

Mountaineer

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

in this issue:

After The Fall

No Hiker Left Behind

DIY Gear Room

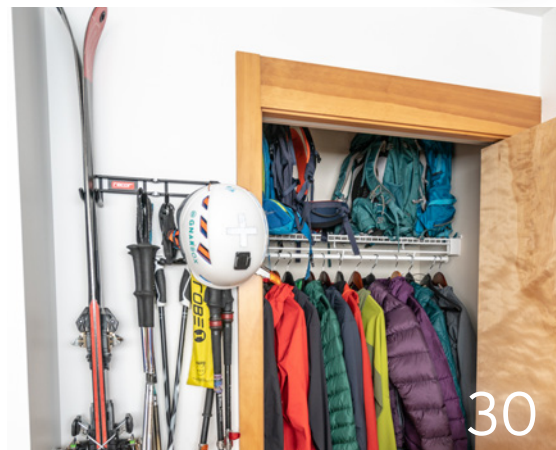
Adventure Hacks

Rainier 100



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Summer 2019 » Volume 113 » 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.



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Discover The Mountaineers

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

On the cover: Jon Luthanen with his prosthesis on the summit of Grand Teton in 2018.



I am privileged to be the president of an organization that is famous for its offerings of volunteer-led outdoor activities and courses through which we teach lifelong skills and imbue personal connections with the places we enjoy. Yet when I reflect on things that I value about my Mountaineers membership, what surfaces for me is not just our technical expertise (and we have plenty of it), but also our communal optimism and support for each other and for protecting our lands and waters.

Our lives are often stressful and our time limited. Mountaineers activities, whether out of doors or in a program center, offer us a place to inhale and exhale deeply, to let go, and to be aware. The fact that we engage as a community deepens these experiences and the benefits we reap from them: we educate and encourage each other, mourn together, laugh together, try hard together, and accomplish more *together*.

The phrase "going the extra mile" has an obvious literal meaning in The Mountaineers, but it also expresses the attitude and efforts of our members. Our volunteers and leaders go the extra mile every time they plan a course or a trip. Our members do it when they support each other through challenges and reach out to tell someone new about what it means to be a member of our Mountaineers community. Our conservation supporters, through advocacy and stewardship work, directly and through our books, do it when they reach out to inform the public and our public servants about why it is so important to protect our lands and waters. And we all do it when we make donations now or through our estate plans to The Mountaineers.

Going the extra mile takes greater commitment and effort, and yet we see our fellow members do it over and over again. Words of encouragement. A helping hand. Giving so that others can have the same experiences we enjoy. We know why we give so much together when we witness the smiles that result from our efforts, and we persist because of our shared memories, mutual support, and confidence in taking on new adventures together.

As our Mountaineers community expands in size and inclusivity, so do those smiles. One of them will be mine. I can't wait to go the extra mile with you.

Lorna Corrigan
Mountaineers Board President



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

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Photo by Mike Warren



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Photo by Mitch Pittman.

Joining The Mountaineers staff six years ago this June was a dream come true. As a backcountry skier, climber, and runner who loves connecting people to the power of the outdoors, I was honored to add my name to the long roster of Mountaineers giving their time for the benefit of others. I quickly met a number of inspirational Mountaineers - from first-time hikers and explorers to 50-Year Members and mountaineering legends.

I fell in love with everyone's unique story, and how each one of us contributes to the fabric of our organization, strengthening it with every experience.

I met Tab Wilkins two months into my role when he reached out to offer himself as a resource. As the most recent Board President (2010-2012), Tab shared invaluable insights and helped me start off on the right foot. Over the years we partnered on a number of projects, and I enjoyed watching all of the ways he continued to give back to The Mountaineers. In addition to serving as our President and VP of Branches, Tab volunteered as a climb, backcountry ski, and scramble leader (and innovator of our Compressed Alpine Scrambling course), and donated to every fundraising appeal we ever presented at The Mountaineers (including signing on as a founding member of Peak Society).

As a fellow skier, he was always sharing interesting ski articles and recent trip reports, many of which made their way onto our Facebook page. Once he learned that we were both part of Turns All Year, a group of people committed to skiing one day a month for as many months as possible, he started sharing beta about his favorite places to go. He eventually helped recruit me to join him on the board of the Northwest Avalanche Center, and I enjoyed the opportunity to learn from him in a new setting.

Tragically, Tab was killed in a skiing accident in late-March. The shock and surprise felt throughout our community was, and still is, palpable. Tab was one of those remarkable people who made a positive impact on everything he touched, and we are still discovering all of the quiet ways he was contributing throughout The Mountaineers. Tab was thoughtful, with endless patience and a compassionate smile, modeling the leadership he wished to see at all levels. Ask anyone and they'll tell you Tab lived the ethos of The Mountaineers: to adventure with purpose.

As a large community, we have to say goodbye to a number of exceptional humans every year. These times of loss bring people together, where we offer kind words and a helping hand, hoping that small acts will make a difference in uplifting us all.

The theme of this magazine is "Going The Extra Mile", in honor of and dedicated to Tab Wilkins. Inside you will find stories about members of our community going the extra mile for one another, in ways big and small.

We have stories about friendship, where no hiker is left behind and one climber's tick list is finished by friends even after he is gone, an article about moving past injury to discover new passions, and How To's designed to help you upgrade your gear room and hack a solution when you forget something critical. You'll find all of our regular columns - with tips, tricks, and community highlights - as well.

Our experiences with each other and the natural world make us stronger; we build memories with every step. We hope these stories honor those who are no longer with us, and inspire you to reach out and connect with someone new.

Kristina Ciari

Kristina Ciari
Communications & Membership Director



For our annual April Fool's Day prank, we created a one-day-only **Cheater Badge** online for couch potatoes who wanted the glory without the grind. Thanks for playing along with us:

"How do I apply for my equivalency of the 'Getting Vertical' badge? Last summer with practice I was able to belay up to 5.17b. Over the winter I have been practicing my belay skills and expect to be able to belay at least 5.24."

-Jason Wilson, 4-year member

"I'd like one in the naturalist category so I can make up plant names that sound official. How fun to create names for all sorts of moss, wild flowers, ferns, and trees?"

-Terri Pressly, 1-year member

"I've been trying to get one since you announced this morning, but all of the field trips are full even though they're not even open for registration yet. Apparently, everyone else emailed the leaders ahead of time. I guess I should have expected this given the badge."

-Adam Greenbaum, 2-year member



In "**The Baby Peakbagger**" [Spring 2019] proud father Karl Themer shared a photo of his daughter Vera wading in St. Andrews Lake. One reader took issue with what they thought to be a dark, sagging lump in her diaper.

"Euwww! Just because mass marketing promotes a disposable diaper to take poop prone toddlers anywhere

does not make it right! Let's keep poopie diapers away from mountain lakeshores, especially when advocating to parents to bring even more toddlers to shores of leaks!"

-Dulce Setterfield, 34-year member

In "**The Search for Eldorado: An Adaptive Climber Finds her Summit**" [Winter 2018], Lance Garland tells the story of Kimber Cross, a fellow Basic Climbing Course graduate who was born with one hand and leapt into the world of alpine climbing. Her passion inspired these readers:

"Kimber was the leader for my climb of Glacier Peak and she was a great leader! It was a perfect climb, we had great weather, a fun team, an amazing potluck dinner at camp after summiting. Good times!"

-Jeremy Benezra, 2-year member

"Stories like this are better than coffee. Gives me that warm, buzzing feeling that possibility is all around and I can't wait to start a new adventure. Keep 'em coming!!"

-Margaux Gottlieb, 5-year member



In March, we published the volunteer-authored blog "**Language Matters: Stop Using the Slang Word for Carabiner**" about a common abbreviation for carabiner, which is also a pejorative for people of Mexican descent and heritage. The community responded en mass.

"There are many words Americans use, in and out of the mountains, that have impact on those from other cultures. You may have just opened up a can of worms on this one."

-Josephine Johnson, 3-year member

"Thank you for writing about this. I didn't know the other potential meaning of "biner," but now I do and I will try to not use it any more. Even if it does not affect me personally, it affects others around me and it's an easy change to make."

-Alina Badus, 3-year member

"Context and intent is everything. I am fluent in Spanish and a physician who treats almost exclusively Hispanic patients and it would never, ever occur to me to use that pejorative term. But I will not hesitate to ask my fellow climber for a damned "biner" because that is what we call it! You guys need to relax!"

-Brent Linse, 6-year member

"Hispanic scrambler and climber here, saying that I would prefer we move away from the word. Saying "Locker" "Non-locker" and "Carabiner" are great alternatives. I've tested the switch myself and can promise you it has no bearing on fun or safety."

-Ashley McLoud, 2-year member

Equity & Inclusion (E&I) is a core part of The Mountaineers' strategic plan, Vision 2022, and creating an inclusive, outdoor community is part of our Core Values. These were created with significant input from Mountaineers members, the broader outdoor community, and with the approval of our board of directors. Our commitment to becoming a more inclusive, welcoming community is unwavering. As part of this commitment, we will continue to share updates and resources about this work here and on our website.

Are You Prepared For the Unexpected?

By Courtenay Schurman, MS, CSCS, PN2

Descending from the summit of Eldorado Peak.
Photo by Ida Vincent.

In terms of conditioning, "going the extra mile" means working to get stronger, faster, and fitter than you think you need to be for your trips. Many novices start training programs too late, thinking you can "cram" like you might for a test, or worse, "get by" without the proper preparation. Hurrying fitness will only result in sore or strained muscles, failure to reach your objectives, or worse, injury.

This thinking not only puts others at risk, but also means you'll have far less fun than you could. Why have adventures that you don't enjoy? Follow these three tips to help you prepare for the unexpected (and benefit from my mistakes):

Recognize that novelty = adrenaline

For someone facing a first-in-a-lifetime adventure, the exhilaration of the unknown takes up more energy than it does for someone who is familiar with the route or can anticipate what's coming. With any dramatic exposure or scary new task it's easy to rely on adrenaline, like when you're getting up for your first alpine start in the dark. While you may initially feel a burst of energy, relying on heightened adrenaline levels can leave you drained for days.

One of our first intermediate rock climbs was a running belay ridge climb of Forbidden, a low fifth-class climb with dramatic drop-offs on both sides. Not only had I never done running belays before, but collecting gear, having it swing awkwardly around my body as I raced to keep up, dealing with dramatic exposure, and combating poor sleep the night before all meant relying on pure adrenaline for most of the eighteen-hour day. It took several days to recover from a depleted adrenal system.

Focus on skill development

Novice mountaineers expend more energy doing basic tasks simply because they haven't yet mastered certain skills. It's common for beginners to use extra energy going up steep slopes because they don't know how to place their feet. With experience, mainly by getting out on multiple training trips, you will develop

proficiency. Until then, plan to compensate by developing greater cardiovascular stamina, strength, and power to keep up with the people in your group who have more experience.

The first time I climbed Mount Rainier in 1990 (pre-Basic Climbing days!), the rest step and pressure breathing were foreign to me. When I started to feel nauseous, I panicked and did the best I could by plowing ahead twenty steps then breathing deeply, unaware that my start-and-stop method would quickly exhaust me. I would have gladly shifted into using energy-saving techniques had I known about them. Now, at the first sign of nausea I shift into paused breathing steps without even thinking about it. My "conscious incompetence" shifted to "unconscious competence" through practice and increased skills.

Follow the 10% rule

Novice adventurers generally carry extra stuff, or rent equipment that may be heavier than gear experienced mountaineers acquire over many years. They're also more likely to carry extra unnecessary items "just in case". If you've only trained with the personal items you expect to carry, you may not develop the extra strength or endurance to carry your share of group gear or help in an emergency. For example, many novices on Mt. Rainier carry well over fifty pounds, whereas more experienced folks often climb with forty pounds or less. Be sure to account for this weight difference in your training.

To help offset the unexpected, build time into your conditioning season to go 10% farther in training hikes, carry 10% more weight for at least one of your conditioning trips, and build 10% more strength than you think you need. Then, when you encounter the inevitable obstacles, you'll be prepared. ▲▲

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 www.bodyresults.com or send a question to court@bodyresults.com.



Photo courtesy of Eric Skokaj.

Name Amrit Panda

Hometown Bhawanipatna, India

Member Since December 2017

Occupation Computer Architect

Favorite Activities Mountaineering, hiking, climbing

How did you get involved with The Mountaineers?

I had just moved to the greater Seattle area in Fall '17 with some basic hiking and backpacking experience in Arizona, California, and Utah. I was catching up with old college friends who have been here longer and when I mentioned my desire to transition to technical climbing, one of them, Aditya Sankar, strongly recommended The Mountaineers. I remember spending the rest of the night exploring The Mountaineers' website and losing sleep amidst the excitement. I signed up for the 2018 Alpine Scrambling Course and since then it's hard to imagine a week without getting involved with the club.

What motivates you to get outside with us?

For me, it's the people - leaders, instructors, participants, volunteers in all roles. There is so much to learn from each individual that I remain engaged regardless of the number of trips I've shared with each of them. I've met extraordinary people within the club and made some great friends and mentors. I also find the desire to teach and see students grow among leaders and instructors very motivating.

What's your favorite Mountaineers memory?

I've so many fond memories to cherish in this short time that choosing one is hard. If I were to single out one, the scramble rock field trip on Mt. Erie would probably be up there. I was in a group led by Steve Russell and it was a super fun day with loads to learn and experience. I was amazed at how honed navigational skills can be - opting for alternate approaches that also gave the group the opportunity to sample a wide range of terrain. This is the trip where I finally started trusting my boots and it really boosted my confidence. All the participants in the group were outstanding, not only in skills but more importantly in spirits and it brought me immense joy to witness the transition in everyone by the end of the field trip.

Who/what inspires you?

The positive energy when I'm on a mountain and I see my fellow mountaineers with that accomplished look on a hard-earned summit and/or cracking a crux move.

What does adventure mean to you?

Adventure, to me, is spicing up any activity with some unknown. It's the desire and willingness to step out of the 'usual' way and explore new opportunities. Adventure is also revisiting things that have made you uncomfortable in the past with an open mind and heart to learn.

Lightning round

Sunrise or sunset? Sunrise.

Smile or game face? Smile.

What's your happy place? On a mountain of course!

What's your 11th essential? Ramen

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

Excerpt from *The Sharp End of Life: A Mother's Story*

By Dierdre Wolownick



Dierdre and Alex on the summit of Matthes Crest, Tuolumne Meadows, Yosemite National Park." Photo Courtesy of Amy Mountjoy.

They say the apple doesn't fall far from the tree. So it's not hard to imagine that the mother of the world's most audacious rock climber would be an interesting person herself. In *The Sharp End of Life*, Alex Honnold's mom, Dierdre Wolownick, recounts her upbringing in an immigrant household, a difficult marriage, raising her children as a single mom, teaching in multiple languages, succeeding as a musician and children's book author, and then, late in life, taking on the physical challenges of marathon running and learning to climb. At the age of 66 and with the help of her son, Dierdre became the oldest woman to climb Yosemite's El Capitan. *Library Journal* says, "Honnold fans who enjoyed his memoir *Alone on the Wall* or saw the Oscar-winning documentary *Free Solo* will appreciate [Dierdre] Wolownick's intimate stories."

