many of us, but we see hope for the future. With this shift toward moving lectures and events online, we'll be more adept at offering virtual content and can reduce the commute to lectures and meetings, saving people time and reducing our carbon footprint. It also offers us the opportunity to reach a broader member base in the PNW and beyond. We should not minimize or forget about the impact this has had on so many people, but we should remember that there is always a silver lining to every challenge.

There are so many ways we can make outdoor learning possible, and we are just starting to scratch the surface of what we can do. It takes determination and creativity, but our volunteers have shown us that when Mountaineers come together, anything is possible. ▲▲

Are you interested in getting involved, creating content, or connecting with The Mountaineers community? Be sure to explore our Virtual Education Center! Visit mountaineers.org/courses/virtual-education-center to learn more.

Favorite Moments with Mountaineers Youth

By Andy Bassett, Youth Education Manager



MAC students on the summit of Tahoma. Photo courtesy of The Mountaineers.



Chrysalis's Outdoor Club at Dungeness Spit on a trip supported by the Gear Library.



Mountain Workshop participants in Lake Washington.



Mini Mountaineers on a nature walk in Magnuson Park.



Rylee Bundesmann coming down South Early Winter's Spire. Photo by Andy Bassett.

When my partner and I moved to Seattle two years ago, we both felt pretty lucky. Here we'd found a place with year-round outdoor activities, a cohort of adventure partners, and views of the mountains from every angle. I was warned that winters could be tough in the Pacific Northwest and to be prepared to go a while without seeing the sun. I steeled myself for this reality, checking the weather app every morning with my coffee to see how many minutes of daylight we'd be gifted that day.

Instead of tracking our daily allotment of light, this spring I found myself spending time with photos of past adventures and dog-eared guidebooks. These months have been challenging for our youth department. Our usually bustling programs have been halted, trips into the mountains postponed, and events cancelled, as we all do our part to help combat the spread of COVID-19. It's offered an opportunity for reflection, and I've found myself looking back on the past few years I've spent at The Mountaineers and all that we've accomplished.

Putting our regular activities on pause is challenging, especially for young people; having an anticipated camping trip or your final climb cancelled isn't easy. For that reason I want to take a moment to celebrate our programs and the incredible kids who make them happen by highlighting a few

of my favorite moments here at The Mountaineers:

The Mountaineers Gear Library

During my first year at The Mountaineers I had the opportunity to work with staff, our community, and corporate partners to create a library of outdoor gear for youth in the Puget Sound. We spent the majority of the year getting infrastructure in place: designing the library space, determining gear needs, establishing relationships with partner organizations, and more. In the two years since we've provided gear for over 1,000 youth experiences while continuing to add to our supplies and educate partners on running their own programs. We are thankful for our fantastic partnership with the Washington Trails Association, the King County Youth and Amateur Sports Grant, and funding from the REI foundation for helping us make the Gear Library the success it is today.

Mini Mountaineers

In the fall of 2018 we were searching for new family programming, hoping to provide options for younger children. That November, six families accepted our invitation for a nature walk through Magnuson Park, and Mini Mountaineers was born! Families with children aged 2-5 can join us in Seattle, Tacoma, or Olympia to explore local

parks, learn about the natural world, and develop a sense of wonder for the Pacific Northwest. It's always a delight to see a gaggle of Mini Mountaineers in the Program Center painting rocks, talking about the mushrooms they found on their hike, and cultivating a community of engaged outdoor parents and children.

MAC climbs Tahoma

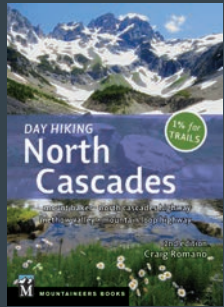
In July of 2018, four Mountaineers Adventure Club (MAC) members stood at the highest point in Washington with five Mountaineers leaders for a summit picture in the rising sun. All of our MAC students spend months mastering the skills required to safely adventure in our wild places, and it's deeply gratifying to see them accomplish a big objective. But back in the office, I'm always a little nervous until we get word that everyone has safely returned from a trip. A text from one our leaders allowed me to breathe a sigh of relief when they got back: "It was an awesome trip! Really great to see everybody working together to make it happen!"

Birthday on South Early Winter Spire

As a Cancer I never had to go to school on my birthday, but as I began to work in outdoor education I was often in the field or celebrating away from home. Birthday cakes were made over a Whisperlite, I sometimes didn't have to make dinner or

do dishes, and in a few rare instances, I got to do something pretty unique and fun. Last summer MAC spent 10 days in the North Cascades splitting time between backpacking, multi-pitch climbing on Washington Pass, and cragging in Mazama. When my birthday rolled around, our Clubs Manager Carl had me slated to climb South Early Winter Spire with three MAC students. Climbing has always been a challenge for me - I was scared of heights and trusting my feet was hard to do, but I loved the feeling I got when I pushed through these fears. For this reason I'm always so humbled when I spend time with our youth, who are self-aware, comfortable in the mountains, and learning challenging skills at a young age. We roped up for a delightful ascent of the spire in mid-July, swapping leads, discussing strategy, and eventually reaching the summit. To spend your birthday with three competent, kind, thoughtful, and funny humans in a beautiful location is to truly feel lucky. We also made sure to get ice cream once we got back to town, as it seemed like the right thing to do. ▲▲

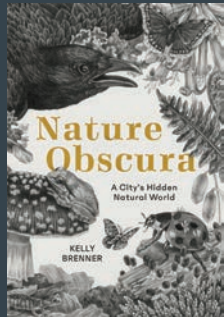
Our youth programs wouldn't be possible without donor support. Thank you for helping to get kids outside - to learn more, please visit mountaineers.org/donate.



Day Hiking: North Cascades, 2nd Edition

By Craig Romano

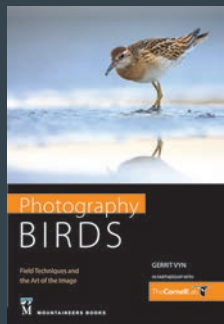
This classic guidebook has been completely re-researched and revised to bring you to Washington's best hiking destinations, including stunning old-growth forests, lush wildflower displays, and dramatic mountain vistas. Organized by highway and other travel corridors for convenient trip planning, the guide covers Mount Baker, the North Cascades Highway (SR 20) corridor, North Cascades National Park, Winthrop and the Methow Valley, the Pasayten Wilderness area, parts of Glacier Peak Wilderness, and the Mountain Loop Highway. Compact and full-color, this must-have guide from expert hiker and guidebook author Craig Romano features 136 hikes rated for quality and difficulty, including 30 all-new routes.



Nature Obscura: A City's Hidden Natural World

By Kelly Brenner

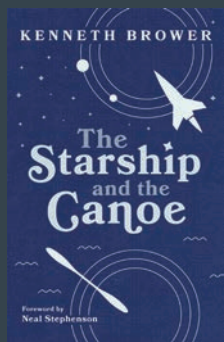
With wonder and a sense of humor, naturalist Kelly Brenner aims to help us rediscover our connection to the natural world just outside our front door - we just need to know where to look. In her hometown of Seattle, which has plowed down hills, cut through the land to connect fresh and saltwater, and paved over much of the rest, she exposes a diverse range of strange and unknown creatures, many of which can be found throughout the Pacific Northwest. Don't miss out as Brenner reveals the complex micro-habitats and surprising nature found in the middle of a city.



Photography Birds: Field Techniques and the Art of the Image

By Gerrit Vyn

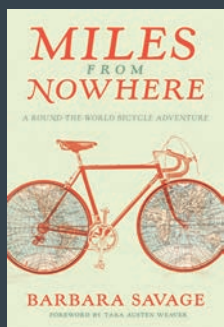
Award-winning bird photographer and videographer Gerrit Vyn has become renowned for his ability to capture birds behind a camera, especially for the prestigious Cornell Lab of Ornithology. In *Photography Birds*, he reveals his methods and shares how to photograph these beautiful creatures based on location, behavior, identification, and more. Whether you're in your backyard or at a birding destination, this guide not only explains how to photograph birds, but also details the unique issues that confront photographers of all levels. Vyn provides excellent instruction for capturing our feathered friends while emphasizing an ethical approach to observing and interacting with the birds around us.



The Starship and the Canoe

By Kenneth Brower

Originally published in 1978, *The Starship and the Canoe* is the remarkable story of a father and son. Freeman Dyson is a world-renowned astrophysicist who dreams of exploring the heavens and has designed a spaceship to take him there; his son George, a brilliant high school dropout, lives in a treehouse and is designing a giant kayak to explore the icy coastal wilderness of the Pacific Northwest and Alaska. Rooted in modern science and the natural world, the reissue of this critically acclaimed story touches on themes still relevant today. With its uncanny and prescient blend of high-tech and off-the-grid, Brower powerfully describes the Dysons' lives and visions of the world in this timeless tale.



Miles from Nowhere: A Round-the-World Bicycle Adventure

By Barbara Savage

This classic adventure story tells the tale of Barbara and Larry Savage's sometimes dangerous, often zany, but ultimately rewarding 23,000-mile bicycle odyssey, which took them through 25 countries in two years. Originally published in 1983, *Miles from Nowhere* has provided inspiration for legions of modern travel-adventurers and writers. Tragically, Barbara Savage was killed in a cycling accident near her home in Santa Barbara just before the book came out in 1983. This new edition features an original foreword by award-winning writer Tara Austen Weaver, as well as an insightful interview with Barbara's widower Larry.



A NEW HOME FOR OUR GOATS

The Mountain Goat Translocation Plan

By Jim French, Olympia Branch Volunteer & Mountaineers Service Award Winner

Mountain goats in the Enchantments. Photo by Ida Vincent.

The Olympic Peninsula is one of the most incredible natural landscapes in the world, offering unrivaled opportunities to experience nature in its primal form. Biogeographically isolated in the Pacific Northwest, it's been protected from the degradation that accompanies industry and population growth, becoming a popular destination for hiking, scrambling, climbing, paddling, and more. Spanning the peninsula is a few million acres of tribal, federal, state, and local public lands, and in the center of it all is over 1.5 million acres protected as National Parks and Forests, much of it designated wilderness areas. This includes the Olympic National Park, a place so unique that it is a designated UNESCO International Biosphere Reserve and World Heritage Site.

Considering the unspoiled nature of much of the lands, it seems strange that the management of a non-native species - mountain goats - has taken center stage in the Olympics. It was in this environment that Olympia Branch Mountaineers participated in a large-scale ecological restoration project,

the Mountain Goat Translocation Plan, to help address the unintended consequences of an ecological misstep that occurred nearly a century ago.

Mountain goats take the stage

First, it may be helpful to take a brief look at how this state of affairs came about. In the 1920s, before the lands were designated as National Parks and National Forests, mountain goats were captured in Alaska and released on the peninsula. I imagine the thinking back then was: "What could be a more marquee species in an alpine environment than the mountain goat? We don't have any here, so let's go get some."

Over many decades the mountain goats came to inhabit the entire Olympic Mountain range. Their habitat in the Olympic Peninsula is almost ideal, but not quite. Mountain goats desire salt in their diet, and there are almost no natural salt sources in the Olympic Mountains. Through increasing encounters with hikers and hunters, mountain

goats learned they could obtain precious salts from human sources (including sweaty clothing, urine, and food scraps) and came to associate us with survival.

Mountain goats roam, rest, and feed in alpine areas that are also popular destinations for hikers. Hikers in Olympic National Park and Forest are often thrilled to come so close to one of these large, beautiful animals. An adult male (or Billy goat) can weigh up to 300 pounds and strikes an imposing figure. Hikers likely misunderstand the close proximity and docile approach as a sign of animal friendliness. Instead, goats are displaying an instinctive and insatiable desire for salt.

At times the mountain goats have become more spirited in their pursuit of salt, approaching and following hikers. As they grew dependent on obtaining salts from humans, goats came to be considered "habituated." Habituation leads to dangerous behavior, and some goats got aggressive. In 2010 a hiker's death was attributed to mountain goat interaction on Mt. Ellinor, and the Olympic National Forest closed the access trails to popular Mt. Ellinor and Mt. Washington for the remainder of the summer.

When the 2010 summer season ended, the Forest Service intended to reopen the trails. They sought ways to minimize the hazards of human interaction by educating the public on the problems associated with habituating wildlife. Olympia branch members volunteered to assist with the public outreach efforts by contacting hikers on the Mt. Ellinor trail, using Forest Service-provided flyers to



Wildlife staff prepare to load a Billy goat in his crate for transport to the North Cascades. Photo by Ginger Sarver.

post at the trailhead and hand to hikers. These outreach materials included answers to frequently-asked questions and emphasized steps needed to reduce the habituation of wildlife. The experience doubled our enjoyment of the Olympic Mountains by giving us a chance to see the sights while sharing important information to protect both hikers and mountain goats.

Each season, our branch spent time volunteering for the Forest Service to help educate. However, after considerable study and public input, the National Parks staff determined that the long-term effects of habituation and the absence of natural salts throughout the entire Olympic Mountain range were too great to overcome, and the Mountain Goat Translocation plan was born.

Mountain Goat Translocation

In April 2018, the National Park Service (NPS), in cooperation with USDA Forest Service and Washington Department of Fish and Wildlife, published a Final Mountain Goat Management Plan and Environmental Impact Statement to allow the NPS to reduce potential public safety issues and reduce or eliminate the impacts on park resources from exotic mountain goats. The management plan also indicated that relocating the captured mountain goats to the northern Cascade Mountains (where salt licks are in abundance) would help to restore the depleted populations there.

During the following summer, Olympic National Park began the process of removing the mountain goats from the peninsula by way of aerial capture operations (helicopter) conducted by a private contractor. A total of 115 mountain goats were removed from the park and relocated by land transportation to non-wilderness sites in two National Forests in the North Cascades, and to lands owned by Seattle Public Utilities.

After wading through the required legal process, the US Forest Service joined in the effort to capture, remove, and relocate goats on forest lands in the summer of 2019. It was primarily through the Olympic National Forest that our branch volunteered time to help solve the goat situation.



Aditya Sankar climbing in the Enchantments. Photo by Ida Vincent.

Olympia volunteers hit the trail

With the Olympic National Forest in our backyard, Olympia branch members quite frequently volunteer for the Forest Service to help support the much-loved area. Branch members have taken a number of roles in the forest, including adopting and maintaining trails, serving as volunteer backcountry Rangers, and participating in trail monitoring and trail data collection. We have truly enjoyed our relationship with Forest Service personnel and have been eager to assist whenever possible. The mountain goat project seemed to be a meaningful and challenging undertaking on the part of the NPS and NFS, and it offered several avenues in which branch members could assist.

