

# Mountaineer

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



in this issue:

How to Write a Top Trip Report

Yoga for the Outdoors

Bonanza and Ben

The Scariest Day of My Life

Fall 2022 | Volume 116 | Number 4

The Mountaineers enriches the community by helping people explore, conserve, learn about, and enjoy the lands and waters of the Pacific Northwest and beyond.



On the cover: Two climbers practicing yoga at Mt. Rainier. Photo by Ida Vincent.

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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.



The weekend of July 8, I helped lead a Mountaineers climb of the Emmons Route on Mt. Rainier. Our team was fortunate to have excellent route conditions, helped by the cool, wet conditions in the Pacific Northwest this spring. Despite cold and windy weather on the upper mountain, everyone on our two rope teams made it safely to the summit and back to the White River Trailhead with no mishaps.

As is common in July, the mountain was busy, and it appeared that many parties also summited successfully; spirits were high along the climbing route and back at Camp Schurman.

Coming down the Corridor - a relatively low-angle stretch of the Emmons Glacier that extends about 1,500 vertical feet above Camp Schurman - I noticed something strange: a glissade track running several hundred feet down the Emmons Glacier. The Corridor looks fairly innocuous when covered by a blanket of snow, but large crevasses lurk below the surface in the underbelly of the Emmons Glacier. It is definitely not a good place to be unroped and glissading, which is why I took note of the glissade track.

I would come to learn that our pleasant summit weekend was not without incident. On Saturday afternoon, as we were unwinding back at Camp Schurman, we witnessed a park ranger perform a high wire rescue of a skier who we heard took a crevasse fall high on the upper mountain. Seeing this harrowing helicopter rescue, right on the heels of observing the ill-advised glissade track, was a good reminder that being complacent on big mountains often leads to dangerous outcomes.

We subsequently learned from park ranger staff that they've seen an uptick in the number of climbers traveling unroped on the upper mountain. A compounding impact has been an increase in the number of ski mountaineers unaware of - or at least not practicing - prudent ski mountaineering techniques. Unsurprisingly, Mt. Rainier park rangers conduct five search and rescue operations and five medical evacuations a week during the peak summer months.

Park rangers in places like Mt. Rainier National Park do an incredible job helping our community by responding to incidents. We're grateful for the many ways they help us explore and enjoy the mountains and waters that we love. Perhaps the best way we can show our appreciation for land managers and search and rescue personnel is to become responsible outdoor recreationists. It's one of the things about The Mountaineers I'm most proud of: our commitment to helping people learn and practice the skills they need to enjoy the outdoors as safely and respectfully as possible.

That ethos has been modeled by our volunteer leaders every day for the last 116 years. Safe, responsible recreation is a cornerstone of one of our core values: *education*. We share knowledge, empowering others to safely and responsibly pursue outdoor activities. I'm continually in awe of the commitment of our volunteer leaders who share their expertise with thousands of students every year. And I'm grateful for the impact our leaders have in helping people develop strong outdoor ethics and self-reliance. I look forward to supporting this tireless crew as we enter another bustling course season full of opportunity to help more people find belonging in the outdoors.

Tom Vogl

Tom Vogl  
Mountaineers CEO



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

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Katherine Kirchoff admiring the view from the hike up Mt. Pilchuck.  
Photo by Hailey Oppelt.



Hailey Oppelt  
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Photo by Paige Madden.

One of my all-time favorite hikes was the first time I climbed Mt. Pilchuck. I was in my early 20s and had carved out time on a gorgeous mid-week summer day with my friend Katherine. The trail was fairly empty and the weather was warm but not sweltering. Although I was an avid hiker, that particular day I was blown away by just how beautiful everything was. The sky was cerulean blue, and the short, dense mountain pines stood almost electric green against

it. Delicate alpine flowers dotted the sides of the trail, the nearby peaks encircling us with their hazy blue outlines. On the way up, I was euphoric - whooping with joy, occasionally annoying Katherine but largely encouraging her to join me in my revelry.

This trip comes to mind whenever I think of the highs of being outside. For some, the hike would have just been a hot walk on a short mountain. But for me, that day was an experience that inspired a delightful, child-like mania I still remember years later. And do you know what convinced me to take that jubilant hike? A trip report.

Our theme this edition is "trip reports," the beta-heavy reading that informs and inspires so many of our trips. In "Falling," 18-year member and backpacking leader Heidi Walker shares a terrifying moment on a backpacking trip from the North Fork Quinault River trailhead over Low Divide. "Bonanza and Ben" is a heartwarming story from Bill Chapman, recounting his several failed attempts at Mt. Bonanza - a mountain even Fred Becky acknowledged as a bear to climb - before a successful summit with his son. "The Scariest Day of My Life," by 11-year member and climb leader Liana Robertshaw, brings us to the moment every climber hopes to avoid - a nearly deadly rockfall, and the emotions that follow.

"Yoga for the Outdoors" is a lighter read from 6-year member and yoga instructor Lori Heath about her journey to yoga, how the practice can help outdoorspeople manage their unique needs, and three poses to try before and after your next excursion. In "How to Create a Top Trip Report" we give readers a look into what makes a truly excellent report, and provide a sample report from a dreamy autumn backpacking trip last October from Cheryl Talbert. To round out our features we have "The Nature of Belonging" from CEO Tom Vogl, where he shares a few thoughts on our work to help everyone feel at home at The Mountaineers and in the outdoors.

Our regular columns offer plenty of trip report-themed stories as well. In "Trail Talk," Mountaineers Books Guidebook author Craig Romano tells the story of the mountain that helped him fall in love with the Cascades, and his many pilgrimages back. In "Peak Performance," personal trainer and 30-year member Courtenay Schurman shares a few tips for newer outdoorspeople to avoid becoming a trip report statistic. "Bookmarks" shares a hair-raising excerpt from Jeff Smoot's new release *All and Nothing: Inside Free Soloing*, and "Retro Rewind" gives readers a few laughs as we revisit the colorful 1963 Annual Summer Outing trip report, including a very 60s pre-LNT water crossing, a few poetic ramblings on local flora, and even a little yodeling.

Although factual by nature, trip reports offer a condensed look at everything we love most about going outside. It gives you a small taste of what it's like to stand on a ridgeline, deciding your next move while the brisk September air rushes past you. Or spending your mornings with no Wi-Fi, no cell service, and only the sounds of birds around you while you drink your coffee. Or the wild-eyed glee that a perfect day on a short mountain can bring.

I hope that after reading this edition, you're inspired to find your own Mt. Pilchuck. Or better yet - to write a trip report on it.

H. O.

*We always love receiving feedback on the magazine itself, and 39-year member Dee Smolar was kind enough to write in to let us know how much he loves his paper copies:*

"Dear Mountaineers, please continue paper delivery of the magazine. It is one of the highlights of our membership. I keep the old copies (for articles and photos). I enjoy reading from paper, not a screen. I can read it when the power is out. It is harder to read and navigate from the screen (and less mindful). Actually, the spring 2022 issue was one of the most enjoyable issues in many years! Thank you!"  
-Darian (Dee) Smolar, 39-year member



"Great article and thanks for the research."

-Roland Bennett, 18-year member

"Another one to check out is Youer.com. Plus sizes, plus models, small woman-owned in the US. I love the way their clothes fit me!"

-Woosi Wildwood, blog reader

"I am 5'3 and 216 and just started hiking with the GoHike program. All shapes and sizes - thank you to The Mountaineers for this great article and the GoHike Team, and especially to you Sam for being a leader in this industry and paving the way. Going big and not going home!"

-Janice Suarez-Pena, 1-year member



*In our blog "30 in 30: Climbing Mailbox Peak 30 Times in 30 Days," we shared the story of Mike "Mailbox Mike" Dubois, who climbed Mailbox Peak 30 times in 30 days to honor every addict's struggle to get clean. Our membership was touched by his efforts:*

"Wow, Michael! Thank you for sharing such a personal story. Kudos on a decade sober, some serious athleticism, and so much compassion. May the mountains always lift and comfort you."

-Anita Wilkins, 16-year member

"Thank you for sharing this heartfelt story!"

-Jessica Winter-Stoltzman, 1-year member

"This is beautiful Michael - thank you for providing a window into this and guiding me to further empathy. All the best to you and your loved one!"

-Samantha Sanders, 6-year member

"What an inspiration to so many!"

-Tracie Anderson Wallenberg, Facebook commenter

"Wow! What an amazing story!"

-Lisha Koch, Facebook commenter

"Tissues please"

-Stefanie Liddle, 1-year member

*In "The Best Plus Size Outdoor Apparel," member Sam Ortiz wrote about the challenges many face accessing plus size apparel, the difference between extended sizing and plus sizing, the importance of body representation, and the best places to find plus size outdoor apparel. Fellow members wrote in with notes of support and tips of their own:*

"I love this article! Thank you so much for researching and writing it Sam. I've had to buy men's plus size outdoor gear for years, and then pay a lot more to have it altered to fit, including making the legs and arms shorter. REI has been working on inclusive sizes at their flagship store but 3x isn't big enough for me for most things. Thank you again for this valuable info and for the encouragement to gear up and get outside!"

-Cristina McGlynn, 4-year member

*Every magazine there's at least one thing that slips by our editors that we wish we'd included! In our piece "Where to Buy Affordable Gear" in the summer 2022 edition, we omitted our much-loved Gear Grab from the list of available options. Fortunately, a member wrote in letting us know:*



"The Mountaineers really missed a big opportunity with the "Where to Buy Affordable Gear" article. Where was mention or promotion of The Mountaineers own Gear Grab? As a dues-paying member of more years than I care to mention, I felt unsupported by this omission. The Gear Grab should have had its own section in this article describing who sells what at the Gear Grab and what a great deal it is. I would have welcomed more serious buyers at the Spring Grab. And, The Mountaineers earn ten percent of sales! What a win-win all around. But, nowhere in the 48 glossy pages of Mountaineer was there room to mention this. I'm disappointed."

-Chris Richards, 32-year member



**Name** Emily Fletcher

**Hometown** Seattle, WA

**Member Since** April 2006

**Occupation** Consultant

**Favorite Activities** Hiking, scrambling, kayaking, camping, swimming, cross-country skiing, snowshoeing

### How did you get involved with The Mountaineers?

I originally joined The Mountaineers as a freshman at Garfield High School in Seattle when I became involved in an outdoor education program called POST 84. To become a student leader with that organization, I took Mountaineering Oriented First Aid (and had lots of fun volunteering as a patient afterward!). I rejoined The Mountaineers in 2022 to take the Basic Alpine Scrambling Course after moving back to Seattle with my wife. The Mountaineers had been on my radar even before high school, though, because my parents met playing volleyball in a singles league organized by The Mountaineers in the mid-1980s!

### What motivates you to get outside with us?

The Mountaineers provides an opportunity to build new skills and see new, wild places that wouldn't be accessible to me without the thorough training and generous mentorship of fellow Mountaineers! I have always enjoyed getting outside with friends and family, and I love that The Mountaineers challenges me to try new things alongside new friends and teachers.

### What's your favorite outdoors memory?

My favorite memories are from moments when things "clicked" and I was able to celebrate my newfound confidence with supportive fellow Mountaineers. For example, recognizing the difference in my own comfort level leading my group up a steep, snowy gully from one scramble to the next was empowering. I'll also never forget how exhilarating it was to realize our chosen route would work on an exploratory scramble after a long day of route-finding. We had shuttled cars and were hoping we could traverse along a ridge line to get to the second car, but there was a risk we wouldn't figure out the route before dark and would need to retrace our steps (which would have been a long slog). Putting together my navigation and scrambling training with my group members and realizing we had finally found a way that would work was an amazing feeling!

### Who/what inspires you?

My parents are my biggest inspiration. They met through The Mountaineers, and they've both remained outdoorsy and active throughout their lives. They have racked up some impressive accomplishments, but have always done so quietly and simply for their own enjoyment of the outdoors. I hope to remain as active as them (and as pure in motivation in the era of social media!) for as long as I can.

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

I have been constantly amazed by the generosity of leaders within the scrambling community who put considerable time and energy into sharing their knowledge and passion with new scramblers. I am incredibly grateful to all the leaders who provide such a wide array of opportunities, as well as the emotional support they give anytime I'm feeling anxious before or during a trip!

### What does adventure mean to you?

Adventure involves challenge, excitement, and a little bit of uncertainty. For me, that usually means trying something new or difficult, often in a new place. Type 2 fun isn't a requirement, but I often find that there's at least an element of adversity or Type 2 fun on the best adventures. ▲▲

### Lightning round

**Sunrise or sunset?** Sunrise

**Smile or game face?** Smile

**What's your 11th Essential?** Expectation management

**What's your happy place?** My family's cabin in Leavenworth

**Post-adventure meal of choice?** Dairy Queen Blizzard

**If you could be a rockstar at any outdoor activity overnight, what would it be?** Climbing

# Avoid Becoming a Trip Report Statistic

By Doug and Courtenay Schurman, MS, CSCS, PN2

**T**ricky trail conditions, iffy weather, and the adrenaline rush associated with epic adventures can all increase the likelihood of accidents. But with a little extra awareness and planning, you can avoid becoming a trip report statistic. To prevent accidents or injury during future trips, strive for good conditioning on urban terrain and work to learn from your leader. With help you will narrow the gap and increase your margin of safety in the mountains.

## Pack weight

Early in our climbing career, my husband and I were routinely climbing Rainier with more than 50 pounds. By our last summit five years ago, we pared our weight down to close to 40. We learned from our mistakes and by watching others in the backcountry.

Leaders know exactly what to bring and what to leave behind. They pare their gear down to the essentials. They use everything they bring with them, and their only leftover food is for safety. They also have lighter-weight gear, having the experience and knowledge to know what is worth the investment. Newer outdoorspeople often carry “just in case” items without considering the extra weight. With this in mind, train with a heavy pack and make note of what you carry that others don’t. Over time, you’ll be able to pare your pack weight down, and since you’ve been training with a heavy pack, you may find yourself stronger than your leaders.

## Experience and efficiency

The first time I climbed Rainier, I didn’t know about the rest step or pressure breathing. Above 11,500 feet when I started feeling nauseous, I would have shifted into using both energy-saving techniques. Now, at the first sign of nausea at altitude, I use smaller, paused steps and rhythmic pressure breathing without even thinking about it, while novice climbers huff and puff.

Your leaders will have more skill traveling over varied terrain than you do. When you may find yourself taking a step and sliding backward, or stumbling on rocks in your crampons, your leaders will be picking their way skillfully across the slope or confidently kicking steps. Novices expend far more energy doing routine alpine tasks simply because such skills are not yet unconscious; they require more thought and muscle memory development. With experience you will become more capable. Until then, focus on gaining additional cardiovascular stamina, strength, and power to ascend a mountain.



Photo by Courtenay Schurman.

## Psychological elements

One of our earliest alpine climbs was the exposed West Ridge of Forbidden. We were new to running belays, cleaning pro, dealing with exposure, and going without sleep. This led to relying on adrenaline on our second 18-hour day. It took several days to recover.

Leaders are familiar with exposure and the “thrill of the climb.” Novices may be taking a trip as a once-in-a-lifetime experience. Fearing the unknown uses a lot of energy. Novices often use adrenaline, which can leave them drained for several days afterward. To avoid this physical and psychological drain, spend time in the mountains honing your technical skills.

## Preparing for your next trip

Train with 5-10 more pounds than the heaviest weight you expect to carry on your hardest trip. On your conditioning hikes, practice traveling on terrain comparable to what you might encounter on your upcoming trip. Seek trails that provide you with opportunities to hone your skills. Practice breathing techniques, visualization, positive self-talk, and other methods to help prepare for the psychological challenges that come with time outdoors.

By getting in better condition than your leaders, you will be better prepared to handle the lack of experience and increased psychological demands in order to avoid becoming a trip report statistic. ▲▲

*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](http://www.bodyresults.com) or send a question to [court@bodyresults.com](mailto:court@bodyresults.com).*

# All and Nothing Inside Free Soloing

By Jeff Smoot

Jeff Smoot soloing at Waimea Beach. Photo by Beth Harman.

The following is an excerpt from *All and Nothing: Inside Free Soloing* by acclaimed author Jeff Smoot. Once considered a fringe activity, free soloing - climbing without a rope - has entered the mainstream consciousness. Yet climbers have been free soloing all along, motivated by reasons as varied as the climbers themselves. *All and Nothing* delves into the cultural history of free soloing and explores the interplay between climbing and risk, as well as psychological theories, evolving climbing ethics, and the effect of media coverage. With a complex personal connection to free soloing, Jeff Smoot examines our relationship with risk, how we perceive our sense of control, and what it means to consider our mortality.

I had started free soloing easy routes years before. At first it was because I lacked a partner, but, as my skills improved, I began purposefully soloing more difficult climbs, higher off the ground. Still, I stuck to routes well within my comfort zone. Nothing bad happened, so I kept upping the game.