MOUNT CONNESS, SIERRA NEVADA, 12,590

Lightning flashed, somewhere, not far enough. Again. Thunder growled, scolded us to go even faster. If someone died today, it would be my fault. That pushed me a bit faster. But you can't climb without sufficient air to deliver oxygen to the muscles you need, and I wasn't getting enough of either. If someone died today ... That thought didn't help my lungs at all. My body had only been growing older since I started climbing, and I understood why my friends had tried to discourage me from Conness. But I wanted to find out if I could climb it. Conness was so big, so beautiful! So out of reach. Had I become a climber worthy of it?

When I reached the top, gasping, Alex was pointing toward the way down on the other side.

"Go, Mom! Over there - down!" Icy rain battered us, mixed with sleet, ice, and snow.

"But I -"

"Go, Mom - I'll sign the book for you." I could barely hear his shouts over the roar of the wind and the pounding rain. For weeks I had looked forward to signing my first alpine high-country register at the summit of Conness. We had talked about that. Alex knew. But we all knew what could happen to lightning rods, creeping across the top of a tempting peak in a major storm.

And “down,” it turned out, was hours away. The clouds had already lowered until they were on top of us, enveloping the rocks. As we scrambled through cloud after cloud and lightning struck all around us, the whole inside of the cloud lit up: we could no longer tell where the lightning was striking.

This was information I never thought I would learn firsthand.

It rained harder, colder, sideways, or swirling or driving into our faces. All the tiny rivulets we’d hopped over in all the meadows on the way up had turned into raging torrents. I was soaked in near-freezing water up to my knees.

No one spoke. If the terrain hadn’t been so harsh, we would have run. I picked my way as carefully as I could while going as fast as I could manage. We flew along, unable to hear anything but the water slapping our hoods and our faces. Night fell, and still the storm raged around us.

The distance wasn’t any farther than I’d hiked on previous outdoor climbing days. But fear of death by lightning, fierce wind, treacherous footing, and icy-wet cold – along with the sustained effort of twelve very fast pitches after more than seven miles of hiking – had worn me down. For the last hour of slogging at top speed through the pitch-dark forest, I held on to a loop on the back of Alex’s backpack.

Alex calls that cheating. I called it survival.

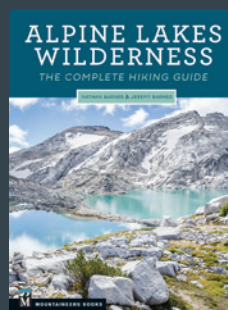
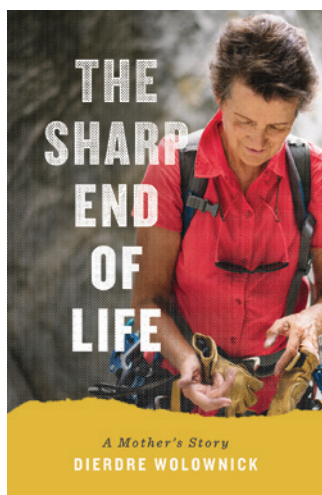
He and I are the alpha and the omega of climbing skill. He has no idea how far out of my comfort zone he takes me or how hard it is for me to go where he goes. But I go. I try. He respects that, I think, even though he’s often incredulous at how shattered, how drained it leaves me.

We climb for the same reasons. I think – I hope – he understands that. I know he understands pushing limits: he free-solos the hardest vertical climbs imaginable. It’s just that me pushing my limits doesn’t look anything like him pushing his. He rolls his young eyes. That’s okay. I still need to push them.

Being up here helps me forget. Sciatic pain. Arthritic knee. Tennis elbow. Crooked, unyielding toes. Deficient lungs. The limits of my body. None of that matters up here. The rock is ageless, unyielding. It gives no quarter. My mind is emptied of everything but the next handhold or foothold.

Being up here helps me understand my children, and also myself. Helps me see what I’m capable of. Or not. Essential knowledge, for an informed life. ▲▲

Dierdre’s book *The Sharp End of Life: A Mother’s Story* is available at the Seattle Program Center bookstore, mountaineersbooks.org, and wherever books are sold.



ALPINE LAKES WILDERNESS: THE COMPLETE HIKING GUIDE

By Nathan Barnes and Jeremy Barnes

A book showcasing the Alpine Lakes Wilderness deserves special treatment, which is one reason this book is larger – more space to show off the area’s 600 miles of trails and 700+ alpine lakes and ponds. The color guidebook includes 100 hikes with a range of difficulty, geography, and themes so hikers of any age and skill level will find trails to suit their tastes. You’ll also find permit information, detailed maps, elevation gain/loss, snapshots of each trail’s foot traffic, historical background, and turn-by-turn mileage and directions in this comprehensive new guide.



YOSEMITE NATIONAL PARK: ADVENTURING WITH KIDS

By Harley and Abby McAllister

It’s hard to know which came first: a passion for family, parks, or books. Harley and Abby McAllister have heaps of experience with all three. The pair just completed their fourth family guide to a national park – *Yosemite National Park: Adventuring with Kids*. (The previous installments in their series are *Glacier National Park*, *Utah’s Big Five National Parks*, and *Yellowstone National Park*.) These parents know the outdoors and have raised their kids on adventures. This guidebook, like their others, is packed with fun things to do for the whole family and tips for keeping everyone happy.



BIRDS OF THE WEST: AN ARTIST'S GUIDE

By Molly Hashimoto

Birds are a fascinating part of our lives, and even people who don’t consider themselves birders seek them out, following a song or flash of feathers through neighborhoods, urban wetlands, and wilderness trails. In *Birds of the West*, Molly Hashimoto (author of *Colors of the West*) features nearly 100 Western species through seven Western habitats using different media, from quick ink sketches to carefully planned and vivid block prints. Her detail and range of art encourage all of us to observe our feathered friends, and the natural world around us, more closely.

Becoming the Leaders Our World Needs

By Jaydalen Blossom,
Y-WE Nature Connections
and Mountain Workshops Participant



Jaydalen speaks at The Mountaineers Gala. Photo by Sam Ortiz.

A hush spread over the crowd of 500 well-dressed Mountaineers, all eyes on the stage in anticipation. From behind the curtain emerged Jaydalen Blossom, a 14-year old outdoor enthusiast and participant with Young Women Empowered (Y-WE), a youth-serving mentorship and empowerment organization we partner with as part of our Mountain Workshops program. Jaydalen joined us to speak about the connection to people and place she feels in being outside, and to offer a fresh perspective on why protecting these places and experiences is more important than ever.

Jaydalen's speech was incredibly powerful - interrupted multiple times by rounds of applause - and her poise and self-confidence was laudable, inspiring our community to give a record-breaking \$140,000 in raise-the-paddle donations.

In his opening remarks our CEO Tom Vogl quoted a proverb: "We don't inherit the earth from our ancestors, we borrow it from our children." I am reminded every day, in big and small ways, about how fortunate I am to share the same space with youth like Jaydalen who are thoughtful, kind, compassionate, resilient, and inspirational. In an evening that included famous climbers and legendary Mountaineers, Jaydalen was the most uplifting of all. She truly embodies the traits that will make this world a better place, and I'm honored to share her beautiful speech with you today.

- Andy Bassett, Youth Education Manager

My name is Jaydalen Blossom - I am 14 years old and I live here in Seattle. I love nature. I love to move my body. I breakdance and do parkour and have lots of fun adventuring outdoors. My family consists of my mom, dad, and little brother, who are sitting right over there.

If you would have told me a year ago that I'd be standing in front of 500 people and sharing my personal story, I'm not sure that I would have believed you! I feel truly honored to be here tonight.

I am a participant in Y-WE Nature Connections, which is a program of Young Women Empowered, one of the many nonprofits that The Mountaineers works with through their Mountain Workshops program. If you aren't familiar, Mountain Workshops partners with over 30 nonprofits a year to help more than 1,000 youth have outdoor recreational experiences.

In the past few months, in Y-WE Nature Connections activities in partnership with The Mountaineers, I've had experiences that I've never had before in my life. We have come together with youth and mentors from all walks of life to try new things, to connect with nature, and to connect with one another. I've gone snowshoeing at Mt. Rainier National Park, cross country skiing at Lake Easton State Park, hiking at Dash Point State Park, and camping at Wanapum Recreation Area in Vantage.

I feel so grateful to experience these places. I'm sure you know this feeling, but connecting with nature... it really taps into my mind, body, and spirit. When I am outside in these wild places my mind feels at peace and I am able to let go, my body feels rejuvenated and energized, and my spirit is humbled and free.

And it's not only the places that have an impact on me. The recreational experiences do too. I have always felt supported in trying something new, like rock climbing and cross-country skiing. I have been held capable, and I feel good when I'm cheered on by my supportive community of peers and mentors.

There are so many things that I love about Y-WE Nature Connections and Mountain Workshops, but the thing that I think is most important is the sense of community that programs such as these instill in young people like me. I have a sense of belonging. It supports me and encourages me in outdoor

adventures, and in all areas of my life. I know that these are building blocks that will stick with me, even into my adult years.

This past weekend was a really great example of that.

A group of us young women and our mentors went on a camping and hiking trip to Vantage. The opportunity to stay overnight in a new place, removed from the city, brought us closer as a community. We had the chance to learn people's stories and share our own, and to laugh and play together. On Saturday night we gathered around the campfire to share about the advice we would give to our younger and future selves.

It became so clear to me then...

We need to provide all youth with access to our wild places, as well as opportunities to reflect on where we've been and where we're going. It is up to us to create a future that is better for ourselves, better for our communities, and better for the world.

Programs like Y-WE Nature Connections and Mountain Workshops support youth in developing important leadership skills and a stronger belief in themselves. Problem solving, trust, respect, communication - we're becoming the leaders that our world needs. And now more than ever before, with the current state of global politics and the environmental climate, the world needs our voices... and our hearts.

You're sitting in this room tonight because you care about the future of our natural world. And I thank you for being here because I care, too.

I can confidently tell you that if you're concerned about the future of our wild places - if you care about what we're leaving behind for the next generation - then you need to care about experiential outdoor education programs. Programs that provide youth with opportunities to build a strong community with one another and to grow with one another. Programs that provide youth with opportunities to find their sense of belonging in our wild places and strengthen their connection to our natural world. Programs that bring to life the significance of our actions and promote the respect of all people and all places.

Programs like Mountain Workshops at The Mountaineers - that's where magic happens.

Our futures depend on how we prepare today's youth to be the next great leaders. The next great leaders who will also

become the next great stewards and fierce protectors of the people, places, and experiences that we all hold dear.

In a minute you're going to be asked to raise your paddle, and I challenge you to raise it boldly to celebrate and share the outdoor experience, so that more youth can feel how I feel.

Give tonight, and you'll give hundreds of young people like myself the opportunity to hike, rock climb, snowshoe, and cross-country ski.

But it's bigger than that.

Give tonight, and you'll support young people in developing their own personal relationship with our beautiful natural environment.

But it's even bigger than that.

Give tonight, and you'll help build a sense of community and belonging for many more young people in the Pacific Northwest, so that they can grow into the leaders that our people and our places so desperately need.

Our futures depend on it. **Thank you.** ▲▲

Our Mountain Workshops program was established in 2011 by investing in strategic partnerships with local organizations serving underrepresented youth. Participants engage in outdoor activities, including climbing, hiking, snowshoeing, and cross-country skiing, while learning transferrable life skills like communication, confidence, trust, and perseverance. Through experiential learning, young people build strong communities and connections to our public lands.

In the past eight years, we have partnered with more than 45 Youth Serving Organizations, served 8,500 students, and delivered 15,000 Youth Experiences. More than 50% of our Mountain Workshops youth are able to participate thanks to scholarships made possible by Mountaineers donors.

Our youth partners include Young Women Empowered, Aki Kurose Middle School, Interagency High School, SheJumps, Big City Mountaineers, Franklin-Pierce High School, Solid Ground Broadview Shelter, and many others. For more information about the program or to volunteer, please contact Danielle Lietao at daniellel@mountaineers.org. To support this program, visit mountaineers.org/donate.



Y-WE Nature Connections cohort camping at Vantage in partnership with Mountain Workshops. Photo courtesy of The Mountaineers.



Brian Thiel in the taproom; Kick Step IPA, photos by John Beck. Mountaineers CEO Tom Vogl on the summit of Kilimanjaro with Kick Step IPA, courtesy of Tom Vogl.

Ghostfish Brewing and The Mountaineers

A Sustainable Partnership

By Brian Thiel, Ghostfish Brewing Founder

Leave it to a Mountaineer to find a mountain!

This was my thought as I finished reading an email from Web Chang, a staff member at Mountaineers Books. Web's message arrived shortly after Ghostfish released our third packaged beer of 2015: Shrouded Summit Belgian White Ale. In this case, the mountain Web had found was on the side of our can, which vibrantly depicts two trekkers stopping for a moment to take in a majestic view of cloud covered Mt. Rainer (designed locally by Kevin LeDoux).

Web wanted us to know that he appreciated the can design of Shrouded Summit, and as one of three co-founders of Ghostfish Brewing Company, receiving this message was extremely gratifying. Looking back, this early brush with The Mountaineers was foreshadowing of an incredible partnership to come, focused on supporting your nonprofit mission in the most delicious way possible.

Gluten-free pioneers

Ghostfish Brewing didn't start out as a dedicated gluten-free brewery. While many people now associate Ghostfish as "the gluten-free brewery", we've always considered our focus to be making the highest quality beer that also happens to be gluten-free. We don't make beer for people who are gluten-free - we make beer for beer drinkers!

I joke now that in the beginning (2013) we were setting ourselves up to be yet another one of the 7,000+ craft breweries across the United States. The plan was always to be

innovative by providing an environment that encourages individual contribution, artful aesthetics, and challenges norms. Sometime into the planning phase, we decided to become a dedicated gluten-free brewery to support our vision and contribute to a more sustainable model of production.

What we didn't necessarily grasp at the time was that we were pioneers in a growing, yet small segment of the craft brewing movement. When you think about beer made from barley, wheat, and rye, you don't necessarily think about how much tinkering and transformation has occurred over centuries in beer engineering to get to where we are today.

There was no history of gluten-free brewing, nor a playbook that existed, when we started Ghostfish.

Sustainable grains

We create our beer using traditional brewing methods, but grains we use are most certainly non-traditional by today's standards. You'll find plenty of millet, brown rice, and buckwheat (unrelated to wheat) in our grain room. These grains were used in the creation of beer around the globe for centuries, and in fact,

millet predates barley in beer brewing history! All these grains are naturally gluten-free and don't contain the proteins that cause harm in people with Celiac Disease.

While each of our primary grains have amazing sustainable qualities, millet is particularly drought and heat tolerant. It is a highly nutritious cereal grain that sustains more than a third of the world's population. Buckwheat, which is a fast grower, thrives in poor soil conditions, and is a wonderful cover crop that maintains soil health, reduces soil erosion, and supports a healthy proliferation of honeybees. If you want to bring bees back to your garden, plant some buckwheat!

The Mountain-who's?