The 2019 volunteer efforts began on June 27, when the Olympic National Forest Wildlife Management staff conducted a Mountain Goat Management Plan training session for nearly 40 Mountaineers from several branches. We learned about the ecological damage mountain goats caused to fragile alpine vegetation by digging for salt deposits or eating the vegetation doused by human urine. We also learned of the safety issues regarding hikers. This education session gave us an opportunity to nurture our personal relationship with the Forest Service staff, which we celebrated together over a grand dinner prepared as a thank you for all 40 Mountaineers volunteers.

As volunteers for the mountain goat project we had three main roles: public outreach, monitoring and clearing trails to warn hikers of trail closures, and aiding in the transportation of mountain goats from capture sites to release sites. We also realized what an important and permanent step the National Park Service would be making in issuing the Mountain Goat Management Plan, one likely to be controversial to the hikers we were sure to meet on the trails.

Among the joys of having participated in this project was the chance to see mountain goats themselves in their alpine environment. They're beautiful animals whose grace and dominance gives almost everyone caution to stay clear and pay close attention to our public education information on the hazards of habituation. An equally rich benefit came from talking with mountain travelers. Families, experienced mountaineers, and newcomers were thrilled to be out on this wonderful trail, and were more than happy to exchange information on their observations. Whenever hikers reported having witnessed mountain goats, we could see their great pride in stating that they knew and followed the proper behavior around the goats.

There is something very special to the human spirit to not only come so close to these magnificent animals, but to also be able to rest knowing you have played a small part in securing a healthy future for the mountain goats and their habitat. I believe all the participants would agree, and it is reassuring to know that the National Parks and Forests staff who manage our public lands are dedicated to careful, sustainable, and authentic management of each and every element of this wonderful resource. ▲▲



Mountaineers clean empty crates in preparation for the next round of goats to transport. Photo by Ginger Sarver.

MOUNTAIN GOAT TRANSLOCATION FACTS

- The Mountain Goat Translocation will move an estimated 725 mountain goats out of the Olympic Peninsula over the next several years.
- From September 2018 to September 2019, a total of 275 mountain goats have been translocated.
- Helicopter crews use tranquilizer darts and net guns to capture mountain goats before transporting them in specially-made slings.
- After capture, mountain goats are flown to processing areas for evaluation by a team of veterinarians and experienced animal handlers. They look for emergency medical conditions and fitness for relocation to the North Cascades. Some goats have been found not to be healthy enough for relocation.
- Mountain goats transported to the North Cascades by land are kept in refrigerated trucks to keep them cool.
- A total of 16 mountain goat kids have been given permanent homes in zoos.

WANT TO GET INVOLVED?

The National Parks Service and Forest Service plan to continue this work in the summer of 2020, with the possibility of a cancellation in early July depending on COVID-19 risks. USFS is planning to conduct a volunteer training session in late June, and interested Mountaineers will have an opportunity to attend. Please contact Jim French at jimfrenchwa@comcast.net for more information.

RAISING ADVENTUROUS KIDS

How We Survived the Early Years

By Mike Short, Mountaineers Parent

The fourth time my 6-year-old fell down on the muddy trail and screamed like there was no tomorrow, I thought, "hmm... maybe we should turn back." Then I figured *he'll be fine - it's all part of getting outside*. To be fair, he kept falling because he was wearing his mom's (giant for him) rain boots, because he'd forgotten his own boots. He also forgot his shoes, and we didn't drive an hour to not go for a hike because our kid forgot his boots when we had a perfectly good pair of rain boots in the car. Lesson learned: double-check footwear for all family members. See also: socks, pants, gloves, hats... you get the idea.

These things happen. When you have kids they happen a lot. The no boots, not enough trail mix, tired legs moments. The falling in cold mud, falling on dry dusty rocks, falling in the lake moments. The "Dad, I've gotta poop," "Dad, I just peed on myself," and, "Dad! I tried to poop but got it all over myself" moments. But for each one of those moments you get so many "this is awesome," "Dad, look at this mushroom," and "check out that bird" moments. The "can we go for a longer hike tomorrow" moments, the 5-year-old bombing down the ski hill with the 9-year-old skiing switch right behind him moments, the mouthful of huckleberries moments. Nothing beats a muddy kid with a giant smile on their proud face.

Because people seem to like lists as much as my kids like berries, here is a list of 10 things we learned over the past decade of getting outside with kiddos.



Malcom exploring Ebey State Park at 18-months in 2016. All photos by Mike Short.



Giles looking out on Heather Lake at age 5.

Pre-list disclaimer: this is my experience with my kids. All kids are different and all parenting styles are different. Generally, I dislike parental advice and thus this is not intended to be advice. This is intended as an insight into what our family has done to integrate outdoor adventure into our lives after having kids. As a parent, I firmly believe that none of us have any idea what we are doing. On that note, on with the list:

Start early - In our experience, we decided to get the kids out before they could object. We started hiking with each kid at birth and were camping by three months, skiing by three years, and so on. This, of course, came with challenges. You bring a lot of stuff to accommodate a newborn. They're not moving much, so keeping them warm is important. They also have an appetite like a hummingbird so meal stops are frequent. You must be prepared for the occasional diaper blowout (aka when poop escapes the diaper and gets everywhere) and have plastic bags to pack out dirty diapers. On the upside, babies are lightweight and immobile, and on a busy trail you get nice smiles from strangers. Plus, babies get acclimated to being outside and they easily accept the outdoors as a regular part of their lives.

Be as prepared as possible - As a Mountaineers member, you know the importance of proper preparation. For a typical hike with walking-age kiddos, you will need: the 10 Essentials, snacks, extra clothes, extra socks and underwear, extra gloves, patience, wag bag/blue bag/some kind of bag

to pick up kid poop, toilet paper (pack it out), snacks, lunch, snacks, many layers, boots, kid carrier (if the kiddo is small enough), snacks, a lot of water, water filter (not totally necessary but not bad to have along - plus it's fun for kids to pump), swim clothes, field guide, maps, GPS app, plus a backpack to fit all of that stuff with plenty of room for the sticks and rocks your kids decide they want to bring home. For the car: books, toys, and snacks. I have a bin system to make packing easy. I have bins for different activities and seasons, that way it is harder to forget things. In case you didn't notice, snacks are super important: kids burn a lot of energy and need a near-constant stream of food. Nuts and fruit are our favorites.

Get out with other parents - Other people have kids too. Some of those people are also looking for adult conversation and a break from poop jokes (nothing wrong with a good poop joke now and then, but anyone with a 5+-year-old boy knows what I'm talking about). Getting out with other kids is also an excellent way to tire your kids out. Kids motivate each other to keep going, plus you can eavesdrop on their conversations to discover a new way to experience the outdoors. It's amazing! The Mountaineers also have great kids programs including the Pioneers, Nomads, Mountain Adventure Club, and more. These are great ways to learn new skills while meeting like-minded parents and doing fun and new activities like climbing, kayaking, and snowshoeing (to name a few). We're glad to be involved in Pioneers and Nomads.

Don't neglect your own outdoor needs - You can still fulfill your own outdoor needs and goals with kids in tow. Sure, it's harder and takes more time and compromise, but let's face it - once you have kids everything is harder and takes more time. For example, my wife Alison and I both completed The Mountaineers Basic Climbing Course last year and we are working through the Intermediate Glacier Travel Module this year. To accommodate these goals, we requested different SIGs (Small Instructional Groups) to avoid trip conflicts. We needed help from our parents (who live on the east coast), babysitters, SIG leaders/mates, and the kids. I practiced my knots, belay escape, and crevasse rescue during lunch breaks at work, and on one occasion my



Giles scrambling on Labyrinth Mountain at age 6.



The whole family explores the Olympic Peninsula.

kids ended up pretending to be fallen climbers on one SIG practice night when I couldn't find kid coverage. As parents, learning how to travel safely in the mountains opens up so many new adventures for our family, and it has set a great example for our kids (if I do say so myself).

Look for details - Get a field guide and/or bird book. Encourage your kids to hug trees, feel bark, and look at and identify birds and plants. Learn the names of trees, plants, and bird songs yourself and share what you know with your kids. Taking photos is another way to have them slow down and appreciate where they are. The beauty is you don't have to go far to enjoy this quiet time in nature.

Have the kiddos help - Involve the kiddos in planning. Look at photos of where you are going. If your kids are older, topo maps and route descriptions are a great thing to involve them in. Ask their opinion on what kind of hike or

adventure they want, and they just might surprise you. On one trip I gave my 8 and 4-year-old the option of a mellow hike along a river or a longer, steep hike with views and, to my surprise, they both wanted to do the more challenging hike. They were more excited when we got there too since they helped plan. It's fun to see the sense of pride it gives them afterward.

Find challenges - Don't be afraid to push your kids a little. Sometimes getting over initial discomfort can result in the most memorable adventures. Our favorite trips have started with "this is too hard" or "this is too long" or "I'm cold" or "it's windy". Be mindful to also know their limits and be willing to turn around early. Let your kids know it's okay and that there will always be next time. Making the overall experience positive helps everyone.

Be flexible - One of the most important lessons has been

just to roll with it, be adaptive, and be willing to change plans and expectations. Kids and the outdoors are both unpredictable. Things may not go as planned, and that's okay. Do your best and enjoy yourself: you are outside with your kids, not in a cubicle next to Bob from Sales. Instead of reaching your destination, spend a couple of hours filling a Nalgene with berries, which, frankly is not a bad consolation. If you get stuck in traffic for 3+ hours on I-90 on your way to go skiing, go sledding or have a snowball fight in the median instead. Be flexible.

Get out a lot - As I said earlier, we started early with our first kiddo but with low frequency. By the time our first son was three, my wife and I both realized that, for our health and sanity, we needed to get outside more. Since then (6ish years ago) we committed to getting out as much as possible. Rain or shine, distant or local, we do our best to keep moving every weekend



Mike and Malcom at Bean Creek Basin in 2018.

and some weeknights. The hardest part is moving past wanting to just take it easy and be home after the workweek, but we rarely regret putting in the effort to get outside. Every now and then we embrace those relaxing weekends, but we try to make it the exception and not the rule.

Change it up - We live in an amazing place that lends itself to outside adventures for all ages and comfort levels, so take advantage of it. Hike, ski, camp, scramble, climb, backpack, go to the beach and the desert, bike ride, skateboard, play tag, have a picnic at a local park, take a photo walk. It's always fun to change it up and doing so keeps it fresh for everyone.

Have fun! - Having fun is what it's all about (other than getting home safely). If you aren't having fun, your kids aren't having fun. Stop taking yourself so seriously and sing songs, make up stories, tell jokes, run, skip, and dance. Pretend to be space monkeys, tow trucks, or rocket ships. Talk. Make your kids laugh and take their minds off their legs. Physically, kids have a lot of stamina, but trips start to go south when they get bored. Frankly, that's true for adults too.

Bonus: bribery! - Use whatever special treat motivates your kid. Sometimes a well-timed bribe can make all the difference, transforming a kid from a leg-dragging "I can't" monster into a hopping, skipping, jumping "I can't wait to get to the lake" angel. Sometimes you just have to do what it takes.

And, lest you be concerned about our 6-year-old in giant rain boots: after a half-mile of falling all over himself and crying, he figured it out, recovered, and by the time we were on the downhill he was running, skipping, and jumping down the trail. A good time was had by all.

No children were harmed in the writing of this magazine piece. Well, not badly at least. ▲▲

CANYONING IN THE PNW

By Becca Polglase, Director of Programs & Operations and Canyoning Leader

In November of 2001, my friend Stacy and I began our regular journey eastward, heading home to our respective states of Tennessee and Connecticut after a season of teaching Outdoor Education in California. We were both excited to visit Zion National Park on the way home for a few weeks of exploration. Both climbers in our 20's, Stacy and I hoped to rappel through a slot canyon.

As soon as we arrived, the backcountry rangers helped us plan our backpack trip and advised us to get properly outfitted to hike the Virgin River Narrows at Zion Adventure Company (possibly the only guide service in town at that time). After setting us up with dry suits and shoes for The Narrows, the kind folks at Zion Adventure answered our many questions and recommended Pine

Creek Canyon. Pine Creek is a straight-forward, well-traveled canyon, and it happened to be bone dry, which eliminated the risks that come with cold water.

We parked our car at the canyon exit, grabbed our gear, and stuck our thumbs out along with an 8.5'x11" homemade "Pine Creek Canyon" sign. Friendly wildland firefighters picked us up in their truck, drove us through the Zion-Mt. Carmel tunnel, and dropped us off at the top of the canyon. Having since done Pine Creek another half-dozen times over the years, I know that we totally botched the entrance. We couldn't figure out how to navigate the first two potholes, so we scrambled up along the scree slope, doing our best to avoid stepping on the cryptobiotic soil, and rappelled off a tree into the heart of the canyon. We pulled the rope and were committed.

Cave Falls, Big Creek, WA. Photo by Jake Huddleston.

Into the slot

The canyon was stunning and silent - not a soul around. A short, awkward rappel or two led us to a drop without an anchor, just a large log spanning from the edge of the drop, 20' to the bottom. "All adventure all the time" was our motto, taken from the Ventura radio "all hits all the time" station we'd listened to all season. We looked at the log skeptically, shrugged, and one after the other shimmied about 20-feet down the log to the bottom of the drop.

We rounded a sketchy, sloped corner to find a stunning amphitheater with incredible sandstone formations. We had entered the Great Cathedral, a magical place few ever experience. We rappelled to the sandy bottom, totally unaware that most of the year the cathedral rappel ends in a pool so deep you can't touch the bottom. We pulled our rope, sat down on the sand, and took in the fluted walls, the natural arch, and the impressive alcove of the cathedral.

The Great Cathedral is followed by a long, deep corridor that can feel subterranean. The slot is 100-feet deep and only about 30-feet wide, and doesn't get much sun. But at the right time of day, the light plays beautifully on the sandstone walls carved by water and stone. As we exited the slot, the canyon opened up and we could see views across the valley. We noticed another party at the top of the final rappel up ahead, so we found a perch in the sun where we sat and snacked and read Edward Abbey aloud to one another.

I felt a deep connection to this place, and gratitude for the opportunity to experience it.

With the other party out of sight, we rigged our rope for the final rappel. This rappel is 95-feet and free-hanging, through what is possibly one of the most beautiful works of art Mother Nature has ever crafted. The only way a person can experience that beautifully carved sandstone is by practicing the sport Stacy and I had just been introduced to: canyoneering*.

For the next 15 years, I made a nearly annual pilgrimage to Zion. I was drawn by the desire to explore these spectacular hidden places overlooked by landscape photos and view-seekers. These special places hold secrets of the powerful forces, hidden ecosystems, and endless variety of the earth. Each canyon I experienced was magical in its own way, and I found great joy in sharing those special places with friends. Even repeating canyons I had done before was a new experience. Canyons change so much with each year's floods, so there was always an element of exploration and newness - new obstacles, new anchors. These ever-changing environments offer a humbling perspective of the powerful natural forces that shape the earth.

