

Mountaineer

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

in this issue:

Ananth's Rainier 100

Hunting for Watermelon Snow

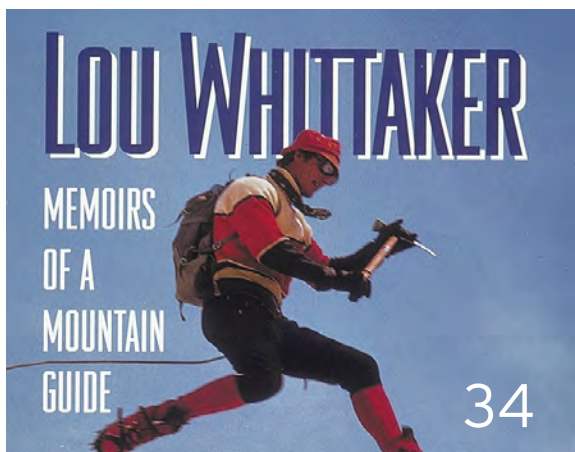
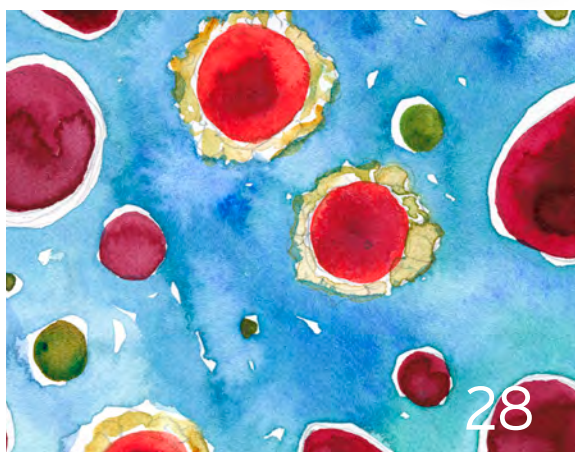
The Case for Geotagging

Make Your Own Backpacking
Meals



Summer 2022 | Volume 116 | Number 3

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



On the cover: Ananth Maniam on the summit of Tokaloo Rock. Photo by Ananth Maniam.

Features

- 18 Ananth's Rainier 100
- 23 Where to Buy Affordable Gear
- 26 The Case for Geotagging
- 28 Hunting for Watermelon Snow
- 30 Make Your Own Backpacking Meals
- 32 Love on the Water
- 34 Stories of Rainier

Columns

- 3 Tying In
- 4 Editor's Note
- 5 Reader Feedback
- 6 Member Highlight
Jake Huddleston
- 7 Peak Performance
Summit Day Preparation
- 8 Bookmarks & Staff Picks
- 10 Youth Outside
Taking the Reins: Tacoma MAC prepare for a future of outdoor adventure
- 12 Impact Giving
- 14 Outside Insights
Packrafting: More than a mode of travel
- 16 Conservation Currents
Meet New Mount Rainier Superintendent Greg Dudgeon
- 35 Global Adventures
Exploring History and Alpine Peaks in Japan
- 36 Trail Talk
- 38 Retro Rewind
Alma Wagen: The first female mountain guide at Mount Rainier National Park
- 40 GoGuide
How to Get Involved
- 46 Did You Know?
The Perseid Meteor Shower

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.

Mountaineer uses:





When I joined The Mountaineers ten years ago, I had no idea how it would change the trajectory of my life. Like many of you, this community has become my community. My evenings are filled with seminars and meetings, and my weekends are packed with field trips and instructing. I feel so grateful to have found this community and made it into a home.

Today, I am just three months into my role as Board President for The Mountaineers. I arrive

at this position humble and ready to build on the legacy of those who came before me. Over the past few months, I have been reminded of the amazingly dedicated volunteers and staff who work towards making our mission a reality: to enrich the community by helping people explore, conserve, learn about, and enjoy the lands and waters of the Pacific Northwest and beyond.

I am inspired by the incredible work going on at all levels of our organization. In April, our Equity & Inclusion Committee provided an update on the efforts to create a Mountaineers community where all people feel belonging. The Conservation and Advocacy Committee also hosted their first town hall to share how they are building a strong, unified voice for conservation and recreation in the PNW and beyond. And Mountaineers Books and Braided River continue to serve as leaders in outdoor recreation, conservation, and storytelling. I'm excited by the recent and upcoming titles, specifically *Valley of Giants*, which chronicles the under-told stories of women climbers in Yosemite, one of my favorite places to visit.

Over the past two years, our community adapted to the virtual world to maintain relationships and continue to deliver programming. This created new barriers to relationship building, which can be hard to knock down if you are new to our community. As a mission-driven organization, our commitment as volunteers can drive us to the edge of burnout. We are seeing record interest in our courses and activities, and our public lands are feeling the impact of increased use. All of this is set in the backdrop of the climate crisis.

To address these challenges, the board is working with staff and volunteers to update Vision 2022 and create a long-term vision for our community. We hope this work will help us further define the unique role we all play in outdoor recreation, education, and advocacy. In the coming months, we will look to our community to help inform the vision and update the strategic plan. If you are someone who would like to be included in the organizational leadership of The Mountaineers, I encourage you to check out our open nominations process on our website to join the Board of Directors. Applications close June 15.

We will need equal parts ambition, inspiration, and achievability to successfully build and execute this plan. More importantly, it will require all of us to commit to implementation and accountability in the years to come. Like those who came before, I know that we can continue to build on our strengths to overcome barriers and continue to help people build a connection with each other and the natural world.

Gabe Aeschliman
Board President



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

EDITOR

Hailey Oppelt

CONTRIBUTING EDITORS

Kristina Ciari, Issy Steckel

DESIGNER

Sarah Kulfan, Beans n' Rice

CHIEF EXECUTIVE OFFICER

Tom Vogl

EXECUTIVE PUBLISHER

Tom Helleberg

DEVELOPMENT DIRECTOR

Amber Carrigan

PROOFREADER

Kate Regan

PUBLICIST

Kate Jay

BOARD OF DIRECTORS

OFFICERS

President Gabe Aeschliman
Retiring President Vik Sahney
Vice President Manisha Powar
VP of Branches James Henderson
VP of Outdoor Centers Matt Simerson
Secretary Carry Porter
Treasurer Paul Stevenson

DIRECTORS AT LARGE

Serene Chen
Rich Johnston
Brynne Koscianski
Mark Kroese
Takeo Kuraishi
Maya Magarati
Steve McClure
Roger Mellem
John Ohlson
Alex Pratt
Anita Wilkins
Siana Wong

BRANCH DIRECTORS

Maura Rendes, Bellingham
Matt Vadnal, Everett
Vacant, Foothills
Jerry Logan, Kitsap
Mike Kretzler, Olympia
Brad Near, Seattle
Mark Kerr, Tacoma

YOUTH BOARD REPRESENTATIVES

Serophina Ouyoumjan
Katie Straus-Clark

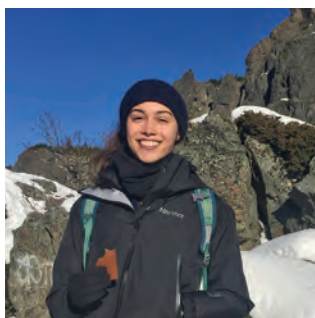
The *Mountaineer* (ISSN 0027-2620) is published quarterly by The Mountaineers, 7700 Sand Point Way NE, Seattle, WA 98115. 206-521-6000.