I'll admit that I knew very little about The Mountaineers prior to starting Ghostfish Brewing. Growing up in rural northwest Ohio didn't lend itself to thinking much about mountains, not unless you count watching the von Trapp family escaping Austria into Switzerland. My first exposure to mountains came during a family vacation to Gatlinburg, TN, right in the heart of the Great Smoky Mountains. It wasn't until I moved from Ohio to Colorado in my early 30s that I began to appreciate mountain pursuits.

Summitting "14'ers" was something that a low-lander like me could handle and appreciate. If reaching the top of Mt. Elbert (14,440 ft) was one of my proudest outdoor achievements while living in Colorado, summiting Long's Peak (14,259 ft) gave me serious bragging rights amongst my friends and family. Okay, so I know what you are thinking: "Yea, but you started at an elevation near 10,000 ft." Well, you'd be right, and I'll also admit that none of my 14'er adventures were considered technical feats, but they did give me a deep appreciation and respect for mountains and how unruly they can be.

When I moved to Seattle, my mind was blown once again by the outdoor recreation possibilities of our region. In researching new objectives, I stumbled onto The Mountaineers and was drawn to its mission.

Creating Kick Step IPA

I was intrigued by the idea of creating a beer with The Mountaineers from the first mention. In discussing the details with The Mountaineers CEO Tom Vogl over a few Ghostfish beers in 2017, we both grew even more convinced. While I like to think that we were chosen because of our environmentally sustainable grains, our pioneering spirit, or the fact that we already boasted a few mountain-themed beers (Shrouded Summit Belgian White Ale and Peak Buster Double IPA), in the end I believe the decision had everything to do with shared values and alignment of our mission to develop community by fostering a sense of teamwork and a place of belonging.

We got right to work, starting with a name. It might seem easy, but choosing beer names has become extremely challenging in today's overcrowded craft beer scene, and the last thing you want to do is step on another brewery's toes by duplicating or replicating an existing beer. We brought a group together to brainstorm name options to convey climbing heritage while being modern, edgy, authentic, distinctive, aspirational, and cool. Fortunately, we landed on Kick Step, a technique true to the outdoor community that also lent itself well to a can design (and avoided the standard mountain-themed clichés).

While I can't take credit for the "romance copy" printed on the side of each can of Kick Step IPA, I will say that it sums up in every way possible why it makes sense for Ghostfish Brewing and The Mountaineers to work together.

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

A delicious way to make a difference

Any good brewer will tell you that there's always room for improving a beer. To that point, we've been tinkering with the Kick Step IPA recipe over the past 5-6 months, making small adjustments to improve the overall taste, flavor, and aroma. The goal from the beginning was always to create a uniquely Pacific Northwest-based IPA to celebrate the place we call home. To accomplish this, we chose a trio of Washington grown hops to accentuate the blend of millet and brown rice malts that comprise the base of the beer. A healthy dose of Bravo, Cascade, and Simcoe hops creates a pleasant bitterness profile with distinct flavors of candied orange, sweet fruit, and pine. Kick Step IPA is crafted with a sessionable spirit in mind to keep you light on your feet after any adventure.

Today, Kick Step IPA distribution is growing across the U.S. and Canada, and people in Washington, Oregon, Alaska, Colorado, Pennsylvania, Massachusetts, and many other areas not only get to enjoy Kick Step IPA, but get exposed to The Mountaineers mission.

I am extremely proud of the relationship we have with The Mountaineers, a nonprofit organization committed to connecting people with the natural world, and I am honored to support the incredible work you do. That's why 10% of Kick Step IPA cases and kegs sold go to The Mountaineers. It gives me great pleasure knowing that our contributions, nearly \$20,000 and growing, will benefit future generations of outdoor enthusiasts who desire to explore the wild places of the Pacific Northwest and beyond.

The next time you are out adventuring with purpose, reward yourself with an ice-cold Kick Step IPA! ▲▲

Learn more about Ghostfish Brewing's beers, brewery, and taproom, which also offers gluten-free food, at ghostfishbrewing.com. There you'll also find information on where to get Kick Step IPA to support The Mountaineers in the most delicious way possible. Drink responsibly.

Celebrating the Public Lands Package

A Multi-Year, Bipartisan Effort

By Katherine Hollis, Advocacy & Conservation Director

Top: Climbing in Mazama. Photo by Sarah Hallenbeck. Bottom left/right: Climbing and scrambling in the Greenway. Photos courtesy of The Mountaineers.



Cross-country skiing in the Methow. Climbing at Exit 38. Hiking at Ebey's Landing. There's nothing like the amazing landscapes of the Pacific Northwest, and thanks to your advocacy, they are more protected than ever!

On March 12, 2019, the President signed a package of over 100 public lands bills. The final version of this legislation was renamed the John D. Dingell, Jr. Conservation, Management, and Recreation Act, in honor of the late congressman and conservationist. The package is the biggest of its kind to pass in the last decade, and is the result of significant bipartisan work, advocacy by The Mountaineers and our community of outdoor enthusiasts, and so many other organizations who care about public lands and the outdoor experiences they provide.

This milestone is the result of many years of work. Last fall we advocated for a bipartisan public lands package, which included many bills The Mountaineers helped to shape and

subsequently rallied our community around. In the years prior, we advocated for three of the pieces included in the bill, including the permanent reauthorization of the Land and Water Conservation Fund (LWCF), establishing the Mountain to Sound Greenway National Heritage Area, and protecting the Methow Valley from industrial-scale mining.

Our community took over 5,200 individual actions on these three issues, providing an authentic voice and repeatedly demonstrating strong support for these important conservation initiatives.

Through the public lands package failed to be passed in late 2018, Senators Lisa Murkowski (R-AK) and Maria Cantwell (D-WA) promised to quickly pick things up in the new Congress of 2019. When the package came up for vote, Senate Majority leader Mitch McConnell (R-KY) spoke to the bipartisan effort that was behind it. "The lands bill is the product of over 100 pieces of legislation addressing the management and

Specific protections to celebrate

Methow Headwaters

The journey to get the Methow Headwaters permanently protected included many steps leading to the successful passage of the Methow Headwaters Act. In April 2014, a Canadian Company, Blue River Resources, filed for permits to conduct exploratory drilling for copper on Flagg Mountain on U.S. Forest Service land, immediately north of Mazama. If approved, it would have opened the Methow Valley's federal lands to large-scale mining. After a two-year mineral withdrawal was issued, we then supported a 20-year withdrawal that was still being discussed in the fall of 2018. Thanks to the public lands package, we no longer have to worry about the threat of mining in the Methow Valley, as the bill permanently withdrew the valley from large-scale mining.

Mountains to Sound Greenway

The Mountains to Sound Greenway is a 1.5 million-acre watershed stretching from Seattle to Ellensburg. It runs as far north as Snoqualmie and Lake Washington and as far south as the Cedar River. It includes places like Rattlesnake Mountain and Mount Si, along with the Asahel Curtis Trail and areas surrounding Cle Elum Lake. The Greenway is an outdoor recreation paradise, home to 1,600 miles of trails, whitewater runs, backcountry skiing, snowshoeing terrain, rock climbing routes, mountain biking, and views of the stunning Cascade Crest.

As a National Heritage Area, it will now be easier for land managers to work together to support recreation and manage their lands sustainably, and for other stakeholders to approach this landscape through sustainable development, stewardship, and restoration.

Heritage designation takes a collaborative, non-regulatory

approach, providing a framework for land managers to better collaborate on resources like trails and trailheads, work on ecological restoration, increase tourism, and more. It builds on our deep heritage of valuing the wild places at our city's doorsteps and integrating conservation within a vibrant economy.

Land and Water Conservation Fund

Hailed as America's best conservation program, the Land and Water Conservation Fund (LWCF) takes a small portion of the revenue from offshore oil and gas drilling to put towards recreation and conservation. Since its establishment in 1964, LWCF has invested more than \$16 billion in funds and matching grants to federal, state, and local governments. It's a common-sense program, with consistent bipartisan support since its inception.

The LWCF has been permanently reauthorized, but the fight isn't over on this one, as its funding still needs to be secured. Rarely has all the revenue allocated for LWCF gone to the program – often more than half of it is redirected to non-conservation related projects. Its reauthorization is definitely a big deal, but we can't rest on our laurels – Congress must act to fully fund LWCF.

National Impact

Along with these Pacific Northwest wins, the package affects a large number of wild places and other recreation programs nationally. It created 1.3 million acres of new Wilderness Areas, 700,000 acres of new recreation and conservation areas, 620 miles of Wild and Scenic Rivers, protections for climbing in Wilderness Areas, and a program to allow fourth graders free entry to all of our national parks.

preservation of some of our nation's most precious natural areas. It touches every state, features the input of a wide coalition of our colleagues, and has earned the support of a broad, diverse coalition of many advocates for public lands, economic development and conservation."

In a time when we're seeing little compromise and cooperation in Congress, the American people's overwhelming support for public lands transcended party lines: the bill passed both the Senate and the House with significant majorities. We appreciate Washington's own Senator Cantwell championing the LWCF and the Pacific Northwest measures in the package, and the bipartisan work with her senate counterpart Senator Murkowski that helped make all this possible.

Many organizations and advocates around the country rallied around these regional and national conservation projects and initiatives, like you did for ours in Washington State. American Whitewater worked hard for the Wild and Scenic

Rivers protections, and we supported the Access Fund on protections for climbing in Wilderness Areas. Our partners in the Outdoor Alliance cared for and worked on many projects nationwide, and it's great to see so many initiatives pass as a part of this package.

Achievements like this require the constant voice of public lands champions. The Mountaineers community highlighted the importance of the outdoor experience to legislators, who listened. Washingtonians can take pride that our state's entire delegation – all the House Representatives and both Senators – voted for this bill. We're extremely grateful for the work of our partners and other recreationalists around the country who supported the bill, and we are thankful for the work our community put into this. This type of policy action isn't possible without citizens stepping up and making their voices heard. To the thousands of you who took action on these issues – thank you, thank you, thank you! ▲▲

That Could Never Happen To Me When Luck Runs Out

By Tracy Rekart, climber and leadership coach

Tracy climbs the Northeast Buttress route up Mt. Goode.

I was lucky. In over 25 years of climbing, I was accident free. Friends have been injured. Others have died. I figured that I wasn't better than them, just lucky.

Time spent in the mountains means you hone your craft through trial, error, and uncomfortable mistakes. You get better at judging terrain, quickly placing solid protection, or bringing just the right gear. Time spent in the mountains also means you put yourself at more risk of an accident. It's a numbers game.

Climbing is dangerous - it says so on all the gear. To mitigate the danger, we prepare: take climbing and first aid classes, practice our series of double checks, and communicate. We also hone our attention. Preparation, communication, and attention are key.

Rock is my razzle-dazzle. It was love at first climb. I practiced a lot. I devoted all my free time to climbing. This meant month-long climbing 'road trips' to Thailand, the Southwest, and Joshua Tree, weekends at Smith and Squamish, and long aid and free routes on sandstone and granite faces.

I 'grew up' climbing at Index. The first outdoor gear route I led was The Lizard, aka Aries, a 5.8 flare chimney. I had to redeem myself after the immense frustration I had following that beast. It's one of the scariest routes I have ever led.

My partner - in love, parenting, business, and climbing - has summited mountains all over the world as a guide. Big mountains with thousands of feet of glacier are his sweet spot. He's confident and crafty, and he can find his way out of

anything. You want him in a white out. You want me to place bomber gear in uncertain cracks.

July 14 was our first climb in six months due to my injured toe. We had a day alone to climb whatever we wanted while our kids were at camp. It was hot and sunny. I had the perfect place for an easy climb in the shade: Private Idaho. Our objective was Senior Citizens in Outer Space, a 100-foot climb on clean granite with lots of rests and a bomber crack for gear. It's one of the easiest - and busiest - four-star 5.7s at Index.

No one was on the route when we arrived. I put my stuff at the bottom just in case those people we saw in the parking lot were headed this way. There were others at the crag with the same idea we had - shade and moderates.

We climbed the route four times. He led it first. I wanted to test my toe on top-rope before leading it.

Because of my, ahem, superior skills on rock, I often offer advice. Today, no advice was needed. His gear was bomber. His anchor was fine. I chose not to say anything, but re clipped a few slings to make it cleaner. I asked if I should rappel or if he wanted to climb it again.

He chose to climb again. He wanted to think through his rappel as he was taking our daughter up Ingalls Peak in a few days. I belayed him up. He clipped into the anchor and yelled down, "Off belay." I took him off and went to research our next objective.

He seemed to be taking a long time. I thought he was probably working through systems he would use with our daughter. He kept pulling up rope. I figured he was probably evening out the

ends and trying for a clean throw. I looked and saw part of the rope in a tree and a bunch on the ledge halfway up the climb. This is not unusual with a slabby crack. You clean it up on the way down. I thought, "Does he know there's a middle mark?" We usually buy bi-weave ropes. Last year, we decide to get a solid color 70-meter with a middle mark. We'd climbed the route four times, I assumed he'd paid attention. I was not worried about the rope reaching the ground or I would have stayed. A 70-meter rope for a 100-foot climb leaves more than enough reserve.

Even so, I kept checking to see if it all looked alright. I know things happen and I love the man. I saw two lines ending at a pile on the ledge. It all looked ok.

We both have strong personalities. Sometimes, when I state what I think is obvious like "Do you know it's a single-color rope with a middle mark?" I get push back. Normally, I don't care. But that day I consciously chose not to say anything. His gear had been good. We climbed the route four times. He's an experienced climber. I didn't want that to ruin our day by questioning the obvious.

The next thing I heard was, "Arrgh." I turned and he was falling. I saw him hit the ledge, bounce onto the pillar at the base and crumple like a rag doll. It was slow motion. It looked as if the earth reached out and grabbed him. When he stopped rolling, in a faraway voice that sounded small and scared, he called for me. "Traaaacy. Help me." You never want to hear anyone call you like that. At that point, I left my body. I went to him, but part of me stayed behind.

He was face down in a loose pile of choss, tree branches, moss, dirt, and leaves. He asked me to help him up. I briefly paused. I didn't want any other debris to fall on him. And he is 6'3" and 180 lbs., I am 5'3" and 120. In the 10 seconds this ran through my mind, he sat up.

He said, "I can't use my legs."

"I know."

Seconds later, there was someone in front of me holding a cell phone. They asked if I needed help.

"Yes," I said.

"Do you want me to call an ambulance?"

"Yes." Soon, I heard a siren.

My partner was in shock. Over and over he asked: *What happened? Did I fall? You fell. I fell? How far? About 50 ft. What was I doing? Rappelling. I fell? Yes. How far? 50 ft. How did I fall?* I guess one end was too short. *Where are we? Index. Did I fall? Yes. What was I doing? Rappelling.* And on and on in a loop with these same questions for ten minutes.

In the moment, I was two people - the one I left up on the trail reading the guidebook and the one that was here taking care of him. One wondered, "What's going on? Why is he asking me all these questions? Is he crazy?" The other remained calm. As a master somatic coach who'd spent years tending to my clients' unresolved trauma, I knew he was in shock. All I had to do was stay by his side, tend to his wounds, and answer the questions.