Aquatic canyoning

When I moved to Washington, I discovered that desert slots are just one type of canyon. In the Pacific Northwest, and, incidentally, in Europe, New Zealand, and many other mountainous regions in the world, aquatic canyoning is the sport of descending canyons with flowing water. It was hard



Pine Creek, Zion National Park, UT. Photo by Becca Polglase.

for me to imagine how creeks flowing through a hard rock like granite could possibly compare to the deep, carved sandstone slots. But with just a single descent of Box Creek in Squamish, my mind was officially blown. Towering granite walls, deep blue pools, stunning waterfalls, and colorful rock stained deep red, presumably by tannins from the water table, made my experience in Box as life-changing as that first time in Pine Creek. This, too, was a beautiful, magical, hidden place full of natural wonder, perhaps even more spectacular than the desert slots.

Good fortune led me to an aquatic canyoning* course offered by Canyoning Colorado in the small mountain town of Ouray. The moving water obviously adds plenty of elements of risk that don't exist (or exist to a much lesser extent) in desert slots - not the least of which are drowning and hypothermia. It requires a knowledge of ropecraft, rigging, and teamwork that is very different from that required by desert slots. I found it exciting, scary, empowering, and intellectually stimulating. I was hooked.

When I returned home to the PNW, I discovered perhaps the best aspect of all: community. Suddenly my world of canyoning expanded tenfold. No longer did I have to travel to the desert to explore canyons or push my canyoning hobbies on my friends. I found myself living within a community of canyoneers, surrounded by local canyons.

The magical first canyon experience I had in Pine Creek and my first aquatic canyon experience in Box will always carry with them a sense of wonder and awe that can only occur on



A Mountaineers Canyon Team in Dingford Creek, WA. Photo by Becca Polglase.

one's first experience with something new. But I have found that each canyon provides something special and wonderful. In Dingford Creek in 2018, I pushed my comfort level with high-volume water, and in 2019 in that same canyon, I experienced the camaraderie of a highly efficient and supportive team. Big Creek was humbling in its beauty and scale, and Magic Box Creek offered a unique wilderness experience with new challenges and an outstanding team. Cypress Creek is playful, with fun, easy jumps into pools, and Quicksilver Creek offers complex rigging and a natural slide. The list goes on.

An undiscovered community

Canyoning is a sport that has something for everyone, and in the Pacific Northwest community, there's a place for everyone. There are low-flow canyons for those who don't love water, and big water canyons for those who love swimming and rappelling in the flow. Some of our canyons are very committing - with no escape routes once you're in them. Others have a more open profile, but are equally beautiful. There are canyons with multi-pitch rappels and canyons with technical rigging. Others have big jumps and slides. Each canyon offers its own type of beauty - whether it's colorful rock, lush green corridors, deep blue pools, sculptured slots, or expansive views, and each offers a perspective you simply cannot get from anywhere else.

In aquatic canyons especially, a canyon descent is a team effort. A rigger may need to be belayed to reach an exposed anchor. The first person to descend needs an attentive teammate at the anchor in case they need more rope, or if they get into trouble in the flow and need to be rescued. The last person down must successfully de-rig the anchor and pull the rope without getting it stuck. A stuck rope could strand a party in a canyon. Other members of the team must jump in to help sort gear, bag the rope, and transport gear to the next drop. Teamwork is necessary in downclimbs, slides, and jumps. Partner assists are common in downclimbing, and a human anchor can be used to lower someone to check a pool depth before the rest of the team jumps or slides.

Every person on the team has an important role, and teammates keep eyes on one another and ensure everyone

is moving safely, staying fed and hydrated. The necessity of teamwork, the shared successes and challenges, the funny commentary, and the shared discovery of unexpected beauty around the corner all lead to fast friendships. Most will agree that the best canyon days are not a function of the canyon, but the team you're with.

This decade and the next are a special time for canyoning in the Pacific Northwest. We have world-class canyons with deep blue pools, endless waterfalls, sculpted granite, and towering basalt walls. Canyoneers immerse themselves in lush green corridors where ecosystems thrive, protected in hanging gardens suspended above the harsh environment of the canyon floor, yet inaccessible to human degradation.

Our community is young, relatively small, incredibly welcoming, and supportive of one another. With about 230 established canyons - that is to say, canyons that have a recorded descent - about half have been established since 2014. We are in a period of rapid exploration, and there are still endless canyons in the PNW that have yet to be explored. While there are a few "trade routes" that may see two parties in a day, canyons in the PNW remain a place where a party can find themselves alone, away from crowds. Even as the sport grows, it's likely to stay this way in all but the most accessible canyons for quite some time.

While some skills from caving and climbing transfer to canyoning, canyoning is not a sport one should take on without training or mentorship. Proper training allows canyoneers to be competent teammates, manage the unique risks and hazards in a canyon environment, and utilize low-impact methods of travel through a canyon.

In recent years, the PNW has seen the emergence of a few courses, including those run by The Mountaineers. Throughout the year, our community hosts practice sessions that are open to anyone, which are a great way to start connecting with the community. Regardless of your skills or experience, canyoning in the Pacific Northwest will connect you to incredible people, stunning places, and new experiences. It's a sport that continues to evolve with new techniques and new destinations. Here in the PNW, a magical first-time experience like I had in Pine Creek and again in Box Canyon awaits anyone who seeks it, and a lifetime of new canyon experiences and friendships await even the most experienced of canyoneers. ▲▲

**Canyoneering typically refers to the exploration of canyons in the American Southwest, while Canyoning is typically used to describe the descent of aquatic canyons.*

Canyoning combines exploration, adventure, solitude, teamwork, and pure, unadulterated fun. A technical sport, it also requires training in its 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



MOUNTAINEERS BOOKS
60 YEARS ▲ 1960-2020

Note from the Publisher



Over the past sixty years, Mountaineers Books has built something incredible. Beginning with a single book, written and produced by volunteers, we have grown into a world-leading outdoors publisher with over 650 titles in print and nearly 17 million books sold since 1960. Today we sell books in print, online, and on-demand, around the world and in a dozen languages. Mountaineers Books are nearly as well traveled as Mountaineers members.

As the organization has grown in scale and reach, Mountaineers Books has kept the spirit of those original volunteers, a spirit which extends from our authors to our staff, from the lifelong members who treasure our books to the new readers who are just getting acquainted with The Mountaineers. With that spirit, I look forward to guiding Mountaineers Books into the next era and continuing to inspire our readers with adventure narratives, guidebooks, and stories intrinsically of the Northwest.

Our audience is broad. Just as the Northwest contains a lifetime of lands and waters to explore and enjoy, it also contains an abundance of independent bookstores and a grassroots community of readers and writers. As one of the few independent publishers and distributors in the region, Mountaineers Books is a key part of that literary ecosystem. This environment is increasingly rare and precious, and we are committed to protecting it, contributing to it, and being a good partner to authors, booksellers, and our distribution clients such as Green Trails Maps and Colorado Mountain Club.

As we build relationships with individuals and organizations who share our goals, we will also work to develop ways to support our publishing program beyond book sales. Not every book that is loved deeply is sold widely. And in the case of our Braided River conservation titles, the stories that most urgently need to be told can often be the stories that people least want to hear. As a nonprofit publisher, our job is to tell the stories that are hard to sell.

There is much to do and so many stories to tell.

So let's get started.

Tom Helleberg, Publisher

MOUNTAINEERS BOOKS

BY THE NUMBERS

20 **16.7**
STAFF BOOKS SOLD SINCE 1960

766,255
COPIES OF *FREEDOM OF THE HILLS* SOLD TO DATE

2,104 **800-900K**
BOOKS DONATED IN 2019

650 **800-900K**
TITLES IN PRINT BOOKS IN THE 13,000 SQ. FT. DISTRIBUTION CENTER

1% for trails

DONATES PROFITS FROM 19 DAY HIKING BOOKS TO CONSERVATION NONPROFITS LIKE WTA

thirty **\$14,000**
BOOKS PUBLISHED PER YEAR DONATED THROUGH 1% FOR TRAILS

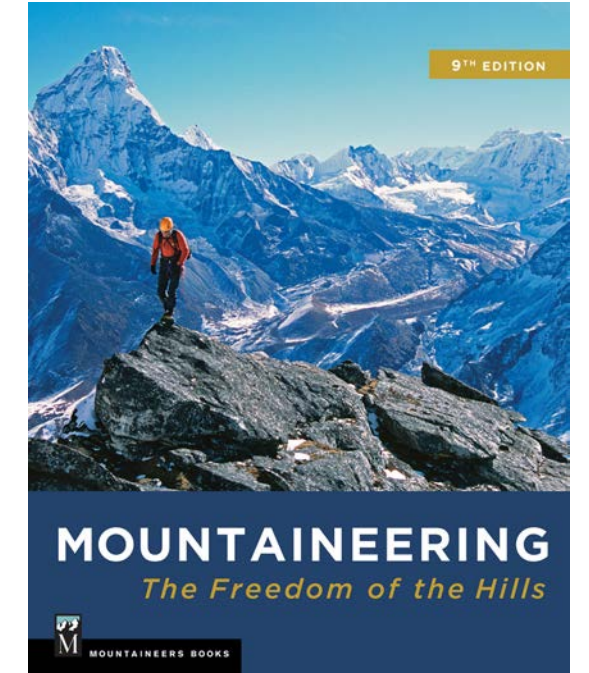
100% **25**
OF NEW TITLES PRINTED ON FSC® CERTIFIED OR RECYCLED PAPER HIKING BOOKS BY CRAIG ROMANO



Photo by David Moskowitz.

"50 Hikes in Mt. Rainier, 101 Hikes in the North Cascades and 102 Hikes in the Alpine Lakes were my introduction to hiking over 40 years ago and continue today to be my best guide for my hiking and planning ideas. My hiking dreams begin here."

-Richard Weaver, member



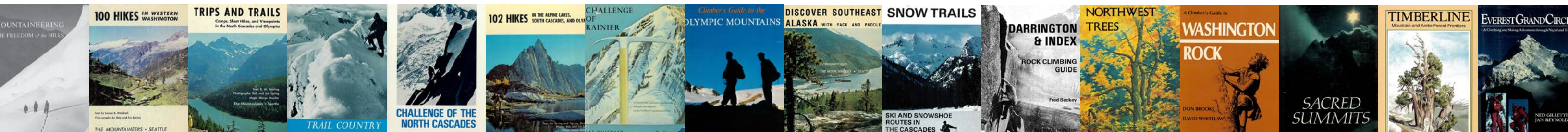
BRIEF HISTORY

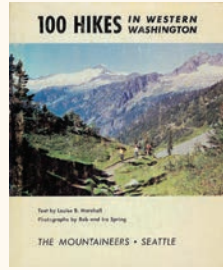
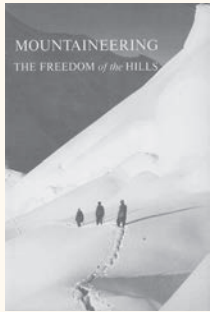
In 2020, Mountaineers Books celebrates 60 years of nonprofit publishing and award-winning books. In that time, Mountaineers Books has grown from a handful of volunteers committed to sharing their climbing expertise to the nation's leading independent publisher of outdoor recreation, sustainable lifestyle, and conservation books. Mountaineers Books, together with imprints Skipstone and Braided River, provide the knowledge, skills, and inspiration to get people outdoors and build a community of advocates for wild places.

In the spring of 1960, five thousand copies of the first edition of *Mountaineering: The Freedom of the Hills*, written by volunteer members, arrived at The Mountaineers Seattle clubhouse and with it the first stirrings of a new independent press. Now, more than 750,000 copies, nine editions, eight translations, and 60 years later, *Freedom* has seen Mountaineers Books become the respected outdoor authority that it is today. With more than 650 titles currently in print, ranging from National Geographic Adventurer of the Year Heather Anderson's memoir *Thirst: 2600 Miles to Home*, to internationally renowned author David Guterson's *Turn Around Time: A Walking Poem for the Pacific Northwest*, to three editions of *Staying Alive in Avalanche Terrain* by former director of the Utah Avalanche Center Bruce Tremper, to the groundbreaking equity work of James Edward Mills in *The Adventure Gap: Changing the Face of the Outdoors*, Mountaineers Books presents a diverse list continues to inspire and empower outdoor enthusiasts and conservationists.

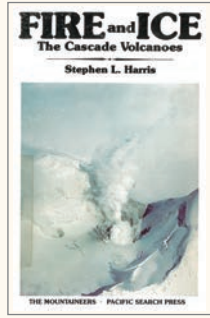
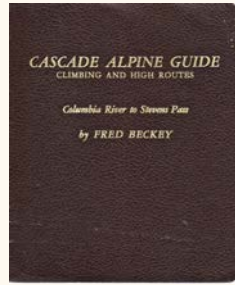
"I'm proud to be published by Mountaineers Books. Their standards elevate me as an author and I loved working with them so much for my first two books that I returned for my third. Seattle is fortunate to be home to a publisher that stays connected and rooted to the essence of the Pacific Northwest while being willing to push the bar every year."

-Nicole Tsong, former *Seattle Times* columnist and author of *Yoga for Hikers*, *Yoga for Climbers*, and *24 Ways to Move More*





100 Hikes in Western Washington, by Louise Marshall, with photos by Bob and Ira Spring, maps by Marge Mueller, and edited by Harvey Manning, launches two enduring series, 100 Hikes and Footsore.



The eruption of Mount St. Helens causes a surge in sales of *Fire and Ice* by Stephen L. Harris – the sole book on the market at the time about volcanoes in the Cascades – making it an instant bestseller.

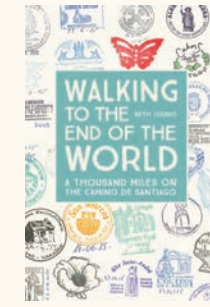
Mountaineers Books takes on distribution services for like-minded mission-driven nonprofits, supporting publication programs for the American Alpine Club.

Mountaineers Books begins distributing Colorado Mountain Club Press titles.

Ghosts of Everest: The Search for Mallory and Irvine becomes an instant best-selling classic when the expedition team actually discovers the well-preserved body of legendary mountaineer George Mallory, reigniting the question: Did Mallory and Irvine reach Everest's summit 30 years before Edmund Hillary and Tenzing Norgay?

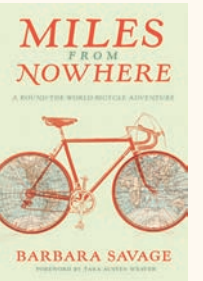


Lifestyle imprint Skipstone launches with the publication of *Unleashed: Climbing Canines, Hiking Hounds, Fishing Fidos, and Other Daring Dogs*.



"Reading Beth Jusino's book, *Walking to the End of the World: A Thousand Miles on the Camino de Santiago*, inspired me to do my own walk."