Then one day, while climbing with Peter Croft, one of the most accomplished free soloists in the world, something clicked. We were soloing laps on a 600-foot wall near Leavenworth, Washington, when Croft started up behind me, climbing

directly below me as I pulled through a 5.10 crux. If I had fallen, I would have knocked him off the wall. My ego swelled. If Peter Croft had that much confidence in my ability, I must be pretty good. That afternoon I ran into some friends who were going to try an overhanging crack that seemed to spit everybody off. I'd tried it a few times with a top rope belay and failed miserably. This time, when I fell off, I hung on the rope and played around with the moves until I figured out a sequence. On my next try, I pulled it off.

"Pretty easy for a 5.12," I told my friends, bragging a little.

"You made it look easy," one of them said. "You could solo it."

I wished he hadn't said that, but it was too late - the seed had been planted. That night, I drew a diagram of the crack in my journal and wrote detailed notes describing each jam, each foothold, each sequence of moves. It became an obsession. You could solo it became You will.

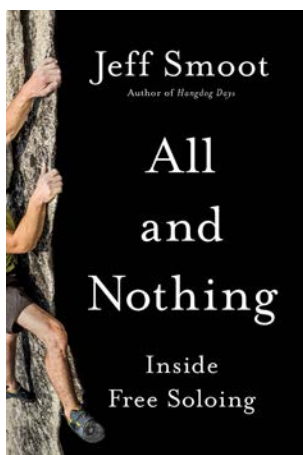
The route was short, but if I fell off at the crux, I'd fall 30 feet and either land on my back and smash my head on the sharp granite blocks below or swing out of control and hit the ground face-first. Young and full of myself, I was willing to take that chance.

I put three fingers into the crack up to the second joint,

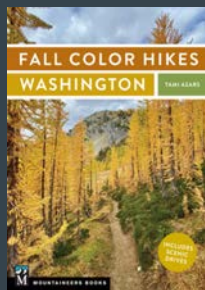


wrenched them tight to lock them in place, set my feet on tiny edges, and pulled off the ground. After several moves, the crack narrowed and bottomed out, allowing me to slot in only two fingers up to the first joint. Those four fingertips wedged precariously in the shallow crack held my body weight; the meager footholds offered little more than leverage against the pull of gravity. Focusing intently on each move, I made sure my fingers were locked in, my feet placed as securely as possible before making the next move. A thought crossed my mind: You could climb down from here if you wanted to. Then another: Once you make the next move, you can't, but I dismissed them.

I reached my left hand high and stuck my index and middle fingers as far as I could into a slot, wrenching them tight to lock them in. Then I brought my right hand up to a higher slot that I could jam in using a thumbs-up position, with my ring and little fingers barely in the crack. Hanging off two fingers of my right hand, I pulled my left hand out of the crack and turned it over, stuffing my pinkie and ring finger in as far as possible and wrenching them tight. At precisely that moment, both of my feet slipped off the wall.



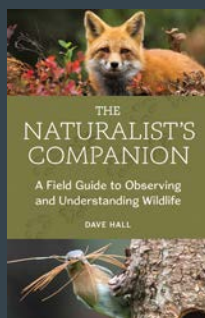
*All and Nothing: Inside Free Soloing* is available for purchase at our Seattle Program Center Bookstore, online at [mountaineersbooks.org](http://mountaineersbooks.org), and everywhere books are sold. ▲▲



## Fall Color Hikes: Washington

By Tami Asars

Experience the full glory of fall color in Washington with expert guide Tami Asars, whose previous books include *Day Hiking Mount Rainier National Park* and *Hiking the Pacific Crest Trail: Washington*. Asars shows you all the best trails across the state to see those vibrant reds and golds. Each of the 45 hike descriptions highlight trail particulars as well as what foliage hikers can expect to see, while eight scenic drives guide you along the roads in different parts of the state that offer plenty of opportunities to pull over and marvel at nature's beauty. This book also offers suggestions for getting the best photos of the eye-popping colors, and tips for planning fall and winter outings when days are shorter and colder.



## The Naturalist's Companion: A Field Guide to Observing and Understanding Wildlife

By Dave Hall

Learn how to patiently and effectively observe wildlife and grow your naturalist know-how. Through extensive time in the field, Dave Hall has developed a comprehensive understanding of nature awareness and refined his skills to enhance time spent outdoors and foster closer, more respectful encounters with wildlife. Through personal anecdotes and detailed explanations, Hall teaches the principles and ethics of stealth walking, calling, tracking, interpreting basic animal behavior, and much more. The book begins with a discussion of gear, safety, ethics, and thoughtful engagement, and each chapter includes a list of exercises that prompt readers to study and put new skills into practice. *The Naturalist's Companion* will deepen your connection with the outdoors and help you to establish and maintain consistent, intimate, and informed wildlife observations.



## National Parks A to Z

By Gus D'Angelo

Mountaineers Books' very first children's book, *National Parks A to Z* is perfect for any young adventurer! Explore the National Parks system one letter at a time with the help of some furry and feathered friends while experiencing the landscapes, wildlife, history, and activities that make each park unique. Informative sidebars explore deeper topics inspired by interviews with National Park Service rangers, Tribal Nation members, accessibility activists, field scientists, and visitors. This book is an excellent introduction to the beauty and history of the National Parks System as well as the importance of maintaining them.

# E.P.I.C. Adventures with Kids

## Training and inspiring future youth leaders

By Kelly Hampton, Qualified Youth Leader

It starts with a twinkle of curiosity in their eye. The twinkle turns into an adventurous grin, and in an instant, a child can become lost in their imagination. We want to nurture the spark of joyful adventure when working with youth in the outdoors, and that's why the goal for each Mountaineers youth program is to introduce kids to the benefits of outdoor experiences.

A few months ago, I co-led a two-part Leadership Development Series seminar titled E.P.I.C Adventures with Kids. Together with Katy Snyder, we sought to share with attendees the special sauce that goes into making magic and building connections between youth and the outdoors. The sessions were, dare I say, epic.

Katy has been with The Mountaineers since the beginning of youth programs as a 2010 founding member of The Mountaineers Adventure Club (MAC). Katy was later hired on staff as a Youth Field Coordinator in July 2020, where she planned and led trips for youth ages 6-13. She was instrumental in spearheading efforts to diversify the variety of activities offered to youth and families, and she knows firsthand the profound impact volunteers have on youth.

"As a high school student and member of MAC, I found so much value through interacting with Mountaineers volunteers. I looked up to them as mentors and greatly appreciated them spending their time with us high school students. Each volunteer brought something different. Adam Hollinger was very patient in teaching me, a timid high schooler, various technical climbing skills. John Rijhoff brought the party to camp and the crag with glow sticks, temporary tattoos, stickers, and more (and he'd often hang a prize bag at the top of climbs when cragging). Loni Uchytel still volunteers with MAC today and has taken some of the youth up climbs they never would have thought they could do. These are just a few volunteers who I have interacted with over the years."

### Growing need for Qualified Youth Leaders

As more families have become inspired to adventure outdoors with their children through The Mountaineers, the need for Qualified Youth Leaders has increased. When Katy reached



Top: Seattle Nomads at Smith Rock. Photo by Erik Evenson. Bottom: Katy Snyder and Seattle Pathfinders spend a day climbing at Exit 38. Photo by Mountaineers youth staff.

out to parents and community members to get involved, many were excited and willing, but hesitant because they felt they lacked the skills necessary to lead kids outdoors. Our volunteer leaders are experts in teaching participants of all ages various skills like the mechanics of rock climbing, the essentials of hiking, or how to put on cross-country skis. What is sometimes missing in the teaching process is a format for

how to teach adult leaders what adventure looks like from every developmental stage and how to create an appropriate expectation for those age groups while keeping the fun alive. Katy contacted me, a parent coach and former elementary school teacher, to help design and co-lead a seminar that would close this gap.

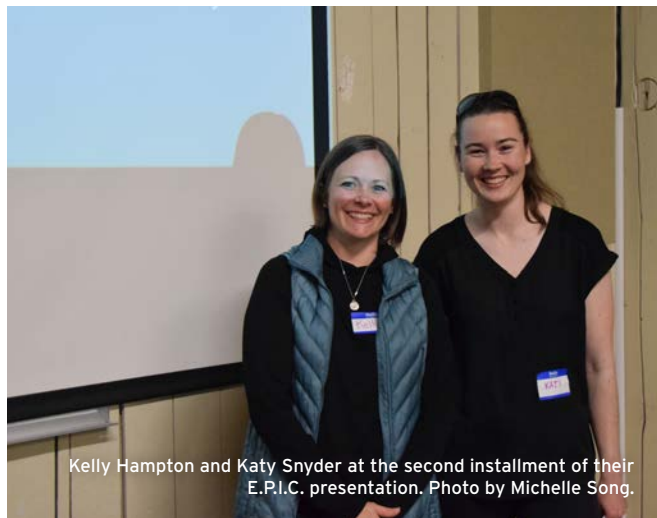
I joined The Mountaineers Nomads Youth Program with my middle daughter Paige in 2021. Our family of five holds a deep passion for play and adventure – it is where we find our truest selves, see our children regulated and balanced, and hold more curiosity for the world around us. Admittedly, on our first night of climbing with the youth program, I showed up nervous and timid knowing absolutely nothing about climbing. However, what I felt that night and every adventure since was the deeply impactful value The Mountaineers holds for learning and empowerment. The outdoors is a classroom and the continual goal when you are in it is to learn, play, and teach others. As a parent and coach, it was the most beautiful form of empowerment at every level. Saying yes to teaching a class with Katy in order to grow this program and recruit more volunteers was easy.

## More volunteer support, more youth in the outdoors

Part one of our series taught the foundations of our E.P.I.C. structure: Expectations, Preparation, Imagination, and Control. In this virtual seminar, we covered the basics of child development and behavior, how to prepare for play and adventures, the value of imagination, and the importance of giving kids control in their adventures. Attendees left part one with an increased understanding of why they want to adventure with youth and the fears that prevent them from releasing appropriate control to children. During the session, we revealed the importance of boundaries and taught how to set expectations with youth proactively. Together as a group, we discovered how to decipher a child's behavior and understand what they need. We ultimately learned how to let a child lead the adventure.

In part two we played. Parents, Qualified Youth Leaders, and aspiring volunteers learned games to play on the trail, riddles to share, stories to tell at the campfire, and how to capture a toy frog without being seen. Play brings a great deal of laughter and joy, even to adults. If you have ever been on a hike, climb, or other outdoor adventure with children, you will know this is true: everything they want to do involves imagination and play.

The youth programs thrive on volunteer involvement. Children are the next generation of adventurers and conservationists, and it is vital that we invest in their development and natural curiosity. Having skilled Qualified Youth Leaders to mentor our children in developing their natural sense of wonder, imagination, and exploration is key to both their development and the protection of our outdoor places. To those who are keen on volunteering as a Qualified Youth Leader, bring your passion and enthusiasm, and everything else will follow. ▲▲



Kelly Hampton and Katy Snyder at the second installment of their E.P.I.C. presentation. Photo by Michelle Song.

## KELLY AND KATY'S TOP 5 TIPS FOR WORKING WITH YOUTH

- Know your “why” and share it with the group. Why are you here, and what are you hoping to get out of today's activity? Ask kids what their goal is for the adventure.
- Reflect on what fun means to you vs. what fun means to youth. Discuss as a group.
- Have a few trail/camp/climb “games” in your back pocket at all times.
- Know your boundaries and communicate them, then let the kids take the lead within those boundaries.
- Adventure without kids to fulfill your adult definition of fun. Satisfying this desire helps you relax into the slower pace and frequent stops of a kid-centric activity.

## Interested in getting involved?

- Join us at the Youth Volunteer Orientation Dinner on September 29 at the Seattle Program Center from 5-9pm, where you can learn more about the opportunities available.
- Keep your eye out for the next E.P.I.C. Adventure with Kids during the 2022-2023 Leadership Development Series. We would love to see you there!
- Reach out to Member Services at [info@mountaineers.org](mailto:info@mountaineers.org) to learn more about becoming a Qualified Youth Leader.

# Celebrating the Memory of Barbara J. Allan (1927-2021)

## Honoring a bequest to support conservation and advocacy education

By Brianne Vanderlinden, Deputy Director, Development and Strategic Engagement

In the summer of 2021, I received a phone call from lifetime Mountaineer MaryJane Steele delivering the difficult news that Barbara Jean Allan had recently passed away. A biochemist and researcher at the University of Washington, Barbara was a passionate outdoorswoman and environmental advocate. The lifetime she spent in the mountains inspired her to give back in many ways, and for her, that included protecting the legacy of outdoor education by planning for a bequest to benefit The Mountaineers.

Barbara had a keen interest in the outdoors and natural history, spending most of her summers at Mount Rainier. Early in her research career, she spent several summers researching and cataloging alpine meadows and flowers. She loved to talk about the mountains, wildflowers, and trails with her family and friends. She loved everything about the Pacific Northwest.

While Barbara could boast 58 years of Mountaineers membership, she also carried with her the legacy of her parents, Jim and Helen Allan, who joined over 100 years ago. MaryJane proclaimed, "I always thought Barbara had bragging rights!" And that she did.

As her extended family members, Allan, Barb, and Terry, tell the story, Barbara's connection to the outdoors was a way of life. Every time they would visit the Pacific Northwest, she would take the whole crew to Mount Rainier. As I spent time with the family getting to know more of her story, they fondly reminisced about their Aunt Barb's endless tales of outdoor adventures and how her passion rippled into their own lives.

### Discovering Barbara's legacy

In my role on staff, I have the great privilege of helping to connect Mountaineers supporters with our mission in ways that honor their values and experiences. However, sometimes we receive transformational gifts like Barbara's



Barbara J. Allan. Photo courtesy of Barb (Moser) Marshall.

without prior notice and it can be challenging to find the right match. While I had the benefit of visiting with Barbara at our 50-year member luncheons, I was taken by surprise to learn that she had planned to pass on her love of the outdoors by leaving a gift to The Mountaineers in her estate. Receiving the notification of Barbara's bequest kicked off a journey to discover the perfect alignment between her personal values and the opportunities in need of funding at The Mountaineers.

Fortunately, family members Allan and Barb were traveling to Seattle frequently to manage the family home in Ravenna. One morning I visited to learn more about Barbara's joy-filled life, how she cherished the camaraderie of her fellow Mountaineers, and her passion to inspire life-long connections with the outdoors.

Allan called special attention to Barbara's devotion to protecting and restoring natural areas, and helping people to learn through the same type of conservation education she had with The Mountaineers. A light bulb went off. It seemed serendipitous that the size of her gift perfectly matched our two-year funding need to expand our Conservation and Advocacy Program.

When I proposed to the family that Barbara's gift could help fund the much-needed additional capacity for this program,



Barbara J. Allan. Photo courtesy of Barb (Moser) Marshall.

Just within the last year, our Conservation & Advocacy team has succeeded in integrating public lands education into our year-round youth programs, produced three blogs of a six-blog conservation series to educate our membership, and helped The Mountaineers to take on additional leadership roles in the advocacy community. This included launching a re-energized Outdoor Alliance Washington network, an advocacy group of human-powered outdoor recreation organizations in Washington State.

Support like Barbara's is what fuels our ability to create these kinds of incredible changes in our community and beyond. The relatively small investment of one to two years of staff time can produce huge dividends for generations to come, influencing thousands of members and youth with foundational educational resources and programming. Though she may not have realized it as she carefully catalogued alpine flowers or brought loved ones to Rainier, the passion and vigor that Barbara brought into the world extended far beyond the limitations of one lifetime. Her love of the outdoors, and how she chose to memorialize it, will ripple across our community for years. Thank you Barbara, and thank you to the many donors who have chosen to invest in the outdoors. You have made a difference. ▲▲

they agreed it was in perfect alignment with the legacy Barbara hoped to leave.

## Impact multiplied over generations

Barbara loved the outdoors, and not just the mountains. She loved the ocean, lakes, waterways, plants, and wildlife - the entire ecosystem. She had a keen awareness of the impact our adventures have on the environment and knew the importance of fostering a deep connection with the natural world in others so they, too, would be inspired to protect it.

For over a century, The Mountaineers has served as a gathering place for people like Barbara who are called by the freedom of hills. Early members, like Barbara's parents Jim and Helen, recognized the importance of outdoor education and protecting the natural world and the outdoor experience. They passed this value on to Barbara, who passed it on to her extended family and made a plan to pass it on to Mountaineers members today through her bequest.

Barbara's bequest will make a meaningful impact in protecting our planet and outdoor recreation. In the fall of 2021, we used a new grant and individual donations to hire an Advocacy & Engagement Manager, Conor Marshall. Together, Conor and Conservation & Advocacy Director Betsy Robblee have already accomplished a tremendous amount of work to enhance the quality and volume of our education, as well as build partnerships and strengthen our collaboration with other advocacy-minded groups in our community. Simply put: our added staff capacity increases advocacy.