Postmaster: Send address changes to *Mountaineer*, 7700 Sand Point Way NE, Seattle, WA 98115. Periodicals postage paid at Seattle, WA.

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



Photo by Bryce Mann.



Hailey Oppelt
haileyo@mountaineers.org
Photo by Paige Madden.

When I was a kid, going to Mt. Rainier was the highlight of winter. My dad would load us up in the van, fully bundled in our snow gear with Costco sleds in the back. The drive up to Paradise from Olympia felt like eternity, but the anticipation of what was to come more than made up for it. Finally, we would arrive at a private sledding hill (realistically a defunct access road Dad knew of). We enjoyed hours of snowball fights, snowman building, snow angels, and

making snow faces (when you ram your face into a snow bank to get a crystalline negative of yourself). But most importantly we would go sledding, frantically running uphill to maximize the number of times we got to careen uncontrollably down it. Many years later I would find similar joy in skiing (don't worry - more controlled!), but at the time it felt like nothing could be as freeing or as thrilling as those moments barreling down a hill on Rainier.

When the chaos finally subsided, we'd peel off our snowsuits and sit in the van with hot cocoa poured from a foot-tall thermos. On the catatonic drive home, I'd stare at the snow-laden trees and think that I'd never seen anything more beautiful in my life. And you know, I was probably right.

As an adult I no longer go sledding, but I do spend a decent amount of time staring at Rainier. From Seattle, the haze of the sky gives it an almost painterly effect, looking more like a spirit of a mountain than a hard mass of rock, snow, and ice. I've found that the best spot to view it in Olympia is, I kid you not, by the Target warehouse on Marvin Road. As we all know, I'm not alone in my preoccupation with the mountain.

Our collective attachment to Mt. Rainier made this edition's theme an easy one. It is, as I'm sure you've guessed, Mt. Rainier. In *Ananth's Rainier 100*, Ananth Maniam shares his thoughts and experiences from his climbs of 100 peaks across Mt. Rainier National Park. Watercolor artist Claire

Giordano has lent us her considerable talents once again in *Hunting for Watermelon Snow*, an informational resource for mountain travelers to help gather snow algae samples for the Living Snow Project. *Make Your Own Backpacking Meals* is an excellent resource for backpackers and climbers who would like to do away with store-bought freeze-dried food, written by Foothills Backpacking Committee Chair Cheryl Talbert. We're also excited to share *The Stories of Mt. Rainier*, a collection of books, maps, and guides published by Mountaineers Books on Rainier and the surrounding park.

Love on the Water is a slight deviation from our mountain theme, but I think you'll enjoy the detour as two Mountaineers sailing couples share their love stories. *The Case for Geotagging*, by member and climber John Porter, offers a few opposing viewpoints for those unsure about geotagging their social media posts. And to top off our mountain of features this edition, we have *Where to Buy Affordable Gear*, offering a comprehensive and entertaining guide on how to gear up for the outdoors without breaking the bank.

As always, our regular columns are full of useful information and new perspectives. In Craig Romano's column *Trail Talk*, he shares a few thoughts on how our draw to places like Rainier can overshadow the equally exquisite (and equally worthy of protection) lowlands. In *Peak Performance*, Courtenay Schurman gives climbers a few unique tips to prepare for their big summit day. And *Retro Rewind* shares the story of Alma Wagen, a Mountaineers member and the first female mountain guide at Mt. Rainier National Park.

For many, Mt. Rainier is the symbol of our region. Perched on the skyline behind our cities and towns, we look for it even on the darkest winter days. When the clouds break, "the mountain is out" and an undercurrent of revelry bubbles up. It's an emblem of the stunning natural beauty of Washington and our tantalizing proximity to it, even as we stare out the window at work or from stop-and-go traffic on I-5. It doesn't matter if you grew up sledding it, spend winters skiing it, while away summers hiking it, or have only admired it from a distance. The sun is back, the mountain is out. Thank goodness.

H.O.



In Youngest Finisher of the Bulger List: Nathan Longhurst Climbs Washington's 100 Highest Peaks at 21, we spoke with Nathan about his incredible accomplishment, his outdoor background, and his big plans for the future. The community response was overwhelming, with over 450 likes on Facebook and notes of support flowing in:

"Amazing! Looking forward to reading, listening, or watching Nathan's SPS List adventure."

-Maya Magarati, 18-year member

"Great read! Loved his summation for success; 'do it for the love of being in the mountains.'"

-Karyn Lynn Payton, FB commenter

"What a great mindset for anyone, and not just because he is young."

-Karen Wallace, 6-year member

"Very cool! I'm sharing this story with my tweens. A great example of young men and women doing BIG things. This one is so impressive!!"

-Heather Wadia, FB commenter

In January 2022, we published the fourth annual Mountaineers of Instagram feature to ring in the New Year. It included Leave No Trace tips, including the advice to "Limit Geo-Tagging."

"No one person owns public lands and thus treating any space like a "secret" or "special" space that is on public lands is ethically wrong. Limiting location information is a form of gatekeeping and is a contentious issue in the outdoor world. It basically promotes the idea that public lands are only public to some and not all, or that only some folks are "worthy" of knowing the secret places. This behavior has led to acts of exclusion, aggression, even violence... I am concerned that The Mountaineers appears to be endorsing this erroneous belief and



harmful behavior by publishing a tip about it that does not reflect the truth of the situation."

-Katja Hurt, 6-year member

We thank Katja for her feedback and for providing an opportunity for us to learn more about the controversy surrounding Leave No Trace. For more information, read our piece The Case for Geotagging on page 26.

In The Hansen Family Legacy at Stevens Lodge, we told the story of volunteer John Hansen, who spent decades helping build Stevens Lodge into what it is today (quite literally - he was there for both the original build in 1946 and the expansion!). Our community was touched by his dedication:

"Wonderful article! Having spent a few nights at the Stevens Pass Lodge, I love knowing this back story of an amazing person (and family) who helped make it possible!"

-Barbara Rose, 6-year member

"Thank you for featuring John's story with Stevens Lodge. We had such fun going on work parties, skiing with friends, shoveling out the outhouse, learning to folk dance, and hanging out around the fireplace. The Mountaineers community was so important to him."

-Theresa Northcutt, John's daughter

"Wow, just wow. What a wonderful man."

-Kathleen Johanson, FB commenter



Conservation is at the core of who we are as Mountaineers, and time and time again our members have reaffirmed their dedication and joy in protecting the outdoors:

"Thanks for this blog post! I have often found myself eager to advocate but lacking clarity

about issues, processes, and how best to engage. This provides a helpful framework for resources and action."