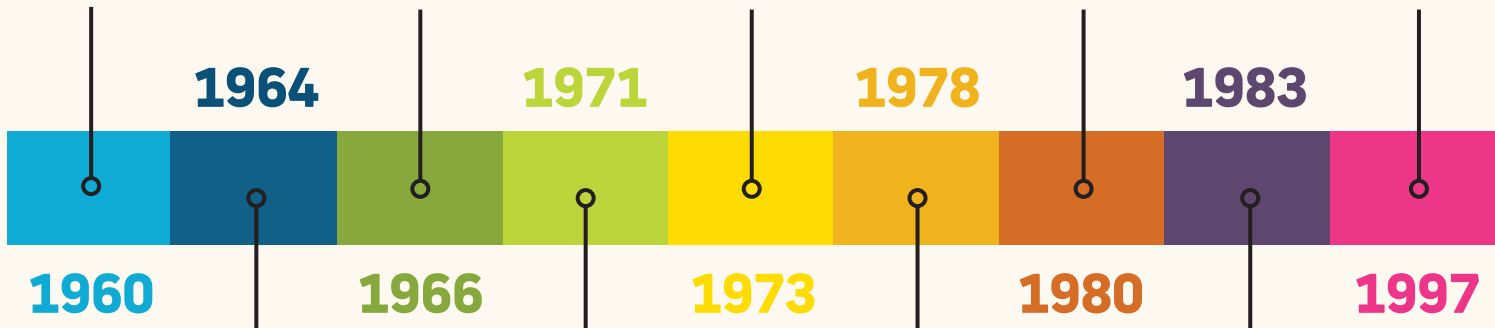
–Anita L. Elder, member and Super Volunteer



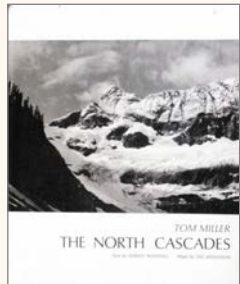
Miles from Nowhere is reissued, bringing the classic adventure travel story to a new audience.

Mountaineers Books celebrates 60 years of outdoor recreation, sustainable lifestyle, and conservation publishing.

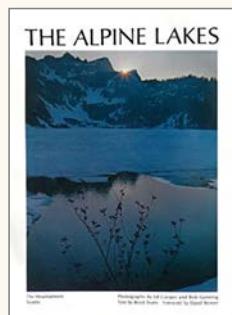
Mountaineers Books begins distributing Adventure Cycling Association titles.



The North Cascades, written by Harvey Manning with photographs by Tom Miller, helps support the creation of North Cascades National Park.

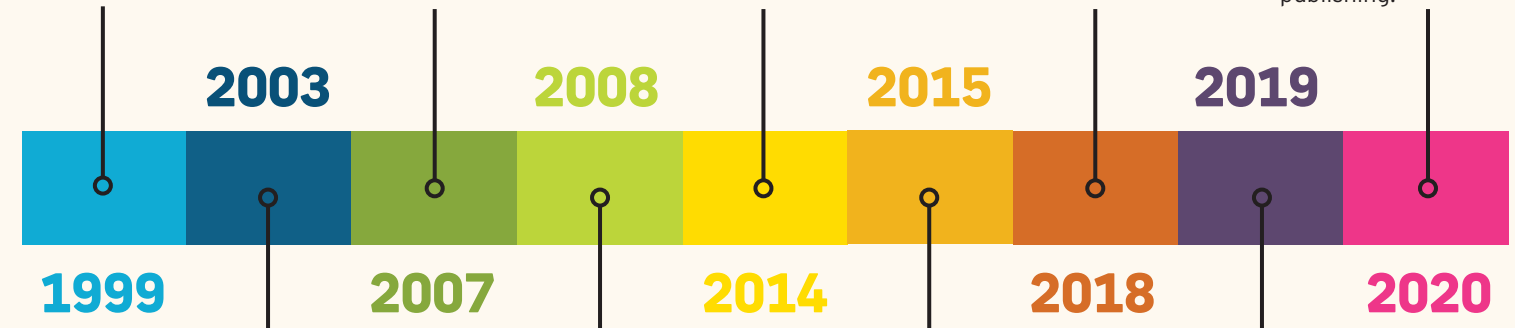
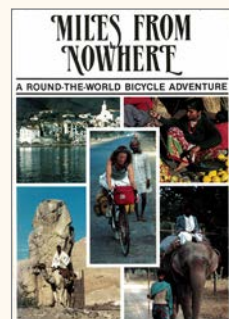


The Alpine Lakes by Brock Evans, with photos by Ed Cooper and Bob Gunner, is instrumental in the creation of the Alpine Lakes Wilderness, prompting Harvey Manning to say this book may be "the most persuasive single volume in wilderness history."



The Mountaineers leadership hires a professional, full time book director.

The first edition of *Miles from Nowhere* by Barbara Savage is published, taking readers on a 23,000-mile bicycle odyssey with Savage and her husband Larry through 25 countries in two years. The overwhelming success of the title led to the creation of the Barbara Savage Award, given in support of first-time adventure narrative authors.

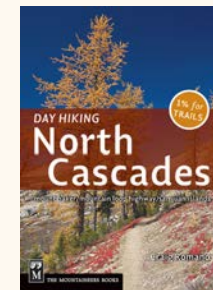


Arctic National Wildlife Refuge: Seasons of Life and Land by photographer Subhankar Banerjee becomes a national media sensation when the book is held up on the Senate floor and helps defeat a bill against drilling in these iconic public lands, laying the foundation for the Braided River conservation imprint.



Braided River becomes a nonprofit 501(c)(3) organization, propelled by partnerships with grassroots conservation advocacy groups, committed to preserving the last wild places in western North America.

With *Day Hiking North Cascades*, Craig Romano takes up the mantle of Washington guidebook writing from Ira Spring and Harvey Manning.



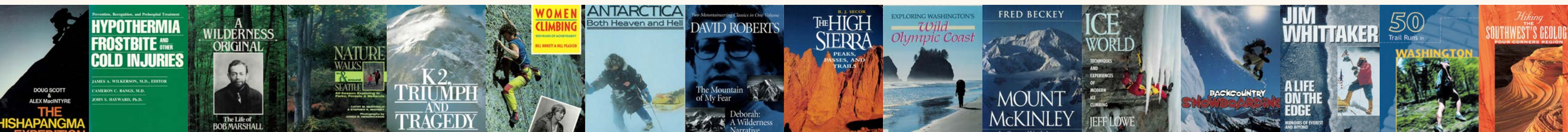
The Living Bird, created with the prestigious Cornell Lab of Ornithology, becomes a *New York Times* bestselling title.

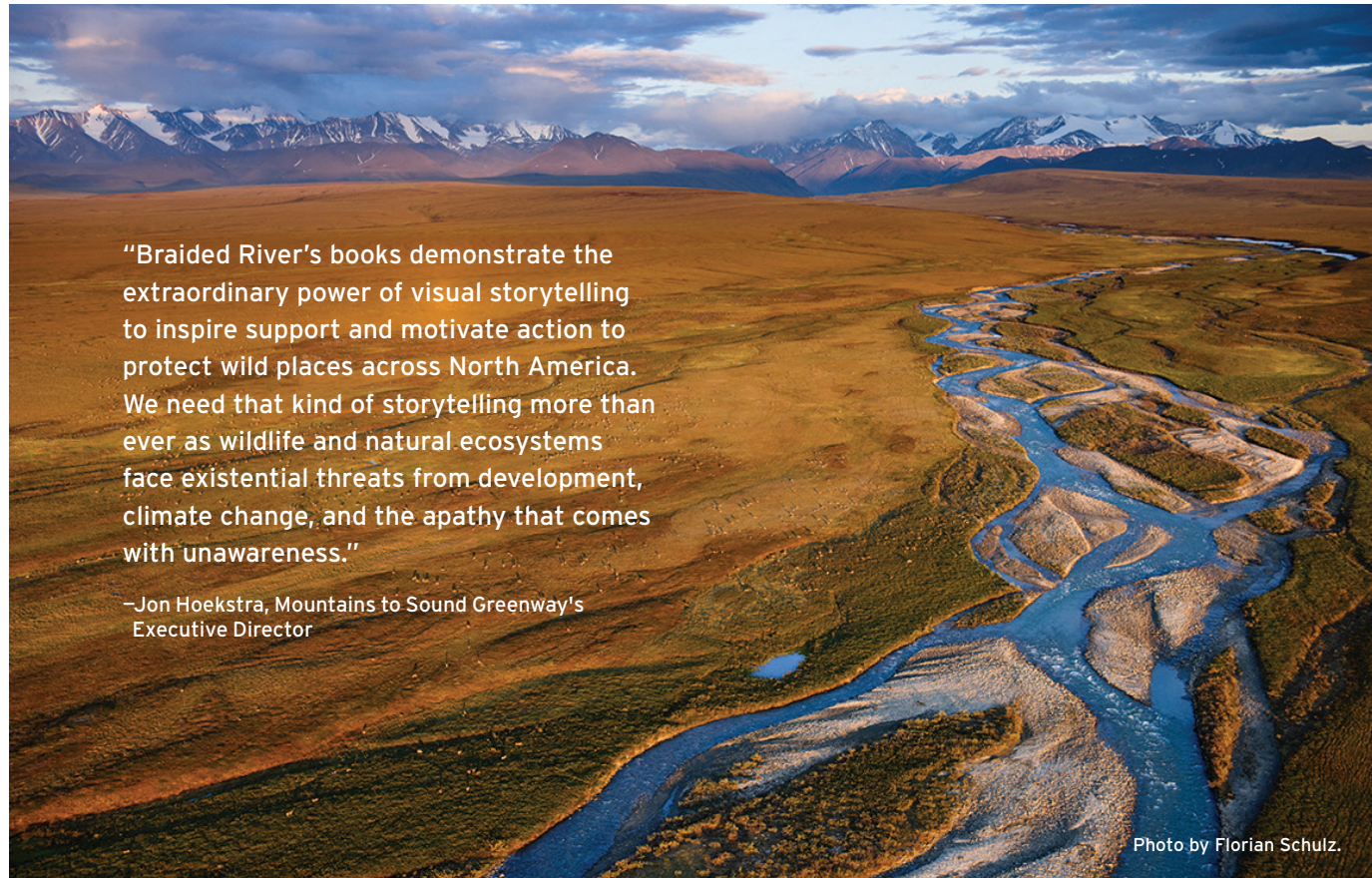


Mountaineers Books partners with Green Trails Maps to become the exclusive distributor for its more than 150 high-quality backcountry maps.



What is an imprint? An imprint is a brand of books within a publishing company with a defining character or mission.





“Braided River’s books demonstrate the extraordinary power of visual storytelling to inspire support and motivate action to protect wild places across North America. We need that kind of storytelling more than ever as wildlife and natural ecosystems face existential threats from development, climate change, and the apathy that comes with unawareness.”

—Jon Hoekstra, Mountains to Sound Greenway’s Executive Director

Photo by Florian Schulz.

The Braided River Story: Activating Conservation Impact for Public Lands

Since its earliest years, Mountaineers Books titles like *The North Cascades* (1964) and *The Alpine Lakes* (1971) have influenced the creation of national parks and protected wilderness areas through images and stories. But in 2003, something incredible happened.

Our book *Arctic National Wildlife Refuge: Seasons of Life and Land* was held up on the Senate floor in a historic vote (52-48) to save the Arctic Refuge (ANWR) from energy development. Senators who only knew of this place as lines on a map could see the vibrant life captured in all seasons of the year, and not the “blank white nothingness” espoused by drilling proponents. The book was credited with influencing the vote. In this moment, Mountaineers Books realized its publishing program had the potential to be a powerful vehicle for supporting critical conservation issues on a national scale.

Thus, **Braided River** was formed - a unique nonprofit model merging publishing with education and advocacy, supported by philanthropy and book sales. Powerful visual storytelling can transport people to places they might otherwise never

see; what we know and come to love, we will protect. Through Braided River books and programs, and working with photographers and authors, donors, and grassroots groups, Mountaineers Books achieves conservation wins like no other publisher in the country.

We Are Puget Sound: a campaign to save our Salish Sea

The Mountaineers are proud to call Puget Sound home - with a shared mission to be diligent stewards of our backyard, from the mountains to the sea. The stunning waters of Puget Sound are home to two critically endangered and codependent species: salmon and the southern resident orca whale. The health of these iconic Northwest species is jeopardized by a host of environmental issues, from pollution to tanker traffic.

Our 2019 book *We Are Puget Sound: Discovering and Recovering the Salish Sea* brought together a powerful coalition to help address this crisis. Regional Indigenous tribes, grassroots groups, businesses, and individuals have joined this campaign to energize and connect citizens with true solutions as to how they can help protect our ailing Salish

Sea. From planting native plants, addressing storm water runoff, to meeting with legislators in Olympia, there are many ways people can make a difference for our region’s health. No one action or group can preserve our beautiful waters - it takes everyone working together.

Created in partnership with the Washington Environmental Council’s People for Puget Sound program, the ambitious work defined by this book and campaign will go on for years to come, long after the initial publication and media attention. *We Are Puget Sound* supports citizen education, engagement, and advocacy work through live events, media, and later this year, in a photo exhibit hosted at the Seattle Aquarium. Together, *We Are Puget Sound* can help restore and protect salmon and orca habitat in the Salish Sea for future generations.

Protecting America’s Arctic: from 2003 to today

Home to primordial caribou migrations, Arctic foxes, snowy owls, and polar bears, the Arctic National Wildlife Refuge is one of the wildest places on planet Earth, and is public land that every American owns. Since its founding, Braided River has connected the American public to the remote nesting and calving grounds of the Arctic Refuge’s coastal plain through images and books like *Alaska National Wildlife Refuge: Seasons of Life and Land* and *We are the Arctic* - and supported impact campaigns around films like the IMAX® production *To the Arctic*. Our photographers’ images of wild caribou and polar bears have been featured in the *New York Times*, *CNN*, and in hundreds of other national and international outlets, as well as on the floor of the Senate and natural history museum exhibits across the country.