At the heart of our Mountaineers education programs is the determination to protect our public lands and the outdoor experiences they provide. Without conserved lands and waters, climate-resilient landscapes, and recreational access to these places, our organization and the opportunities we provide would cease to exist.

## PROTECTING THE FUTURE OF OUTDOOR EDUCATION

The outdoor recreation community has tremendous potential to advance the conservation movement, and The Mountaineers will continue to serve as a leader in outdoor advocacy through the legacy of Barbara Allan and others who support this important work.

If you have planned for a legacy gift, or are thinking about ways you'd like to make a meaningful difference with a gift to support The Mountaineers, I hope you'll consider reaching out for a conversation. It is our sincere intention to match your funds with the area of need that most closely aligns with your passions and values, and one of the best ways to accomplish this is to share what is important to you so that we can document your wishes. To connect, please reach out to [briv@mountaineers.org](mailto:briv@mountaineers.org) or call 206-521-6006.

*The Mountaineers® is a 501(c)(3) nonprofit organization located at 7700 Sand Point Way NE, Seattle, WA 98107. Our staff located in Seattle work to support our seven branches (Bellingham, Everett, Foothills, Kitsap, Olympia, Seattle, and Tacoma), three lodges (Baker, Meany, and Stevens), and our Kitsap Forest Theater. Tax ID: 27-3009280.*

# Outdoor Leadership at The Mountaineers

## Two new courses and a revamped Leadership Conference

By Michelle Song, Associate Volunteer Development Manager

Hoh Rainforest. Photo by Brendan Moore-Penaskovic.

**A**s of 2022, The Mountaineers boasts a strong collective of over 3,000 volunteer leaders. From course instructors, to lodge hosts, to Board members, our volunteers' skillsets are varied and far-reaching within our organization. By setting vision and direction, contributing to a shared vision, and creating sustainable and equitable programs, volunteers enable The Mountaineers to continue to grow and improve our programs. Often, volunteers are called the heart and soul of The Mountaineers, and this is certainly true in my experience!

Our volunteers have said that a major reason they lead trips and instruct courses is to pay it forward after learning from our community themselves. To support these volunteers who offer the highest-quality programs, and to meet the growing demand for leadership development programs, we began developing an outdoor leadership training program to instruct volunteers on high-quality leadership and instruction practices. Having successfully built a library of content from our Leadership Development Series over the past four years, we were delighted to have the necessary resources to address the many requests for an outdoor leadership course to onboard new volunteer leaders.

Over the past year, Mountaineers staff - guided by the input of our volunteer leaders - designed the "Foundations of Leadership" and "Foundations of Instruction" eLearning courses to meet the needs of our current and aspiring volunteers. Volunteer leaders from each branch were invited to test the initial format, and their feedback helped refine the courses into their current versions. This collaborative effort drove the Foundations courses to become what they are today, and we are excited to have these two courses form the basis of our newly-revamped Leadership Conference this coming December.

### New courses

Our goal in building these courses is to foster diverse and passionate connections throughout The Mountaineers and share the principles of leadership and instruction that we collectively think are most important for our volunteers. These new courses are geared towards both current and aspiring volunteers who are interested in learning more about the concepts and definitions of leading and instructing in the outdoors. Upon completion, graduates will understand how to apply equitable and inclusive practices to their activities, improve their risk management skills, facilitate better communication amongst groups, engineer a secure learning environment, and more.

The Foundations of Leadership and Foundations of Instruction courses each comprise their own individual eLearning pathways. Each pathway contains a collection of five foundational lessons: Foundations of Risk Management, Foundations of Education & Instruction, Foundations of Group Facilitation, Foundations of Equity & Inclusion, and Foundations of Administration & Logistics, and each course is tailored to our volunteer experience as either a leader or instructor. Both pathways are now available through Coassemble, a user-friendly online platform that allows us to create interactive, self-paced learning.

To respect the limited time of our volunteers and members, the lessons are intended to be completed in any order. We also could not pass up the opportunity to design two new badges. The brand-new Foundations of Leadership or Foundations of Instruction course badges will be awarded after final online quizzes.

Through both of these foundational courses, we hope to foster a sense of camaraderie between current and aspiring

volunteers, instructors and students, and trip leaders and participants, nurtured by the strong leadership demonstrated across all branches.

## Revamped Leadership Conference

We recognize the need to accommodate different learning styles to best impact long-term leadership development. The Foundations courses will be primarily offered online and year-round through the eLearning platform Coassemble, but we will also be offering an in-person option. With the exception of final quizzes, all five lessons in the Foundations of Leadership and Foundations of Instruction pathways will be hosted through breakout sessions at our Foundations of Leadership and Instruction (in-person) event on Saturday, December 3, 2022. This in-person option is intended to cater to individuals who learn best in a group setting, and provides the chance to ask questions and discuss learned concepts in real-time with expert presenters.

Last fall, we made the difficult decision to cancel our Leadership Conference due to rising cases of COVID-19 in King and Pierce County. Fortunately, the Leadership Conference will be back this year in a revamped format and renamed as Foundations of Leadership & Instruction (in-person). Foundations of Leadership & Instruction engages a pivotal audience of current and aspiring volunteers, and will emphasize a different cadence to the day's schedule. Similar to the Leadership Conference, Foundations of Leadership & Instruction will be a full day of collaboration and learning across branches. Previous Leadership Conferences brought in outdoor professionals from partner organizations to present a series of interactive sessions that explore the many facets of leadership. This year, we will be bringing in seasoned leaders from our very own Mountaineers community. Don't worry, we will continue to bring in external speakers through our mainly-remote Leadership Development Series, which runs from October to April. Foundations of Leadership & Instruction will remain an engaging day of leadership development, dedicated to equipping our current and aspiring volunteers with fundamental leadership and instruction skills.

Foundations of Leadership & Instruction (in-person) will utilize the content from the Foundations eLearning courses, but the overall structure of each session will rely on presenter preference. This allows the presenter to accommodate various student learning styles and their own teaching approach to meet the Foundations courses' learning outcomes. Students will also have the option to follow specific tracks to garner the knowledge necessary to complete a respective final quiz and fulfill badge requirements online on their own time. Like the Leadership Conference, Foundations of Leadership and Instruction is meant to be a choose-your-own-adventure experience.

## Gratitude

We are incredibly excited to offer these two new courses and the revamped Leadership Conference, Foundations of

Leadership & Instruction, this year. Our gratitude goes out to the volunteers who contributed their time and expertise to help shape these courses to be the very best for our community of growing leaders and instructors. We are eager to witness all the opportunities that the Foundations of Leadership and Foundations of Instruction open for our current and aspiring volunteers.

We hope these courses and the Foundations of Leadership & Instruction event ignite a spark of curiosity, and as we all know, leadership and learning is a journey. Our intention is that once the courses are completed and badges obtained, volunteer leaders and instructors are inspired to strengthen their community at The Mountaineers and support one another on each of their leadership journeys. The Mountaineers would not be The Mountaineers without our volunteers leading the way. ▲▲



## SAVE THE DATE FOR FOUNDATIONS OF LEADERSHIP & INSTRUCTION (IN-PERSON)

Save the date, register, and join us for a fun day of professional development dedicated to empowering The Mountaineers current and aspiring volunteer leaders and instructors!

**Date:** Saturday, December 3, 2022

**Time:** 9am-4pm, with a catered social hour after the conference from 4:15-5:15pm

**Location:** Seattle Program Center

**Price:** Free for all members

**Registration opens on September 16, 2022 at 6am:** [mountaineers.org/foundationsofleadershipandinstructioninperson2022](https://mountaineers.org/foundationsofleadershipandinstructioninperson2022)

Questions about Foundations of Leadership & Instruction (in-person)? Please email Michelle Song, Associate Volunteer Development Manager, at [michelles@mountaineers.org](mailto:michelles@mountaineers.org).

# Why Conservation Matters to Mountaineers Members

By Conor Marshall, Advocacy & Engagement Manager

Thunder Lake, Alpine Lakes Wilderness. Photo by Luke Helgeson.

**A**fter several years working on policy and advocacy campaigns to protect public lands and wildlife in Washington, D.C., I intimately understand how important recreationists can be in convincing lawmakers to invest in the outdoors. I moved home to Washington State in search of conservation work that allowed me to give back to the lands and waters that first connected me to nature. I saw The Mountaineers as exactly the kind of place where I could make an impact - a place where recreation and conservation converge, for adventure with purpose.

In my first year with The Mountaineers, I've seen how strong personal connections with the outdoors can build recreationists into stewards and advocates for our natural landscapes and the outdoor experience. Earlier this year, our members helped secure new annual funding to restore and improve Washington's state parks and recreation areas, and

this spring, conservation-minded Mountaineers came together to share feedback on future program initiatives in our first-ever Conservation & Advocacy Town Hall. It's inspiring to see all of us working together to ensure the Northwest's natural spaces thrive into the future.

Conservation has been a tightly held value since our organization's founding in 1906, and it continues to echo throughout the work of our committees, branches, and programs today. Thanks to new resources and partnerships, we're creating more ways for our members to continue to engage in conservation through education, stewardship, and advocacy. To understand what conservation and advocacy means to you - our community - we asked members engaged in this work to reflect on why conservation is important and how they choose to give back.

## Delmar Fadden

Former Board Member

The Mountaineers has been a part of my life for over 50 years. I know what the organization stands for and what it values. The Mountaineers has a core of engaged and committed people working on conservation - both at a local and national level. These people know first-hand the lands, forests, and waters we seek to protect, and are in an excellent position to make the case for conservation.

The collaborative nature of The Mountaineers ensures that money and time donated to conservation through the organization will be well spent. Over the years, I have donated and worked jointly with other like-minded organizations to acquire and protect various parcels of mountain and forest land throughout the Northwest.

## Ginger Sarver

Olympia Branch  
Conservation and  
Stewardship Committee

I believe conservation and advocacy work is a crucial way of giving back to the environment that we enjoy every time we step outside. I enjoy participating in stewardship work because it makes me feel like I am doing my part. I especially enjoy doing this work through The Mountaineers because these are my people - my friends with whom I share adventures and common values. I enjoy seeing the results of my work to improve the condition and safety of our trails and hearing the



appreciation of hikers as they pass by.

Besides trail work, The Mountaineers has afforded me the opportunity to make a difference through outreach to other recreationists as a backcountry ambassador, talking with other hikers about low impact recreation, safe backcountry behavior, and their experiences on local National Forest trails.

The Olympia Branch Conservation and Stewardship Committee has forged strong relationships with staff at the Forest Service, State Parks, and the Department of Natural Resources. Being a part of this work has made the stewardship credit badge on my profile so much more meaningful to me.



### Maya Magarati

Board Member and  
Conservation &  
Advocacy Committee

To me, conservation and advocacy are cultural cores of The Mountaineers. Our family has been members for 18 years and counting. In our early days as members, when our daughter was in elementary school, we

participated in the annual summer family weekend at Baker Lodge or at Meany Lodge. On those overnight trips, the lodge hosts developed family-oriented programming so the kids could have fun recreating in the beautiful mountains while also connecting with each other and the natural environment. Through experiential conservation education activities like wild berry picking, families would learn why protecting public lands is important.

I currently serve on The Mountaineers Conservation & Advocacy Committee and enjoy trail work. I believe The Mountaineers conservation and advocacy work needs to prioritize building authentic, enduring partnerships with local tribal communities and leveraging shared conservation interests while honoring and respecting tribal sovereignty and tribal treaty rights. Given changing population demographics in the region, the committee should also consider more direct engagement with other communities of color as a part of the organization's work to shape conservation and climate change decisions.

I choose The Mountaineers as one of the outlets for my conservation work because the organization is committed to amplifying conservation and recreation voices through community engagement.

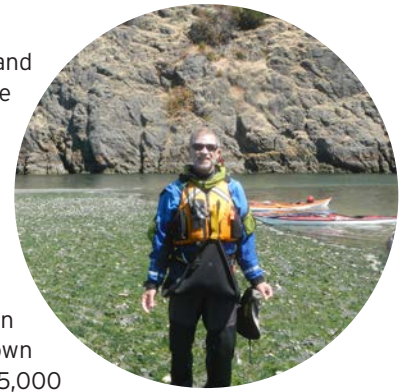
### Charlie Michel

Carbon Footprint Reduction Committee

The Mountaineers efforts to protect public lands and the outdoor experience seem very well supported by our community. The aspect of conservation that I'm most passionate about is fighting the climate crisis. I endeavor to find ways that The Mountaineers and its members can reduce

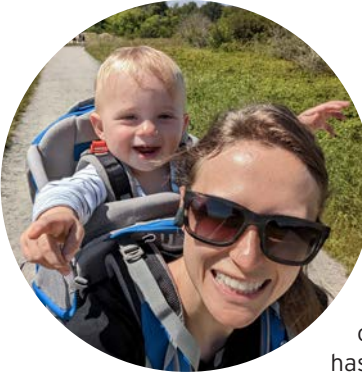
our carbon emissions and advocate for strong climate investments.

I have chosen The Mountaineers as an outlet for this work partly because of my passion for sea kayaking. Why not support an organization that helps me pursue my own outdoor activities? With 15,000 members, the organization's carbon footprint reduction work is a great way to raise awareness of the existential threat of the climate crisis and build support in the recreation community to address it.



### Bryne Koscianski

Board Member and  
Conservation &  
Advocacy Committee



Since becoming a mom a little over a year ago, the work I do in support of conservation and advocacy has taken on a new level of importance. Now when I walk

through a glen of ferns, or dip my fingers into a glittering body of water, I'm not just thankful for myself for this re-centering that only time in nature can provide me. I'm also mindful of the importance of protecting this natural beauty so that my son, and his children, will also know these wonders.

So much of the natural world that brings me joy - vast expanses of cold white glaciers, the hum of heat and grasshoppers on the trail in August, the crunch of snow under my skis - feels very much at risk of disappearing. And not in a theoretical distant future - the smoke-filled summers and abbreviated ski seasons are proof that it's slipping through our fingers like sand.

I give both my time and financial support to The Mountaineers and our conservation and advocacy work because I refuse to accept a future where these wonders cease to exist. I believe in the power of our 15,000 combined voices to enact real change because these are big problems that will require large, policy-based solutions. ▲

## JOIN OUR CONSERVATION WORK

- Sign up for our Conservation Currents newsletter and take action to protect public lands.
- Take a conservation eLearning course or participate in a stewardship activity.



# FALLING

By Heidi Walker, 18-year member & backpack leader

**W**ith my wrist in the strap of my trekking pole, I dangle over bright grey boulders bordering frothy water tumbling through the chasm. My brain is trying to comprehend what has happened. Just a few minutes ago I was hiking a wide, easy trail, and now I am hanging below it.

I can feel solid ground with my toes, and I loosen my grip from my trekking pole to stumble a few feet down the steep slope before planting my butt on the ground. I look at the waterfall below me, the water just 20 feet away from me, noting the sharp-edged rocks lining the rapids. My mind still cannot comprehend what has happened.

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Me, my sister Kristi, and our friend Hugh began a backpacking trip from the North Fork Quinault River trailhead over Low Divide eight days earlier. We planned to camp for a couple nights in the Elwha River Basin under towering Hemlocks along the boisterous river. We know our trip will be filled with challenges, but we come prepared.

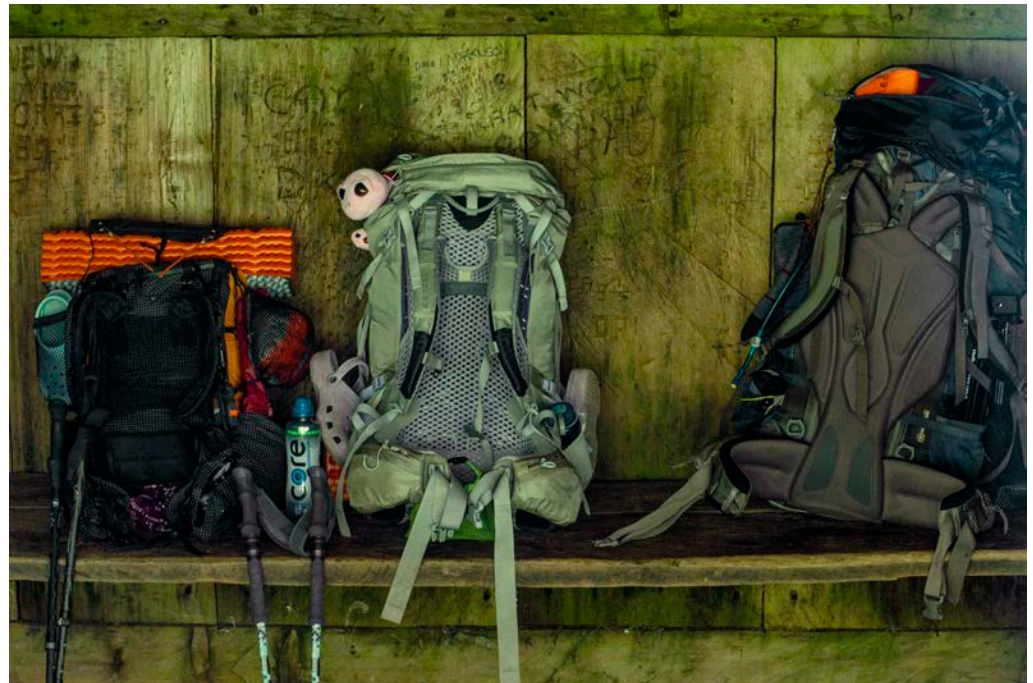
We start just after the extreme heat dome of June 2021. Recent trail reports tell us that the North Fork Quinault River

is running high and fast. To help belay us across in case we need it, Hugh brought along a rope to use on days two and eight of our intended route.