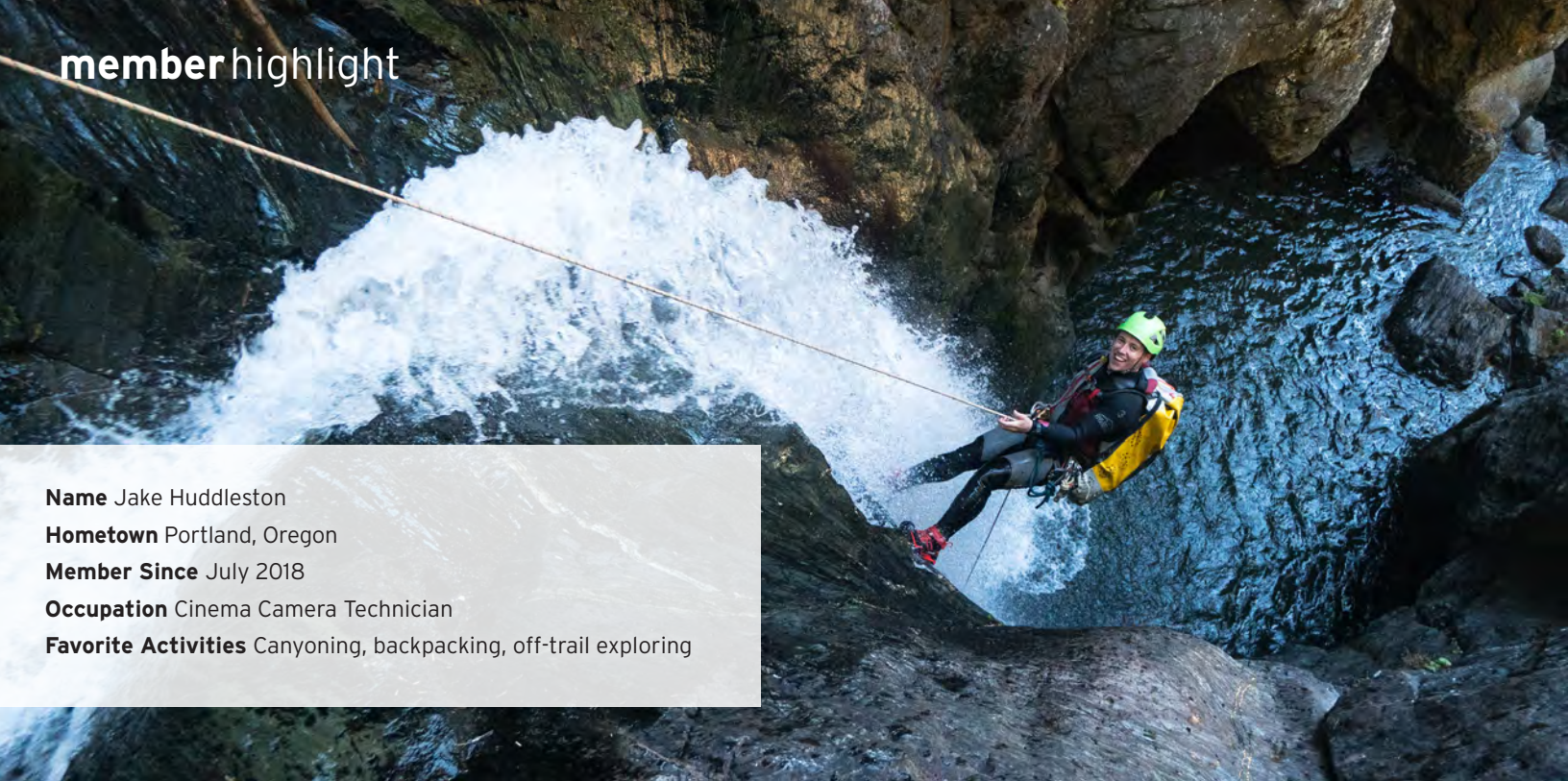
-Anita Wilkins, 16-year member, responding to "Conservation 101: What is Advocacy, and Why is it Important"

"What a great article on our stewardship efforts, Dee Ann! Thanks so much for highlighting our work on the trails. We really do enjoy doing it."

-Jennifer Fortin, 7-year member, responding to "Stewardship is a Year Round Calling for Members of the Olympia Branch"

"Thanks for sharing this reflection of Norm and his accomplishments. He certainly did a lot to help promote and conserve outdoor spaces here in the PNW."

-Doug Stauffer, 3-year member, responding to "Remembering Mountaineer Norm Winn"

A photograph of a person rappelling down a waterfall. The person is wearing a green helmet, a black jacket, and a yellow backpack. They are holding a rope that extends from the top left of the frame. The waterfall is cascading over dark, wet rocks. The background is a dense forest with green foliage.

Name Jake Huddleston
Hometown Portland, Oregon
Member Since July 2018
Occupation Cinema Camera Technician
Favorite Activities Canyoning, backpacking, off-trail exploring

How did you get involved with The Mountaineers?

I got involved with The Mountaineers through a canyoning skills practice session back in 2017. My friend (and Mountaineers leader and staff member) Becca Polglase had attended a practice session I hosted in Portland earlier that year, and when I was invited to join for one at The Mountaineers in Seattle, I decided to make the trip up, and am very glad I did. Over a year later, I moved to Seattle and was invited to be a part of the canyoning committee. It's been a fantastic experience ever since.

What motivates you to get outside with us?

I love getting outside with The Mountaineers because I've been continuously impressed with the organization's ability to combine education, trips, community, and passionate volunteers. The result is a fantastic and welcoming environment for all types of people.

What's your favorite Mountaineers memory?

So many to choose from. A great memory from this past year was getting together with a group of canyoneers over 4th of July weekend in the Olympics, running canyon trips two days in a row and camping out in the evening with great food and company. Hard to beat experiences like that.

Who/what inspires you?

I find inspiration both as a student and as a teacher. As a student, I'm inspired by people willing to share their knowledge and passion for the outdoors. I'm also inspired by newer people getting into the outdoors, and how much they love trying something new and getting better at it.

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 did not have much volunteer experience before I joined The Mountaineers. I have had the privilege to spend many hours in the canyoning program as a trip leader, instructor, practice session organizer, and curriculum developer. I have also been mentored by great people and have debated and discussed many aspects of canyoning, which in turn results in an even better, ever-evolving program. I have greatly enjoyed every minute of it, and I think that reflects both The Mountaineers ethos as well as the fantastic group of people in this community.

What does adventure mean to you?

To me, adventure means getting outside and exploring this beautiful world we live in, even if you are not completely sure about how things will go. No one can be certain of any outcome, no matter how familiar you are with an activity, route, or group of people. There are always unknowns and risks involved. Yet we get out and do them anyway, because we know the reward is worth it. ▲▲

Lightning round

Sunrise or sunset? Sunrise

Smile or game face? Smile

What's your 11th Essential? One specific song stuck in my head all day. Is it really a real adventure without this?