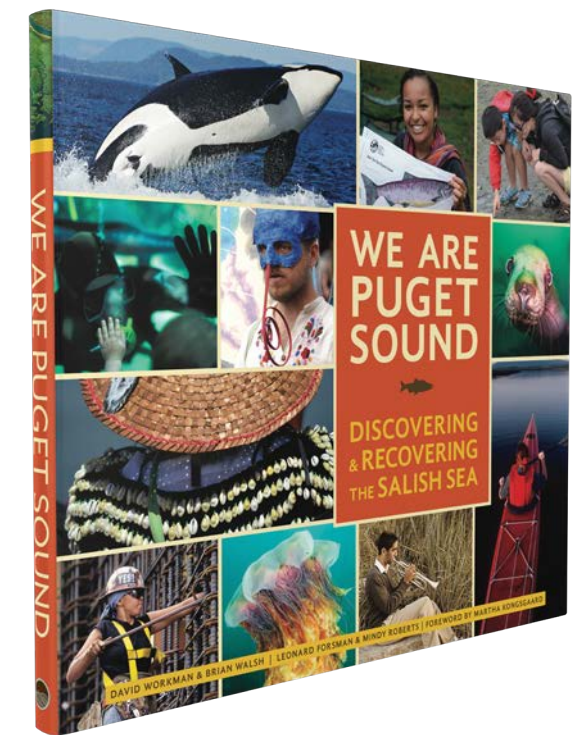
In 2020, Braided River hasn’t slowed down, and will see the themes in our books supporting an IMAX® film due out in the spring of 2021 and a television documentary this summer featuring the videography work of Florian Schulz, a Braided River photographer and National Geographic fellow. The film will follow his multi-year adventure documenting the wildlife of the refuge, even bringing his two young sons and wife along to experience the magic of wild places. The films are produced by the long-time Braided River supporter Campion Advocacy Fund and Terra Mater. The two films and impact campaign will introduce new audiences to the Arctic National Wildlife Refuge and drive support for its long-term protection. With the Arctic Refuge under greater threat than ever and energy lease sales expected this year, the timing for these impactful films and multimedia impact campaign is a significant opportunity.

Building relationships that drive key conservation wins

The fight to save our last remaining wild places grows more urgent every day. Our decades-long relationships with strategic grassroots organizations is the Braided River super power. When critical public land is endangered, we know who to call for strategic guidance, and can act as a key ally to bring the beauty and importance of these places to the public.

Braided River’s partnerships with the Alaska Wilderness League, American Bird Conservancy, Washington Environmental Council, Audubon, Conservation Northwest, Woods Hole Research Center, Sierra Club, World Wildlife Fund, and many other distinguished conservation organizations enable us to have the information we need to be powerful convening agents in the conservation landscape.

Braided River’s images and stories have influenced desired conservation outcomes, reaching millions of Americans during the past 15 years through books, media, educational events, museum exhibits, grass-roots outreach, companion films, and more. These books have played a role in protecting tens of millions of acres of public land, building community, and reaching broader audiences beyond the conservation community to preserve wilderness for all to enjoy. ▲▲



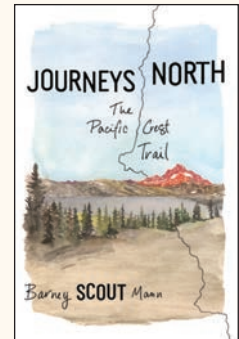
LIFE OF A BOOK

Books find their way to publishers in all kinds of ways. In this case, Barney Scout Mann, one of the Pacific Crest Trail's most dedicated trail angels, had been working on a manuscript for almost a decade before a chance encounter with fate brought him to Mountaineers Books.

- MARCH 2020:** Sales, marketing, and publicity staff begin planning.
- MARCH 2020:** Cover finalized.
- MARCH 2020:** Pages proofread by professional proofreader and six Mountaineers Books editorial and production staffers, in addition to author review.
- MARCH 2020:** Revised pages ready.
- FEBRUARY 2020:** First draft of cover art received.
- OCTOBER 2019:** Copyedit by freelance editor (and Pacific Crest Trail thru hiker!) begins.
- OCTOBER 2019:** Cover brainstorm. After several rounds, the editorial team hires celebrated public lands advocate Obi Kaufmann. Senior Designer and Production Manager Jen Grable works with Obi on cover illustration.
- OCTOBER 2019:** Book title *Journeys North* finalized.
- AUGUST - OCTOBER 2019:** Developmental edit with a focus on character development and chronology.
- AUGUST 2019:** Book contract signed!
- APRIL 2019:** Michael DeCramer, the Pacific Crest Trail Association's North Cascades Regional Representative, stays at Barney's home in southern California. Michael mentions the manuscript Barney is working on to his wife, Katie, Mountaineers Books Sales Representative, and Katie passes the news along to Acquisitions Editor Emily White who reviews with her editorial, finance, sales, and marketing colleagues.

- AUGUST 1, 2020:** Official release! Book is available at a store near you (including The Mountaineers Seattle Program Center Bookstore!)
- JULY 2020:** Books received by Mountaineers Books Distribution Center Manager Nathan Freeman in Seattle.
- JUNE-JULY 2020:** Media outreach and follow-up.
- MAY 2020:** Book goes to printer.
- MAY 2020:** Author tour planning and outreach to venues and partners begins.
- APRIL 2020:** ARCs (Advance Reading Copies) sent for review.

"Three couples, their stories unfolding, weaving and intertwining over the long-distance trail until the dramatic conclusion traversing snow-covered peaks."
 -Mark Larabee, Pulitzer Prize-winning journalist



In *Journeys North*, a new book releasing August 2020 from Mountaineers Books, legendary trail angel, thru hiker, and former PCTA board member Barney Scout Mann weaves a compelling tale of six thru hikers walking the iconic Pacific Crest Trail.



EMBRACING THE SLOWER SIDE OF LIFE

By Spencer Sevilla, Reformed Adrenaline Junkie

Photo by Rafael Godoi.

There's something truly wonderful about not knowing what lies over the next ridge, or how to get there. *If I climb down into the creek bed, will it connect? And if so, will I be able to climb back out? Or is it better to scramble up the talus and hope things aren't too steep on the other side?*

Every Mountaineer knows this process well: evaluate the terrain, make a decision, and hope it works out. The uncertainty drives excitement; the unknown creates the heart of the adventure. Seeking out this unknown used to be the primary way I related to the outdoors, but lately, I've discovered that nature has so much more to offer.

As a teenager, I fell in love with the dangerous side of the great outdoors. From tramping through the woods to climbing mountains, the inherent self-reliance I found in the wilderness was addictive. Sometimes brutal but always fair, nature was my challenging ground; a place where I needed to stay fit and sharp if I wanted to make it back home safely. I discovered that adventure starts when things stop going to plan. A good story was my prize and danger my measure - the more terrifying, the better.

I got bigger and bolder. I sought out interesting objectives to carry me through an amazing adventure, then I cracked a beer while sharing rollicking stories once I got back home. The sport itself barely mattered; I was equally happy almost dying on a motorcycle as I was almost dying in a giant wave. It was the adrenaline rush I craved.

I thought I'd always want to chase this rush, but as I grew older, things changed. By my late twenties, the highs weren't as high. To stay terrified, I needed to things to be higher, steeper, longer. But pushing these dimensions soon became unfulfilling too.

I turned to new activities to keep things fresh. I learned to ski and swim long distances, then I got my pilot's license. These new pursuits were exciting for a while, but eventually it was the same story: new things were scary until I learned them, at which point they became, well, not. Everything still lacked the raw edge of my starry-eyed youth.

Eventually, I came to recognize this familiarity as a source of joy and wonder in its own right. I started hiking the same trails over and over, paying closer attention to the ever-changing conditions - the snowpack, the trees, the undergrowth. After a big storm, I couldn't wait to get out and see what happened. *Has the leaning tree fallen over yet? How high's the river? What did the big rain storm do to the snow?* The weather, the bugs, and the plants all provided a never-ending source of interest.

I came to realize that for all the time I'd spent outdoors, I didn't really know it. I've been moving too fast, too focused on my own ego to stop and take it all in. But with a new perspective, everywhere I go I feel as though I'm coming home for the first time.

These days, I'm conscious, engaged, and present when I'm out on a walk, no matter how short or un-wild. I'm equally happy car camping on the coast as I am halfway up Rainer. I'm noticing things, remembering them, and building a much, much deeper mental map of the places I go. And with that map comes a marvelous sense of place.

There's certainly something wonderful about not knowing what lies over the next ridge, but there's something equally wonderful about knowing exactly what to expect. I don't have to wonder anymore. Now I can climb down into the gully, follow the creek for three bends, and end up right where I want to be. ▲▲



More Than Adventure Partners

How the outdoors facilitates new friendships at every age

By Brianna Traxinger, Pathobiology PhD Student

While I can feign ease at a party - and enjoy myself - I'm not a naturally social person. I choose to spend much of my free time alone reading books or knitting, and I'm content to see no one but my dog for days at a time. On paper, I read like someone who might struggle to make friends, but even though I've relocated to new cities several times in my adult life, I've been lucky to always find connections. I attribute my social success to the outdoor community rather than my own innate charm: the outdoors facilitates new and lasting adult friendships in a way that "normal life" does not.

Part ode to our community and part guide for those who may be seeking more human connections within it, here's what I've learned about making friends on the trails, rock, and snow.

No one likes the autobelay

By my mid-twenties, I was no longer looking for friends. I'd amassed a solid crew of hometown and college buddies I knew I'd never lose. But when I got interested in backcountry skiing, and later rock climbing and mountaineering, I needed additional partners. Although I was intimidated to break into these more specialized circles of the outdoor world, my desire to (safely) get into the backcountry outweighed my hesitation, motivating me to put in the work to find specialized partners who grew into friends. In contrast with our often-individualistic society, you absolutely need other people to climb, ski, or do almost anything in the backcountry, so you have no choice but to go and find them. In adult lives filled with jobs and families, it's a blessing that the outdoor world necessitates a little extra effort



Exploring the canyons in Bears Ears National Monument. Photo by Jeremy Howard.

into what might be otherwise-abandoned friend-finding pursuits.

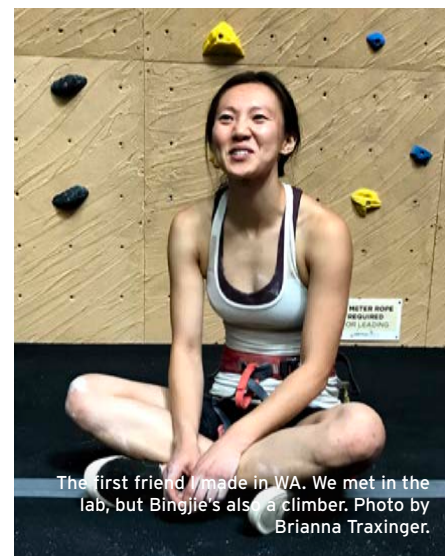
Connections thrive on routines

Before I moved to Washington, many people warned me about the "Seattle Freeze," the so-called aloofness that clouds Seattleites and prohibits new friendships. While I can only speak to the past four years in this city, I have found the Freeze to be a complete myth - at least within my world of outdoor people. While I agree with the naysayers that you're unlikely to make lasting connections with passersby on the bus or in a coffee shop, when you begin to see the same people on a regular basis - especially those who share an interest with you - friendships create themselves. You can't control who shows up at your favorite spots, but you can control your own schedule, so introduce consistency. I climb at the gym on the same days at the same time every week, where I encounter many of the same people each time. After a certain amount of mornings belaying

next to a familiar face, it would be weird not to chat, and some of these fellow early risers have become my climbing partners. Fitness and lifestyle regimens promote health in the obvious ways but may also provide the added bonus of familiarizing you with others who share your passions.

Ask out your friend crush

Every Tuesday morning for the past two years, I've roped up at the gym with my friend Niki. The two of us have also adventured on climbing and skiing trips, lobbied in Olympia together, and shared Christmas with our significant others. Although we share interests, we only met after I made a desperate plea on the internet: my friends, sick of waking up early, boycotted my a.m. climbing sessions. Desperate to exercise before work, I revived my deactivated Facebook account to post on a climbing group asking for early partners. Four people responded, two of them being Niki and another friend that I train with regularly. This bold approach has always worked to find ski buddies; my longtime ski partner and I met through a local ski forum. While I recommend meeting for coffee to discuss skill level, risk tolerance, and training before setting out into the backcountry with a stranger, I do encourage everyone to get comfortable with asking new people to train or get outside together. This might be strange in the "real world," but within the outdoor community it's standard protocol. If you want something,



The first friend I made in WA. We met in the lab, but Bingjie's also a climber. Photo by Brianna Traxinger.



Ski touring with friends made through The Mountaineers, one of whom became my boyfriend. Photo courtesy of Brianna Traxinger.

you have to ask for it; in this case I asked for partners and got true friends.

Never miss out

While I used to be a shy person, one of the best skills I've gained is learning to socialize solo. I accidentally honed this skill by being single for a good chunk of my twenties. While you don't need a romantic partner to attend outdoor events or pick up a new sport, without one you lack the convenient plus-one. Whenever friends couldn't accompany me to an outdoor movie screening, an avalanche seminar, or a mountaineering course, my fear of missing out overcame my fear of showing up alone. While going alone began as a necessity, it became an asset; I learned that when you're by yourself, you're much more likely to talk to people you don't know. I've met so many outdoor partners this way, and although I love to share experiences with my friends and boyfriend, I never turn down an invite when they aren't available. It may seem counter-intuitive to make friends by leaving yours at home, but it's a guaranteed way to expand your outdoor social circle.

I recognize that breaking into the outdoor community can be especially difficult for people of color, those of different abilities, and other under-privileged groups. I don't mean to trivialize this access discrepancy, nor can I speak to it

from experience. However, I believe that regardless of who you are, showing up to an outdoor space excited and ready to learn or share knowledge will help facilitate not only your athletic goals but also new connections, and we should all work to reach out to those who face more barriers to the outdoor community.

Built on trust

While the people you meet for a beer or a concert very well may be reliable friends, your life doesn't depend on their character traits. Your belayer, however, directly determines your safety. Outdoor pursuits are reliant on ongoing, trusting relationships, which begets consistent and true friendships. In the outdoor community, we need to make solid connections for the safety and enjoyability of our outdoor activities. As a result, outdoorspeople are usually willing to put forth the extra work to vet and get to know a potential partner, a level of effort and follow-through that naturally facilitates lasting relationships.

Tents are bonding

This is a simple concept: if you spend a few (either really good or really bad) nights on the side of a mountain with someone, you'll leave feeling very strongly towards that person. Assuming your post-trip emotions are more positive than negative, your shared epic

(in any sense of the word) will cause your neurotransmitters to produce bonding chemicals that will make you want to spend more time with the partner who kept you laughing while you were weathered out on a climbing trip.

Sharing your skills

A wonderful part of the outdoors is that we often meet partners through instruction; whether you are a casual hiker or an experienced mountaineer, there's a lot to learn. A side effect of this reality is that our instructors and classmates often become friends. Furthermore, those with the most knowledge tend to be those who have the most years of experience, facilitating intergenerational friendships with younger trainees. Keep the cycle of new friendships going by sharing your own expertise through formal instruction or by mentoring new outdoor community members. Volunteering your time in outdoor advocacy work is also a great way to not only protect our lands and community, but also introduce you to others of all ages and abilities who share your values.