When we reach the river on day two, it is running as the reports foretold - high and fast. The rangers advise that we cross above the rapids, where the water is a bit shallower and should, theoretically at least, be easier to cross. I look at the river, suck in a big breath of air, and think, I can do this. It doesn't look too bad, and I can see that the river is a bit shallower just above the rapids. What I don't see is how big the rocks are below the surface - the water distorts their shapes.

Crossing the North Fork Quinault River on my own without a belay, the river dragging at my feet and trekking poles, is the most frightening thing I have ever done. The water splashes up to my belly and pulls at my feet. As I try to maneuver around a large rock, I feel as though I'm one move away from being washed away; that I will eventually be found miles downstream.

By some miracle, I make it, heart pounding yet exhilarated, and I help Hugh belay Kristi across. We all devise a plan on how to safely get back to the other side of the river on our way back out.



Left: Rugged mountains and ridges can be seen through low clouds from the trail through Low Divide. All photos by Heidi Walker. Above: Heidi, Kristi, and Hugh's backpacks in the Trapper Camp Shelter.

Falling to my death is not what frightens me - it's the falling to my maimement. Surviving the fall but being in so much pain that life itself becomes an unbearable burden, that's what scares me the most. I know how to self-arrest. I've taken the classes and practiced with my ice axe on snow, but can I execute a self-arrest on loose rock and scree with a trekking pole? I really don't want to find out, and that's why I'm dismayed when we encounter several washouts on the trail, leaving nothing more than a narrow boot path to follow. I hate washouts, especially the ones high on the slope with a long steep drop to a tumble of rocks and trees below. They cause me more anxiety than the thought of turning a corner and coming nose-to-nose with a mama bear.

With coaching from friends in The Mountaineers, I've learned how to cross steep areas of wash outs: don't look down the slope, don't look up the slope, keep your eyes on the trail, always look a step or two in front of you, make sure your footing is solid before shifting your weight, use your trekking poles to keep your stability. With each washout, I repeat this advice in my head like a mantra. I'm thankful for their encouragement and for Mountaineers courses getting me

past so many of these fears on the trail. I make it across each wash out in both directions.

On our return to the river on day eight, it's running noticeably lower, but still swiftly. The water only reaches my knees, yet is powerful enough to drag at my feet, making each step an exercise in concentration. We cross first thing in the morning and don't need a belay, but are happy to have the option.

Back on the original side of the river, I think we're home free. I know the trail ahead to be free of obstacles; it's generally flat, wide, and happy. About a mile from our camp for the evening, I glance behind to make sure I can see Hugh and Kristi, who stopped for photos. I want to make sure I don't get too far ahead.

I see Hugh, no more than twenty feet away. I turn back around to evaluate the waterfall in front of me. The water cascades down the slope that the trail traversed - it starts on the hill above us, cascades down over the trail, and then drops steeply into a ravine. We have needed water shoes before, but will I need water shoes today?

I'm contemplating the water shoes conundrum when I stumble. Something snags my toe and the weight of my pack shifts at the sudden lurch, pulling me downhill. Ground rushes toward my face. I bounce down the slope, flipping through the air over an embankment before jerking suddenly, and mercifully, to a stop - my wrist still looped in the strap of my trekking pole.

My trekking pole somehow arrests my fall. I am dangling in a ravine, 12 feet down along its walls. 20 feet further down the ravine I can see rocks with water rushing past. Landing on the rocks below would have been so much worse, I realize slowly as I gain my bearings. I release myself and fall a few feet to the rocks, where I find myself trembling. I try to calm my racing heart, resting my elbows on my knees, head between my



The group's camp at Low Divide.

hands. My mind focuses on repeating a certain obscene word - a new mantra of mine - as I take deep, calming breaths. I think of Hugh looking for me. I can't hear him calling my name over the roar of the waterfall. Turning my eyes skyward, I see my trekking pole suspended over the ravine but the face I was hoping to see searching for me is absent. Where is Hugh? And Kristi? And what the hell am I going to do to get myself out of here?

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The 2021 Mountaineers safety report shows that the majority of incidents on trails are "slips, trips, and falls caused by distraction." My accident falls right into that description (pun intended). I was distracted, not watching the trail at my feet, and ended up suspended by my arm over a waterfall ravine.

I look around at the slope to see the gear stored on the outside of my pack lying on the ground: camera, tent poles, and tripod. I pick up the tent poles with my right hand and try folding them back into their compact fold, but have difficulty with the trekking pole still in my left hand. Shoot. How am I supposed to fold the poles with a trekking pole in my hand?

I come to realize later that the higher functions of my brain are shutting down, something that happens when your body experiences trauma. I didn't hit my head, but my brain is still affected, going into survival mode to save energy by shutting down reasoning skills to keep the rest of me alive. I call it

reverting to my lizard brain - a brain of instinct and reaction. I can't even reason that if I put down the trekking pole, I can then use both hands to fold my tent poles. Defeated, I put the tent poles down and reach for the camera, set it on a rock next to me, and look up toward the trail again. Nothing.

I taste blood and run my tongue along my teeth to make sure I'm not missing any. No teeth gone. I raise a hand to check my lips, and that's when I notice the blood smeared across my thigh where my elbow had rested. I look at my elbow to see skin hanging off in a roll. I feel no pain as I quickly yank it with my hand, leaving an inch of skin on the ground. As I press a bandana against the wound, I look up across the ravine at the sight of movement on the other side of the waterfall. Why is Hugh on the other side, walking away from me? Isn't he looking for me? Didn't he see me fall?

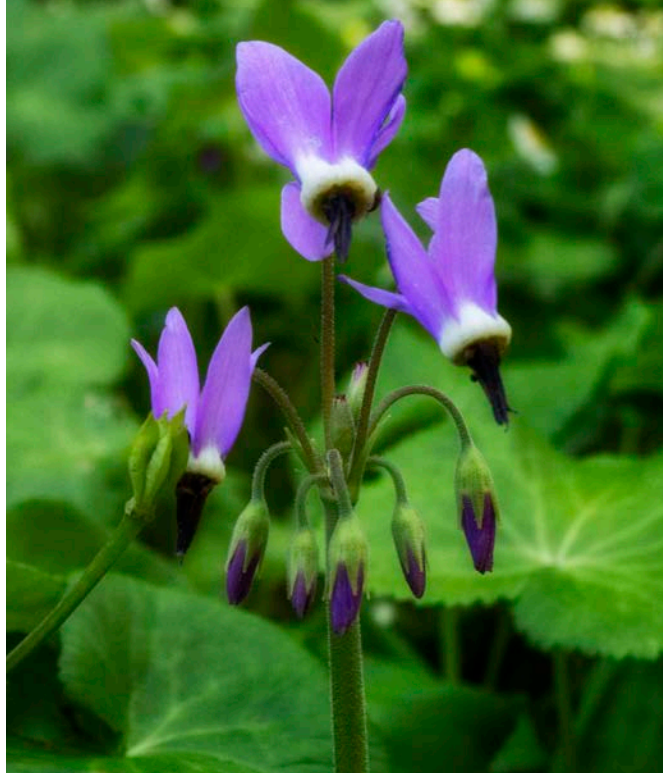
No, he didn't.

Even though he was not far behind me, within eyesight and earshot, he didn't see me disappear over the edge of the ravine. Nor did he hear my screams as I fell.

But he hears me now as I yell to get his attention, my voice carried across the waterfall. With a bit more yelling and waving, I get him to understand that I have fallen and need help. I look for the best route to get back on the trail, but trying to scramble out while holding onto the gear that should be in my pack seems impossible. It still hasn't occurred to me



Above: Heidi resting at camp after her fall. Right: Shooting star flowers along the trail at Low Divide in July.



to remove my pack and re-secure the strewn items to it.

Hugh scrambles down to me and immediately tells me to take off my pack. I stare at him blankly. He repeats the request, and I finally unlatch the hip belt and chest strap. Hugh takes it from me and places it on the ground. "Ok, let's take a look at your injuries," he says. He grabs the bandana I have clutched at my elbow, soaks it in the waterfall, and begins to wipe away dirt and blood to see my external injuries.

"Did I cut my lip? I taste blood."

"You have a little cut, but it's not bad."

I become fixated with the taste of blood, imagining my mouth filling with blood and having no idea where it came from.

Seeing that we are below the trail, my sister finally catches up to us and asks what was going on. Hugh explains that I fell and require bandages. She drops her pack while Hugh helps me out of the ravine. With relief, I sit down on a wide, flat rock away from the cliff. Kristi takes over evaluating my injuries as Hugh cleans up my gear and hoists it out of the ravine. Kristi works efficiently - after years raising an accident-prone son, she has gained mastery in the field of first aid. Hugh sits next to my sister, handing her gauze, tape, and bandages as directed. She puts butterfly bandages on my elbow then wraps it in gauze and what we Walker girls call vet-wrap - a self-sticking bandage wrap that we used on the horses and goats on the farm. I ask my sister about the cut on my lip, and she confirms that it is barely noticeable. I can't help myself from running my tongue across my teeth looking again for the one that's missing.

"Where's my trekking pole?"

Kristi points to the pole next to me. "No, the other one. I should have two."

Hugh walks back up the trail to where I fell. "It's right here, let

me get it." He pulls lightly, and then he tugs. No one expects this battle. He gives it a hard yank and it finally comes free of the root ball in which it had become entangled. How my trekking pole managed to become so deeply lodged that it could hold my fall will forever remain a mystery, but it's one for which I will forever be grateful.

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Due to my condition, it takes us several hours to travel the one mile to camp for the night, and then another two days to hike the last ten miles out. Kristi and Hugh let me set the pace, and I stop when I need to. I try to ignite the farm girl in me, the part of me that did her chores when sick because they needed to be done, and I focus on the trail and powering through hills and stream crossings. When we stop, I leave my pack on - it's less painful that way. In truth, the hike out is a blur, interrupted by one blissful afternoon spent sitting in the cool, turquoise waters of the North Fork Quinault River.

It's not until the night after leaving the trail that I notice a deformity in my bicep and swelling in my right hand. A few weeks later, I will sit in an orthopedic surgeon's office looking at an MRI of my shoulder. I will need surgery to repair a torn rotator cuff, and I will eventually regain about 90% of the strength in my bicep through physical therapy. Recovery of my physical strength will take nearly a year, and the recovery of my mental state will take nearly as long.

My lizard brain will continue to dominate my life for months. I will struggle at work to move beyond the routine tasks; struggle in my creative life, leaving photos unprocessed and stories unwritten; struggle on the trail, my confidence shattered. Trails with short drop-offs will frighten me, and I cling to the mantra given to me by my friends: don't look down or up, look a few feet ahead of you on the trail, make sure your step is solid before transferring your weight. And use your trekking poles. ▲▲

# YOGA FOR THE OUTDOORS

By Lori Heath, 6-year member & yoga instructor



Yoga at camp on Mt. Rainier. Photo by Ida Vincent.

**B**efore I took my first class back in 1999, I associated yoga with lithe-limbed contortionists standing on their heads, chanting for hours. But as a frenzied young woman with a busy and stressful career, I was looking for a way to bring tranquility into my life, and I'd heard that holding these painful-looking postures could alleviate stress and anxiety. I didn't understand how something that looked so uncomfortable could help me achieve inner peace, but despite my misgivings I was willing to give yoga a try.

I'll always remember how I felt when I left my first yoga session. Before the class, I was caught up in my ego, worried that I might not be able to attain some of the postures or that people in the class would think I was clumsy. As the class started and we moved into each posture, I kept looking around at the other students and comparing my posture to theirs to make sure mine weren't worse than everyone else's. But I soon realized that the other students weren't in perfect

versions of the postures either and, even more surprisingly, it didn't seem to matter to them! They were simply accepting their practice for what it was and enjoying the experience. That's when I realized that I was creating my own stress. I decided to stop worrying about what anyone else thought and just have fun. I walked out of that first yoga class with a sense of joyous enthusiasm I hadn't felt since I was a child.

## The benefits of yoga

I kept coming back to yoga for that same sense of joy. I also started to notice other changes too. I was more aware of how I felt physically and mentally. I noticed my body's alignment and which muscles felt tense or tired. I'm a runner, and as I started running farther, my yoga practice helped me increase my lung capacity and avoid common overuse injuries. When I started to feel pain in my knee while running, I began practicing yoga poses that included squats and lunges,

holding them long enough to feel my muscles engage to strengthen my quads, hamstrings, and glutes. This helped to stabilize my kneecaps and keep my pelvis level while running.

I soon realized that yoga benefits outdoorspeople in ways that many of us might not know. For instance, when backpacking or approaching a climb, you need strong legs and a strong core, particularly the glutes and hip flexors. These same areas are frequently overly tight and, therefore, prone to injury. Other common concerns include staying steady on rough terrain, managing the rounded shoulders that come from carrying a heavy pack, or soothing the delayed onset muscle soreness that most of us get after a long day outside.

Fortunately, a consistent yoga practice can address many of these concerns. It will promote strength and increase the flexibility and mobility of muscles and joints. Yoga can also improve balance and proprioception (awareness of the position and movement of the body) to help you remain stable on rugged ground. Gentle, restorative postures can help relieve any aches or pains one might feel after a challenging day.

## A practice for the outdoors

I recommend that active people practice yoga at least twice a week. There are so many different styles of yoga that finding a class to suit your needs may seem overwhelming. However,

I have identified three different styles that work best for me at different stages of my day outdoors.

Immediately before outdoor recreation, I do a dynamic yoga practice to help me warm up and improve my proprioception so that I can stay steady on rocky trails. This usually includes flowing between balancing postures while integrating other movements that simulate running or hiking.

A few days before or after a long hike or trail run, I practice long holds in poses that target key muscle groups like the hamstrings, quads, and core so I have more strength to carry my backpack up steep slopes. I generally hold these poses for 30-60 seconds.

After a grueling day on the trails, I practice restorative postures to stretch overused muscles in the hips, glutes, and hamstrings. This relieves delayed onset muscle soreness and helps with recovery. I generally hold these poses for at least one minute and up to 20 minutes.

I also use my yoga practice to be more aware and present during outdoor activities. Rather than focusing on how many miles I should go or the pace I want to hit, I pay attention to my breath, how my body feels and moves, the sunlight shining through the trees, and the subtle sounds around me. I invite you to try the yoga postures below so that you can gain the strength, flexibility, and sense of tranquility that will enhance your outdoor adventures.

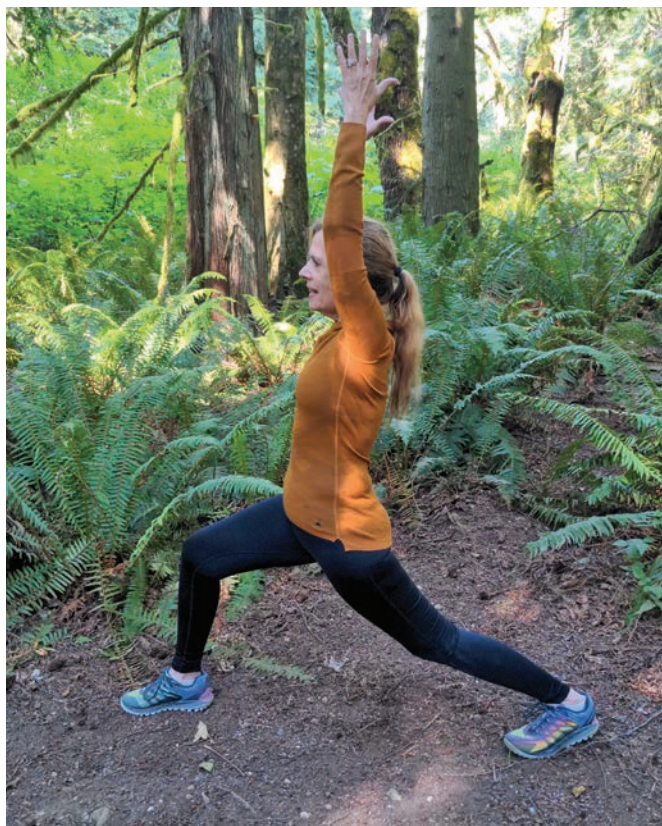


All yoga poses of Lori Heath, courtesy of Lori Heath.