What's your happy place? On a rope in a waterfall somewhere

Post-adventure meal of choice? We have this great bacon and veggie pasta we like to make after big trips. Mmmm...

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

Summit Day Preparation

By Courtenay Schurman, MS, CSCS, PN2

Mt. Rainier casts a shadow at dusk, as seen from Camp Schurman.
Photo by Courtenay Schurman.

When preparing for a new alpine summit, most people know to increase their targeted exercise. However, it's equally important to consider your mental and skill-based preparation. This will allow you to feel calm, confident, and practiced on your summit day. Below are a few strategies to help you get ready:

Add a long day. On a climb of Mt. Rainier, you may be climbing as long as 12-18 hours. If your hikes generally last 4 hours, how do you know whether you can endure triple that? Including a training day that's similar in length to your summit push will help you prepare your feet, shoulders, and mind for the extreme endurance needed.

Hydrate and fuel often. Consider setting a watch or phone alarm on your hikes to get into the habit of having a light snack and drinking every 30-45 minutes. Keep food and drink accessible so that you don't have to stop and remove your backpack whenever the urge to nibble strikes.

Be familiar with your gear. For alpine starts you will be putting on crampons in the dark, tying knots by headlamp with cold fingers, and doing tasks on minimal sleep. Be as familiar with all of your equipment and gear as possible so that simple tasks do not use up precious energy or brainpower. Save it for the climb.

Have a mantra. Have a song you replay in your head or a saying you repeat to yourself if you get overwhelmed. On Kilimanjaro I used "Inch by inch, it's a cinch" for the final push to the summit. And on Mt. Rainier I have used, "20 breaths, then look around." Small moment-by-moment goals help keep you focused and avoid a sense of being overwhelmed.

Train like you will travel. If you always listen to music or podcasts while hiking, include several hikes without earbuds so that you don't rely on entertainment during your objective. Likewise, if you always use two poles, train with one so that you will be comfortable with carrying your ice axe in one hand.

Hone your skills. The more familiar you are with the technical skills required on the trip - roped travel, putting on crampons in the dark, self-arresting - the less brain power they require. Having an extra day at high camp to acclimatize and practice skills can make everyone on your team more tuned-in, relaxed, and ready for summit day.

Know the route. Know what is expected of you and what the route will entail, including the terrain, plans for rest breaks, and tricky navigation or technical areas. By understanding what you will face, you remove some stressful unknowns and approach the day with confidence. Study previous trip reports, talk with other climbers who have done the route before, ask rangers at camp, and even chat with descending climbers.

By implementing these strategies in the months leading up to your summit day, you put yourself in the best possible position for success. Preparation is about more than just physical training - you must be mentally and emotionally ready as well. Trust yourself and your team, and good luck! ▲▲

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

Adventure Ready

An interview with thru-hikers and authors Katie Gerber and Heather Anderson

By Marissa Litak, Mountaineers Books Publicist

Photo from *Adventure Ready*, courtesy of Mountaineers Books.

The reputations of Katie “Salty” Gerber and Heather “Anish” Anderson precede them. Katie is a renowned wilderness instructor and guide who has logged thousands of miles on trails including the CDT, PCT, Colorado Trail, and Oregon Desert Trail. Heather is a record-smashing legend who was named a National Geographic Adventurer of the Year for her 2018 Calendar Year Triple Crown (hiking the AT, PCT, and CDT all in one year). Now they have joined forces to combine what they’ve learned on the trail and through their expertise in nutrition and personal training to create *Adventure Ready: A Hiker’s Guide to Planning, Training & Resiliency*, new from Mountaineers Books. To mark the release of this step-by-step guide to preparation, movement, nutrition, and recovery for backpackers and thru-hikers of all levels, Katie and Heather sat down for a conversation about thru-hiking, learning on the trail, and hiking your own hike.

You’ve both had profound experiences on the trail, times when you’ve fostered confidence and resiliency. What are some ways this has served you in your daily lives?

Katie Gerber: So much of what I’ve learned on trail has made me better equipped for life off trail! One of the biggest lessons I’ve taken from time in the backcountry is adaptability. It’s great to

have a plan, but life inevitably throws you curveballs. Accepting the situation for what it is, remaining calm, and shifting quickly into problem-solving mode has served me on trail as well as in daily life at home. Exploring my physical and mental limits on trail has shown me that I’m capable of more than I thought, and that confidence emboldens me to make uncommon choices and pursue a life that feels meaningful to me.

Heather Anderson: For me, spending time on the trail has been the equivalent of decades on a therapist’s couch (and much cheaper!). I’ve worked through so much trauma and grief by immersing myself in nature and allowing myself to heal. Every tool I have for coping with daily life was nurtured by my on-trail experiences.

What would you say to someone who feels like they’ve “failed” for starting a thru-hike and not being able to complete it (for whatever reason)?

K: As cliché as it is, I truly believe there’s no such thing as failure when you’re pursuing your dream. It’s all feedback. If it didn’t turn out how you wanted, evaluate whether there’s something to learn that you can apply next time. Examine the narrative you’re telling yourself about the event. Framing it as a failure affects your self-concept and prevents you from wanting to try again. Being proud of yourself for taking action towards a goal and learning from an experience sets you up for growth. Don’t let your past define your future. Finally, trust yourself. If you decided it was time to get off trail, for whatever reason, trust that you made the right decision for you at that moment. If you want to complete the trail later, it’ll always be there for you.

H: Fail is a word that should be wiped from your vocabulary - especially when it comes to hiking or other outdoor endeavors! A thru-hike may start as a box to be checked, but it’s really a journey that is far more encompassing than simply reaching the terminus. Whether your hike lasts a week or several months, or whether you walk a third of the way or all of it, you will learn something. Even taking the courageous step to start your trek will teach you so much about your own depths of bravery and willingness to discover more about your abilities. There is no failure in not completing your dream or having the end point be different than you thought it would be when you started.

What is the most important thing you hope readers take away from *Adventure Ready*?

K: My deepest intention with the book, and all my work, is that readers come away with the knowledge and skills to safely and confidently embark on more backcountry adventures. I hope readers feel empowered and capable.

H: I hope readers gain a sense of confidence in themselves by reading through *Adventure Ready*. More than simply feeling equipped with knowledge, I





Katie Gerber and Heather Anderson.

hope they develop trust in themselves to learn, grow, and make decisions both on trail and off. No one's journey is the same as another's and our desire is to encourage readers to embark on their own journey with self-confidence.

Lightning round:

Tent or tarp?

K: Single-wall trekking pole shelter

H: Tent

Creamy or crunchy peanut butter?

Both: Crunchy

Siesta or hike all day?

K: Hike all day, but with breaks for snacks and vistas

H: Hike all day and into the night!

Hiking boots or trail runners?

Both: Trail runners

Worst ailment to befall your feet?

K: Heel blisters!

H: Some sort of painful tissue tear during my Calendar Year Triple Crown

Most important item in your first aid kit?