Soon, the rescue team arrived and took over. One went to his hold his head. Ah, the head. Right. It had been so long since I had practiced rescues, I forgot to hold the head to protect the neck.

At this point, he came out of shock. My partner's 15 years of Wilderness First Responder (WFR) practice returned. He started running the show. Do we really need the neck brace? Yes. Ok. Before you back board me you have to splint my legs. No, lets backboard you first. No, splint my legs. Ok. He had been on their side before.

They splinted his legs, then backboarded him. At his request, they used his harness to strap him to the litter. This kept his legs from bumping against the end as they lowered him down over the skinny, steep, undulating trail that hugged the cliff during the three-hour long evacuation. It was amazing to watch this skilled team of volunteers communicate with each other. They had just practiced this type of rescue a few days before. Their knowledge was apparent.

All the while, the people we saw in the parking lot at the beginning of the day stayed with us. They tended to me, gave me water, gathered my stuff, and carried it down. They supported the rescue. They offered moral support. These people were well-practiced in being human. They spontaneously volunteered to be of service. Angels. All of them.

Once we were down, the ambulance took him to Harborview. I followed.

My partner broke both his legs and fractured his neck. After three months in a wheelchair, two more on crutches, and with an uncertain future, we're still trying to figure out why this happened. Our lives have changed forever.

When I share this story with climbers, some get arrogant and defensive, fortifying the "that could never happen to me" wall. Others become somber and withdrawn - carefully reviewing past mistakes out loud or in their mind. Most marvel at my vulnerability. I tell them I have an agenda. I am trying to change our culture.

So, listen to me now. Share your mistakes. If you see, feel, or think something, say it. Practice ways to increase your awareness. Take the time to communicate. Be over the top. Risk pissing someone off by stating the obvious. Be so prepared people think you're uncool. Spend the time and money to practice. It will come in handy someday.

Experience doesn't protect you from accidents. Stay sharp. Recognize your vulnerability. And don't unconsciously rely on luck. Because luck has a way of running out. ▲▲

Tracy Rekart is a highly respected somatic leadership coach. She loves to prepare people for the adventure of communication - helping shape healthy cultural norms and building trust in communities. In spring 2019, she worked with The Mountaineers to offer three Leadership Development Series seminars for our volunteers. Tracy lives in Seattle with her husband, two children, and dog.

Learn more about our ongoing leadership development opportunities at www.mountaineers.org/leadership.



ADVENTURE HACKS FOR THE OVER-STOKED & UNDER-PREPARED

By Hailey Oppelt, Communications Associate

Photo by Paige Madden.

Luxuries that we take for granted in our homes - the convenience of a kitchen, the comfort of a light switch - are nonexistent once you're off-grid. The need for self-sufficiency is part of the appeal of the outdoors, but it also offers the opportunity to find yourself in a position where you didn't pack as efficiently or appropriately as you should have. The time will come when you open your pack and realize that you forgot an item integral to your comfort or sanity. It's happened to all of us, and is often a sign that your stoke outweighed your preparation.

Fortunately you can often work around packing mistakes, allowing you to play MacGyver and save face with your travel companions by impressing them with some practical, absurd, and obscure adventure hacks. Flexibility and resourcefulness are important attributes to cultivate when you're spending time outdoors - review these tips and tricks to whip out the next time you have to sheepishly admit to a serious packing oversight.

I forgot my lantern

You're car camping or taking a leisurely backpacking trip, and the lantern you thought you brought didn't make it into your pack. Fortunately, as long as you have a light source and a clear water bottle or jug, you can make one yourself. Take your light (flatter headlamps are best) and secure it to the bottom of your bottle or jug. The water will diffuse the light throughout the bottle and give you a soft, dispersed, and stationary source of light. If you have a flashlight with a handle, tie a semi-opaque

plastic bag over the head so it balloons outward and creates an air bubble of light.

I forgot my fire starter

You're in an area and season that allows campfires, and you're excited to enjoy an evening in front of a few crackling logs. Except - you don't have any fire starter. However, you are a Frito fiend. Chips are great fire starters because they're dry and covered in oil, and almost any kind will do. Depending on how badly you want a fire, you can sacrifice your snack as starter. Of course, the typical options of bark, moss, grass, and small sticks work well, but depend upon whether there was recent rainfall.

I forgot my toothbrush

A toothbrush may seem small, but by day three your teeth will feel as mossy as the logs across camp. And your tent mate may be noticing the state of your breath as well. Grab gauze from your first aid kit and wrap it around your finger, using the rough texture to scrub your teeth and gums clean. Bonus points if you have thread on hand to floss with.

I forgot my plate/bowl/spoon

Dinner is bubbling on your stove and you're ready for a big meal after a long day... but you forgot to bring something to eat it with. Take a thin plastic water bottle and slice it in half lengthwise with your pocket knife. Cut this in half widthwise, then slice off 1/4-1/3 of the remaining bottle so that it's small



Top: Maiza Lima sets up a tent at Klonauqua Lake. Bottom: Room with a view.
Photos by Raphael Godoi.

enough to be a spoon, depending on how large the bottle was to start. If you don't have a water bottle handy, duct tape or tin foil can also be used to fashion a spoon. You only need to make a spoon - you don't need a fork when you have a knife, Davey Crockett. If you can't eat out of your pot for some reason, use the half a water bottle - the edges curve up making it a trough-like 'bowl'. Just be sure to cool your food before dishing up.

I forgot my day pack

You're on a long trip and your 70-liter pack is stuffed to the gills. You're at a spot for an evening or two, and you decide that you want to take a shorter day hike into the surrounding area. You dig around and realize that you forgot your day pack at home. Do you have a spare pair of pants and some cord? Tie the end of the legs tightly together with the cord, then bring the cord up and string it through the belt loops of the pants. Pack a light set of supplies into the seat of the pants, then draw it closed with the cord. Wear the legs as backpack straps and enjoy your pants pack for the day. This trick can also be used with your only pair of pants, depending upon bug levels and the tolerance of your travel companions. ▲▲

Want to make sure you're always prepared to be unprepared?

Keep these supplies in your pack as fail-safes in case your gear is forgotten or needs repair.

Duct tape

Great for anything from repairing a ripped tent to removing a splinter, duct tape is a holy grail emergency supply for a reason. Store it by wrapping it around your trekking poles or water bottle - it will likely come in handy at some point.

Paracord

Paracord (short for parachute cord) was originally used on the suspension lines of US parachutes in WWII and quickly became popular for its lightweight durability and resistance to rot and mildew. Use paracord to pitch a tarp, tie down supplies, mend a pack, replace a shoelace, make an emergency tourniquet, or do most anything else you can think of.

Petroleum jelly-soaked cotton balls

Your camp stove broke and you've already eaten your Fritos. Petroleum jelly-soaked cotton balls are a great back-up because they take little time to prep, can be made from items around the house, and will fit into almost any spare space in your pack. Though it's hopefully unlikely you'll find yourself without your usual cooking or fire starter methods, the cost-to-benefit ratio is so good that these are a no-brainer piece of insurance to tuck away.

Battery charger

We go into the woods for solitude and a break from our devices, and so we should all start and end a trip with an almost-full battery. That said, things happen, and it's easy to find yourself with a low battery when you realize you need your phone to serve a critical purpose. Even if you've been conservative with your use, cold weather can drain a battery fast. A backup battery charger is great if you need to make an emergency call or use your phone for offline navigation. It can also be used to recharge a headlamp or flashlight if you've opted out of single-use battery gear. Don't forget to pack your charging cord as well.

Backup batteries, lighters, knives, and first aid supplies

Though it's not a hack and will make ultralighers groan, redundancy is as good (or better) as Macgyvering a solution out of other pieces of gear around camp. If you're always sure to have multiples of key items on you, you're far less likely to find yourself in a critical situation. This is especially true for gear that serves multiple purposes, like batteries and knives.



At the summit of Glacier Peak on a smoky August morning in 2018. Photo by Nathan Starr.

NO HIKER LEFT BEHIND

A Personal Perspective on the Importance of Belonging

By Meryl Delena Lassen, Mountaineers hike, climb, and scramble leader

My success as a climber was far from guaranteed.

Growing up Jewish, an ethnicity stereotyped as bookish and non-athletic, I struggled with scoliosis, a lazy eye, orthotic shoes, and a disability that impairs hand-eye (brain) coordination. In my urban Los Angeles elementary school, our “special” PE class endured taunts of “Retard PE!” from the “normal” kids. Add on teenaged depression/anxiety, an eating disorder, lifelong PTSD - in part from childhood bullying - and a bit of confusion (self-judgment) around gender and orientation, and I felt like a freak.

Not once did I think to find solace in the outdoors, much less to climb mountains.

The climbing bug bit in 2010, at the tender (ripe?) age of 41. My mother had died after a long decline, and a friend invited me up Mt. St. Helens. The climb took 12 sweaty hours, and I spent the descent crying, moaning, and finally whimpering. That night I swore, “Never again!”=

The following spring a friend suggested Mt. Adams. He advised me to train, a tough order since my health had tanked after my mother’s death. But I grimaced and whined through progressively harder hikes, and we summited on a bluebird

morning in 2011. Back at Lunch Counter, I fumbled around, shivering in my puffy on a 70-degree day. My friend recognized Acute Mountain Sickness (AMS) and took me down.

‘Cat-Man’ and ‘Cattle Prod’

Not to be beaten, I set my sights on Mt. Hood. I joined a local climbing club in Oregon and received training, but also found sexism, ageism, and able-ism.

My climbing instructor sat me down after snow class and asked if I was “slow” (mentally and physically) because I was older, or female. Infuriated, I told him I knew why he lived alone with a cat.

There was an instructor I called Cattle Prod, who hiked behind me with my 40lb pack and told me no one would want me on climbs if my pace was this slow. I asked his wife if his life insurance was up to date.

That summer I climbed Mt. Hood with guides. A fellow climber mansplained for seven hours. I climbed faster to minimize our time together.

But I loved climbing. The otherworldly terrain of rock, snow, and fumaroles. The approaches through magical forests. The

leg-burning effort. The sunrise and summit shadow. The smell of the wind. The elated feeling of topping out. The scrumptious meal and warm bed after. Even the cold, tired descent.

Someone to believe in me

In time I came to love the people as well. An assistant leader from my club, a woman named Amy, heard about my unfortunate chat with the cat guy. She invited me on the Mother's Day climb of St. Helens because, she said, "You need to know that this stuff can be fun." There were skiers and snowboarders in church dresses and bonnets, and one in a blinding disco-ball mini. It was fun. Amy pointed out cornices, avalanche slopes, and route finding issues. She eventually became a leader with that club and helped shift its culture. And her confidence got me up Broken Top, Mt. Washington (Central Oregon), and Mt. Rainier.

While my early stories demonstrate issues in our sport, every climber, guide, or instructor I met helped make me the climber I am. Every leader I loved and emulated, and every leader who rejected me (sometimes the same person) helped make me the leader I am. My attitude of encouragement and inclusion is a tribute to Amy, but also to Cat-Man and Cattle Prod.

A few tipping points

When I moved to Olympia, a friend suggested I review The Mountaineers Basic Climbing Course. The atmosphere was welcoming and evolved. A smart progression took members from hiking to scrambling to climbing. And, while the club is not perfect, I've only been talked down to twice and creeped upon once, and I was relieved to find allies in our branch leadership.

Privately, I pursued high altitude dreams, where I noticed colonialism on Kilimanjaro and Cayambe. When I trekked in Nepal, I saw Sherpas climbing 10 times for every white climber's summit, with greater risk and less recognition.

Simultaneously, my employer, a public lands agency, began exploring diversity in the Washington outdoors. Across races, income levels, sexual and gender identities, religions, and fitness levels, many felt unwelcome in our state and national parks.

Research was also coming out about the health benefits of the outdoors. Lack of access and lack of welcome kept marginalized people on the sidelines of health and well-being.

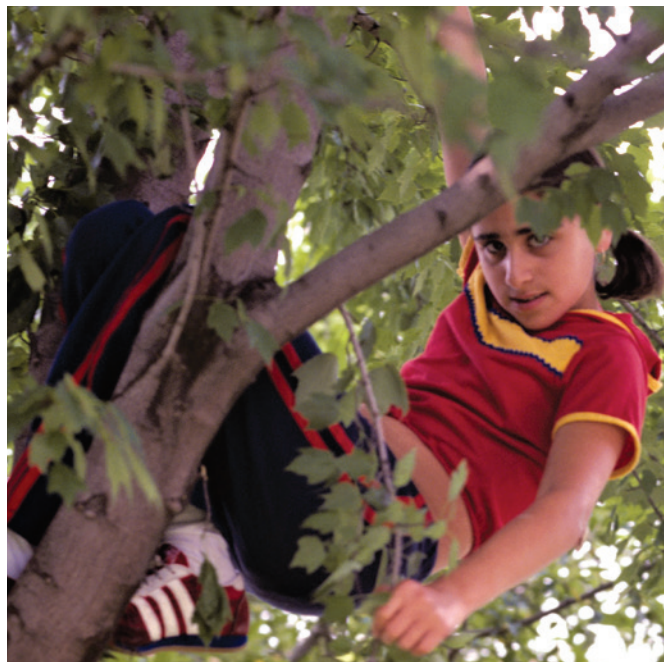
I was heartened, however, by the explosion of young people on Instagram framing this conversation.

New voices, new glasses

Following The Mountaineers on social media and joining the Equity & Inclusion Committee, I wondered if my voice mattered.

Indeed, my own biases needed management: the tendency to over-welcome hikers or climbers of color, my sometimes misgendered pronouns, my assumption that plus-sized climbers were hikers, my spotty acknowledgment of Native lands.

In the Olympia branch, these discussions united a group of leaders who became sensitive to inclusion. The terms "No hiker left behind," and "No screw-you breaks" embedded into our language. We help slow hikers and scramblers rethink their



Climbing for a little alone time in the summer of 1979.
Photo by Macey Lipman.

progression, and we try not to make anyone feel bad on our trips.

Our core group includes millennials, gen xers, and boomers; cisgender and non-binary people of several religions and orientations; folks on the autism spectrum; plus-sized leaders; leaders who fight physical and mental illnesses; and leaders who live with disabilities. We recognize that diversity is vast, and exclusion takes many forms. People often feel bad about themselves in their work, family, or social structures; we don't need to feel inadequate or "other" on weekends and in the outdoors.

On my own Instagram (@skygypsy7), I hashtag #WeBelongOutside. Because we all bring something unique. Whether it's a voice for oppressed populations, or an ability to see a route before it's been set... Whether it's a push toward high-altitude fitness, or encouragement for the scrambler who didn't think they could summit St. Helens, every contribution matters.

Yes, I deal with impostor syndrome. I still see myself as that kid in special PE, the depressed high-schooler locked in her room. I still get looks from Jewish friends, because, "Are you crazy?". My peculiar brain requires me to re-learn belays and coils each year, and I'll never win any speed races. I feel a little too old to join the cadre of influencers shaping this movement. And last summer I spent three days leading Glacier Peak, constantly questioning myself after my mentoring leader took a sick climber down. (The remaining students and I summited, which still makes me tear up.)