## Legs up the wall

**Recommended for:** Aiding your recovery after a long day on the trail

1. Sit with one hip against a wall and your knees bent.
2. Swing your buttocks toward the wall as you lie flat on your back, straighten your legs, and rest your heels against the wall. You will likely start to feel a stretch in your hamstrings. You can adjust the intensity of the hamstring stretch by moving your buttocks closer (more intense) or further (less intense) from the wall.
3. Place your arms in a comfortable position. I like to lift mine over my head, bend my elbows, and hold alternate elbows to help stretch my shoulders and open my chest.
4. Let your whole body relax. Try to hold the pose for 5-20 minutes.



## High lunge (warrior 1)

**Recommended for:** Strengthening your quads, hip flexors, and core so that you can build the strength you need to traverse steep terrain. This posture also stretches tight quads and calves to help reduce the risk of overuse injuries.

1. From a standing position, take a big step forward with your right foot. If you feel unsteady or if you can't keep both hips facing forward, then step the right foot out a bit to widen your stance.
2. While keeping your left leg straight, begin to bend the right knee until you feel the muscles in your right hamstring engage. Increase the bend in your right knee for more intensity, but don't go beyond a 90-degree angle because that may put too much tension on the right knee.
3. Lift your arms over your head to engage your core.
4. If you feel steady and stable, you may want to lift your left heel off the floor. This will require more balance and stretch the hip flexors on the left side.
5. Hold for 30-60 seconds, then repeat on the other side.



## Standing half chair

**Recommended for:** Improving balance and proprioception for more stability on uneven ground. It also builds strength in the core and standing leg, and stretches the hips.

1. Stand with your feet together. Bend your knees and lower your hips toward the ground until you feel the muscles in your thighs engage. Increase the knee bend for a more intense posture.
2. Lift the right foot and place the right ankle over the left knee.
3. Bring your hands to a prayer position in front of your chest or lift your arms over your head to engage your core and further challenge your balance.
4. Fold your chest closer to your right leg until you feel a stretch in your right hip. The stretch will deepen as you bring your chest closer to your leg.
5. If you feel steady here, you can increase the challenge by lifting the heel of your left foot and coming onto your tip toes.
6. Hold for 30-60 seconds, then repeat on the other side. ▲▲

# Board & Branch Elections – October 1-21, 2022

Each fall we host elections for our Board of Directors and participating branch leadership. Your vote is important, and we value your participation in the election process for these volunteer leaders!

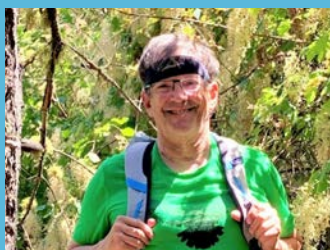
Our fall 2022 elections will begin on October 1. To learn about the 2022 candidates, our branch elections, and how to vote, please visit: [mountaineers.org/elections-2022](https://mountaineers.org/elections-2022)

**This year, voters will weigh in on:**

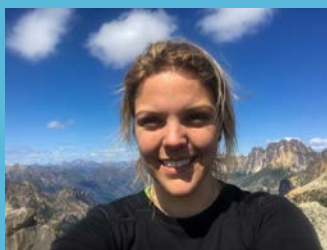
- Four Directors at Large positions on the Board
- Branch elections for Everett and Foothills branches

At The Mountaineers Virtual Annual Meeting on Tuesday, September 13 from 6-7pm, we will present the board-endorsed candidates for Directors at Large positions. Our bylaws also allow members to make At-Large Director nominations from the floor.

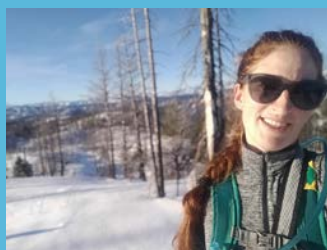
This year's candidates were selected by the Governance Committee from individuals who submitted a detailed self-nomination. This rigorous process, launched in 2021, was designed to deepen the diversity of perspectives and lived experiences represented on our Board. We are confident this excellent slate of candidates will help inform better policies and strengthen relationships between board members, Mountaineers members, and the wider outdoor community.



Roger Mellem, 37-year member



Amanda Piro, 9-year member



Samantha Sanders, 6-year member



Siana Wong, 8-year member

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you have access to:**

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**Lodge access** at our Baker, Meany, and Stevens lodges

**20% off** Mountaineers Books publications, USGS maps, and Green Trails maps

**10-70% off** gear and experiences from our partners

**And more!**

To learn more, visit [mountaineers.org/membership/benefits](https://mountaineers.org/membership/benefits)

membershipmatters

"Adventure is worthwhile in itself."

-Amelia Earhart





Sarah and Gary Hess, Joe Rodriguez, and Shuko Hashimoto heading down from High Pass to the Napeequa River on the east side of Glacier Peak. Photo by Cheryl Talbert.



# BONANZA AND BEN

## A lifelong relationship with risk

By Bill Chapman

Bonanza Peak from the trail between Upper and Lower Lyman Lake. Photo by Martin Bravenboer.

Parental foolishness knows no bounds. When our son Ben was just an infant, we took him to Bonanza in an ill-advised attempt to climb the peak. Ben was an absolute terror and completely unmanageable at high camp - in other words, a classic 11-month-old, and we had to turn around.

My second failed attempt on Bonanza came 13 years later. With lightning striking the summit just as we left high camp, Bonanza was just not the right choice that day either.

Yet my hunger for the peak and my desire to share my love of mountaineering with my family remained. Which begs the question: How do you share that thing you love most, with the people you love most, when that thing entails such wonderful wildness and risk?

### An “ascent of character”

At 9,511 feet, Bonanza is the highest non-volcanic peak in the State of Washington. Its ascent requires substantial maneuvering across a large and deep glacier and extended rock-climbing high above. The elevation gain from trailhead to summit is over 6,100 feet - like climbing out of the Grand Canyon, only steeper - and mostly on glacial ice.

What does an objective, authoritative source like Fred Beckey say about Bonanza? After a detailed description of the route and its challenges (e.g., climbing or rappelling through

waterfalls), he adds: “The complexity of the mountain, loose rock, and attendant route-finding problems render the ascent of Bonanza very questionable in anything but settled weather. Its sheer size and height above the protection of the timberline zone, and its treacherous couloirs and snow conditions, make it an ascent of character... In many respects, Bonanza has something of the quality of the large peaks in the Alps and Canadian Rockies... 12 to 16 hours round-trip is common; a very early start is wise.” [*Cascade Alpine Guide, Climbing and High Routes*, Vol. 2, 3rd ed. Fred Beckey; Mountaineers Books].

Successful summits on Bonanza are not common. Although I had heard of many climbers who took aim at Bonanza, back then I'd never encountered anyone who had actually summited. In my three visits to base camp at Lake Holden I saw no other humans, and two visits to high camp at Holden Pass revealed no other tents or climbers. The summit register itself testifies convincingly to a summit seldom visited.

In short, Bonanza offers a special set of climbing challenges in a wild and remote alpine setting that instills love-of-place, and which had earned it a spot high on my “someday” list for years.

### A life of preparation

In 2010, the timing felt right for another go at Bonanza. Ben was 23 now - a much more manageable age at high camp - and happy to take on this challenge with me. In preparation,



Above: Ben Chapman by a crevasse below the upper glacier "thumb." Right: Ben Chapman beginning his rappel down. Photos by Bill Chapman.



we'd researched the route, assembled the right gear, and honed skills on earlier climbs.

Learning to climb is different in a father-and-son (or daughter) setting. While I try to emphasize over-communication on trips I lead with peers (you have to say something to overcome climbers' typical reticence about sharing uncomfortable information), with your own family I think you need to let the journey be the instructor whenever you can. In his high school years, it was ascents of Mt. Daniel, Mt. Baring, Mt. Ruth, Sahale Peak, Mt. Adams, and then Mt. Rainier. In each case, I was taking my son back to a place I'd enjoyed before, and using each peak to increase the risk and runouts incrementally. When appropriate, I encouraged him to take the lead with me or with his friends who came along.

When he went back east to college, he extended his own rock climbing expertise well beyond mine, and became the technically stronger rope-mate in many respects. Soon we'd complete the Ptarmigan Traverse together, and be lucky enough to take extended climbing trips on some of the high-elevation glaciated peaks in the Cordillera Blanca in Peru and Ecuador. The guides we hired for international trips provided Ben with broader experience climbing with others, and allowed him to hear new safety talks and their particular emphases on how to have a successful climb.

By the time of the 2010 Bonanza trip, Ben and I had completed some 30 climbs together. He had become the best of company on a climbing trip, always ready and psyched to go, and super positive while bringing a measured and analytic response to the challenges that arise in alpine mountaineering.

## A trip into the unknown

Starting for Bonanza, we backpack our way up the valley and turn off the main trail toward Holden Lake. Before the lake appears, the forest disappears. I see waves of trees demolished and catawampus as only a high-energy avalanche can accomplish, and tree trunks piled like twizzle sticks, but more broken up and scattered with rocks and mud. The debris zone looks to be at least 3/4 of a mile across. We lose the trail completely for an hour or more, finally finding a faint path past the lake headed up the slope. We work hard pushing our packs uphill to 6,200 feet, where we see heather and a landscape that drops away magnificently to the north. This must be the pass.

Arising early on summit day, we find a goat path heading due west across heather-covered slopes leading up toward the glacier. The heather disappears, and soon we're standing in an expanse of rock slabs with streams running across. The glacier buried these slabs beneath heavy ice for the last 20,000 years, but the ice's recent retreat has left this rock mantle shining with water streaming from the glacial underbelly.

We cross the streams and proceed westerly up, hugging the base of the cliffs to the north and searching for an angled slope from which we can mount the snout of the glacier. The snow has melted away, exposing a moat separating us from the base of the cliff next to the glacier. Such moats are omnipresent in the North Cascades - bring up the topic and many climbers have stories about a fall or a rescue involving moats. I angle toward the narrowest part, hoping we can find a spot to jump across onto the rockface. The perimeter of the

snow patch seems solid but requires further investigation for thinning edges. I probe. The ice axe pokes a hole through a thin lip of snow, revealing darkness and unbounded space below. I know we must jump from where I am standing. The leap works, and Ben duplicates it precisely. We are on rock with a route to scramble up onto the glacier.

I confess that I have come to like glacier travel. A symmetry to the icescape appeals to me deeply: crevasses open in (somewhat) regular patterns, and groups of crevasses often sit in parallel, particularly where the rock underneath steepens and the ice accelerates down slope. Like rapids in a river, just moving in a graceful slow motion that offers a kind of cinematography.

We ascend the corridor recommended by Beckey along the northern rim of the glacier. It's mostly free of crevasses and we make good time. While we climb, I discuss the subtleties of the route with Ben. The conversation serves to double check the route for safety and assure we don't get too comfortable. One mistake is too many; we have to be right in distinguishing each snow bridge from the crevasses they cover, and we need to find the gateway to the upper glacier "thumb." Preferably quickly.

Climbing in North Cascades is different from sport routes in rock gyms or bolted routes in popular areas. Finding the climbing route can sometimes be the most serious challenge. We try to read the glacier's rhythms carefully.

We complete the mile ascending west on the glacier. Now we're up against the headwall and the rock reaches 100 stories into the sky above us. We discern a route onto the "thumb" identified as part of the upper glacier, locate the bergschrund that separates it from the cliff face above, and imagine we can see a place where the 'schrund narrows and perhaps can be crossed?

We commit the shape of our intended route to memory and head up.

The 'schrund does separate ice from rock, and the moat it creates is both deep and wide. We will not be jumping across. Front-pointing briefly on our crampons and using the ice axes like ice hammers, we climb down into and then up the rock on the other side. We feel our way up, looking for the most climbable aspects, seeing impressive verticality around us but also seeing slanting gullies breaking through the cliffs and allowing us a route through the cliff faces. We pass an old sling still fixed to an anchor of rock, and later another, and one more higher up as well – each of them suggesting this might be the right route!

We climb straight to the top of the ridge, and then follow the knife-edged skyline south toward the true peak. False summits and steep segments are mentioned, but the rock is relatively solid, only chossy in places. It's all within a range of straightforward Class 4 or 5 climbing.

We climb until there is nothing higher. A thousand feet above the glacier and more than a vertical mile above treeline, we can see ridge after ridge of snow-covered mountains in every direction. Only wildness fills our landscape. For me, exertion



Top: Bill on the Martin Peak summit ridge, July 2000. Bonanza peak dominates the background. Photo by Karl Forsgaard. Bottom: Bill and Ben on Hannegan Peak with Ruth Mountain in the background, July 2004. Photo by Bill Chapman.

intensifies the feeling of uniting with this landscape and with the mountain.

We savor the summit and the sun. The beauty is spectacular, and I don't have words to describe how I feel to share this incredible experience with my son.

## A test of agility

The summit is only halfway, and too soon it is time to head down. We downclimb the ridgeline, rig an anchor, and Ben leans over the thousand-foot cliff to start the first of six rappels back.

Almost back to high camp, we have only to jump the moat, glissade the snow patch, and cross the granite slabs below us. At dawn this morning, we had picked our way carefully across these streams and are now standing face-to-face with the reality of the heat of the day. The water's flow has increased by incredible volume and velocity – now we are facing not streams, but roaring waterfalls.

Standing at 7,000 feet, we watch as the upper lip of a waterfall



Bonanza Peak from the east, with the arrow-shaped "thumb" on its left flank shining in the sunlight, and Glacier Peak along the horizon. Photo by the U.S. Forest Service.

cascades into the lake far below. Looking across the stream flowing toward the waterfall, I review the sequence of jumps, skips, hops, and stops in my mind, visualizing the sequence. I double-check my view of the dimples mid-stream where I think the rock will hold me well.

I can't wait any longer, and I execute the sequence. To my relief, it works out fine.

I look back at Only Son Ben and remember too many things: watching seven year old Ben climb trees and wondering if he understands the consequences; creating and insisting on a parental rule about managing your own risks early on; joyously, but not without nerves, jumping from a rock shelf across a small crevasse onto an angled snow slope during the Ptarmigan Traverse and then hearing Ben tell me it was hard for him to watch me do it. Yet each of these experiences helped him understand what it was like for me to watch him embrace risk too.

I watch Ben closely as he studies the challenge before him. I wonder for an instant whether he is comfortable with the awkward, booby-trapped test of agility before him. My confidence in this 23-year-old and his skill set is comprehensive and complete, but the stakes on this crossing are as high as they get.

Then he's in motion, crossing methodically and deliberately, on balance throughout. With a deep, grateful breath, we walk away from the waterfall and safely home toward camp.

## A life worth living

Having lived through this and many an adventure together, I can say it's harder to watch the one you love execute a dangerous task than to do it yourself. We manage risks the best we can, usually agreeing, but there is give-and-take in this regard. It's important for climbers, and all the more for a father-son team, to watch, study, and assess risk, then talk it over to be sure you're on the exact same page.

I climb seeking places of beauty. I climb in search of solitude and freedom and to indulge my wandering spirit. I climb to explore what's around the corner and learn what's in the blank space between. I climb because I love the feeling of moving fast and light and because the physical exertion liberates me in nature and infuses my body with energy and joy.

I climb because it draws me closer to those I climb with by revealing character, and engendering trust and reliance in ways that matter most. I climb to see ecology manifested, geology on display, and the charismatic megafauna in their own element. I climb because climbing high mountains is the metaphor people around the world reach for first when trying to explain the greatest challenges and most exhilarating moments of their lives.

Sharing this life with Ben was a risk. But I'm glad my son now knows these joys and feelings too – and that more adventures are in front of us, as long as we can manage the risk. ▲▲



# THE SCARIEST DAY OF MY LIFE

## A leader fall on Guye Peak

By Liana Robertshaw, 11-year member & climb leader

I had a premonition. My partner was gone for the weekend and I was alone in bed, snuggled up with a stuffed sheep and an abundance of fear. I don't know why I knew something bad was going to happen, I just had an anxious feeling in the pit of my stomach. I remember thinking I should wear better undergarments, as that was something I had heard long ago (maybe from a family member?) - "If you get in an accident, make sure you at least have decent underwear on!" I sent my boyfriend a snuggly selfie and went to bed early, but still couldn't shake that ominous feeling. Looking back, I should have canceled the trip, but thought, who does that? based purely on a strange feeling.