K: First, my brain (skills, knowledge, experience) and ability to remain calm. Secondly, my satellite communication device.

H: Neosporin

Favorite thing to find in a hiker box?

K: An unopened bag of something salty and crunchy

H: Sunglasses that are better than the ones I'm wearing

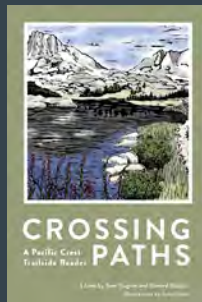
Adventure Ready is available for purchase at our Seattle Program Center bookstore, online at mountaineersbooks.org, and everywhere books are sold. Also check out Heather's two previous memoirs, *Thirst and Mud*, *Rocks, Blazes*, chronicling her record-setting hikes on the PCT and AT. ▲▲



52 Ways to Nature: Washington

By Lauren Braden

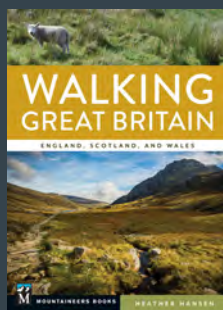
Organized by season, *52 Ways to Nature: Washington* is an accessible adventure guide featuring immersive activities to keep you engaged in nature all year long. Readers can work their way through the entire collection or choose individual activities that inspire them. There is no one way to be outside, and *52 Ways to Nature* provides readers the tools to build a relationship with nature that lasts a lifetime. Newcomers, long-time residents, parents, and solo explorers alike will all find new ways to revel in the natural world with the inspiring and accessible activities featured.



Crossing Paths: A Pacific Crest Trailside Reader

Edited by Rees Hughes and Howard Shapiro

In celebration of the 10th anniversary of the original *Pacific Crest Trail Readers*, editors Rees Hughes and Howard Shapiro bring the PCT to life as it is now with a host of diverse contributors who come together to share their experiences from their life-changing journeys. Reflecting the contributors' rich and varied individual experiences, *Crossing Paths* represents the geographic, gender, ethnic, and age diversity of the PCT and strives to reflect the totality and depth of life on the trail. For anyone looking to share in the cross-cultural experience that is the Pacific Crest Trail, *Crossing Paths* is a must-read.



Walking Great Britain

By Heather Hansen

From easy riverside strolls to challenging mountain summits, explore the beautiful trails that span the scenic peaks and valleys of England, Scotland, and Wales with *Walking Great Britain*. *Walking Great Britain* is the quintessential guide to Great Britain's vast collection of walking and hiking trails, with an abundance of full-color maps and photos, descriptions of towns, and charts that highlight trail amenities and details. Author Heather Hansen provides detailed notes on local history, cultural and literary highlights, and ecological and geological tidbits to craft an inclusive guide to the region.

Taking the Reins

Tacoma MAC prepare for a future of outdoor adventure

By Sarah Holt, Tacoma Program Manager, and Michelle Song, Associate Volunteer Development Manager



MAC participants on the summit of Mt. Adams, led by Shelby Turner.

Mountaineers Adventure Club (MAC) is a year-round club for teens, giving them access to education and skills rivaling many adult programs. Imagine an at-your-own-pace Basic and Intermediate Alpine Climbing course, taken over a period of four years with sport climbing, skiing, hiking, and backpacking thrown in. As a young member, you learn from upperclassmen, and as you gain more experience, you begin passing down that knowledge to others. Most importantly, you learn to take care of yourself and others in the mountains.

The Tacoma MAC Leadership Series

By the time they're high school seniors, most MAC members have spent years crafting technical mountain skills. Realizing they needed a chance to hone their trip planning, route finding, and group management skills, Sarah Holt and a group of MAC students created the Tacoma MAC Leadership Series in the fall of 2021. Through the series, participants receive resources to develop their own trips, ultimately leading their MAC peers on a climb they've planned with adult mentorship.

We met with three recent MAC graduates - Carbon Marshall, Shelby Turner, and Tashi Quinn - to learn more about the program and what it's like to be a Tacoma MAC member under the tutelage of Mountaineers staff member Sarah Holt and volunteer Kevin DeFields.

What was your planning process for the trips you designed and led?

Carbon: Everybody was supportive of helping me figure out different stuff. It was nice to be able to reach out and receive help where I needed. At the same time, I was able to do my own stuff wherever I wanted and felt comfortable doing it.

Shelby: I wanted the opportunity to prove myself as a leader. I wanted to make my styles, expectations, and goals clear for my trip. I wanted everyone to read my trip plan and bring the right stuff. I find if people know what to expect, they do better on the trip.

Tashi: Sarah showed me how to map on my phone with navigation apps. I didn't know how to download someone else's track onto your phone before that. Even though Mt. St. Helens is a pretty straightforward route, it was still useful.

You received robust training on technical and leadership skills prior to your trip. Was there a skill that you found to be especially valuable?

Carbon: It helped to be able to realize everyone's different capabilities, what they've already learned, and understanding the support they would need on the trip. That was especially useful since I was dividing everybody into groups, putting a more experienced person with someone who's still learning skills.



Carbon joined MAC in 2018 and graduated in 2021. He has spent many days helping newer MAC students learn climbing skills. Carbon planned and led his MAC peers on two consecutive weekend climbing trips up the Tooth.



Shelby joined MAC in 2018 and graduated in 2022. During her Mountaineers career, Shelby has contributed to nearly every Tacoma youth program. Shelby led her MAC peers up Mt. Adams on a trip she planned.



Tashi joined MAC in 2019 and graduated in 2022. A gifted athlete and exceptional skier, Tashi brings his stoke for the outdoors on every trip. Tashi led his MAC peers up Mt. St. Helens on a trip he planned.

Shelby: Working with folks one-on-one was important. We talked a lot about what to do if someone is struggling and how to work with them. I also learned to be humble, and understand that you can take input from others; to ask the group questions versus the leader making all of the decisions. Groups feel better when we include them in discussions.

Tashi: One skill that I tried to exemplify is pacing. Looking back, I think I set a good pace in the beginning of the climb then went a little too fast for some of my peers. It also helps to check-in with people individually. Especially since it's easy to hide the fact that you're not doing well when you're part of a group.

Was there anything on your trip that was unexpected or required problem-solving?

Carbon: When I had done a trip to the Tooth before my first planned trip, it was completely covered in snow. Near my trip date, it was completely melted out. I asked for everybody's opinions on alternative options because we had to do a different route. It was difficult but there was no shame in asking people for different opinions.

Shelby: Half of my group were snowshoers and the other half were skiers. Skiers move faster, so keeping the group together was hard for me. Luckily I had an awesome mentor of mine with me, Kevin. He offered to walk down with the snowshoers so that there wasn't too much waiting for the skiers.

Tashi: It was definitely hard trying to keep everyone together. It's easy to see people a long ways away on Mt. St. Helens, but it's still not good practice to be too separated as a group. I had to be careful to maintain a consistent pace and take breaks. It wasn't an overwhelming obstacle as I was supported by Sarah and Kevin.