I'm grateful to The Mountaineers for developing my skills, growth, leadership, and self-confidence in a warm, toasty incubator, and for handing me a new set of glasses through which to see myself and the world. In my humble opinion, this is available to every Mountaineer who wants it. Climb on! ▲▲

AFTER THE FALL

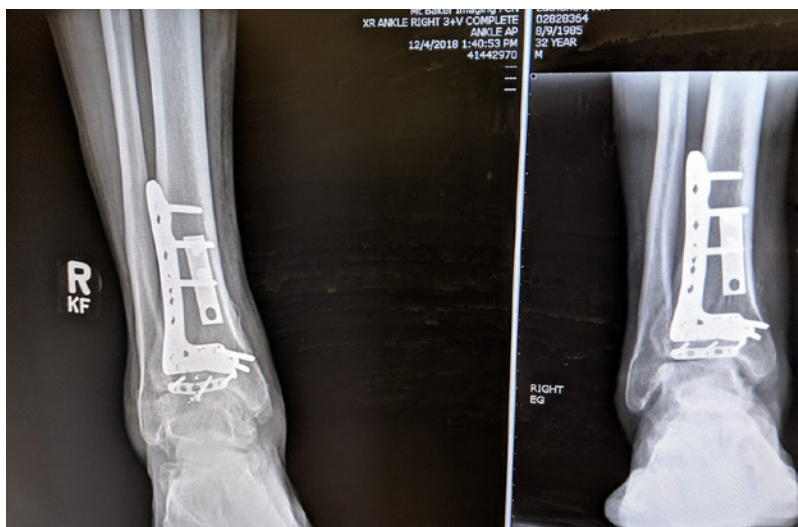
Moving Past Injury and Living a Life Outdoors

By Hailey Oppelt, Communications Associate



Jon Luthanen with climbing partners Tim Duryee, Andrew Hollen, Maura Rendes, and Sydney Lopez DeVic on Mt. Watson. Photo courtesy of Jon Luthanen.

Jon Luthanen is a climber, mountaineer, and active member in our Bellingham Branch. He was on a climbing trip in southern Utah in May 2017 when he experienced a traumatic ankle injury while bouldering outside. He needed major surgery, and now requires a carbon fiber leg brace to pursue his outdoor passions. In this interview, Jon shares the story of his injury, his recovery, and why he chose our Basic Alpine Climbing Course to support his reentry into the outdoors.



Hardware installed in Jon's ankle. Photo courtesy of Jon Luthanen.

How did you fall in love with the outdoors?

I'm a bit of a mutt. I was born in Kentucky, raised in Connecticut, and then moved to Ohio. After college, I moved to Bozeman, Montana, where I worked with AmeriCorps for a couple years. I had never lived any place mountainous before, and I fell in love immediately. I resolved at that point to never live in the flatlands again. I got into climbing in Bozeman when my buddy John invited me out. Unbeknownst to me, I was seeking community after having exited collegiate athletics, and he kind of took me under his wing. John was four or five years older than me and had a little bit more life experience and a lot more technical climbing ability. We summited several local peaks and I was hooked. I moved to Bellingham in 2013. The setting is similar to Bozeman in that it's a really beautiful town with lots of young, outdoorsy energy.

Can you tell me about your injury?

I was visiting a buddy in southern Utah in the Saint George area, with the intention of summiting a local 10,000-ft peak. He was a bit tied up with work, so one of his housemates, who I didn't know very well, suggested that we go bouldering in Moe's Valley. Prior to this I had a good amount of indoor bouldering experience. We'll go ahead and say overconfidence took the reins in my decision making that

day, because I felt pretty sure of myself on introductory-level routes. But it's very different when the entire floor is a gym mat versus rock with only a crash pad for protection. We went up one or two routes that were pretty easy - V3 or V4 tops. The route I was on wasn't very technical at all - again, introductory level. And it was highball. (Editor's note: "highball" boulders are boulder problems that are particularly high off the ground, typically over 10-15 feet). I was at the last move, 10 to 12 feet above the ground, and I went to grab something with my left hand that looked really sturdy... and it was not.

My left hand popped off and my left foot shortly after. With my feet directly below me, I looked down and my crash pads were about a foot to the left of me. I hit hard-pack dirt and rock and knew instantaneously that I had broken something - I felt it, I heard it. I've broken bones before, so I was mainly just annoyed at the situation. We were about three quarters of a mile away from my buddy's truck, and we both had some Wilderness First Aid training. We packed up all the gear and hopped out of there and got into an urgent care facility. The injury happened at 3:30pm and by 5pm I had already gotten X-rays, a walking boot, crutches, and was out the door. The doctor said "Eh, maybe surgery, maybe not, go back to your

"You've only got three choices in life: give up,
give in, or give it all you've got."

Author Unknown





orthopedic doctor in Bellingham, see what they have to say.” And he sent me on my way. What the doctor in Bellingham told me was a different story.

How was the recovery process?

After additional X-rays and MRIs to both my foot and my wrist, which I had also landed on, I heard what every outdoorsy person never wants to hear. The urgent care doctor in Utah had said “Maybe surgery.” My orthopedic surgeon in Bellingham, Dr. Warren Taranow, said “No no – anyone who told you anything but surgery either has no idea what they’re talking about or didn’t want to ruin your summer. And I’m here to ruin your summer.” He told me I had sustained a severe pilon fracture to my right ankle, and the injury would permanently disable me.



Jon Luthanen in a chimney is Skaha Bluffs, Krissy Fagan belaying above.
Photo courtesy of Jon Luthanen.

He immediately followed up with questions about what I like to do. He said he could get me back to climbing and skiing, though we both agreed bouldering was something I could give up. I asked if I could run and he said, “Well, now... maybe you’ll pick up a sport like swimming or biking.” And I’m sitting there, stiffening up in my chair, at the time age 31. “The repetitive impact on that injury site is not something that people who undergo the surgery usually entertain as it’s too painful.” My immediate thought was “yeah, let me tell you what I’m going to do.”

I spent two months non-weight bearing on a one-legged

scooter, one month in a walking boot with crutches, and an additional month with just the boot. It was three months of occupational therapy followed by three months of physical therapy for my wrist and ankle, respectively. Following physical therapy at the end of 2017, Cornerstone Orthotics & Prosthetics built me an AFO carbon fiber leg brace.

Why did you choose to take The Mountaineers Basic Climbing Course as you were starting to become active again?

It was a multi-tiered decision. For one, I’ve been climbing for a long time and I wanted to take an introductory course to refresh my skills and pick up some new ones. The course is also spaced out over several months, which allowed me to continue to rehab over a decent time frame and push the envelope a little bit each time. It was also a safe program, where I could push my limits with the knowledge that I’d be in lower-risk situations. I wanted to be around people that could look after me in the event that things went wrong.

What was it like re-entering the outdoor world?

It was less than smooth. For our first climbing practice night for the Basic Climbing Course we met at the local YMCA’s 70-ft indoor rock wall. We typically started our meetings at 7pm. I wanted to show up early because I knew I was putting rock climbing shoes back on for the first time since my injury. I was not excited – it was nerve wracking, and I didn’t know how my foot was going to respond. So in my mind, I was going to show up half an hour early. Turns out I was half an hour late; our meeting time had been moved up due to time constraints at the Y. There was a lot of noise and commotion – many bodies in a confined climbing space. I felt flustered and had to throw my gear on really quickly, fumbling through my knots and making several mistakes. To say that my reentry into the world of climbing was a rough one would be just touching the surface. I did not have a good time that night.

When did your anxiety around climbing start to subside?

I’ve never really been a “climber” climber. I hadn’t done a lot of technical rock climbing prior to the course last year. I’d dabbled, and I’ve climbed a number of peaks that I feel I probably could’ve had more protection on. But one of the reasons I signed up for the Basic Climbing Course was to get a more well-rounded climbing experience. The rope skills part of the course was foreign to me, but by the time we progressed into our snow units I was in my comfort zone. I’d been climbing mountains for almost a decade, so walking on snow made me feel much more in my element. I also felt like I had physically gotten stronger and more confident through the course requirements of hiking and backpacking. The brace started to feel like an extension of my body, and I didn’t feel awkward using it anymore.

How has the brace affected you on trips?

My leg brace was built to allow me to run and climb again, and at first it seemed clunky and made me kind of unsure of my footing. But I noticed a couple awesome benefits as

the course progressed. It has a slightly spring-loaded step - because my calf is not allowed to flex while I'm in it, muscles that might typically get torched early on a hike don't fatigue. My kick steps in snow are also rock solid because my foot is locked in at 90 degrees. Another funny, positive side effect is seen going down less technical snow terrain. In snow people can boot ski, or use your feet to kind of slide. I essentially have a built-in ski blade on my right foot. My ankle's not going to flex and move anywhere, so I can get a running start and one-leg it down snow. It's a great, efficient way to get down a mountain.

That said, one thing that is difficult is transitioning from snow to rock. It's definitely something I've never had to think about before, but now that my ankle can't flex it's difficult to get a grip on loose rock or scree with that foot. Smearing is out for me on slabs, and it would be very difficult to crack climb even without the brace on.

What's next for you?

I'm actually back in a walking boot. In November I started testing my ability to run indoors, and I came away from a workout limping the next day - nauseous with every step. I thought I'd just overused my ankle, but went in for an X-ray. A bone spur had developed near the bottom of my tibia, and it collapsed and fractured one of the plates installed in my leg. The same surgical team went in and removed almost all of the hardware in February. I have another 6 weeks in a walking boot before I start physical therapy again.

That said, I just entered grad school. I had planted that seed two years ago, when I was completely disabled. So there's a lot of energy focused on that right now. As for climbing, I should be fully back in action soon.

I'm also going to volunteer with the Basic Course in Bellingham. Post-surgery I'll be a bit limited, but it's nice to refresh my skills as a volunteer leader. Every year I try to build a list of climbing objectives. It's going to be a forever list - it's a revolving door as I check things off. I try to hit one major objective at the end of every year, and essentially build myself up to that as the summer progresses. Mount Hood has been on my radar for quite a while. There's also an organization called Summit for Someone that fundraises through guided climbs. They donate funds toward a program that gets intercity youth into the wild through week-long camping trips. There are times in climbing, especially mountaineering, where summiting can be ego-centric, and I think this could be a great way to try to give back while doing something that I really enjoy.

What would you tell folks newly dealing with a traumatic injury?

It's easy to be defeated by situations like this. To give in, to get down on yourself and the situation, maybe to only feel the pain or see the negative. I would challenge anyone facing similar circumstances to buck that trend and have more of a 'come what may' attitude. There's a lot of life left to live, and if you're passionate enough to be a climber, in particular

someone who enjoys mountaineering, then suffering is a part of that experience. From that perspective, it seems embracing pain, becoming familiar with it, and channeling that energy into positive pursuits helps. Whether that's physical therapy, going to the gym, or socializing with your friends, the key is to not isolate yourself - even if that is the easier choice.



Photo courtesy of Jon Luthanen.

I heard a quote recently, "Never let a crisis go to waste". I kind of love that, and have been using it to guide my decision making since the fall. With my experience, there were lessons learned, wounds licked, and I was more clearly able to see my path after having such a traumatic injury. Again, probably no more outdoor bouldering, but I still chase the things that I want - just with minor physical alterations. It'd be cool if in any way, shape, or form, telling this story helps someone facing similar circumstances. I remember feeling helpless when I was told what my trajectory would be for this from a medical perspective. It's helpful to know that you have a lot of options, and that you may be the one limiting your particular situation. It's all a mental game. But as long as you can overcome that, the sky's the limit. ▲▲

Jon offered this piece in commemoration of his father, Bruce Alan Luthanen (09/13/56 - 03/25/19). "I've been provided the opportunity to pursue the things I love because of Dad," Jon says. He will be dedicating all of his 2019 climbs to his father.

A full-page background image showing a person in a white shirt, black pants, and an orange helmet descending a rocky mountain trail. The person is wearing a large black backpack and is using a rope or cable for assistance. The mountain is covered in patches of snow and ice, with a large glacier visible in the distance. The sky is blue with scattered white clouds.

100 PEAKS

Individual Achievement Through Community Effort

By Trevor Dickie, Member Services Representative

Rugged. Imposing. Breathtakingly beautiful and big enough to create its own weather patterns, Mount Rainier is the defining icon of the Pacific Northwest. While Mount Rainier National Park is generally known for this massive stratovolcano, the park is also home to nearly 100 other peaks where off-the-beaten-path adventurers can climb, scramble, and hike. When one visionary Mountaineer crafted a list of these objectives, he also created a community willing to go the extra mile for each other, even after someone is gone.

The Rainier 100 is a list of 100 high points found in and immediately adjacent to our state's first national park. Mickey Eisenberg was the visionary behind the list, and the first person to visit all 100 peaks. He sought to bring visitors to the park for objectives other than Tahoma, and created the Rainier 100 to inspire and expand the park's community.

Our Tacoma Branch Peak Pins provided the foundation for the list, specifically the pair of Irish Cabin awards which focus on peaks around The Mountaineers cabin property, together with the First and Second Peak awards for summiting peaks on the southern slopes and foothills of Mount Rainier. The peak pins comprise of about 50 summits, and to make up the rest of the list, Mickey selected only named peaks with a closed contour, meaning their hilltop or peak is marked on a topographic map. He eventually settled on 100, for a nice round number, nearly matching the exact number of peaks within park boundaries, though a few on the list are located just outside the park.

The list existed as a Word document for a while, but Gene Yore, another finisher and contributor to the guide, had ideas for sharing the information with more people. He envisioned the guide in e-book format to improve its share-ability and ease of use. Gene and Mickey worked with Mountaineers Books to digitally publish the guide, for which digital and mobile versions are available. It was the first foray into e-books and online publishing for Mountaineers Books, and the small amount of royalties were donated back to The Mountaineers.

After a while, Mickey and Gene started to believe the price of the book was a significant deterrent to sharing and disseminating information. Wanting to give access to everyone, they convinced Mountaineers Books to offer the guide for free. You can still access it for free on our website. Mickey recommends that you download the guide, "select where you're thinking of going, print those two or three pages, and bring it with you."

Inspiring a new community

Every year, in late winter through early spring, people in the 100 Peaks community gather to share stories and celebrate the new finishers of the year. These gatherings help new climbers get involved and interested in the list. "Beta from some of the climbs started circulating, especially at the 'Spring Fling' as Gene called the annual 100 Peaks party," Henry Romer, one of the most recent finishers of the 100, said. "The list created its own community of climbers who talked, shared, encouraged, and cheered. It was quite special and competitive - only in a very friendly way."

This friendly competition is celebrated every year at the

Spring Fling, where participants receive recognition for a variety of accomplishments on the list. The Rainier 100 doesn't only award for finishing all 100; smaller sections of the list also garner awards at 25-peak increments. Finishing the 76 scrambles or completing the 15 hikes on the list will also earn medals. Five medallions in total are given, each with a matching, color-coded certificate.

Those who have completed the 100 are not only proud of the accomplishment, but also in complete awe of the park. "It's a remarkable treasure," Mickey said. "Everybody knows Rainier is a treasure, but [the park] has peak upon peak of treasures."