Forming meaningful connections as an adult takes effort, but those of us fortunate enough to be a part of the outdoor world have an advantage. The outdoors condenses our communities into a more accessible network with shared values and interests, so let us welcome in new people who might not have had the opportunity to experience the wild places, and people, we all love. ▲▲



Climbing Cashmere Mountain. Photo by Richard Lockwood.

THE MOUNTAIN IS OUT

By Kenneth J. Wilson, 54-year member

Mount Rainier has always been a special place. I was born in Yakima over 70 years ago and saw the mountain from the eastside before my family moved to Buckley when I was very young. From Buckley, I had an unobstructed view of her every day she was visible. Even when she was hiding, it was always comforting to know she was there. I remember my father using the lenticular cloud cap on the summit to predict the weather during the summer haying season. My parents were avid Mountaineers and hikers, having hiked the length of the Wonderland Trail together and earned their Snoqualmie Second Ten Peak Pins. They instilled in me a love and respect for nature from a young age.

Over 50 years ago, I joined The Mountaineers with my parents and we graduated from the Basic Climbing Course together. We later joined the Seattle and Tacoma Mountain Rescue Councils, and my father became an EMT to provide First Responder services in the mountains. Though my father and I summited Mt. St. Helens prior to it blowing its top, I was never interested in summiting Mt. Rainier; she was a spiritual place to me and it felt disrespectful to climb her. My wife holds the same feelings I do about Mt. Rainier, and we have a provision in our wills that Mt. Rainier be our final resting place.

This poem is dedicated to my deceased parents and my wife of 42 years. I would also like to honor all of the Indigenous tribes of the Pacific Northwest who call the mountain home, each by a different name. Lastly, to my fellow Mountaineers - stay safe out there, enjoy what we have, and preserve it for all future generations. We are all blessed to live in the Northwest. ▲▲

The Mountain is out
So the locals say;
She has been concealed
Behind a veil of gray.

Some call her Takhoma
Most call her Rainier;
Hold her close to your heart
And forever dear.

The Mountain is out
In all her glory;
Gather around all
To hear her story.

She is a special place
For people far and wide;
For all who live near
She is a source of pride.

The Mountain is out
Against a curtain of blue;
She stands there proudly
For me and you.

Wander the meadows
Or climb for a view;
Breathe the fresh air
And feel renewed.

The Mountain is out
With wildflowers in bloom;
You must hurry though
To see them soon.

Forget not why you came
To this majestic place;
Be one with nature
And full of grace.

So come now my friends
And family too;
The Mountain is out
And the sky is blue.

Photo by Nate Brown.



SEEKING BELAYTIONSHIP One woman's search for true love

By Teresa Hagerty, 2-year member & owner of Cascade Mountain Adventures

A Summit Kind of Love. Photo by Paul Pottinger, pottinger.net.

One of the most important relationships of my life is not my husband. My (other) other half can complete my sentences, always knows just what to say, and somehow manages to love me before I've had my morning coffee. She catches me when I fall, keeps my spirits high, and ropes me into some of the best adventures I've ever had. Yes, my husband knows, and the three of us get along great. I'm talking, of course, about my climbing partner.

A good climbing partnership is more than just a friendship. Our relationship is as meaningful as some romantic relationships - if not more so. I know she'll have my back, support me through the rough spots, and find humor in being tent-bound in a surprise ice storm. I trust her enough to admit when I'm scared, openly cry tears of joy on mountain summits, and know that she'll wordlessly offer me chocolate when I need it in the middle of a four-day sufferfest. I have no hesitation in trusting her, quite literally, with my life. If that isn't love, I don't know what is.

Sadly, life has a way of challenging even the strongest of bonds. This moment came for us almost two years ago. The words "I'm moving to Utah for work" were some of the most heartbreaking I've ever heard. We keep in touch, and we do our best to adventure together as often as possible, but the long-distance nature of our belaytationship has its limitations.

It's time to open my heart to the possibility of another. She will always have a place on my rope, but now there is space for one more.

Which brings me here, posting my first outdoor singles ad in search of my next great belaytationship. Darling, let's be adventurers. ▲▲

ACTIVE OUTDOORSWOMAN SEEKS SAME

Me: 40-something lover of meaningful outdoor experiences. I enjoy long approaches to remote mountaineering objectives, all-day cycling routes, and lakeside backcountry campsites. I live for alpine starts, mountain shadows, backcountry skiing dawn patrols, and trailhead tailgate parties. Few things make me happier than the silence of powder under my skis or the feeling of standing on an alpine summit. Not to brag, but I'm a great catch - you'll never feel safer on the sharp end, my dear.

You: 35 - 45-year-old female who enjoys like-minded activities. You promise to encourage me at mile 12 on the third day of a four-day slog, enthusiastically participate in 3am 80s music sing-a-longs, and consider permit season the most important event on your social calendar. You commit to keeping your outdoor skills sharp and always having back-up whiskey. You believe in the importance of Leave No Trace principles to keep our wild places beautiful. Your love language is the exchange of remote destination .gpx routes and high fives exchanged on summits. Bonus points for well-behaved canine companions.

Us: I promise to respect your objectives, risk tolerance, and needs as much as my own. I commit to always having your back, supplying terrible dad jokes when needed, and always treat our plans as my 'Plan A.' I look forward to sharing your future outdoor successes, encouraging you through rough spots, and always double-checking your tie-in knots. Darling, for the two of us nothing is impossible.

WON'T YOU BE MINE?

FINDING FAMILY IN THE PASSENGER SEAT

A car-free journey to community

By Hailey Oppelt, Communications Associate

“Hiking is free. As long as you have shoes and an Orca card, you can go anywhere.”

Along with a smile and a full pack, this perspective carries Ananth Manaim (ஆனந்த் மணியம்) into the mountains. Known for his sarcastic wit and effusive personality, Ananth has made a name for himself in his three years at The Mountaineers. Recently named our Leader of the Year, he's climbed eight peaks in a single day, spent a few nights at trailheads, and given hundreds of hours to our courses and committees, fitting a decade's worth of northwest exploration into what feels like the blink of an eye. All while bagging almost 300 peaks along the way.

He scrambled, hiked, and climbed most of these miles with ice cream in his pack, and almost all of them without a personal car.



First break of sunlight on the approach to Sloane peak via Bedal Creek approach. All photos courtesy of Ananth Manaim.

The Himalaya years

Born in Chennai, India, young Ananth spent his summers on his grandparents' farm in a remote village 200 miles from the city. Days were spent working, collecting firewood, and dreaming of exploring the mountains.

Although he was raised with a focus on academics, those summers spent nestled in the Himalayan foothills allowed his imagination to grow - thanks, in part, to a unique relationship with his grandfather. “My granddad was the biggest influence in my life. His name was Kandasamy. He always encouraged me to follow my dreams and would support me in anything I wanted to do, even if it was against societal norms. As long as I believed in it, and as long as I pursued it, my grandparents would support me. That's how it all started.”

These dreams started to become a reality when Ananth graduated from college and secured a job as a mathematician, offering him the opportunity to fund his first trip. Saving half of his monthly income for seven months, he put 12,000 rupees (roughly 200 US dollars) aside for a backpacking trip in Kashmir. This trip spawned four more throughout the Himalayas, including two funded by a backpacking outfit to thank Ananth for packing out trash when he had traveled with them. In addition to guided alpine trips, he also spent time living in the mountains to better understand the environment and the locals.

“I went back to the mountains and stayed there for a few months. Not just going with a guided group, but living with people over there. And walking around the mountains, getting a feel for how they are. I also don't speak the commonly spoken language Hindi - I only speak English and Tamil. So when I traveled within India, language was a problem for me (like every other person who travels the world). But respect and love is something that you don't need language for, which aligned with how me and my grandfather used to discuss travel. And having experience in farming helped as well. They accepted me - I used to do chores, help on local farms.”

“I loved it, because in addition to experiencing the mountains you also see how locals look at the mountains, how they protect the mountains, and how they worship the mountains.”

A northwest arrival

Fast forward six years, and Ananth has become a well-traveled 20-something with an itch for new adventures. He briefly lived in Luxembourg, traveling between Slovakia and Morocco for work, and was torn between Seattle and London as he searched for a new home. He first heard of Seattle on a backpacking trip in the Himalayas - a fellow traveler told him about the incredible mountains and an organization called The Mountaineers. That was enough to



Vanakkam (ஆனந்த் மணியம்) - Hello. A typical greeting and smile for Ananth in the mountains.

tip the scales, and Ananth found himself boarding a plane for SeaTac at 26.

However, The Mountaineers wasn't his first stop when he arrived. Ananth quickly joined a Meetup group called Seattle Transit Hikers, both to combat the Seattle Freeze and because he felt strongly about getting into the mountains without a car. “In all my life, I've never owned a car. I've always traveled with public transportation, even reaching the most remote mountains in the Himalayas. So I've always believed public transportation was the way to do it. Don't let something stop you - this is what my grandfather taught me. If there is something blocking you, as long as you believe in your methodology, do it. Even if it's impossible.”

After a few trips with the transit hikers, Ananth once again heard about The Mountaineers and decided to take the jump into a membership. Though his friends wanted to take Basic Climbing in Kitsap, he chose instead to take a scrambling course with Seattle to keep his trips closer to home (and ensure he wouldn't need a car).

This transition was not without trepidation. Having felt uncomfortable in the mountains in Europe where alpine travel was typically reserved for the elite, Ananth was unsure of how accepted he would feel in The Mountaineers. “When I joined the organization I still had the persistent fear I had in Europe - which is, will I be accepted? Will I have barriers, in terms of language, in terms of race, in terms of



Ananth on the approach to Colonia Basin on a three-day mountaineering trip.



Ananth leading a rope team to Snowfield Peak through Neve Glacier.

THE SECRET TO SUMMIT ICE CREAM

Step 1: Get an insulated waterproof container (Ananth uses Snow Peak's Kanpai bottle)

Step 2: Spray water into your empty container, freezing it for 1 hour

Step 3: Pack your ice cream in, filling it tightly without air pockets

Step 4: Leave the lid open and keep it in your freezer overnight

Step 5: Pop the lid on and put it in your pack the morning of your trip. Enjoy!

how I deal with people? I had a lot of discussions with my grandfather regarding how I would deal with all of these things. And those were the last few conversations I had with him - he passed away two or three months after I moved to Seattle. Those words helped me progress within the organization, and motivated me to be closer to the organization, because the values of The Mountaineers align with what me and my grandfather believed in."

Creating community

After six months Ananth found himself drawn to volunteering. Not only out of a desire to lead unpopular exploratory routes (aka sufferfests), but to create community. Hoping to avoid the competitiveness of climbing and skiing, Ananth dove into volunteer roles in first aid, navigation, and scrambling. He's only missed a few first aid scenarios in the two years since.

Like many Super Volunteers, there is a reason beyond passion for the outdoors that drives Ananth to dedicate so much of himself to the organization. It's the ability to offer unique trips, cultivate friendships, and form lasting community that keeps him coming back.

"My favorite trips are led like a family or friend outing, unlike a guided group. Where leaders take several steps back at the trailhead. This allows people to discuss things - they're open, they make friends, and they stay in contact. I also want to encourage more volunteers to come in, and one way to do that is to create a sense of family. Not just a sense of teaching a course, but a sense of being part of a community."

Ananth has a knack for creating community. As a member of five committees, instructor for three courses, and a two-year Super Volunteer, all of his emergency contacts are now Mountaineers members (or their partners while they're off climbing with him). Perfecting his summit ice cream has helped - with a painstakingly crafted five-step routine, Ananth brings spare spoons and ice cream, gelato, or sorbet on almost all his trips, so that even lactose-free climbers can share in the delight.

This careful focus on small joys is a window into how Ananth views the outdoors. It's about slowing down and seeing what you have - the purpose running deeper than sending hard or telling tall tales over a drink.

"My goal is not to be a badass climber. I get outdoors so that I don't die of diabetes (I eat a lot of ice cream) and to be with fun people, doing fun things. It doesn't have to be a 5.10 or 5.11 rock climb, it doesn't have to be a black diamond run. Just go out, be with people - if the people are fun, then it's good."

Carpooling is mandatory

With hundreds of peaks under his belt and nearly all of them without a personal vehicle, Ananth has established himself as an impressive outdoorsman and stalwart advocate of public transit and carpooling. He even requires carpooling on all of the trips he leads, asking participants to park at local gas stations before carpooling to the trailhead to avoid flooding the lot with Mountaineers.

This commitment isn't always easy. Delayed busses, long transit rides, and nights spent on the side of the road have dotted his path to and from the trail. Not to mention others' reactions to a grubby hiker on the bus.

"What was it like getting outdoors without a car? It was tough as hell. Sometimes people thought I was a homeless person when I came back from a hike. I was a brown person with a beard who was sweaty, carrying a heavy backpack, and traveling on a bus. All these things create a mental model for someone. But hey - you gotta do what you gotta do."

Since he moved to Seattle Trailhead Direct has become an option for urban hikers, in part thanks to Ananth's advocacy work with Seattle Transit Hikers and City Council. Increasing access to the outdoors means greater equity and more diversity on the trails, an elemental factor of his values.

"One of the primary reasons I feel like The Mountaineers

are my acquired family is because of how welcoming we are to diversity. All races, genders, ethnicities, languages, sizes, skill levels, and economic backgrounds. Diversity and inclusivity is something close to my heart, and though I've learned a lot at The Mountaineers, the ability to give back to a diverse group of members means even more."

Finding family

Ananth has found additional benefits to car-free travel as well. Always the community builder, the small moments traveling to a trailhead serve as the catalyst for something more between him and his trip partners.

"I've done around 300 ascents over three years and three months (I don't have a life). Most if not all of these peaks were without a car, which means that 99% of my trips are with other people. It's a big part of all of the family I've made. Getting into someone's car isn't just carpooling, they're letting you inside something which is their own. I find it criminal to sleep when someone else is driving. So I always make sure I have a ton of bad jokes, a lot of sarcasm, and stories to tell - that way we're actually forming a bond before the trip starts. That personal connection is pretty rare these days, and I was really lucky to find that."

Over the last three years, Ananth has built a community for himself and fellow Mountaineers founded on acceptance and finding joy in the outdoors. He's advocated for public transit solutions to increase outdoor access and fired up a coalition of volunteers, all while growing his community one car ride at a time. This is no small feat for even the most gregarious outdoorsman. These values have been the key to a wealth of mountain summits and chosen family - that, and an Orca card. ▲▲

ANANTH'S TIPS TO EXPLORING WITHOUT A CAR

- Don't be afraid to walk from your bus stop to the trail head, even if it takes a few hours
- If you're traveling with The Mountaineers, reach out early to leaders and participants to ask if you could carpool with one of them (and be sure to thank them!)
- Always carry cash to hand over to your driver if you're carpooling
- Remember that traveling via public transit takes 2-4 times longer than it would with a car
- Look for transit options to Park and Rides - there are many that arrive before 7am
- When carpooling be courteous and make conversation - it's a good opportunity to make friends
- Don't forget to utilize urban trails, neighborhood walks, and local parks to get outside

Honoring a Guidebook Legacy

Carrying conservation and passion into the modern world

By Craig Romano,
Mountaineers Books Guidebook Author



Old Snowy Mountain, Goat Rocks Wilderness Aug 2018. Photo by Suzanne Gerber.