What brought you joy from these trips?

Carbon: Finally getting the date down was a weight off my shoulders. Once we were actually on the trips, every time you get to the top of something and you can look at the beautiful landscape for miles, it's just a wonderful feeling.

Shelby: Seeing how far I'd come in MAC, thanks to Sarah and Kevin for believing in me this whole time. When I first climbed Mt. Adams, I could barely do it. Seeing how I could lead and execute a trip successfully was the best feeling as a 17 year old.

Tashi: The opportunity to see myself grow. I saw myself accomplish things. I found myself having a lot of cool moments. There was a lot of introspection and self-realization. MAC has been a great way to get outside and do things with like-minded individuals.

Any words of advice for current or future MAC students?

Carbon: Just go for it. It's unique to have all of the resources that you have while you're in MAC. Try stuff, even if you don't think you'll like it. It's a great opportunity to try things.

Shelby: If you're going to put all the effort in, you're going to get a great experience. Rely on your leaders to guide you through the program. Remember that Sarah, Kevin, and the group are there to support you. Push yourself and try new thing even if you think it's hard.

Tashi: If you're going to be part of MAC, be invested in the experience. Nothing is going to be fun if you go into it with the attitude that it is going to suck. MAC is a great opportunity to push yourself socially just as much as physically.

Is there anything else we should know about MAC?

Carbon: It's very expensive to get into rock climbing. With MAC, I was able to buy gear progressively. I would buy my own shoes but I was still able to borrow a harness.

Tashi: MAC is an effective starting point for young people who are interested in outdoor recreation, but it's only the beginning. It's a terrific gateway to independent recreation.

Shelby: Youth, as much as we're counted against a lot of the time, can be trusted to lead. Don't count us out. We're pretty darn strong and cool.

To learn more about Tacoma MAC, contact Sarah Holt at sarah@mountaineers.org. For Seattle MAC, contact Carl Marrs at carlm@mountaineers.org. ▲▲



Mountain Workshops

Inspiration, instruction, and inclusion for the next generation

By McKenzie Campbell Davies, Annual Giving Manager

Mountain workshops participants on a hike. Photo by Mountaineers staff.

Leaving the cars behind, a group of young teens were a little unsure, but excited, as they walked up the trail together. Hiking is not something that they would usually choose to do on a summer afternoon. *We're just looking at a bunch of trees? Where do we go to the bathroom? Is there even cell service up here?* Jiordi Henderson, Recreation Lead at Seattle Parks and Recreation and one of the chaperones for the day, hoped that the kids would be able to unplug.

They pressed on, the adults guiding the group in activities meant to inspire their inner naturalist. They counted the rings on felled trees. They used clues to determine species of flowers. They identified traces of bugs and animals in the forest.

The most memorable part of the day happened near the end. "We were in the middle of our hike down and there was a clearing," said Jiordi. "Without saying anything, everyone just looked out. We just stopped and really took in the nature. And it was unprovoked. We didn't ask them to do it."

Gazing out over the trees and rock outcroppings, the group shared an unplanned moment of silence, broken only by the hum of pollinators and the scuff of shoes on dirt. "They had passed the same view on the way up, but then they just kind of... saw it. And the whole mood shifted." The way down was marked by different questions than the ones from the

morning. *What kind of bugs live in this tree? If we got lost out here how would we find our way back? What other hikes can we do?*

The Mountaineers partners with Rock the Park

The youth on the hike that day were part of Rock the Park, a program created by the Magnuson Park Community Center in partnership with other organizations who have a mission-driven interest in serving youth and getting people outside. Rock the Park primarily serves the low income and formerly-homeless families living at Mercy and Solid Ground Housing in Sand Point, just down the road from The Mountaineers Seattle Program Center.

Through our Mountain Workshops program, The Mountaineers provides summertime activities for youth in Rock the Park that range from rock climbing to outdoor cooking to navigation. Kids ages 7-14 come to The Mountaineers to participate in upwards of 50 hours of structured outdoor activities throughout the summer. By returning every week, they build their skills and develop relationships with the staff and volunteer leaders. This partnership empowers new adventurers, trains future conservationists, and breaks down barriers to equity and inclusion in the outdoors in our home community and beyond.



Jiordi has helped to manage the partnership for over a decade. He has countless stories of kids connecting with nature, with each other, and with their own inner strength and confidence. “When they start out in the summer they see the tall rock walls and say ‘I could never climb that.’ If it’s their first time climbing, their first time touching a harness, they have a lot of fear. But over the course of the summer they’re willing to climb higher and higher. Once they are able to complete the whole thing, their confidence just skyrockets. And they 100% take that perspective to the rest of their lives at home and school.”

The older kids come back as junior counselors, helping to coach the younger kids. *I was in this program too, they can say. Trust me. The ropes will hold you. I won’t let you fall.* As many of our readers will attest, something about having meaningful outdoor experiences urges us to share it with others. “They were able to grow and overcome something for themselves and then turn around and talk someone else through the same challenge,” Jiordi said. “It helps them problem solve and understand the frustrations of others.”

Rock the Park is a homerun for the agencies that serve the families who live at Sand Point. But it’s also in line with our mission, and what we envision for our outdoor community. At the very heart of The Mountaineers is the understanding that connecting with the natural world is valuable - if not essential - to a healthy and fulfilled lifestyle. From hiking to learning about birds and bugs, we believe in the unwavering power of being outside. And we do everything we can to empower more people to feel belonging when exploring, enjoying, and protecting our parks, forests, and waterways.

Mountain Workshops

The Mountaineers support of Rock the Park is just one example of what we offer through Mountain Workshops, a partnership-based program at The Mountaineers helping kids and teens get outside who otherwise might not. Many youth in our region experience significant obstacles to accessing outdoor recreation or education. Transportation, gear, clothing, expertise, and other cultural and economic barriers can make something like a snowshoe trip - or even a walk in the woods - inaccessible or impossible.

We partner with youth-serving agencies, schools, co-ops, and nonprofits to design outings and curricula to break down those barriers. This can look like multi-year partnerships, season-long, curriculum-based workshops, and one-off excursions that help young people connect with the natural world. By leveraging grants and donations, we’re able to provide meaningful outdoor experiences for upwards of 1,500 kids and teens a year!

The moment of silence Jiordi shared happened several years ago, before the pandemic. The kids are older now. They’re driving, starting jobs, and figuring out young adulthood. Some of them went on to try bigger trails, such as Mount Si and Mailbox Peak, and some still get out on hikes on their own and with their friends to this day.

The kids attending Mountain Workshops today are going to be exploring, conserving, learning, and advocating alongside us in no time at all. By reaching past barriers to connect young people with the outdoors, we are building the inclusive and equitable Mountaineers community of our future. ▲▲

ACCESS FUNDED BY PHILANTHROPY

As a 501(c)3 nonprofit, The Mountaineers relies on philanthropic support for our work around access, equity, and inclusion in the outdoor community. Roughly half of our programming for youth is funded through charitable donations, and most Mountain Workshops partner organizations are able to participate at a greatly reduced cost thanks to grants and donor funding.