"This is a really worthwhile thing to do," Henry said. "It pulled me back into climbing."

A laudable achievement

The 100 Peaks community shares a lot of love for the list, but that doesn't mean it's devoid of challenging summits. Pigeon Peak, for example, seems near-universally despised. "It was horrendous. Not because of the technical difficulties, it's just a total brush-bash, climbing over logs and fording a river," Mickey said. To top it all off, the view is reportedly quite underwhelming (think non-existent). "It's not a very heroic peak."

Henry disagrees when it comes to some of the criticisms, but acknowledges that success often hinges on route-finding and planning, solid navigation skills, and good conditions. He believes climbers' favorites are generally the result of the confluence of those circumstances, with the disliked routes often being the trips where none of those things came together for the group.

Solid navigation skills are especially critical, as Henry emphasized. "It's not five miles through the woods to get to this spot. It's the three quarters of a mile, somehow up this ridge and gully, without sight lines," he said. Though it may require pre-developed navigation skills, Henry said that there is a lot of learning that goes on throughout the 100 routes as well. "In finishing the 100 hundred peaks, you really start to get this good feel for off-trail navigation in the Cascades," he said. "It's pretty cool."

And Henry would know. Conditions on some of his climbs have resulted in less than agreeable circumstances. Henry and Gene experienced an unplanned bivouac on Third Mother, a route with five independent navigation cruxes. It wasn't a dire situation by any means, but the bivouac became necessary when they found themselves still on-route late into the evening. You won't hear any complaining from Henry though. "I tell people I've had worst nights on a 747," he said.

The trail to 100

The group is close, made up of current climbers, finishers, and friends. Henry said he and others routinely check Peakbagger, a website used to track summits and share trip reports, each Monday to see who had climbed what, and how. "The community effort to help everybody find the hidden secrets is tremendous," he said. "You know, that's something you don't often run into."

Continued on page 33



All photos by Nate Brown.

DIY GEAR ROOM

From Garage to City Apartment

By Nate Brown, Mountaineers member

Last summer, my fiancé and I moved from Olympia to Seattle. We were excited for the change, but did not anticipate the space problem our move would entail: due to the much higher rent prices, our new city apartment was about a third of the size of our Olympia house.

While we both enjoy our new smaller place (and no more yard maintenance!), finding a home for all our outdoor gear proved challenging. Our apartment was advertised as a two-bedroom, but the second “bedroom” is a square box measuring 9’x9’. I think calling this a bedroom is a joke (a twin bed would take up well over half the space!), and with no garage, this “bedroom” would have to double as our home office and all-important gear room.

We stored our equipment in giant plastic bins for several months, growing more frustrated every time we couldn’t find a piece of gear we needed. I finally sat down and thought through the space problem to make our weekend warrior packing easier. I went through quite a bit of trial and error during this process, but came up with a great solution. I want you to learn from my mistakes, and hope these ideas will help you organize your space and rid yourself of the weekly routine of dumping a giant plastic gear bin on the floor and hoping for the best.

Marie Kondo Your Items

Before any of the actual organization happened, I took a first step that's not readily apparent in pictures: go through everything and get rid of unnecessary gear! We had so much stuff that we didn't need! I highly recommend going through your outdoor equipment with a discerning eye and look for items that may fall into one of these categories:

- Gear no longer used because it's been replaced by something else (how did I have 4 different water filters!?).
- Anything which has gone more than a year without use.
- Outdoor clothing that doesn't fit, is well past its prime.
- Unusable sentimental items (like my first backpack, which was damaged but had a ton of memories attached to it).

I separated all of this gear and either sold or donated it. This really helped with the space issues, and it felt great to slim down to what we actually need and use. For the Marie Kondo fans out there, it's basically applying the KonMari Method to your outdoor items!

Wire Shelving and Peg Board

Wire shelving is as great choice for its versatility. You can set the shelves to spacing that works for you. I like having a large opening in the center of the shelf, which gives me a work space to lay out gear as I'm packing and checking to make sure I have the essentials. You can also hang gear like ice axes, ropes, pickets, shovels, and snow shoes to the outside of the shelves with simple hooks found in hardware stores. This is an efficient way to hang larger items that would take up too much shelf space. We got a wall hanging rack for our skis and poles as well.

Peg boards are another great choice, especially to hang climbing and mountaineering gear. I used zip ties to hang the board behind the shelf, which works great. If I decide to move the shelf somewhere else later, the peg board comes with it!

When you think about organizing your gear onto shelves, think about the process of packing for a trip. Do you want to be able to see everything at once? Grouped by type of gear? Organized by season? It's completely up to you and will probably require thought and testing on your part. Personally, I used separate bins for different activities. I have a bin labeled for hiking, so when I'm packing to go on a hike, just about everything I would need for a typical day hike is in that bin. Another is labeled for camping, and that's where I can find my stove, mini lantern, sleeping pad etc. This makes packing super-efficient for our different outdoor hobbies.

Another thing to keep in mind when deciding how to organize is to apply the time-tested technique of keeping it simple and easy. Imagine coming home late on a Sunday night after spending the weekend in the mountains: the last thing you want to do is put everything away, so having a simple and easy method is a key element in staying organized. This is why I like having bins and hooks - it's about as easy as it gets when all I have to do is throw all the gear from my pack into a designated



A wired shelving unit combined with a peg board is a great way to customize your set up.

bin (unless it needs cleaning or to dry out, but that's another article altogether).

Dresser

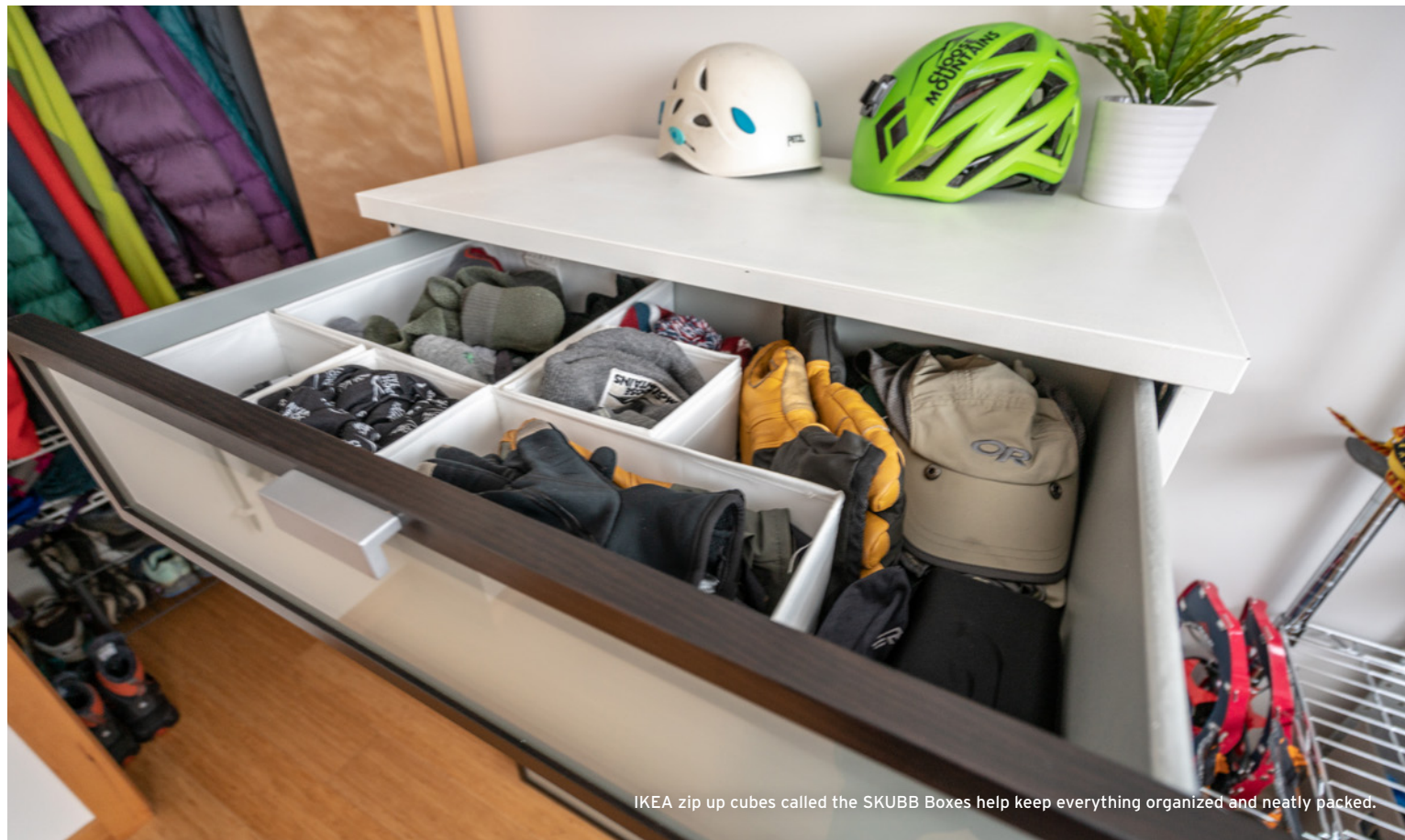
Outdoor activities tend to require a lot of clothing, especially if you play outside year-round and have varied interests like skiing, hiking, mountaineering, trail running, and kayaking! We decided to split a dresser between the two of us for just outdoor clothing.

For all those small items like gloves, buffs, beanies, sunglasses, socks, etc., I bought little IKEA zip up dresser cubes. These cubes help keep everything organized, neatly packed, and are an incredibly efficient use of space. This compartmentalization is also a visual helper when going through the mental checklist for a trip.

Closet

The closet already had the standard clothes rack and a few shelves, so the only thing I bought was a shoe rack to fit all of our hiking and climbing shoes on the bottom. We hang our coats, and I hid a bunch of other miscellaneous gear on the shelves behind the coats. This includes random items we don't use too often like the bear can, duffel bag, extra Nalgene bottles, etc. Out of sight, out of mind (until we need them, of course!).

One solution I couldn't make a perfect fit for was our packs. You can see I fit four of them at the top of the closet, but in



IKEA zip up cubes called the SKUBB Boxes help keep everything organized and neatly packed.



A \$24 shoe rack from Target frees up a lot of closet space. And, yes, seven of those coats are mine; and no, I don't have a problem!

total we have six and there was no way I could make those all fit! The solution was keeping the two packs we each use the most in the closet for the current season while the rest go into our tiny crawl-space storage that is a big pain to get into. This is fine since we only change out our packs 2-3 times a year.

Another piece of gear I couldn't make fit was our sleeping bags. Of course, the problem with sleeping bags is that they are preferably stored completely uncompressed, so the loft is retained in the down. The solution for this was to store those in our master closet. That closet had some long shelves at the top, making them perfect for laying out two sleeping bags!

The Final Touches

I wanted to make this room inviting - a place I'd feel instantly happy walking into. I added art to finish off the look, including two prints of pictures I took in the Enchantments, a mini wooden mountain made by the talented Nick Terrel, a couple plants, and Tibetan prayer flags. Some people like the grungy gear dungeon look, but I personally enjoy a very bright and inviting feel.

In all, this wasn't that much work (aside from the thought that went into designing it!), and it was cheap. It cost me about \$100 (which was totally offset by selling a few of my Marie Kondo'd pieces of gear), and I am very happy with how it all turned out! I imagine I will change things here and there, but for now, it feels like home. ▲▲



Left: Tim Hagan during an attempt on one of the 100 Peaks. Right: Tim Hagan in the deserts of Northern Africa. Photos by Kim Hood.

Continued from page 29

The community is large enough that climbers inevitably run into other 100 Peakers around the park, as Henry did sometimes. On Meany Crest in late August 2015, Henry was headed up to the base of the climb and he happened upon two people at their camp. Henry introduced himself to the other men: Tim Hagan and Kim Hood. Tim, a member of The Mountaineers since 1978, was working on the 100 Peaks and nearing completion, and Henry recognized his name from the Frontrunner's List on Peakbagger, the official tracker for who is closest to finishing the 100.

They talked for a while. Tim had just finished peak 97, with three left, and for Henry, Meany was going to be number 71. Eventually, Henry headed on towards Meany Crest while Tim and Kim stayed to camp and climb Whitman Crest the next morning.

One month later, Tim passed away after a fall on Sluiskin Chief, his 99th peak, with only one left to go.

Kim was one of Tim's closest climbing partners for decades. They met in the 80s on Aconcagua during a trip together connected by a group of mutual climbing partners. "For some reason, Tim and I, we just hit it off and we kind of hike at the same pace. From that point on, we became each other's climbing partner," Kim said. They climbed around the world together, and Kim completed many of the 100 with Tim. "He was one of these guys that could kick steps all day long. I don't know how many times I would be whupped and he would just say 'it's right there' and keep going." Kim said. "It's kind of like I was guilted into following."

Kim and Tim traveled to Antarctica and rode camels into the deserts of northern Africa. In 2008 they visited the four Hindu Temples of the Char Dham in India. In 2010 they hiked through Nepal into Tibet. On one trip to India in 2008, Kim and Tim ran into Conrad Anker as he returned to a lower camp from an attempt on Meru with Jimmy Chin and Renan Ozturk. After the group continued on, the pair mused whether or not it had been a group of famous climbers.

Tim never stopped, with lofty goals for himself in both travels

and climbing. "Before he even got on the [Rainier] 100, he had a personal goal of climbing 100 peaks of their own prominence in one summer," Kim said. "And he did that easily. He was constantly out in the hills."

An honorable finish

In late July 2018, on the way to Panhandle Gap for his final climb, Henry ran into two climbers who were heading down from Cowlitz Main. One of the two men explained they had climbed it to honor their late-friend, who had passed away right before completing this final climb on his 100 Peaks list. They were descending after summiting to spread his ashes.

"You're Kim Hood," Henry said, mentioning their meeting at Meany Crest in 2015. They chatted for a while, and Henry explained that he was headed up for the same final climb. "Well, it looks like Tim may have beat you to the 100!" Kim said to Henry in a moment of shared appreciation. "

Tim's accomplishments through a lifetime of climbing are awe-inspiring, with summits of peaks like the 20,561-foot Volcán Chimborazo, 18,491-foot Pico de Orizaba in Mexico, and the 17,575-foot Gokyo Ri in Nepal. His wish list on Peakbagger contains 16 peaks in Scotland, where he studied engineering, and became involved in the climbing club. He climbed on every continent except Australia. He added nearly 30 new peaks from all over the world to the website's database, and his ascent list (the summits he's tracked on the website) shows over 1,400 climbs. His profile links to a Flickr photo library, displaying many of his climbs around Mount Rainier and the world.