Hiking guidebooks and I go back a long time, long before I first set out with a notebook, pen, and camera to craft my own. In the early 1980s, after years as a road cycling fanatic (and fanatic I was, having biked across North America three times before my twenty-first birthday) I discovered the world of trails. A handful of hiking guidebooks helped me discover so many trails near and far: the *AMC White Mountain Guide*, *50 hikes in the White Mountains*, and GMC's *Long Trail Guide*, soon followed by many others.

As I broadened my sphere of places to hike, I liberally added guidebooks to my home library. I began planning trips to other parts of the country and beyond. In the process I acquired more books to help me find, appreciate, and assess trail choices across the globe. The better of these books went beyond trail logistics - they mentioned hiking etiquette and wilderness ethics, and promoted a strong conservation ethic. They encouraged their readers to get involved in saving and protecting the natural areas that these trails traversed. As I became a more avid and knowledgeable hiker, I grew to be a more concerned conservationist. I joined and supported hiking and conservation organizations in the places I lived, and often the places I visited as well.

In June of 1989 I moved to Washington. I had been here three times before - twice by bike. On the one trip that involved hiking, the guidebook I used was a small Sierra Club Tote Book on the North Cascades written by Fred Darvill. It whet my appetite to incredible trails to places like Sourdough Mountain, which remains one of my all-time favorite hikes. Upon living here (and intent on doing as much hiking as I could between work shifts and university classes) I realized my little tote book was not enough. I needed a far more comprehensive book or two. That's when I discovered Harvey Manning and Ira Spring.

An indelible legacy

I picked up a copy of *100 Hikes in the Alpine Lakes* by Manning and Ira and Vicky Spring and quickly realized it was exactly what I was looking for to guide me to the myriad trails in Seattle's wild backyard. This book, however, wasn't my introduction to (nor my first purchase from) Mountaineers Books. That honor would go to *Isle Royale National Park Foot Trails & Water Routes* by Jim Dufresne, purchased for my 1985 11-day backpacking trip in the wilderness area surrounding Lake Superior. That book earned my trust as an informative guide and introduced me to the quality outdoor resources published by Mountaineers Books.

Washington is a big state with many hiking trails, and I quickly kept adding more Mountaineers Books titles to my library: *100 Hikes in the South Cascades and Olympics*, *100 Hikes in the North Cascades*, *50 Hikes in Mount Rainier National Park*, and *100 Hikes in the Glacier Peak Region* - all by Manning and Spring. I fervently tried to get my money's worth out of each book by completing as many of the hikes in each volume as possible!

My wanderlust for my new home kept growing, and I soon added *100 Hikes in the Inland Northwest* and the *Olympic Mountains Trail Guide* to my collection too. I continued acquiring books as I explored areas in Washington and beyond. But no matter how far my feet carried me, one thing remained constant: the Manning and Spring titles stood out as my favorites.

Ironically, they weren't the most descriptive of all the guidebooks I acquired. Many times Manning's lack of details (which occasionally frustrated me) was supplanted by a historic tale, biting diatribe against shortsighted land managers and politicians, or cynical observations of how



Sourdough Mountain, North Cascades National Park July 1985. Photo courtesy of Craig Romano.



Throne of Stone on Mount David, Glacier Peak Wilderness August 2019. Photo courtesy of Craig Romano.

we were treating our natural heritage. This commentary is what made these books stand out and so much darn fun to read. While I might not have always agreed with the tone or delivery, I almost always agreed with the point. Manning didn't pull any punches and he no doubt was a polarizing figure in a time when far more compromising was going on. In today's culture of perpetual outrage, cultural relativism, and hyper-partisanship, I don't think he would have reached as broad of an audience as he did then - and I am certain he wouldn't have been as effective.

I admired Manning's conviction and his unbridled love for our natural places. Yet he was (as we all are) a bit of an enigma, at times railing against trail crowding while selling tens of thousands of guidebooks. He definitely came across as an ideologue, elitist, or zealot at times. We can argue whether or not his was the right path for advocacy, but his path undoubtedly produced results. Today we live with his incredible legacy, which includes the establishment of the North Cascades National Park and the transformation of the Issaquah Alps into one of the greatest urban parks and trails networks anywhere.

Carrying the legacy forward

When I was brought onto Mountaineers Books to take over the helm that Manning and Spring established by upgrading and updating their *100 Hikes* legacy into a new *Day Hiking* series, I accepted it as a huge challenge and an honor. It's a privilege to be trusted to follow in their very large boot prints, and I accepted the challenge to produce well researched, trusted, informative, and entertaining books as they had. And in the process of it all I had to be sensitive to an outdoors culture that had changed - with new users, new uses, new relationships with the land, and new attitudes. I also had to be true to myself as someone who definitely saw things differently than Manning and Spring on many issues, but still shared some of their deeply held beliefs.

How would I pull that off? I decided to take a stealthier approach when I got on the soapbox - one far less combative, trying to understand and validate opposing views - and

not denigrate those who hold different perspectives. Yes, I am compelled to take tough stands on issues from time to time. Like Manning, I too feel strongly and passionately about many issues affecting our trails and public lands. Yet I detest the divisiveness in today's culture and try my darnedest to instead emphasize our commonality: a love for our public lands, trails, and natural heritage. I want to build an inclusive community of readers and defenders of our public lands. It is my biggest challenge as a guidebook author and one I continue to work on.

One of the biggest challenges I also face today is keeping guidebooks relevant and integral in this digital era. In Manning and Spring's day, guidebooks were essentially the only show in town. Today, there's no shortage of free hiking information available online. Much of it is crowd-sourced, cluttered, and questionable, and it's designed for clicks to harvest your personal information and get you to buy something (nothing is free). Worst of all, much of this information regurgitates the same places and creates crowding, fails to mention pertinent information to keep the hiker safe, knowledgeable, and in compliance with regulations, and lacks any environmental ethos. This is where guidebooks shine. Their main focus is to give you solid trail information (not sell you outdoor gear), offer choices (not send you to the same sites for an overexposed photo op), and to bond you with the land to transform you into a protector and defender of our natural heritage (not a consumer of it).

As our trails and public lands have become more popular than ever, it's vital that we reach as many people as possible and make sure they have the proper information available to be thoughtful trail users and enlightened stewards of our public lands. I have Manning and Spring to thank for helping me get there. Now it's my turn to pay it forward. ▲▲

Craig Romano is an award-winning author who has written more than 20 books. His latest release, Urban Trails Tacoma (Mountaineers Books), highlights the best trails for walking, running and hiking in Tacoma, Puyallup, South King County, and Anderson Island. Some of his other titles includes: Urban Trails Seattle, 100 Classic Hikes Washington, and Day Hiking Olympic Peninsula (2nd edition).

An Olympic Summer, 100 Years Ago

By Trevor Dickie, Content Associate



The Mountaineers "all in a line" on Glacier Peak during the 1910 summer outing. The original caption notes: "Puzzle: Find the women They are all women." Photo by H. A. Fuller, Charles Albertson Photo Album, The Mountaineers Archives.

The Spanish Flu swept the globe in 1918, just over 100 years ago. While we could find little reference of how this impacted Mountaineers at the time, we're watching as a similar pandemic grinds our spring and summer plans to a halt. At the time of writing, the Stay Home, Stay Safe order is still in place, and we don't know how and when getting outside will return to 'normal.' So for this Retro Rewind, we decided to look back one century ago at the summer excursion of 1920, to see just what Mountaineers members were up to and find inspiration in their intrepid spirits.

A quick history

The idea for The Mountaineers was conceived, fittingly, on a mountain in 1906, and by 1907 we had 233 members in our ranks. The highlight of every year was the summer outing, where often more than 100 members would spend 2-3 weeks tramping in areas of Washington previously unexplored by settlers.

"Summer outings were massive undertakings," wrote Jim Kjeldson in *The Mountaineers: A History*. "Activities on these outings were as varied as the members' interests, but almost always included a climb of a major peak, naturalist walks, and photography, as well as shorter, easier climbs and walks in the vicinity of the base camp. Until a separate climbing course was set up in 1935, the summer outing also was where the club's mountaineering instruction took place."

The logistics of supplying food and equipment was the largest challenge, especially since the summer outings were often set in locations with little access roads or trails. Group supplies like tents, cookware, and food was managed as a group, and each participant was allowed only a 30-pound cylindrical canvas bag of personal items. The only clothing available at the time was heavy, bulky wool clothing, and members needed to pack enough to stay warm while adhering to strict clothing requirements.

"The idea of maintaining a dress code in the mountains may seem a bit silly today, but in the early days it was a fact of life. It would be years before women were permitted to wear pants on outings without causing a scandal," wrote Kjeldson. "Men were advised to have 'one tramping suit of some good, stout material such as denim, khaki, or corduroy. Women should have one durable waist (blouse) for tramping, and one to wear around camp. The skirt should be short, not much below the knees, and under it should be worn bloomers.' [Women] were expected to wear their long skirts in camp and to change for the climb to shorter skirts worn over wool serge bloomers - uncomfortably hot garb for a summer climb."

Sun protection was another big consideration for the summer outings. Everyone was advised to wear colored glasses, and men painted their faces in greasepaint to protect from the UV rays. Women donned heavy veils, which cascaded around their faces from large hats.

1920: To the Olympics

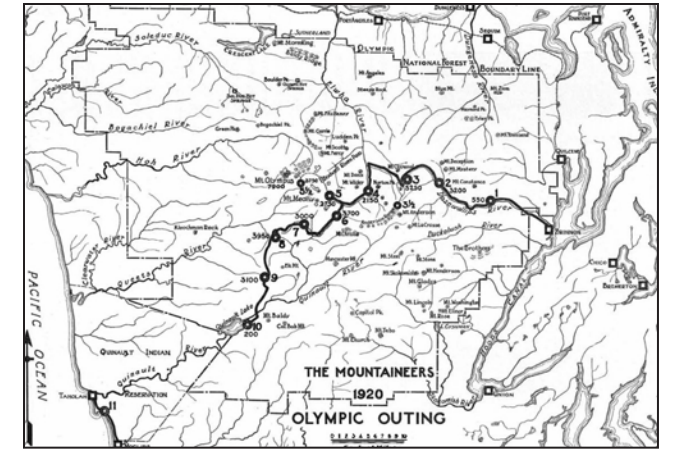
For the 1920 summer outing, 80 Mountaineers set out of Seattle on July 31 by boat for a three week excursion into the Olympic Mountains. The boat dropped the adventurers on Hood Canal in Brinnon, WA. From there, the plan was to hike deep into the Olympics, stay at a variety of camps along the way, climb the nearby peaks, and finish in Moclips, WA, where they'd catch a train back to Seattle.

"Nobody thought there could be three weeks of continuous sunshine in the Olympics, but there was - almost, all but one sad day," wrote Winona Bailey, a member of the 1920 outing committee and a member on the Board of Trustees. She wrote the summer outing trip report for *The Mountaineers Annual of 1920*.

Like all summer outings, the logistics of this trip were



On the summit of Mount Olympus during the 1913 outing: Winona Bailey, H. May Baptie, Grace Howard, Lulie Nettleton, P. M. McGregor, and L. A. Nelson. All had been on the first 1907 summer outing to the Olympics. Photo by P. M. McGregor, courtesy of Special Collections, University of Washington Libraries neg. no. 18159.



Mapped route of The Mountaineers 1920 Summer Excursion. Photo from *The Mountaineers 1920 Annual*.

challenging and had to be perfectly coordinated. Planning began years in advance. Large group organization in military fashion worked best for safety and security. To carry food and supplies into the Olympics, Mountaineers used packhorses with designated packers in charge for different legs of the journey. These packers were responsible for packing and leading the horses, which carried most of the equipment.

Organizers planned campsites, and scouting groups went out in advance to cache multiple tons of food in the chosen camping areas. Over the three week trip members would work their way between camps, sometimes staying longer at some sites than others depending on their individual objectives, and each camp needed to be set up and stocked. The scouts were also responsible for cleaning up any windfall. Luckily, many of the trails had just been completed the previous spring and summer as the Forest Service was getting back up to speed post WWI, so not a lot of resistance was met.

During the day and sometimes overnight, teams as small as 12 to as large as 50 broke off to climb different peaks and explore areas of the range where club members had yet to wander. Like most Mountaineers, Winona didn't go on every climb, but she was successful on two summits: Claywood and Sentinel. In fact, no member of the 1920 outing climbed all of the ten peaks attempted. The most summits by a single member was eight, completed by Phillip Rogers, Jr.

Of the Mt. Olympus outing, Effie Chapman wrote in the annual, "We came at last to the base of the Middle Peak of Mount Olympus and tackled the last steep snow slope and the rock above - much more of the latter than on the East Peak climbed by The Mountaineers in 1913. By 4.30 p.m. forty-five of the party stood on the summit taking in the countless ridges and peaks that constitute the Olympic group."

Returning from the day's adventure, individuals relaxed in relative luxury, especially in comparison to the lightweight bivys many of us call home in the backcountry today. After the Olympus climb, the group was greeted with treats

normally only found on holidays, in the comfiest settings. "We returned to main camp with its luxuries and a bountiful dinner including huckleberry and apple pies. Rice, raisins, cocoa and the service that accompanied them were surely never so appreciated."

"Be it said that in spite of uninterrupted days of travel and the roughness of Olympic trails, not a single night did dunnage fail to arrive before dark and not once was dinner served by candle-light because of a tardy pack-train," wrote Winona.

Into the boats!