Mountain Workshops are made possible thanks to our expertise, program and outdoor centers, dedicated staff, trained volunteers, gear library, grants, and donor-funded scholarships.

We are so grateful for the generous donors and volunteers committed to expanding our community and engaging future Mountaineers. Invest in our community with a monthly donation or learn more about volunteering with Mountain Workshops in Seattle, Tacoma, or Olympia at mountaineers.org/youth/partner-programs. If you’d like to learn more about supporting our Mountain Workshops Program as a donor, please reach out to development@mountaineers.org.

We are also always looking to build new relationships. Our youth team is hard at work finding ways to get more kids outside. To learn more about Mountain Workshops and how you can get your youth group involved, visit mountaineers.org/mountainworkshops.

Packrafting

More than a mode of travel

By Michelle Song, Associate Volunteer Development Manager

Mountaineers have a history of changing and adapting with the times. We adjust our courses and activities to respond to new safety practices, revolutionary gear, and the ever-evolving passions of our community. Take packrafting, for example. These inflatable “packable” rafts began to appear in army surplus stores in the 1950s - leftover survival equipment from WWII airplanes. Packrafting has recently enjoyed a surge in popularity as lighter-weight versions have become available. And recently our volunteers got together to create the Seattle Packrafting Committee to share their love with other rafters and soon-to-be-rafters in the Pacific Northwest.

Though not as popular as other outdoor activities like hiking or climbing (yet!), packrafting offers a unique mode of travel to explore the waterways of Washington in a way that's fun and accessible. Packrafts, which can roll up to be the size of a tent and fit in your backpack, are beloved by adventurers of all kinds, whether enjoying a day-only rafting or trying to incorporate rafts into larger, multi-sport trips.

Packrafting differs from other water sports like kayaking. A packraft is designed to be lightweight and pack down once deflated. They can be inflated without the use of power, and can accompany recreationists places where larger watercraft would be challenging or less convenient to bring. They are small, durable, and up to the task of long water travel, with many advanced enough to tackle class IV (advanced) and V (expert) level rapids. Even storage is a cinch - with an airtight cargo zipper located in the raft's tubes, your gear stays dry and helps to provide weight and stability to the raft when in use.

Though we will not say goodbye to kayaking anytime soon, we were thrilled to welcome packrafting into our course ranks as a new, accessible, and convenient way to explore Washington's waters.

The Mountaineers Packrafting Committee

Our Packrafting Course began with volunteers Logan DeGrand



Packrafters eddying out to strategize a safety plan above a Class IV rapid in the Royal Gorge canyon of the Arkansas River, Colorado. Photo by Logan DeGrand.

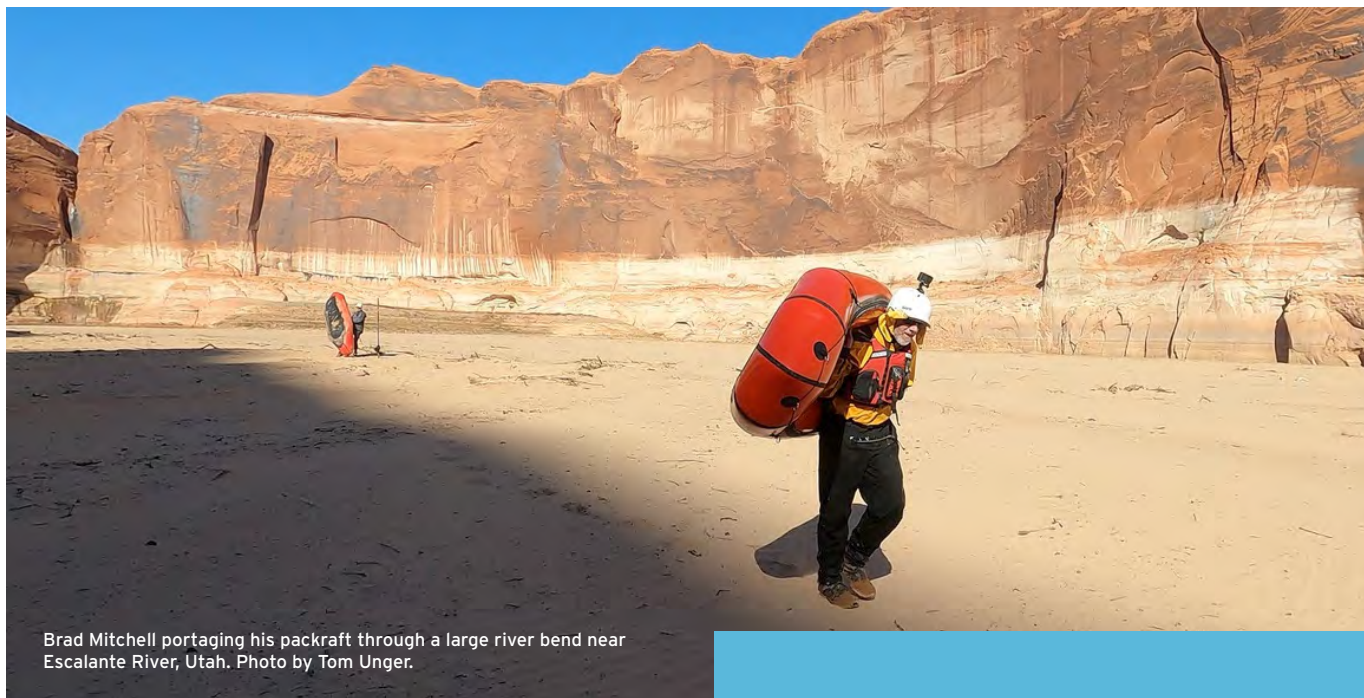
and Tom Unger, the founding members of the Packrafting Committee.

Logan discovered packrafting as a novel mode of travel to access canyon routes after many years establishing first descents as a canyoneer. He quickly learned that it's a fun activity in its own right, attending his first American Packrafting Association Roundup five years ago. Logan worked as a whitewater river guide in Moab, Utah, and was excited to bring this new sport to The Mountaineers.

Tom joined The Mountaineers in the mid-90s as a climber. He left to pursue other endeavors, but returned in 2015 to join the Seattle Sea Kayaking Committee as a trip leader. He was thrilled to help kick-start the new Packrafting Committee in part to renew his pool of paddling trip partners! Tom and Logan gained their experience thanks to the education and support offered by paddling instructors and leaders over the years. They are eager to pay it forward through the Packrafting Committee, and to share the joy of a day on the water.

River travel

The focus of the Packrafting Committee is river travel, which historically has been a primary mode of transportation for wilderness travel. “Rivers are a challenge to move through, but exceedingly fun to go down. That's really what I want to do with packrafting - go down rivers,” said Tom. Because packrafts can carry more gear than hard shell kayaks and are easier to transport, they enable you to embark on multi-



Brad Mitchell portaging his packraft through a large river bend near Escalante River, Utah. Photo by Tom Unger.

week expeditions and explore places that would otherwise be difficult to reach.