Tim's name is still in the top spot on the Frontrunner's List. His Peakbagger profile reads "Tim was a dedicated Seattle-area climber with significant international experience and a passion for peakbagging. He helped out with many corrections to this website. He had just finished his 99th peak on the "100 Peaks at Mount Rainier National Park" list when he tragically perished in a fall. He was a kind and generous soul who will be missed by all who knew him." Thanks to Mickey, others can still walk in his footsteps to honor his memory. ▲▲

Welcoming 50 How I Became An Ultra Runner

By Craig Romano, Mountaineers Guidebook Author



Some folks age gracefully, some don't, and others futilely fight it—or worse, struggle to even accept it. I tend to be one of the latter. Blame it on my Baby Boomer upbringing. My generation worshipped youth, redefined aging, and still refuses to let something like growing old get in the way of doing what we want. Heck, if it still feels good, we do it! Now that the youngest of us has passed 55, I guess we weren't really serious when we belted out "Hope I die before I get old."

I've always been physically active and have lived a life full of outdoor recreation, travel, discovery, and challenge. As the years marched along, I was too involved in living life to its fullest and having a damn good time to notice that, gasp—I was aging! I knew I'd eventually have to stop fooling myself and accept that, gasp, I was middle age! While 40 may be the new 30, and 50 the new 40, I can no longer deny that I am solidly in middle age. I have the bladder and reading glasses to prove it!

It was during that slide into 50 that I decided I was ready for a new challenge, a new lifestyle to help me beat—I mean accept—growing old. I literally decided it was time to go the extra mile. I decided to become an ultra-runner. And because I love to challenge myself and set lofty goals, my intent was to welcome the big 5-0 by running the White River 50 Mile Endurance Run.

Set your sights high

When I was 18 years old I wanted to do more than ride my bicycle across America. So instead, with my best friend Jeff Silverstein (who was only 17 at the time of our departure), we rode our bicycles around America. It was an adventure that culminated with us cycling 13,000 miles through 41 states during a 9-month time frame. The following year I rode 8,500 miles on another cross-country bike trip. This time to Alaska via Arkansas (and the other states I missed the first time). I then started biking back home (I was living in New Hampshire at the time) across Canada until I had to prematurely finish in Manitoba due to an illness. The next year I got back on the bike and headed east reaching Newfoundland to polish off my last Canadian provinces via bicycle.

I eventually tired of long distant cycling (the allure of roads gave way to trails) and took up hiking and running. And today I make my living primarily by writing about hiking. I've been running religiously since the late 80s. I ran my first marathon at age 29 and qualified for Boston at my second marathon. My third marathon was Boston. Then due to injuries I fell out of marathoning.

I've since returned to the marathon, but don't run at the intensity of those earlier days. Life can get in the way is what I used to think. But it's more that priorities change and balance has become more important. As much as I love running and hiking to my heart's content, I also value time off trail with my family and I'm more committed to my professional life. I'm also slower now because I'm older. I may never be able to qualify for the Boston Marathon again, but I can set new goals and look forward to new challenges that help me live a life that is full of physical, psychological and spiritual contentment. As I

entered my 50s I welcomed ultra-running as a key component in my life equation.

Embrace a new challenge

With a cumulative elevation gain of 8,700 feet and a 14 hour time limit, I certainly could have chosen an "easier" 50 mile trail run to usher in my transition to ultra-trail running. But I have never settled for easy. My biggest rewards have always been when I pushed myself to just beyond what I thought I was capable of doing. And if I was going to create a new indelible memory, it should include Mount Rainier, old growth forests, alpine meadows, and a roaring glacier-fed river.

I trained hard and committed myself to successfully completing White River, and it paid off. Coming over that finish line in the summer of 2011 has become one of my most cherished moments. It also became a turning point in my life when I no longer looked at 20-plus mile day hikes as being long. They had now become routine. When I began hiking in earnest in my 20s I could never have imagined being able to complete with such ease and regularity 20-plus mile hikes. I couldn't imagine being able to regularly do them in my 20s, never mind in my 50s.

Being able to move so freely and at such great lengths through the woods is liberating. And now in my late 50s I look at the completion of every 20-plus mile day hike as another day I refused to let aging slow me down. But I know there will come a time when aging will get the upper hand. And because I know that every day I am closer to that day—I continue to go that extra mile and keep pushing my physical limitations so that each night I can say that I am truly living my life to its fullest.

There are things I never did; things I should have done when I was younger. You can't go back in time. And if you live your life with regrets, you'll only grow old with discontent. You must always go forward and it is never too late to set new goals and challenges. Set those goals, adjust your life to attain them, and then go after them. This boomer plans to keep on truckin' for as long as he physically can. ▲▲

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

Interested in trail running?

Our Foothills branch will be offering a backcountry trail running course this summer and a Wellness Adventure Weekend September 20-22 at Meany Lodge. Learn to run wild with the wind in your hair and dirt at your feet. Visit our website and search for Trail Running activities to sign up for trail runs. Beginners are welcome!



Asahel Curtis and W. Montelius Price on the summit of Mount Shuksan during their first ascent in 1906. Photo by Asahel Curtis, University of Washington Libraries, Special Collections, UW7515

In Asahel's Footsteps A Legendary Adventure Photographer

By Trevor Dickie, Member Service Representative

Asahel Curtis described Mount Shuksan in the first Mountaineers annual as "a beautiful mass of igneous rock with cascade glaciers flowing outward on all sides, except the north." He, along with W. Montelius Price, claimed the first ascent of the peak in 1906 (Shuksan's Curtis and Price glaciers serve as namesakes to the climbers). Asahel brought his faithful companion - a 10+ pound box-style camera - with him to the top. As was his trademark, he was simultaneously pioneering two fields: mountaineering and photography.

Aside from being the first party to summit the mountain, historians cite the climb as the ideological birthplace of The Mountaineers. Originally members of the Mazamas mountaineering club, Asahel and Price split off from the group's Mount Baker summit attempt to climb Mount Shuksan together. "The outing lasted several weeks, so they had plenty of time to talk about forming a Seattle Club, the conversation

apparently was wide ranging, and included five or six others," Jim Kjelsden wrote in *The Mountaineers: A History*.

In the winter following the Shuksan climb, The Mountaineers was formed with the signatures of 151 charter members. 113 years later the club continues, sending at least a few groups each summer to the summit of Mount Shuksan in Asahel's footsteps.

Destined for photography

Asahel Curtis, the youngest of four children, was born in Ohio in 1874. He spent his childhood in Minnesota, practicing photography with his older brother Edward, an apprentice for a local photography studio. The Curtis family moved to Washington in 1888, and Edward opened a studio of his own to support the family. Asahel went to work with him a few years later.

Edward gained fame through his photo series on Native

Americans living throughout the U.S. Not to be outdone, Asahel's photos from the Klondike Gold Rush popularized his work early in his career, and his nature and landscape photography would later be published nationwide.

After establishing his own studio in 1911, Asahel's photography was commissioned for everything from portraits to promotional work. His business was successful, and Asahel made a name for himself with a wide range of photographic talents. He photographed trains, captured Seattle's events and presidential visits, and documented local industries, including logging, agriculture, and construction. His photos are still cherished today, with approximately 60,000 of his photos in the hands of the Washington State Historical Society in Tacoma.

Asahel's techniques were markedly different than the processes of photographers today. With modern DSLR cameras and smartphones it's easier than ever to capture everything we do, from the mundane to the extraordinary. And when using film, the development process is largely standardized.

A groundbreaker

As you can imagine, life was a bit different for Asahel and his 10+ pound camera box. The methods required to capture images in the late 19th and early 20th centuries were not streamlined, and individual photographers tinkered with the science behind the development of their photos to suit their own situation and style. They often tested a variety of techniques and materials to find the best fit. It's fascinating to imagine the great photographs lost forever to the wrong mix of chemicals.

Color photography was still being developed and wouldn't be available or take hold until after World War II. Hand-coloring was one of the most popular ways to add color to the photographs. Black and white photos retained the detail captured by the camera, but the colors of the scene wouldn't be lost. To give the images color, dyes or watercolor paints were added by hand. This process softened the photos, compared to today's crystal-clear pictures. The images appear to occupy a space between painting and photograph, where the color is smooth and the images feel brushed, but they retain the detail and some of the contrast of a black and white photo. Much of Asahel's work was hand-colored.

Asahel also produced orotones, a less popular printing style that required more work and skill to create. Orotones were so difficult that only a select few know how to create them today. To achieve this type of print, a photographer coated glass plates with a type of gelatin-emulsion, which was used to create a positive (think: an inverse of a film negative). After developing the positive, the back of the glass plate was covered in a mineral and oil mixture, often banana oil and gold leaf, giving the photos a very distinct gold-to-copper tone. The finished product retains the sheen of the mineral used, and the resulting image is striking. Asahel's orotones, especially those containing mountain and lake reflections, offer stark contrasts and metallic highlights, and they remain the most remarkable of his work.



A framed orotone photograph of Mount Rainier and Mirror Lake. Photo by Asahel Curtis, Dan Davis Mountain Photograph Collection. Courtesy of University of Washington Libraries, Special Collections, Asahel Curtis, photographer, UW 39921.

Paying it forward

Outside of photography, Asahel contributed greatly to The Mountaineers. He used his strong mountaineering experience to organize The Mountaineers first outing to Mount Olympus, leading members on glaciers with the militaristic style of the time. "Each person was assigned to a company directed by a Captain, usually aided by a Lieutenant who brought up the rear and accounted for stragglers," Kjelsden wrote. "Such Military order was considered essential from a logistics standpoint, and also because climbing teams on the summer outings did not rope up."

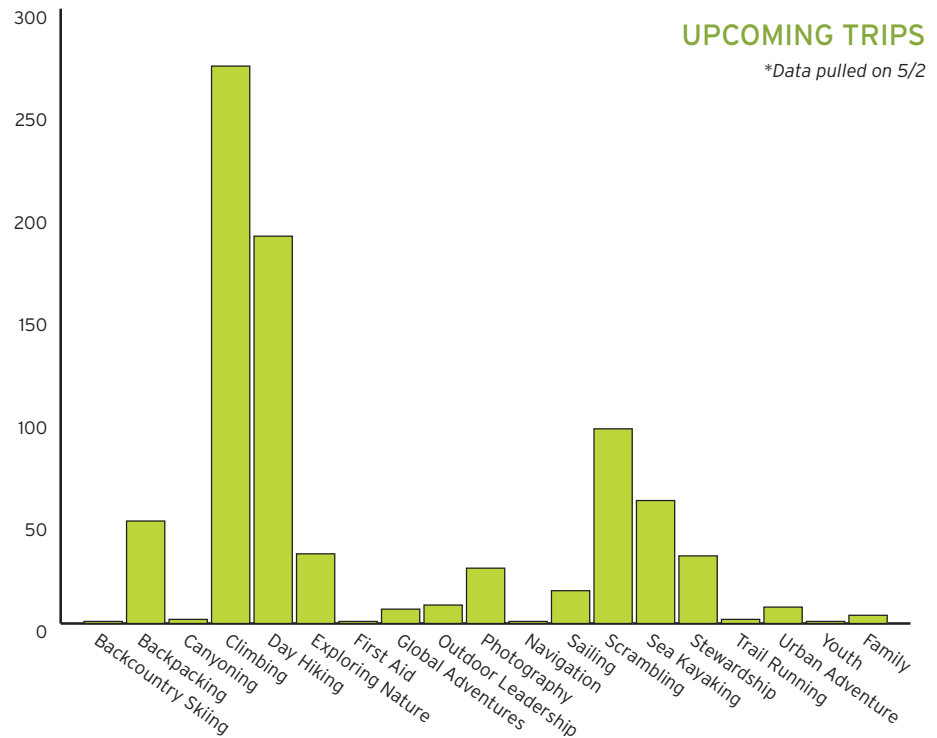
Asahel aggressively supported tourism and access to Mount Rainier, and aided in the development and operations of the National Park. His organizational prowess complemented his leadership within The Mountaineers, and also resulted in roles on various planning committees in the greater Seattle area. His perspective did differ from The Mountaineers at times, as he was an ardent supporter of the construction of roads around Mount Rainier and opposed expansion of Olympic National Park.

Asahel's legacy touches city development, photography, and recreation throughout the Pacific Northwest. He was integral in protecting and developing wild areas, and pushed along the conception and creation of The Mountaineers. He documented life in the northwest for decades and had a noteworthy and successful photography studio. Just like The Mountaineers, Asahel's story is rooted deeply in the Pacific Northwest, and it's hard to imagine the Pacific Northwest without him. ▲▲



Mountaineers Activities

The Mountaineers has over 800 activities on the calendar RIGHT NOW, and our volunteer leaders are listing new things every day. The best way to get involved is to go online and find your next adventure today!



HOW TO BECOME AN OUTDOOR ADVOCATE

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



NO

Are you a Mountaineers member?

YES



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



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



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



How to Sign Up for Activities

Step 1

Visit our website

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

Step 2

Filter your activity search

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

Step 3

Select an activity & register

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

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

How to Sign Up for Events

Step 1

Visit our website

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

Step 2

Browse for local events

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

Step 3

Select an event & register

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

Frequently Asked Questions

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

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

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

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

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

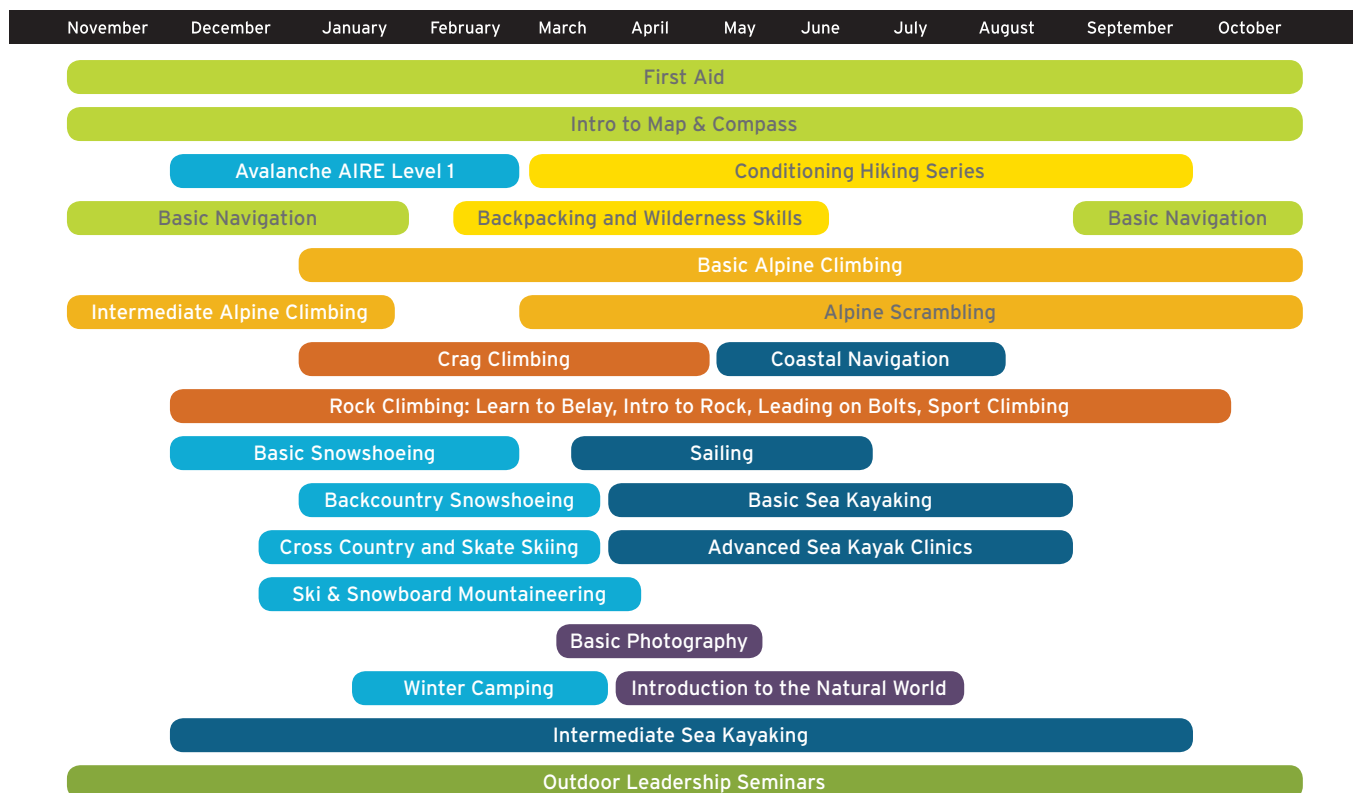




The Mountaineers Course Overview

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

Looking for a Mountaineers Course, but don't see it listed? Take a look at our course calendar below. We have courses offered every season and some all year-round. If you can't find what you're looking for, it may be offered another time of the year - generally we teach courses in the season before you'll want to do the activity. For example, we teach kayaking in the spring so you can spend all summer paddling. The same course may be offered by multiple branches and you can take a course with any branch. 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 explore if you qualify for equivalency.