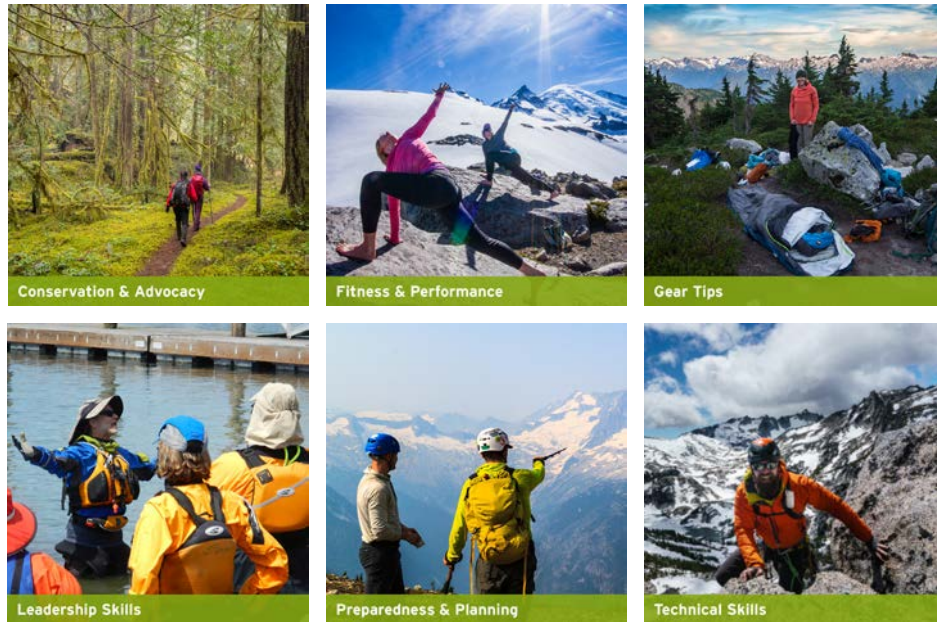
While the successful climbs were memorable, no summit could match the excitement of the Quinault canoe trip that served as a climax and ended their time in the Olympics. The canoe trip took Mountaineers down the river, all the way from Lake Quinault to the Pacific Coast. There, from Taholah, they only had a few miles of beach travel to reach Moclips.

A dozen canoes had been towed in on two lines across the lake. Once cut loose, they swung into the swift current of the river where paddlers encountered every condition imaginable. "The lap of paddle in clear deep water, the scraping of boat and pole over rocks, the noise of rapids ahead, the dark-outstanding rocks avoided, the swaying branches from ever verdant banks, the low bridge of log-jam, the narrow passage with no space to spare above or at the side, the Siwash illahee in lonely spot among the trees, finally the deep black water, the 'distant roar of ocean, the Indian village Taholah, the blood-red sun sinking into the waters of the Pacific; such was the close of the 1920 outing."

Adventuring has changed a bit over the past 100 years, but that doesn't mean its value has. If The Mountaineers of yesteryear could enjoy a fantastic adventure on the heels WWI and the Spanish Flu, our community today can find ways to get back to all of the things we love. Who knows, maybe right now you're reading this from the comfort of your favorite sleeping bag. ▲▲

Virtual Education Center and Calendar

We're excited to invite you to check out our new Virtual Education Center and Calendar, your home base for accessing all of our great virtual learning tools! Find activities, events, and classes held online and browse our educational resources for skills and more.



How to Get Involved

Step 1: Visit mountaineers.org/courses/virtual-education-center

This is your first stop to find everything you need for outdoor education and exploration.

Step 2: Choose what you want to learn

There's so much to explore! With a wide range of topics - from leadership tips to how to coil a rope - there's something for everyone. We also have a special 'Just for Fun' section if you need a laugh.

Step 3: Decide what kind of learning experience you want to have

Would you prefer to read a blog or complete an online course? What about attending a live webinar with an open discussion? We offer multiple educational formats to choose from so that everyone can find what works for them.

What You'll Find*

18

Online Courses

86

Educational Blogs

36

Virtual Events & Activities

*As of May 1, 2020

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 include 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.

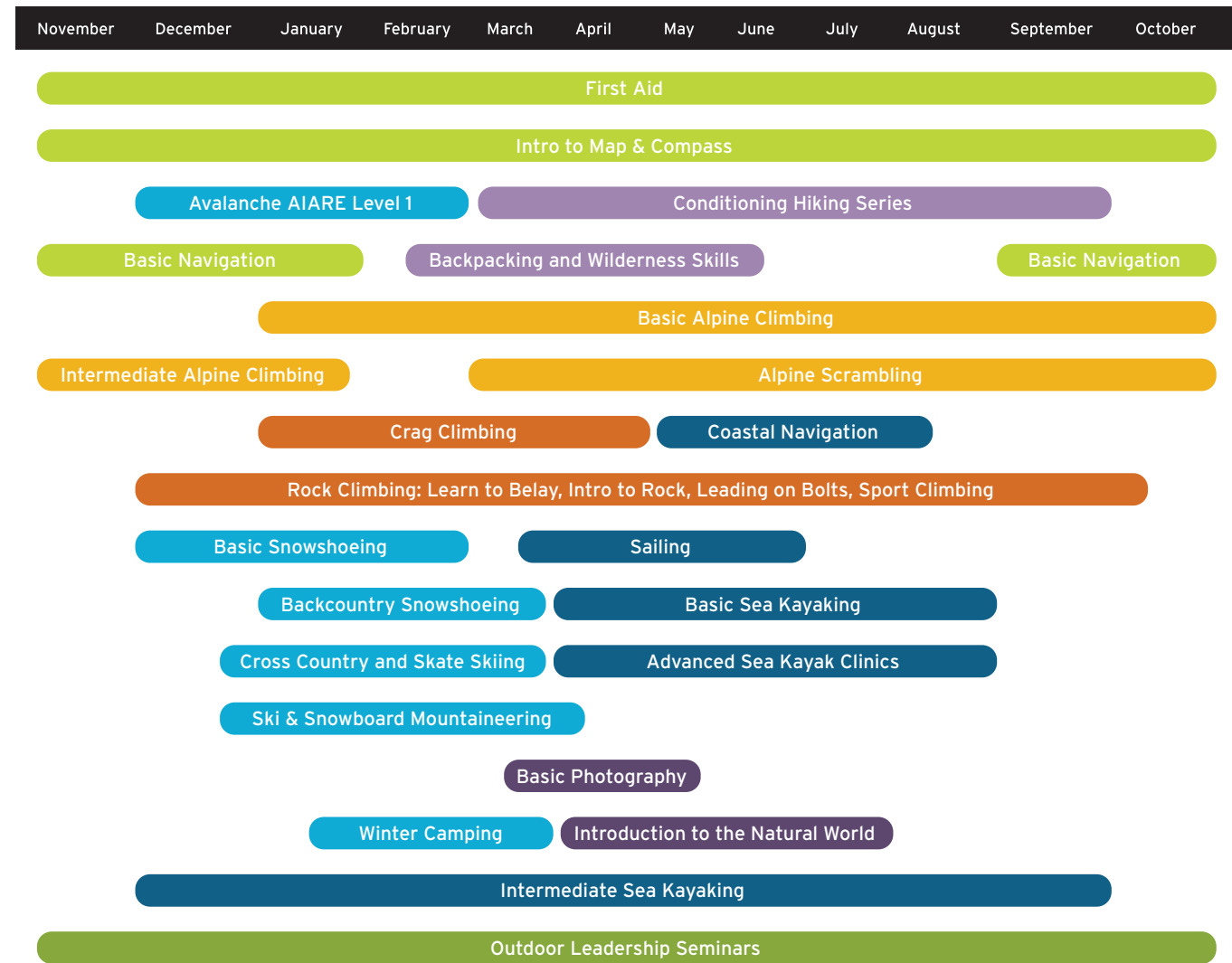
What if the activity is full? Sign up for the waitlist! Yes, it works. We have roughly a 10-20% drop-out rate in courses and activities, so spots often become available.



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!

Due to COVID-19 risks our lodges may be closed. Please visit our www.mountaineers.org/covid19 for more details.

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 their webpages 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

Located off I-90 at exit 62 (Stampede Pass exit), Meany Lodge provides a warm, family-friendly environment for all. We're looking forward to getting back together as soon as safety allows! Our work parties Jun-Oct offer opportunities to learn new skills, meet new friends, and contribute to the community. 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 tickets are available online, save on our two-show package. Please note that our outdoor theater is large, offering plenty of room for social distancing.

Bend in the Road - The Anne of Green Gables Musical: This July and August, 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 all ages. Please watch our website for updated show information.

Disney's Beauty and the Beast: We had to make the difficult decision to postpone this show to spring 2021. Our cast is looking forward to presenting a fabulous show next year! Tickets already purchased are valid for next spring's production of *Beauty and the Beast*.

Due to COVID-19 risks activities, courses, and events may be cancelled or postponed. Please visit our www.mountaineers.org/covid19 for more details.

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 branch celebration is in October, 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 book store, 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. A great way get involved is our Meet the Tacoma Mountaineers event, consisting of a meet-and-greet and a 90-minute interactive presentation giving you opportunities to learn about our history, our website, and how you can get involved.

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 is postponed for the summer due to COVID-19. We will resume again in October if possible.

Branch Council Meetings are held via ZOOM on the second Wednesday of the month. Members are encouraged to attend. Contact Bob Keranen 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.



membershipmatters

HANG OUT with member benefits

Now more than ever, our small businesses need your support. They're the ones who help keep your bag dry on rainy nights, your spork full, and your puffers stuffed. If you're doing any shopping, please consider going local and supporting one of our partners:

Cairn

Free 1-year premium membership

Ombraz Sunglasses

30% off Seattle-based armless sunglasses

Onda Origins Coffee

10% off single-serve coffee

Full Circle Farms

20% off your first five "sprout" boxes

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

Please keep in mind that some businesses may have adjusted hours/operations or may not be honoring discount benefits. Let us know if you have questions or contact businesses directly for their most up-to-date information. Remember to follow CDC guidelines when shopping in-person. Photo by Rafael Godoi.

DID YOU KNOW? Mountain rescue's roots in The Mountaineers

By Hailey Oppelt, Communications Associate

Exposing ourselves to the most unforgiving elements of nature can be cathartic, electrifying - and dangerous. Uncertainty is a necessary part of her appeal, but when Mother Nature (or plain bad luck) starts baring her teeth, today we have measures in place to help you get home safely.

'Mountain rescue' is a holy term to many, and for good reason; these volunteer-driven teams are made of dedicated outdoorspeople from all walks of life who give their time and money to provide a support system to mountain travelers. As Mountaineers, we're proud to have played a part in the establishment of mountain rescue as we know it today, and indebted to those who have placed themselves at risk for the lives of others.

The origins of mountain rescue

In the early days of climbing, you couldn't count on being rescued. The more skill required to place yourself in treacherous alpine areas, the less likely you were to be rescued by the Forest Service if a storm blew in. This was the brutal reality of early mountaineering.

However, by the mid-1930s things were changing. With more skilled climbers than ever before, the climbing community sought to advance climbing and protect those who took their chances in the mountains. In this rapidly evolving environment, the death of a young climber served as a catalyst for the creation of early mountain rescue.

In January of 1936, Delmar Fadden set out to climb Mt. Rainier via the Emmons Glacier. He never returned home. His disappearance sparked a rescue effort that culminated in an airborne search, a Mountaineers team facing sub-zero weather and frostbite on the mountain, and ample press coverage. Delmar was eventually found frozen with a roll of exposed film in his pocket, capturing the crater of Mt. Rainier. He had accomplished the first winter ascent of the Emmons route, but perished on his descent.

Following the recovery of his body, the rescue team (led by Omi Daiber, often called the "Father of Mountain Rescue", whose resume includes the first ascent of Mt. Rainier's Liberty Ridge) continued their unofficial efforts in the mountains until 1939, when The Mountaineers formed the Mountaineer Rescue Council. This Council offered members a list of rescue volunteers to call when needed, working with the Forest Service and local law enforcement to get injured climbers to medical services safely.



Members of the Mountain Rescue and Safety Council and a U.S. Coast Guard helicopter crew conduct a practice rescue in 1949. They include Chuck Welsh (standing far left), Dee Molenaar (next to him), Cornelius "K" Molenaar (fourth from left), Omi Daiber (center with beret), Jim Whittaker (right), and Lou Whittaker (kneeling third from left). Photo from the Dee Molenaar collection.

This formula proved successful for a time. Then, following a trip home to Bavaria in the aftermath of WWII, Mountaineer Wolf Bauer was captivated by a film on the mountain guards on the German-Austrian border. He brought a copy home for his fellow Mountaineers, and it became apparent that the techniques being used in the Pacific Northwest needed an update. Thus the Mountain Rescue Council was established in 1948, coordinated in partnership with the Washington Alpine Club, the northwest region of the National Ski Patrol, and The Mountaineers.

A flurry of conferences and budding interagency relationships led quickly to technological development in rescue communications and mountain stretchers. Branches of the Washington-based Mountain Rescue Council grew and, in 1959, the National Mountain Rescue Association was formed with teams in Alaska, Idaho, Montana, Colorado, Arizona, California, and New Mexico.

Delmar's death was tragic, but served as the spark for a series of events that created the mountain rescue teams we know and rely on today. Over 80 years have passed since the original rescue team faced mountain storms and frostbite to search for the young climber, and it's because of them that we know exactly who to call when nature's growl grows to a roar. Their legacy of dedication and skill helped lay the foundation for decades of mountain rescues and countless saved lives. And we remain indebted to the many individuals who continue to train and deploy for our collective mountain safety today. ▲▲

The information in this story was sourced from The Mountaineers: A History, by Jim Kjeldsen.

Thinking about the legacy you'll leave behind?

You can provide a lifetime of adventure for those who will follow in your footsteps.

From the snow-capped peaks of the Cascade Mountains to the deep blue waters of the Salish Sea, Mountaineers have served as the Pacific Northwest's leaders in outdoor exploration for over a century. You can ensure that our spirit of adventure lives on with a gift to The Mountaineers in your will or trust.

Regardless of the size of your gift, your legacy will support future generations of Mountaineers with meaningful programs that teach skills for a lifetime of outdoor pursuits, foster a volunteer ethic in our community, and inspire conservation through outdoor recreation and publishing.

- In 2011 The Mountaineers became an independent 501c3 nonprofit.
- If you have already included The Mountaineers in your estate plans, make sure our correct Tax ID # is noted: 27-3009280.

Planning your gift today will ensure the strength of The Mountaineers tomorrow.

Photo courtesy of Richard Lawrence



To learn more about how you can make a difference, call Assistant Development Director Brianne Vanderlinden 206-521-6006.



For every season there is a Hilleberg tent.

Hilleberg has over 35 models of three- and all-season tents well-suited to any kind of backcountry adventure. The Niak shown here has room enough for two, but is easily light enough to be a mansion for the solo traveler who wants maximum comfort. Easy to pitch, remarkably sturdy, and impressively light, the Niak is perfect for short or long snow-free journeys.



Jon Dykes/Hilleberg Team

YOUR TRIP DEPENDS ON YOUR EQUIPMENT. Choose wisely, and trust tents that have been rigorously tested and constantly proven, in all conditions, on all continents, for over 45 years. The Niak tent shown here is one of our Yellow Label models, our very light and airy yet strong tents built specifically for warmer weather, snow-free use. Hilleberg tents are conceived and developed in northern Sweden and made in our own factory in Europe, and they offer the ideal balance of high strength, low weight, ease of use, and comfort. To learn more about our tents and about us, visit our website, hilleberg.com.

Order a **FREE** catalog online at HILLEBERG.COM
or call toll free 1-866-848-8368

follow us on facebook.com/HillebergTheTentmaker

HILLEBERG
THE TENTMAKER