### The accident

Flash-forward one day - I didn't know if I was going to make it home. I was breathing, I think, though it took a while for me to comprehend where I was, and if I was still alive. My eyes fluttered open. I saw white. I was cold. Everything was silent. I saw my climbing partner, her face hovering over me in a fog, but I couldn't hear or understand what she was saying. Everything was muted. I was in a snow-white, cotton cloud-like dream, an ocean of endless silent waves.

The last thing I remembered was telling our students to get under the overhang to avoid rockfall, then grabbing the end of the rope and moving over as well while flaking the pile hanging from the recently-set handline. I blinked, saw more white. Blinked again and heard trails of whispers. I opened my eyes fully and felt the reverb of an imaginary electric fence shoot down my back and realized that I couldn't move my arms or legs. I closed my eyes and took a few deep breaths, contemplating the outcomes. I couldn't feel my legs. I couldn't feel my legs. I couldn't feel my legs. I went into panic mode.

"Don't touch me!" I yelled to anyone who was listening. Survival instincts kicked in. I realized what was happening and what I needed to do to make it better. I was hurt, a wounded animal. But I also felt strong, and could communicate with my team and tell them what to do. First, I needed to gauge what was happening with my body. I knew I was injured, but to what extent? Two minutes prior I had been blindsided by a force that knocked me unwillingly into the snow, and the only thing that had saved me from falling hundreds of meters downslope was this moat at the base of the rock we were all about to climb.



I heard my climbing partners yell to the climber above, "Don't move! Clip into your anchor. Don't move! Liana's hurt!" My mind and body finally came to... I was wiggling fingers, toes, anything I possibly could before trying to ask for help out of the icy snow. About five minutes passed, and I was coherent enough to ask for assistance from my prone position to shelter under the overhang with the rest of the team. My students gave me extra clothing, and my partner and I hashed out our plan. Due to the terrain, we decided it may be better to ascend than descend at that point. A father-son pair had a micro traxion I used to raise myself to the base of the first pitch, via the handline. We would then look for an easier descent off the route than the one we were currently on.



Clockwise from top left: The rock that hit Liana. Liana's back immediately following her injury. The climbing team's rappel down the approach during Liana's self-rescue.

## Descending

After ascending painfully to the top of the handline with much assistance, everyone took a quick break to grab a snack and water while we sent a scout ahead to try and find an easier way off the route. None being found, we were forced to descend the approach route. The other instructors rigged a rappel down to the snow slope past where my injury occurred, to a small group of trees that would offer a perfect anchor for the next snowy gully leading to the boulder field descent. I rappelled slowly with my partner on fireman's belay in excruciating pain. The worst part was plunging the ice axe into the snow and trying to remove it while trying to self-belay after the end of the second rappel down the remainder of the snowy gully. I used up every ounce of energy I had. I must have been riding high on adrenaline - in retrospect there was no other way I would have ever made it down that mountain without an evacuation.

## Medical care

After an eternity, we finally reached the boulder field. I put on a smile as we carefully picked our way through the boulders until hitting the basin, where we would ascend again to gain access to the road. We debriefed on the road as my adrenaline high came down, and I drove myself to the closest walk-in clinic where they promptly sent me to the ER. I had broken my spinous process at the C-7 vertebrae. "The best place you could have been hit in that



One year after the accident, Liana successfully summited Mt. Daniel via Lynch Glacier with Dennis Killeirich.

situation,” the doctor said. A few centimeters higher and the rock would have caused my vertebrae to knock my windpipe forward, cutting off my air supply - death by suffocation. The initial impact of the rock had shocked (compressed) my spinal cord, which is what caused me to lose feeling in my arms and legs. If that rock had hit me even a tiny bit harder, there was a chance it could have broken my vertebrae, possibly leaving me paralyzed.

## Searching for meaning

Realizing the gravity of the situation, and that somehow I had been spared, was mind-numbing and incredibly sobering for me. I don’t know what I did to deserve to be inflicted with this pain, but I also don’t know why I was spared from a greater catastrophe. Someone or something is watching out for me, during this and other close calls. The past few years I’ve not had much luck in my rock climbing adventures. In 2016 I was in Red Rock Canyon, Nevada, at a crack-climbing clinic, when a huge block of sandstone broke off in my hands as I was downclimbing a ledge during our break. I happened to instinctively try pushing away this microwave-sized chunk of rock in my hands and rotate sideways before hitting the ground, saving me from a pelvis or chest-crushing injury. Unfortunately, I was left with a huge transverse abdominis hematoma and permanent nerve damage from my back through my hip and partway down the side of my leg.

Surely, I thought, some higher being must be watching over me... dishing it out to someone who can take it and saving the lives of others who otherwise might have been lost. I have bigger and better things planned for me, and I trust in and live by that principle. I won’t let this get to me, even though I break down and cry thinking about everything I’ve been through and how I’ve been spared every single time. What is my purpose? I ask, tears streaking down my cheeks. Maybe it’s to clamber



One year after the accident, Liana with her Tahoma climbing team at Mt. Rainier National Park.

up from these dark places and show others that there can be a love for life in the midst of grief, and in the midst of pain.

Gratitude, patience, kindness. Three keys to overcoming anything the universe throws at you. It’s hard sometimes, it truly is. And you want to give up, but do you know how many people you would let down if you actually gave up? At the very least, one - yourself.

I refuse to give up. No matter how many times I’ve ever said I’m not climbing alpine rock again, it doesn’t count for anything, because you know what? I’ve said that before. I’ve actually said that three times, after three injuries. And I’m still scared. In fact, I’m terrified. But you know what else? I’m still putting on my harness and tying into my rope. ▲▲



# HOW TO WRITE A TOP TRIP REPORT

By Hailey Oppelt, Communications Manager

Garrett Arnold and Skye Stoury, Photo by Skye Stoury.

Our eNewsletter Routefinder, sent on the first of each month to over 30,000 individuals (including our 15,000 members), is one of our most important communications. Considered a “mini magazine,” each month we sift through dozens of blogs, events, and updates to select eight to ten of the most important items for you to read. This includes heartfelt magazine stories, key organizational updates, conservation and advocacy alerts, new courses, and more. And do you know what is often the most popular item, month after month?

Trip reports.

That’s right – what some would consider to be dry, technical reading is actually top-tier content for our membership. Post holing on Mt. Si? Crowded trailheads by 9am at Colchuck Lake? Yet another batch of blowdowns in the Pasayten? The people want to know.

Trip reports are foundational to our members’ and leaders’ ability to get outside. Trail conditions, weather, new obstacles, route information, and more contribute to the feasibility and the success of any potential outing we plan. More than that, trip reports give us a taste of what’s to come. Whether you want to find the best spot to pick alpine blueberries and admire mountain goats, or you just need to know if you should bring your microspikes up McClellan Butte this week, trip reports answer the questions that we would otherwise have to ask our friends or hunt down on our own. And as a member of The Mountaineers, you now have the informational power of 15,000 friends.

For this reason we have decided to offer you top tips to create successful trip reports, and a stellar autumn backpacking trip

report for you to read. Break out your waterproof notebooks, folks, because this is what The Mountaineers is all about.

## The best trip reports include

**Detailed trip information.** The foundation of any good trip report is going to be high-quality information on the route and how your group completed it. This is what most readers come for, as it allows them to plan their own trip to maximize preparation and minimize time-drains or safety risks. Especially on highly technical trips like climbs, the more information, the better. If you’re creating a trip report, do your best to include the following:

- Trail conditions, including snow conditions (when applicable)
- Route obstacles (blowdowns, water crossings, loose rock, etc.)
- Route-finding tips, and any route-finding issues your group ran into
- Weather conditions throughout your trip
- Start and end times (include break durations)
- Water sources
- Potential campsites/natural shelters
- Any safety concerns

**Group dynamics.** In addition to learning about the trail itself, trip reports are an opportunity for people to learn more about what works and what doesn’t. The size of your group, their experience level, and any strategic or safety decisions you made could be valuable information for another leader or participant. For instance, if your group did not summit, why did you make that decision and what factors influenced your final outcome? These details can sometimes be just as



This image is washed out, only shows a small portion of the trail, and does not include any relevant information about the route.

important as the trail conditions. Other group information can also inform readers on how they want to approach their trip. For instance, including group experience and fitness levels, paired with total trip time, will help readers estimate how long their own trip may take.

**High-quality photos.** Although it's helpful to have a written description of a route and any issues your party encountered, photos can quickly clarify route confusion, show trail conditions, and get folks excited about the trip. Always be sure to take photos that are clear, not backlit (facing the sun) or overexposed, and offer a full shot of the trail or obstacles you faced. Well-taken photos are much more useful to future route users, and make your trip report more appealing overall.

**Bonus info.** Half of the fun of reading a trip report is getting stoked for your upcoming excursion. If you're putting together a trip report, always include the bonuses: wildlife sightings, top-notch views, beautifully-done stewardship work, berry picking, and stellar sunrises. At the end of the day, it's the journey, not the summit, that we remember most. Revel in it, and others will be inspired to do the same.

## Example trip report

This is a staff favorite example of a highly-detailed trip report, offering the perfect balance between technical information and outdoor stoke. Read on to learn about Golden Lakes Loop, and consider taking your own backpacking trip this season:



This image is clear, shows the trail straight-on, and provides information on trail obstacles.

## Golden Lakes Loop, October 4-7, 2021

By Cheryl Talbert, 13-year member & backpacking leader

Our group of four Mountaineers friends started at the Crater Creek trailhead (TH) with a plan to do four days around the Golden Lakes loop, including nights on the ridge near N Navarre Peak and at Sunrise Lake. The roads to the TH were very good, only a few bumpy sections, and the parking area at the TH is very large with a toilet. When we arrived at around 11AM on a Monday there were already a dozen vehicles in the lot.

The trail to Upper Eagle was dusty at the bottom but well graded (with lots of trail engineering for mountain bikes and motorbikes) and signage is good. Golden larch and aspen appeared part way up, and by the time we got to the lake the larch color was all around us and stunning! Needles are falling fast now though I project that the color will last another week, windstorms notwithstanding. We arrived first at Upper Eagle and took lovely camps by the lake; probably another 8-10 people arrived after us and there was room for everyone to disperse out of sight and hearing. There is a box toilet at this camp and the lake is gorgeous, highly recommended! We arrived there in about three hours.

On day two we set out up toward Horsehead Pass, a good trail with a few boulder-hopping sections. Great views on the way up, looking across Lower Eagle Lake to the eastern plains. From the pass the views to the west along the Chelan summit ridge are really beautiful, a mix of golden larch, dark evergreens, yellow aspen, red berry bushes, and broad golden meadows. We descended to Boiling Lake, then took the route signed 'Cub Lake,' which then requires keeping an eye on the map and taking the turn on the Summit Trail going east. Many people get confused and take the spur straight along the shore of Boiling Lake - don't do that, as that trail goes up to a ridge and stops. The Summit Trail is flat for a while through forest, then climbs and turns east through broad meadows with views. We passed by the turnoff to the Angel's Staircase (well signed) because we wanted to explore the ridges along the Summer Blossom Trail



Photo by Cheryl Talbert.

to North Navarre Peak and camp along there. It was well worth the walk along the summit trail - more lovely meadow and fall vegetation - but then there was a steep (but well graded) larch-lined climb to Horsethief Pass (much damaged by bikes). At the top of the pass we could see that the ridges above Horsethief Basin on both sides had burned out and weren't so pretty to look at, though there were still larch and spruce in the basin (you could probably find places to camp below but we didn't look). We saw a bear below as we followed the Summer Blossom Trail - narrow but pretty easy to follow with lots of ups and downs. Finally, there was a steep descent and then a climb to the ridge with N Navarre Peak ahead, where a friend had suggested a ridgetop camp. However the weather forecast was for cold wind and the ridge was burned out, plus the creek before the ridge was down to just a trickle. We decided to go back and camp under a patch of spruce in the gorgeous larch meadows on the other side of Horsethief Pass, and this was a good call - low clouds and mist/rain blew in later and we were glad for shelter under the trees.

The next morning dawned VERY cold - mid 20s. Our water filters froze sitting for a short time next to our cooking area! We bundled up in all of our clothes, treated water with aquamira drops, and set out to go up Angel's Staircase. The trail through here is just fantastic, a gentle climb to the ridgetop with dramatic views though everything was quite frosty (about an

inch of heavy frost near the top covering all the rocks, though not slippery). From the top of Angel's Staircase we descended through Merchant's Basin and set out to climb up to Sunrise Lake to camp (note that most maps, including Gaia, show a turnoff well before the clump of evergreens where the Sunrise Lake trail sign is posted - but the trail is very faint and I've missed it twice! Not to worry, you can cut toward the creek and will find the trail). We got to Sunrise Lake to find a VERY cold wind blowing even at 11am, and insufficient shelter from the wind, so anticipating having to hide in our tents the whole day and night we decided instead to enjoy a chilly lunch at the lake and then go back down to Merchants Basin, where there are lots of really nice sheltered camps and protection from the wind (a very good decision, as we heard the wind roaring through the trees up in the direction of the lake through that night!). We explored along Foggy Dew creek and I read for a while in the sun before an early dinner and into our tents.

On day four we woke to another very cold morning, bundled up and headed back up the trail through the basin, over the crest and down the trail to Cooney Lake (this section is steep with poor traction in places). Cooney is beautiful with a lot of camps, but was deserted on this Thursday morning. Larch color on this side is well on the decline and the ground drifted with golden needles. We made quick work of the six miles from Cooney back out to Crater Creek TH." ▲▲



# THE NATURE OF BELONGING

By Tom Vogl, Mountaineers CEO

Photo by Karen Wallace.

**H**ave you ever walked into a space, say a meeting room or a new bar, and known immediately that you were out of place?

Perhaps you were wearing the wrong clothes or you were running late, rushing into a silent room then gaping in horror as all eyes turned on you. Or maybe you stood out as the only person of your race, gender, age, or size. The awkward feeling you get in those moments, the feeling of standing out and not in a good way, is an experience most of us have felt at times in our lives (ever been told “I’ll tell you when you’re older”?). That feeling - discomfort, acute awareness of yourself as “other,” a strong desire to hightail it out of the space asap - is the opposite of what we’re trying to create in The Mountaineers.

We are striving to create spaces where all people feel belonging.

## Belonging

Belonging is walking into a room and fitting in without a second thought. Belonging is the ability to focus on the task in front of you and fully engage in your environment. Belonging is the feeling of security, when you can show up as your true self and find acceptance.

Put another way, belonging is traveling to a new place and feeling very out of place. That is, until you see someone wearing a t-shirt with your Alma Mater or your city name on it, and being immediately able to connect with that person over shared experiences. The shirt signals that you are in a place

with other people like you; that you belong too.

We want everyone to walk into a Mountaineers space and say, “I see myself reflected in the other faces and backgrounds here.” “I’m not intimidated by the language the instructors are using.” “I understand what’s expected of me and others so that we can all create the best experience possible.”

## Shifting a Mountaineers culture

I want to pause and recognize that for many of us, particularly many people who look like me - a tall, older, white man - our Mountaineers focus on equity and belonging can feel like a personal affront. I know that some of the terminology we use in our work to build a culture of belonging (like equity, inclusion, diversity, racism, and privilege) has become highly politicized. But we’re not here to make a political statement or to blame people who look like me for the woes of the world - we simply want to strive for an organization where everyone can learn skills, build connections, and give back to our community and our planet.

I also think it’s important to acknowledge that my race, gender, education, and background allow me the privilege to feel belonging in many day-to-day situations where others might feel uncomfortable. Accepting that reality gives me the opportunity to help others achieve a greater sense of belonging in situations where they might otherwise not.

Take our work with equivalency for example. By addressing things like the mysteries that used to (and sometimes still do) surround the equivalency processes for our courses,



Clockwise: Teens enjoying the beach at a Mountain Workshop. Photo by Mountaineers staff. Tiare Vincent on a trail run. Photo courtesy of Tiare Vincent. Members enjoying Forever Young Urban Walk. Photo by Bri Vanderlinden. Scramblers at the summit of Haystack at Mt. Si. Photo by Karen Wallace.

we're leveling the playing field for all people. We're making it easier for anyone with appropriate skills and experiences to get equivalency, and more likely that those individuals will volunteer in the future. This opens more spots in our courses and grows the ranks of our volunteer leaders who can instruct. Do we hope this means we'll end up with more diversity among our ranks of leaders? Absolutely! But will it come at the expense of other people who look like me? Absolutely not. We simply want to make it easier for anyone to get equivalency. In the long run, this will expand the ability of The Mountaineers to help get more people outside safely and responsibly.