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

COURSE LISTING KEY



How to use the Go Guide:

This printed magazine only showcases a handful of our available courses. To see more options, or to sign up for an activity or course, visit www.mountaineers.org and select the "Activities" or "Courses" tab at the top to explore. Use the filter options to search by activity/course type (for example: Day Hiking). Need help? Contact Member Services! We're here to help: 206-521-6001 or info@mountaineers.org.

Mountaineers Courses

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

CANYONING

7/13/19 - 7/20/19 - Waterfall Canyoning Course - A condensed 8-day course taking you through all the skills you need to move safely and independently through the waterfall canyons of the PNW. Receive an internationally recognized CA123 certification from ICopro. - Members: \$1100, Non-members: \$1190 - Becca Polglase - beccap@mountaineers.org - Seattle

CLIMBING

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

6/4/19 - 10/31/19 - Intermediate Glacier Climbing - Members: \$300, Non-members: \$400 - Nic Tormohlen - sneega@gmail.com - Everett

6/18/19 - 9/14/19 - Intermediate Alpine Ice Module - This course will help students develop the necessary skills to climb alpine ice routes. - Members: \$100, Non-members: \$300 - Jill Uthoff - jilluthoff@gmail.com - Tacoma

7/11/19 - 8/4/19 - Intermediate Alpine Ice - Members: \$100, Non-members: \$500 - Scot Geoghegan - hector98034@yahoo.com - Everett

7/18/19 - 8/11/19 - Intermediate Glacier Travel Module - Learn to lead on hard snow, glacier travel in 2 person rope teams, and gain the skills to be a basic glacier climb leader. - Members: \$100 - Jill Uthoff - jilluthoff@gmail.com - Tacoma

7/28/19 - 9/22/19 - Sport Climbing Course

- Members: \$170, Non-members: \$245 - Trystan Williams - trystan@trystan.org - Everett

9/6/19 - 10/6/19 - Introduction to Leading Bolted Routes - Learn to lead and clean single pitch bolted sport climbs in two classroom based interactive lectures, four workshop sessions, and a culminating trip to a classic northwest climbing destination. - Members: \$135, Non-members: \$185 - Douglas Hansen - douglasehansen@gmail.com - Olympia

9/19/19 - 3/15/20 - Self Rescue Course - The Everett Branch Self Rescue Course (SRC) is a module of Everett Intermediate Climbing Course (ICC) and covers Rescue of Follower & Leader on Rock, Small Party Rescue, Pitoncraft, Bolting, Introduction to Rope Soloing and Aid Climbing, Glacier Rescue. - Members: \$100, Non-members: \$150 - Rodica Manole - rodi.man@gmail.com - Everett

10/15/19 - 10/30/19 - Self Rescue Course 2 - The Olympia Self Rescue Course 2 is the second module of the rescue course. Participants are required to have completed SRC1 prior to this course. Priority will be given to Oly SRC 1 participants - Members: \$50 - Roland Lanoue - rolandolymountaineers@gmail.com - Olympia

12/8/19 - 10/23/20 - Basic Alpine Climbing Course - Members: \$650, Non-members: \$800 - Allison Swanson - swansa2@uw.edu - Seattle

FIRST AID

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

10/5/19 - 10/13/19 - Fall MOFA - Registration limited to Olympia Scrambling and Climbing students only until Sept 1 - Members:

\$165, Nonmembers: \$300 - Bob Keranen - bobkeranen@gmail.com - Olympia

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

12/11/19 - 12/15/19 - Hybrid Wilderness First Responder - Members: \$650, Non-members: \$700 - Brian Carpenter - fleasgach@gmail.com - Seattle

SEA KAYAKING

6/1/19 - 8/31/19 - Family Sea Kayaking Course - Sea kayaking skills for families with kids age 14-17. - Members: \$50 - Beth Owen - bluekayak123@yahoo.com - Tacoma

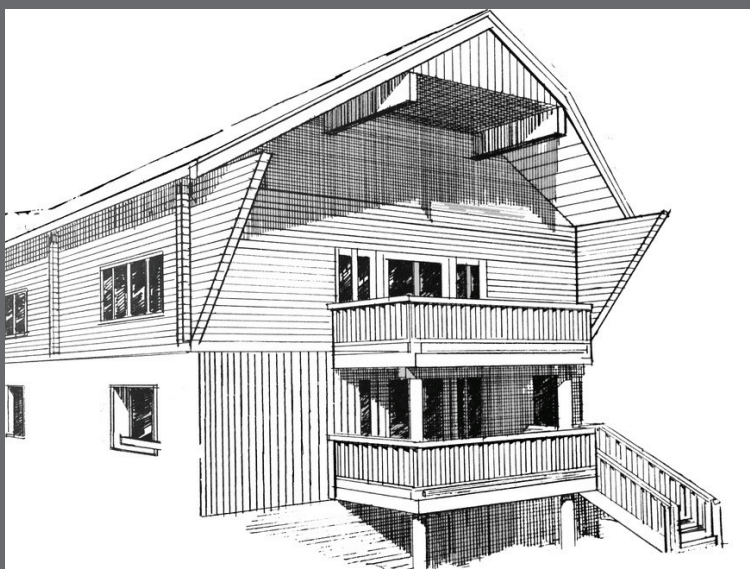
7/1/19 - 8/31/19 - Family Sea Kayaking Course - Sea Kayaking skills for families with children ages 6-7. - Members: \$20 - Beth Owen - bluekayak123@yahoo.com - Tacoma

YOUTH

7/15/19 - 7/19/19 - Summer Camp Week 1 - Mountaineers at Mt. Rainier - Members: \$400, Non-members: \$425 - Sarah Holt - sarahh@mountaineers.org - Tacoma

7/29/19 - 8/2/19 - Summer Camp - Volcanoes Cabin Week - Campers learn survival skills as we overnight camp Wednesday - Friday at the Three-Volcanoes Cabin owned by Mountaineer Dixie Havlak. - Members: \$425, Non-members: \$475 - Becky Nielsen - beckyn@mountaineers.org - Olympia

8/19/19 - 8/23/19 - Summer Camp - Advanced Climbing Week - New camp for climbers ages 9-12 to dive into the world of rock climbing - Members: \$390, Non-members: \$450 - Katie Love - katiel@mountaineers.org - Seattle



Fireside Lodge Outdoor Recreation Club Welcomes Mountaineers Members

Fireside lodge, a top-rated facility of its kind in Whistler, invites you to visit for hiking, biking, and outdoor activities at extremely reasonable rates. Members and guests of The Mountaineers will receive a special 20% discount when you book directly with Fireside. Private rooms sleep 2-5 people and the facility is open 12 months out of the year.

604-932-4545 | info@firesidelodge.org | firesidelodge.org



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

BELLINGHAM

Chair: Krissy Fagan, kristenfagan@hotmail.com

Vice Chair: Minda Paul, mindapaul@hotmail.com

Website: mountaineers.org/bellingham

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

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

Branch 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 spectacular Mount Pilchuck Lookout.

KITSAP

Chair: Jerry Logan, cjtjlogan@gmail.com

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

Website: mountaineers.org/kitsap

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

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

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

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

SEATTLE

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

Website: mountaineers.org/seattle

Activities & Courses: avalanche safety, canyoning, climbing, Nordic 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, climbing walls and myriad activities, indoor and outdoor climbing walls, event space, 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

Chair: Cheryl Talbert, cascadehiker@earthlink.net

Websites: mountaineers.org/foothills

Courses & Activities: Backcountry skiing, cross-country skiing, first aid, hiking & backpacking, navigation, outdoor leadership, scrambling, snowshoeing, stewardship, and trail running

The Mountaineers Foothills Branch - the club's newest branch - was founded in 2004 and encompasses the eastside communities along the I-90 and I-405 corridors. Our signature programs include a season-long Backpacking Building Blocks (B3) Course and a Ski & Snowboard Mountaineering Course, plus exciting offerings in the other activities above. Our new Conservation Committee is partnering with other orgs to advance stewardship, trail ethics, education and advocacy. We also host film screenings, guest speakers, and other community events.



Our branch is growing rapidly, and we are actively seeking people to support our community - no prior experience required. It's an exciting time to be a part of our branch, and we invite you to join us to get involved in taking our communities outside!

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

TACOMA

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

Website: mountaineers.org/tacoma

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

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

OLYMPIA

Chair: Marko Pavela, mlpavela@hotmail.com

Website: mountaineers.org/olympia

Courses & Activities: avalanche safety, backcountry skiing, climbing, cross-country skiing, exploring nature, first aid, hiking & backpacking, navigation, outdoor leadership, scrambling, sea kayaking, stewardship, snowshoeing, wilderness skills, and youth & family. Our branch is also known for its robust stewardship program.

The Olympia Branch holds a **monthly open house, potluck, and speaker series** from October to May. Watch the branch calendar for the schedule as the series ends its summer vacation.

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

Get Involved With Your Branch

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

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 these communities. Reach out to your branch chair to get started.

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



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What We're About

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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 Tiare Vincent.



To learn more about how you can make a difference, call
Development Director Amber Carrigan 206-521-6004

Open to members, groups, and the general public, our lodges provide visitors with unparalleled access to skiing, snowhoeing, 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 Kitsap Forest Theater are run by dedicated volunteers, and they can use your help! Visit our lodge webpages and www.foresttheater.com to learn how you can contribute to the teams that keep our outdoor centers running.



Baker Lodge

www.mountaineers.org/bakerlodge

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



Meany Lodge

www.mountaineers.org/meanylodge

Built in 1928, this destination ski resort is located at exit 62 off I-90 at the Stampede Pass exit in the Wenatchee-Okanogan National Forest. Meany Lodge provides a warm, family-friendly environment for all. Summer work parties are a great time to visit this Outdoor Center. In exchange for your help in maintaining the lodge, enjoy a free meal and weekend stay. You will receive a Stewardship Badge for your help. The Lodge sleeps 97 people and is available for meeting, conference, and wedding rental.



Stevens Lodge

www.mountaineers.org/stevenslodge

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



Kitsap Forest Theater & Cabin

www.ForestTheater.com

Theater inspired by a magical place! Join us for a grand adventure as you stroll down the forested trail to our breathtaking theater. Our 2019 season brings "Newsies" and "Mamma Mia!" to life on our unique stage. These uplifting and family-friendly musicals will appeal to young and old alike - treat yourself to a "day away" in the forest. Tickets available online. Enjoy special savings on our two-show package!

Newsies

May 26, 27 & June 1, 2, 8, 9, 15, 16
Stop the presses! This Disney film turned Tony-winning Broadway hit tells the rousing tale of Jack Kelly, a charismatic newsboy who leads his fellow "newsies" in a strike against the unfair working conditions imposed by the titans of publishing.

Mamma Mia!

July 27, 28 & Aug 3, 4, 10, 11, 17, 18
Enjoy the story, songs, and dances that made *Mamma Mia!* a global phenomenon. Set on a Greek island paradise, this mother-daughter musical is the ultimate celebration of love, laughter, family, and friendship.



Clockwise from top left: Marmot, mouse, chipmunk, squirrel

Did you know? Snafflehounds

By Hailey Oppelt, Communications Associate

One of the more unusual pieces of climbing jargon, the word 'snafflehound' fails to strike fear into the heart of the uninitiated. However, snafflehounds have ruined more than a few climbers' days, and for good reason. A snafflehound is any kind of rodent that feasts on climbing gear. This can include mice, rats, squirrels, and even marmots. The catch-all term was popularized by legendary alpinist and Mountaineers member Fred Beckey. Snafflehounds are attracted to the salty sweat in your boots left at the base of a climb, and take the opportunity to gnaw on whatever else they find. Climbers tell tales of snafflehounds raiding food, gnawing through ropes, chomping holes in (occupied!) sleeping bags, and chewing ropes in use. You can even find two places named after these mischievous rodentia - Snafflehound Ledge, on the Beckey-Davis route of Prusik Peak, and Snafflehound Spire, located in the Bugaboos in eastern British Columbia. Though their alpine reputation veers into the stuff of legend, they're so commonplace that you have certainly seen a potential snafflehound - even if it hasn't had the opportunity to earn the title (yet).

Snafflehounds of the Northwest

Squirrels

Though we typically think of tree squirrels, ground squirrels are more likely to be snafflehounds as they live in subalpine

areas that are minimally forested. The Cascade golden-mantled ground squirrel has an appetite benefitting its robust name, and can be seen popping its head up from rocky outcroppings and eyeing your perfectly flaked rope.

Mice and Rats

Mice and rats can be found almost anywhere, and for good reason. These small, sturdy creatures can easily find shelter in the forest as well as alpine environments, and have been known to venture far from home in search of lunch. They're often difficult to dissuade from their chosen target, and are the inspiration for the 'rodent hang' food storage method. They're the most likely creatures to become snafflehounds.

Chipmunks

Chipmunks are also bold inhabitants of the Cascades and beyond, as many of us have learned at lunch after a long hike or climb. The most common local chipmunk is the yellow pine chipmunk, although all of them will attempt to sneak into your pack when you have your back turned.

Marmots

As some of the largest and most-admired rodents of the region, marmots make for an impressive snafflehound. Likely the biggest creature you'll see gnawing on your gear, when marmots strike their damage can be substantial. Fortunately they choose to spend most of their time in subalpine regions, enjoying large amounts of vegetation below tree line. ▲▲

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Outdoor Research

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And more!

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

Photo by Ida Vincent



The Mountaineers Summer Book Sale

July 1-31 | 9am-5pm

Extended hours July 3, 10, 17, 24, 31 - open to 7pm
Closed July 4th holiday

25% off all books & maps

35% off book bundles

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