We're approaching this goal of belonging in other ways as well. We acquired a 15-passenger van to reduce the transportation barrier for youth participants in our programs, which makes it easier for groups and families to participate and lowers our carbon footprint. We launched a Gear Library at our Seattle Program Center, which is currently being utilized for our adult and youth activities, and is available to community members at a very low cost. The library reduces the gear our participants need to buy, makes participation more affordable, and decreases our impact on the planet by reusing gear.

As you can see, much of the work to foster belonging has unintended additional benefits to our community and our planet.

One shift that I'm most excited about is an effort to increase visibility for affinity groups (a group of people linked by a common interest or purpose). Affinity groups can offer important spaces for learning and connection, and by having affinity spaces we're helping to foster a sense of belonging. Most people are familiar with affinity spaces for people of color (POC) or women, and we've offered trips geared towards those groups. We also have affinity groups like MountainQueers and Retired Rovers, and soon we'll offer trips for folks in the 55+ age group. We've been hearing from our senior members that they can feel left behind as a newer, faster class joins the ranks, and we're working to make sure that we have activities and affinity spaces for all Mountaineers to connect over shared interests and values.

## Looking ahead

While full of many challenges, the pandemic offered us an opportunity to evaluate our priorities and focus on what matters most. Many of us aren't content to resume life as it was, and I think that's a good thing. I believe we should commit to something better, more welcoming, and even more forward-thinking.

The Mountaineers is unlike any other community. We have an unparalleled passion for our mission and values. Our dedicated volunteers are unmatched. And we still have a ways to go in making sure that every new and existing member feels welcome among our ranks - which is okay. Life is a journey and in every step we take, we should aim for our actions and intentions to yield a positive impact.

What does this mean for you as a member or volunteer leader with our organization? I see this as an invitation to those of you who look like me, and who have often, but not always, been given the benefit of the doubt, to use our current status as leaders to say, "Hey, not everyone has the same opportunities I have had. When do I feel belonging without a second thought, while other folks may not? What can I do to help my programs be a place where all people - whether they look like me or not - can feel like they belong?" It's our job as leaders and people who have influence and power to advocate for those who do not.

Belonging is easy to overlook, until you find yourself on the other side of the divide. Our goal with all of this work is simply to close the gap. Doing so will not only ensure a healthy future for our organization, but will foster future generations of advocates for the outdoor experience. I think we can all agree that getting outside is good for us, and when one of us does better, we all do better. ▲

# Sourdough Mountain Magic

By Craig Romano, Mountaineers Books Guidebook Author

Diablo Lake and Thunder Creek Valley from Sourdough Mountain. Photo by Craig Romano.

It wasn't my first hike in the North Cascades, but my second that had me forever hooked on this incredible range of craggy, glaciated mountains. A warm, sunny morning greeted me when I hit the trail to ascend Sourdough Mountain. The day would leave a deep impression on me, forever securing Sourdough as one of my absolute favorite places in the world.

## My path to Sourdough

I grew up in New England and had visited Washington by bicycle twice prior to the summer of 1985, when I set out in a car to return to a handful of national parks to hike - Isle Royale, Theodore Roosevelt, North Cascades, Olympic, Crater Lake, Redwood, Lassen, Capitol Reef, and Arches. The North Cascades would be the highlight among all of those other incredible places.

Prior to this time, I had hiked all over the Appalachians, from Maine to Tennessee, and I had seen many of the country's other ranges and sub-ranges via bicycle. I'd ridden through Rocky Mountain National Park and biked across alpine tundra. In Washington, I rode over Stevens Pass on my first trip, and Chinook Pass lined with 6-foot snowbanks in Mount Rainier National Park on my second. I biked along the rim of the Grand Canyon and up the entire California Coast, including the famed Big Sur country. All of these places offered absolutely stunning landscapes and harbored incredible warehouses of biological

diversity. But Sourdough Mountain and the North Cascades would provide me with one of the most deeply spiritual outdoor experiences of my life. Overloading my senses like never before, Sourdough validated my belief in a higher power and order, and inspired a reverence for (and a desire to protect) a world left untrammelled by man.

## A steep climb

Though I was an athletic 24 years old at the time of that first ascent of Sourdough, it was grueling. Despite all of my long distance cycling experience, I was not in the hiking/running shape that I am in today decades later. I had never hiked a trail with more than 4,000 feet of elevation gain, so Sourdough's more than a vertical mile was indeed a challenge. And I had never hiked across a sprawling slope of alpine wildflowers displaying a full kaleidoscope of dazzling colors, nor had I trudged across a summer snowfield so grand. The experiences on Sourdough that day simply blew my mind.

Neither had I ever looked out on so many craggy, serrated, and spiraling peaks. The mountains in the east are gentle waves of green. The Rockies are big broad sentinels. The Coast Ranges are collectors of clouds and mist. But the North Cascades appeared as giant rows of shark teeth fading into the horizons. And those teeth glistened. I had never seen so many glaciers in my life.



Craig cooling down on a Sourdough summit snowfield, July 1985. Photo courtesy of Craig Romano.

Back in 1985, those glaciers and snowfields were so much bigger than they are today. So much water crashing and tumbling down shear rock faces. There was not a doubt in my mind how these mountains became known as the Cascades.

The hike was grueling, and its stats filtered out many other would-be Sourdough ascenders. I encountered very few folks along the way, and by the time I hit the summit snowfields, not another human soul was in sight. But I did see a soul in the form of a young black bear, sprinting across the mountain's white carpeting.

As I approached the fire lookout, I saw an American flag swaying frantically in the strong summit breeze. I was startled by a loud, "You made it!" The greeting came from a very friendly fire keep welcoming my presence. It was back during a time when there were far fewer folks flocking to the mountains - and not many had been making their way up this grueling peak far from the then much smaller metropolitan areas of the Northwest. We sat on the lookout steps under the intense rays of the summer sun, bombarded by rays reflecting off the snow as we chatted. My new lookout friend was a disciple of Jack Kerouac and proud to be following in his footsteps. I grew up in the Merrimack Valley not far from where Kerouac was raised, and that piqued his interest. But it was our tales of being on the road that really had us lost in conversation and reeling about in a stream of consciousness. Time stood still, helped no doubt from a slow-moving summer sun. That moment - in fact, that entire day - has remained firmly imprinted in my mind's eye. It's sometimes hard to grasp that so many years have gone by since that chance encounter.

## The descent

I reluctantly left the summit to begin the knee-knocking descent. The mountain's magic now firmly cast upon me, the trail felt surreal, as if I were slowly moving across a giant easel brushed by Maxfield Parrish and Thomas Cole. One mile directly

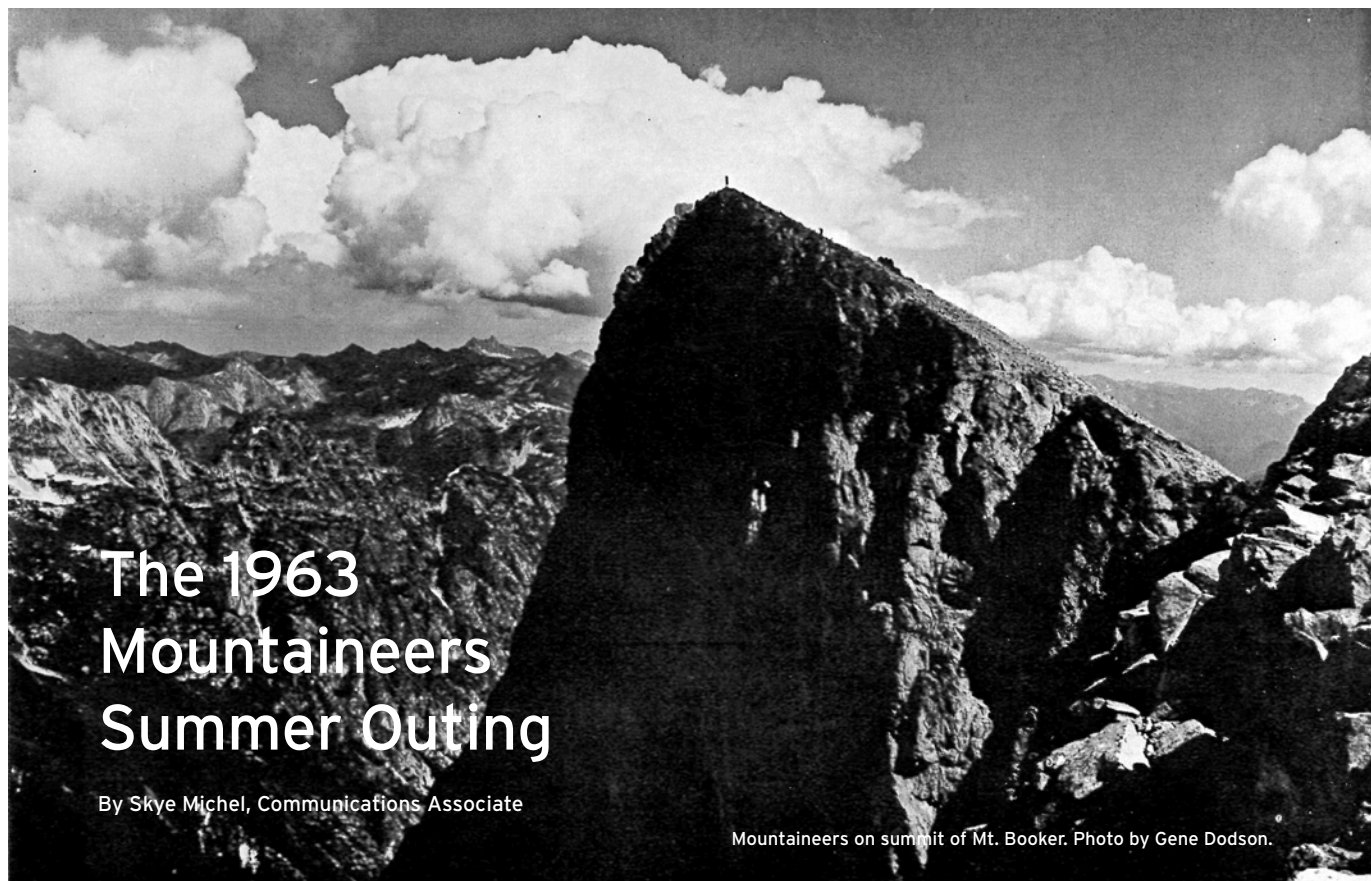
below me, Diablo Lake's turquoise waters sparkled. Across the deep valley cut by a pre-harnessed Skagit River stood an unbelievable flank of jagged, glacier-shrouded summits - among the most austere mountains I have ever cast my eyes upon. And at my feet softening this harsh environment were rows of delicate red, yellow, and purple blossoms dancing in the late afternoon thermals.

That evening, back in my campsite at Colonial Creek, I stood staring across Diablo Lake at the hulk of a mountain I had just climbed. I watched it fade into the darkness of the night. And as I retreated to my sleeping bag, the mountain stayed vividly in my mind as my tired body welcomed a much-needed and deserved sleep.

To this day, that hike has remained one of my finest. My second trip into the magical North Cascades is one I can never quite replicate, for the time and where I was at during that period of my life will never be repeated. Back then, I never imagined that I would someday live just an hour away from that special place. That I would continue to return to it, not to reclaim some of the magic cast upon me on that long ago hike, but to see what new magic and insight it may instill in me this time. I look back and see how far I have come in my ongoing journey searching for meaning and validation in the world.

I cannot accurately describe in words the full scale of emotions I experienced on that long-ago summer day. I can only recall in my heart what it felt like. I don't hesitate to look back on that moment during times of doubt and darkness. The magic of Sourdough Mountain has and continues to sustain me. I look forward to my next return to this special place. ▲▲

*Craig Romano is an award-winning guidebook author who has written more than 25 books, including Backpacking Washington 2nd edition, Day Hiking North Cascades 2nd edition, and 100 Classic Hikes Washington (Mountaineers Books) which both feature Sourdough Mountain. Purchase his titles in our Seattle Program Center Bookstore, online at [mountaineersbooks.org](http://mountaineersbooks.org), and everywhere books are sold.*



## The 1963 Mountaineers Summer Outing

By Skye Michel, Communications Associate

Mountaineers on summit of Mt. Booker. Photo by Gene Dodson.

It was 1963, and a group of 166 Mountaineers were embarking on a Summer Outing into what is known today as the North Cascades National Park. That day the park was still a dream; The Mountaineers and other partnering conservationists had been working for nearly 60 years to achieve a park designation. Mountaineers chairman Chet Powell chose “these wilderness alps” as the location for the year’s annual outing, believing that “as much of the area as possible should be seen by as many as possible” to advance efforts to protect the region.

The three-week trip consisted of various small-group climbs, casual hikes, campfire chats, and even butterfly-chasing. The trip report, included in the 1963 Mountaineers annual, celebrates the natural beauty of the Cascades while detailing the informative, awe-inspiring, and at times comical situations they encountered.

### Getting there

The journey began, and nearly ended, with a roadblock. Far from any summit, the group arrived at a river with no means to cross. After a long period of lingering, one individual was brave enough to face the waters and abandon the other 165 members to eat wild huckleberries and contemplate defeat.

Although impromptu trail maintenance was not part of the plan or anticipated group skill set, Ray Courtney, a determined Mountaineer unwilling to let the tantalizing mountains remain in the distance any longer, “splashed across the stream and cut down the only cottonwood in the only strategic spot” to

create a “deluxe bridge.” Needless to say, LNT ethics were slightly different in the 60s.

Marching onward, the group finally reached camp, where they were warmly greeted by an unrelenting mass of mosquitos. In an attempt to flee their welcoming party, many decided to escape to higher ground. As James Crooks recounts:

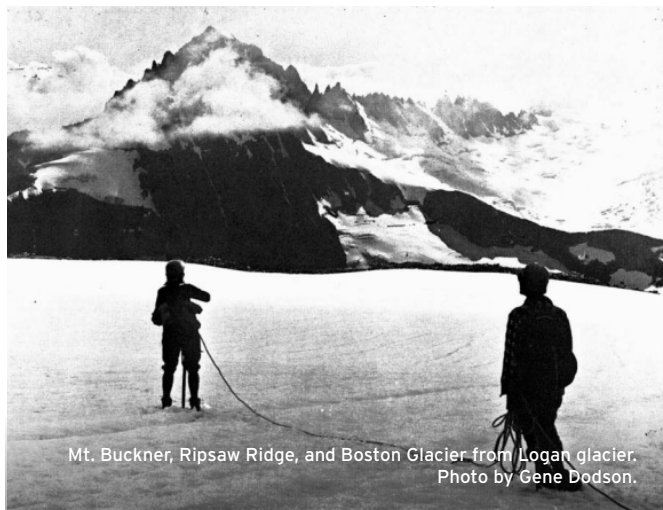
“Mid-morning of that day, swarms of unruly mosquitos put an abrupt halt to verbal activities. It was hurriedly decided to adjourn to a higher elevation and in due course a point at the base of the southwest face of Liberty Bell was reached.”

Sometimes you don’t make it to the top for the views, but for the respite from insects.

### Awash in the beauty of nature

The climb to the base of Liberty Bell was short and not too technical, and set the mood for the rest of the trip. As the report notes: “While the ascent is stimulating, it is not so demanding as to preclude occasional contemplations of nature – a climb of saxifrage in a most inhospitable spot seemed infinitely delightful.”

The party continued to be delighted throughout their journey by the many natural wonders the Cascades had to offer. While heavy with technical advice and route suggestions, the trip report is rich with reverence for all ecological findings. Members of the outing were continually awed by magnificent views and describe in detail the sensory joys of being in the outdoors. Soft needles blew through the breeze to provide



Mt. Buckner, Ripsaw Ridge, and Boston Glacier from Logan glacier.  
Photo by Gene Dodson.

"a memorable auditory experience." The meadows were a "tapestry of beauty," freckled with wild phlox, lupine, red-violet rockcress, and willow. Heather "easily won the prize as the most widespread flower," accompanied by the paintbrushes, sandwort, and senecio that dotted the campsites.

Coyotes made an appearance, as did hummingbirds, ice worms, mice, and conies. Mountain goats could be seen traversing the rock faces, and climbers took note of their expert route-finding. The group was ecstatic to find arctic butterflies and a rare species of trailing azalea, suggesting that "the catalog of species found is incomplete," and thus in dire need of preservation.

## The climbs

Although eager to face the mountains, the group was quickly sobered by the rock faces in front of them. The first climb, a successful summit of Goode Peak, lasted 19 hours. Belaying and piton-placing took more time than expected, and the group didn't return to camp until 1:30am. After such an unexpectedly lengthy trip, the group realized what they were in for. "There was a tremendous elevation gain to be made from camp to the top of any of the nearby peaks," the trip report describes. "Because of this, and the numerous route-finding problems involved, relatively few members of the outing succeeded in getting to the summits."

Next was an attempt on Mt. Logan. Encountering obstacles like thick brush, large gullies interrupting clear pathways, and view-obscuring clouds, the party struggled to find the proper route, or even the proper peak. While attempting to find their way, they stumbled across the summit cairn, and realized that their location "turned out to be the right peak, reached by the right route, although they had not known it until then."

One party even encountered a frantic and enthusiastic yodeler who turned out to be a fellow Mountaineer working nearby at the U.S.G.S. research station. According to the climbers camped on the glacier, a man 700 feet above them began to "ski-glissade down the snow, yodeling as he came." His songs "echoed back and forth from Dome and Spire and repeated themselves again and again," and his dancing descent downward "might well have been in a fantasy scene of a Walt Disney alpine movie."



Cache Col - Spider and Formidable in background. Sketch by Ramona Hammerly.

A group of three, one of whom had to be gently separated from her guitar, embarked on a courageous 19-hour traverse of Buckner. This climb was described by Hassler Whitney as "one of the most superb rock climbs" he had ever been on. A challenging endeavor, Hassler emphasized the importance of preparedness and skill when climbing. He shares:

"Earlier on the outing, a climber remarked to me that to cross some of these peaks one would probably have to take little risks because of the great lengths of the climbs. I would rather phrase this otherwise; to accomplish such a climb with safety, the party must consist of good climbers, with a really competent leader who can keep the party moving steadily and safely... one must use intelligence, observation, study, and experience."

Throughout the trip more climbs were made of Mt. Logan and Booker, as well as Lizard, Le Conte Ridge, Dana Glacier, and Dome Glacier. The climbers marveled at their experience "camping at elevations slightly above 600 feet and traveling high, always with a view." Everyone agreed it was a wilderness experience they'd never forget.

## Paving the way for a national park

It would take only five more years for the North Cascades to become a national park, thanks in part to The Mountaineers and other recreationists and conservationists who advocated for its protection. After the summer outing, Mountaineers members were not only inspired by the thrill of recreation, but awed by the resplendence of the mountains and the species they had never before seen.

The trip report closes with deep reflection, sharing that "there were questions we could not answer. In the realm of ecology, there is still much room for exploration in the mountains of the North Cascades." These questions may perhaps never be answered, but we can enjoy and reflect on the magic, mystery, and mosquitos found in the North Cascades all those years ago. ▲▲

# Virtual Education Center and Calendar

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



Conservation & Advocacy



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Gear Tips



Leadership Skills



Preparedness & Planning



Technical Skills

## How to Get Involved

### Step 1: Visit [mountaineers.org/courses/virtual-education-center](https://mountaineers.org/courses/virtual-education-center)

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

### Step 2: Choose what you want to learn

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

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

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

14

Online Courses

## What You'll Find

100+

Educational Blogs

29

Virtual Events & Activities

## How to Sign Up for Activities

### Step 1

Visit our website

[www.mountaineers.org](http://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](http://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](http://www.mountaineers.org/join). Guests can participate in two activities for free before joining.

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

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

**What if I don't meet the prerequisites for an activity?** Some of our technical activities, like climbing and kayaking, have prerequisite skill requirements. If you want to learn the prerequisite skills, we encourage you to take one of our courses. If you already have the prerequisite skills, you might qualify for equivalency. Email [info@mountaineers.org](mailto: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 ensure 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 send them an email. You can always email our Member Services team with questions at [info@mountaineers.org](mailto:info@mountaineers.org).

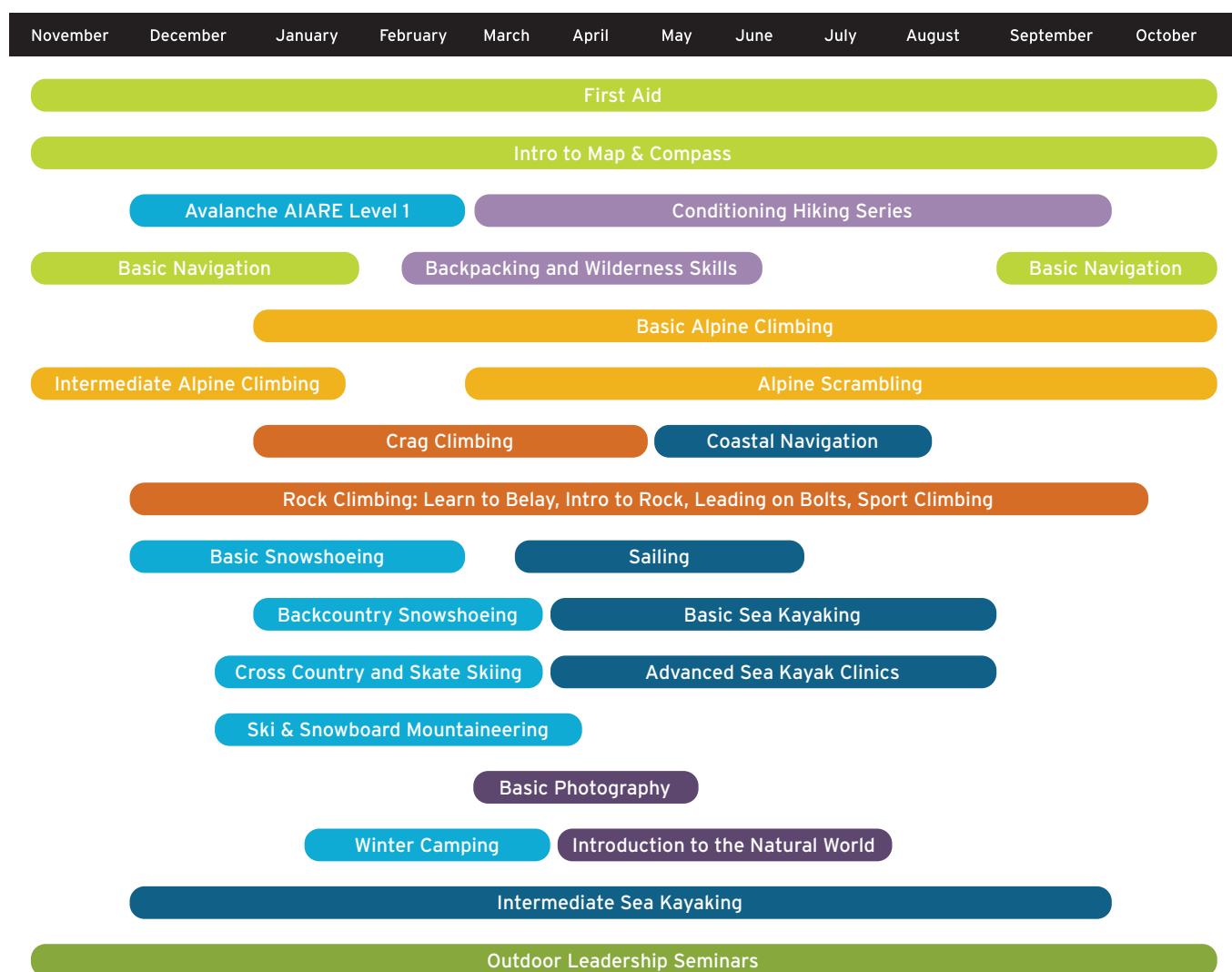
**What if the activity is full?** Sign up for the waitlist! Yes, it works. We have roughly a 10-20% drop-out rate in courses and activities, so spots often become available.



## The Mountaineers Course Overview

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

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



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



Clockwise, from top left: Baker Lodge, Stevens Lodge, a skier at Meany Lodge, and Kitsap Forest Theater

## Baker Lodge

[mountaineers.org/bakerlodge](https://mountaineers.org/bakerlodge)

Our rustic Mt. Baker Lodge is nestled in the spectacular North Cascades and is a beautiful getaway year-round. The lodge is located within walking distance of the Mt. Baker Ski Area and numerous summer and fall hiking trails.

## Stevens Lodge

[mountaineers.org/stevenslodge](https://mountaineers.org/stevenslodge)

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

## Meany Lodge

[mountaineers.org/meanylodge](https://mountaineers.org/meanylodge)

Meany Lodge operates a rope-tow on our ski hill for ski lessons, cross-country skiing, and snowshoe excursions. The lodge is currently open at a limited capacity for fully vaccinated guests. Visit our webpage to sign up for an upcoming work party.

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

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

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

## Kitsap Forest Theater

[foresttheater.com](https://foresttheater.com)

The Kitsap Forest Theater has been alive with music and the power of imagination for 100 years (1923-present). Celebrate our centennial with two fabulous musicals perfect for all ages. In **The Sound of Music**, showing spring 2023, an exuberant young governess brings music and joy back to a broken family, only to face danger and intrigue in 1930s Austria. Showing summer 2023 is **Seussical, The Musical**, celebrates friendship, loyalty, family, and community with the best-loved characters from Dr. Seuss' magical books.

Come be a part of this milestone year, either on stage, behind the scenes, or in the audience. Enjoy our incredible outdoor theater by planning your day away in the forest. Tickets make great gifts and are available online, save on our two-show package.

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](https://mountaineers.org/locations-lodges).



## BELLINGHAM

**Chair:** Brian McNitt, [brian@trendmedia.com](mailto:brian@trendmedia.com)

**Website:** [mountaineers.org/bellingham](https://mountaineers.org/bellingham); [bellinghammountaineers.com](https://bellinghammountaineers.com)

**COURSES & ACTIVITIES:** avalanche safety, navigation, climbing, first aid, hiking, scrambling, stewardship and conservation.

You'll find the Bellingham Branch tucked alongside the upper craggy expanse of the North Cascades. We enjoy easy access to the peaks that drain into the Nooksack and Skagit River basins. Our close-knit community offers climbing courses, hiking trips, and backcountry adventures in a diverse, inclusive, and supportive environment. 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](mailto:elaina.jorgensen@gmail.com)

**Website:** [mountaineers.org/everett](https://mountaineers.org/everett)

**COURSES & ACTIVITIES:** avalanche safety, backcountry skiing, climbing, cross-country skiing, first aid, hiking & backpacking, navigation, scrambling, sea kayaking, snowshoeing, and stewardship.

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

## KITSAP

**Chair:** Gretchen Ta, [gretchen.ta@gmail.com](mailto:gretchen.ta@gmail.com)

**Website:** [mountaineers.org/kitsap](https://mountaineers.org/kitsap)

**COURSES & ACTIVITIES:** climbing, exploring nature, first aid, hiking & backpacking, navigation, outdoor leadership, scrambling, sea kayaking, snowshoeing, and youth & family.

The Kitsap Branch draws members from throughout western Puget Sound, from Gig Harbor to the Olympic Peninsula, including Pierce, Kitsap, Jefferson, and Clallam counties. Join us at our program center, conveniently

located in Bremerton.

**BRANCH COUNCIL MEETINGS** are held in February, May, August, and November. Our annual branch celebration is in October, please join us! Visit our branch calendar for details.

## SEATTLE

**Chair:** Tess Wendel, [tesswendel@gmail.com](mailto:tesswendel@gmail.com)

**Website:** [mountaineers.org/seattle](https://mountaineers.org/seattle)

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

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

**Branch Council meetings** are held every other month 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 and reach out to the branch chair if you are interested in organizing activities for members based in greater South Seattle.

## FOOTHILLS (I-90/I-405 CORRIDORS)

**Chair:** Benjamin Morse, [benjamin.morse14@gmail.com](mailto:benjamin.morse14@gmail.com)

**Website:** [mountaineers.org/foothills](https://mountaineers.org/foothills)

**COURSES & ACTIVITIES:** AIARE avalanche safety, backcountry and downhill skiing, conservation and stewardship, cross-country skiing, first aid, hiking & backpacking, navigation, scrambling, snowshoeing, climbing, and trail running.

The Foothills Branch is the club's newest branch, founded in 2004 and encompassing the eastside communities along the I-90 and I-405 corridors. In addition to our educational and activity programs we host film screenings, guest speakers, stewardship events with the Mountains to Sound Greenway Trust, and other community events. We are also excited to be a close partner with Meany Lodge!

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

**BRANCH COUNCIL MEETINGS** are held every other month (except summer) to discuss new and ongoing initiatives. All branch members are welcome! Visit our branch calendar for details.

## TACOMA

**Chair:** Curtis Stock, [curtis@tacomamountaineers.org](mailto:curtis@tacomamountaineers.org)

**Website:** [mountaineers.org/tacoma](https://mountaineers.org/tacoma)

**COURSES & ACTIVITIES:** avalanche safety, climbing, first aid, hiking & backpacking, navigation, outdoor leadership, photography, sailing, scrambling, sea kayaking, snowshoeing, and youth & family.

The second largest of all seven branches, the Tacoma branch maintains its own program center in the Old Town neighborhood of Tacoma, as well as the Irish Cabin property located near Mt. Rainier. A great way get involved is our Meet the Tacoma Mountaineers event, consisting of a meet-and-greet and a 90-minute interactive presentation giving you opportunities to learn about our history, our website, and how you can get involved.

**Branch Council meetings** are held every six weeks to discuss new and ongoing initiatives and general branch business. Visit our branch calendar for details.

## OLYMPIA

**Chair:** Scott Carlson, [snarlson@hotmail.com](mailto:snarlson@hotmail.com)

**Website:** [mountaineers.org/olympia](https://mountaineers.org/olympia)

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

**Our Adventure Speaker Series** returns in September, and our awards gathering is on Oct 15. Visit our branch calendar for details.

**Branch Council Meetings** are held on the second Wednesday of the month, alternating in-person and Zoom, though Zoom is always available. Members are encouraged to attend. Contact Scott Carlson for information about attending.

# Get Involved With Your Branch

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

**Browse Branch Courses & Activities** To see what's available, visit [mountaineers.org](https://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](https://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 in to these emails, visit [mountaineers.org/profile](https://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 are all needed. Volunteering is a great way to plug into our community. Reach out to your branch chair to get started.

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

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Learn more at [mountaineers.planmylegacy.org](https://mountaineers.planmylegacy.org)



Photo by Ida Vincent.

# The Fall Salmon Run

By Skye Michel, Communications Associate

A run of Sockeye salmon. Photo by Jonny Armstrong, Oregon State University. <https://bit.ly/3p77hvj>

**S**tarting in the summer and peaking in the fall, our local salmon embark on a lengthy and laborious journey from Puget Sound to their native rivers, streams, and lakes. These efforts, which will ultimately end in their death, is known as the salmon run. The reason for their fatal trek? Spawning time.

## Heading home

If you've visited a stream or river recently, you may have noticed the faint splashing of tails, or even smelled an unlucky fish who has found their eternal resting spot. What you're witnessing is the "homing" period, when the salmon have decided - either by smell, cognitive magnetic sensing, or some magic cosmic signal - to journey upstream to their birthplace and reproduce. During this trip, they experience significant changes as they shift from the salt water of the ocean to the fresh waters of our streams and rivers. These changes include an adjustment in swimming muscles, an increase in reproductive preparedness, and even a new color coat. Most salmon also stop eating when they begin their freshwater journey, putting all their energy into swimming upstream.

While salmon of one species may all look similar, each spawning population is uniquely genetically adapted to their natal river, stream, or lake ecosystem. The lucky ones even make it far enough to spawn in the same gravel bed in which they were born.

## A life complete

In addition to navigating against the river current while experiencing metabolic transformation, the long-suffering female salmon must also create nesting pits for her eggs. This is done by laying on her side and whipping her tail back and forth repeatedly. These nests, or redds, can be easily spotted if you keep your eyes out for clear areas of exposed gravel. Once the eggs are laid, fertilized, and covered with another layer of gravel for protection, the parents' hard

work is done and their lives come to an end. By this time, many of the fish are malnourished and battered from the upstream fight and cannot survive a trip back to the ocean.

Although their lives may seem tragic to us, salmon death plays an important role in sustaining the health of the surrounding ecosystem. As a keystone species, their presence supports and nourishes the broader food chain. When they die, their carcasses are either eaten or absorbed by the soil, providing rich ocean nutrients to the inland watershed.

## The next generation

In the river, the young salmon hatch and mature, feeding on larvae and occasionally the carcasses of their parents. Once they are old enough, they migrate downstream and enter the ocean, where they live and feed for another one to four years before returning home. Come spring, you can catch these young river salmon riding the snow melt as they make their way to the sea.

## Support local salmon populations

Salmon populations have been declining dramatically due to increased industrialization and development practices that destroy salmon habitat and contaminate our watersheds. Here are some ways you can support the health of our salmon and their ecosystems:

- Support sustainable fishing practices.
- Protect the watershed by properly and safely disposing of hazardous waste (batteries, motor oil, soaps, expired medication, etc.).
- Prevent contaminated runoff from entering the ocean, streams, and rivers by planting native plants - or even a rain garden - and avoid using pesticides.
- Don't walk on spawning beds, and - no matter how bad they smell - don't remove dead salmon from the river.
- Volunteer with local salmon conservation and watershed restoration organizations. ▲▲

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