Convenience & affordability

Packrafting is well-suited for those who desire a lower-cost and convenient method of exploring waterways. A packraft and paddle weigh around eight pounds, with the raft rolling up to be slightly larger than a football. This allows it to fit in your backpack and be carried for miles. "It allows you to do a lot of really fun river runs. Which, up until now, you would have needed a hard shell kayak or a big river raft for. The activity has blossomed in recent years with advances in how they make the boats. Thus, packrafting has become a sport in its own right because they're easy to use to access rivers," said Logan.

Financial accessibility was a matter of concern during initial committee conversations. They acknowledged the steep price that can arise when finding a place to store hard shell kayaks, and a car to transport them. With the small equipment, more packrafters can carpool, making trip logistics far simpler. Add the impracticality of storing a kayak and how renting can add up over time, and packrafts start to make a lot of sense.

Get involved

Tom and Logan are eager to engage The Mountaineers community in this new and exciting activity. Those with a packrafting, whitewater, or kayaking background can consider the equivalency course to join the committee as a volunteer leader or instructor. Those with no experience on the water are also strongly encouraged to get involved through the course. The Seattle Packrafting Committee will be offering equivalency this summer, and the first basic packrafting skills training courses will be available in the fall. For more information, visit mountaineers.org/seattle-packrafting-committee. ▲▲

PRO TIP: TURNING JARGON INTO VOCABULARY

One common mistake made by leaders is forgetting that their vocabulary is, in fact, jargon to the average person. You may have a level of experience with the subject where you take terminology for granted. This may seem small, but it can have a significant impact on the students' ability to learn. Students can miss entire lessons if they are dedicating energy to trying to interpret what you're saying.

As instructors, we can make an unconscious assumption that students understand the jargon that we take for granted. A great example is the bowline knot, which is used in nearly every outdoor activity that involves ropes. Bowline is pronounced "boh-lin." Often students will have to study knots before a class session. When the instructor refers to a "boh-lin" without the written word accompanying the lesson, the students can become lost, and may think there's a knot they somehow forgot to study.

Another example is how often there is more than one term used to describe something technical. During a knot demonstration, an instructor may refer to the "working end," "standing end," or the "running end" of the rope. Using multiple terms without clarification can easily confuse students and greatly distract from the lesson.

By taking time to introduce the vocabulary you plan to use, you can set students up for success and maximize the outcomes of your lessons.

Want to continue expanding your leadership skills? Check out our [Leader Resources](http://mountaineers.org/volunteer/leader-resources) page at mountaineers.org/volunteer/leader-resources.

Meet New Mount Rainier Superintendent Greg Dudgeon

By Conor Marshall, Advocacy and Engagement Manager



Mt. Rainier. Photographer unknown.

The magic of Mount Rainier has inspired Mountaineers for generations. From our early involvement advocating for wilderness areas and building trails (including the Wonderland Trail) to today's river of hikers, backpackers, trail runners, and climbers flowing into the park, it has long been one of the most popular and stunningly beautiful recreation destinations in the region.

To celebrate the park and the arrival of new leadership, we sat down with the new Mount Rainier National Park superintendent, Greg Dudgeon. Greg arrived at the mountain in late summer 2021 after extensive National Park Service experience in Alaska. Read on to hear his perspective on current issues facing the park and what he hopes to see in the future.

What drew you to Mount Rainier National Park? In your view, what makes the park special?

My first trip to the Pacific Northwest was back in 1983 while transitioning to Glacier Bay National Park in Southeast Alaska. Seeing Mount Rainier out my window during our flight approach to Seattle is one of those images I will always carry with me. I remember thinking to myself this would be one of the very few places I would consider leaving Alaska for.

My first months in the park have been eye opening. What's really struck me is how important a place it is to so many people. In my short tenure, I've met a number of folks who have connections to the park and the mountain to a degree

that I've never experienced in my 30 some years with the National Park Service. It's a sacred place, it's a special place. To be able to be a part of that is truly an honor.

You previously managed Gates of the Arctic National Park and Preserve and the Yukon-Charley Rivers National Preserve. How would you compare managing parks in Alaska to your experience so far at Mount Rainier?

One of the greatest differences is the parks I came from are landscape-scale parks without a lot of infrastructure. Parks where managing wildlife and subsistence use by Alaska Native communities - who are located off the road system - so they can continue their traditional harvest and lifeways is a big piece of the management. At a park like Mount Rainier, many conversations revolve around infrastructure, trails, and providing the facilities visitors need for both safety and comfort, and to enhance their experience. It's almost like being the mayor of a small community.

What can Mountaineers members do to support staff efforts to preserve the landscape and provide a memorable visitor experience?

The Mountaineers longtime passion and advocacy for national parks and wild landscapes is much needed, appreciated, and encouraged in the future. There are several things you can continue to do to protect and share national parks like Mount Rainier.

The first is to support strong climate action goals as an organization and as individuals. We need to find the aspects of climate change that resonate for each of us and translate that into action that can make an impact for future generations.

I also think the concept of Leave No Trace is critical. It's an important lifeway and lifestyle. We need to continue to preach it, teach it, and practice it - whether you're in a national park, local park, or your own backyard. Those individual actions scale up to collective action that makes a difference.

A long time ago someone said something to me that really stuck: "national parks belong to all of us, but the special places you find within them will always be your own." Introduce someone to a new national park or wild space and help them understand what's so unique and special about these places, and why they're worth protecting.

How do you hope to manage Mount Rainier in the face of challenges rising from climate change?

National parks are special places that don't stay special by accident. It's important to use the resources and value of parks to drive home the importance of addressing climate change. I have no doubt that longtime visitors can see the changes in the snowfield and the ice over time.

I believe last fall was the first time the climbing season in the park had to be shortened because of unsafe snow and ice conditions leading to Rainier's summit. Commercial guides had to stop their seasons, and I don't know if that's ever happened before.

As a National Park Service, we have to do a better job of thinking about where we build and develop infrastructure with tomorrow in mind, and communicating those decisions within a climate context.

How is the park engaging with Tribal Nations that have cultural and spiritual connections to the areas encompassed by the park?

The people that have been here before have done good work in that regard, but I feel like there's still a lot of potential growth in this area. Later this spring, we'll be meeting formally with all six affiliated tribes of Mount Rainier for the first time since my arrival - the Cowlitz, Muckleshoot, Nisqually, Puyallup, Squaxin Island, and the Yakama.

That formal government-to-government consultation is a big part of what we do, but there's also a more personal side. I'm looking forward to developing some personal awareness and, hopefully, personal relationships with the people who help lead and shepherd the affiliated tribes.

There are currently two designated use areas for two of the tribes in the park. There is definitely an opportunity to build and promote more resources around land acknowledgment and the concept of "homeland" for those first peoples of the area encompassed by the park.

We want to better understand what messages and stories the affiliated tribes want to convey about this place so visitors to Mount Rainier leave with a better understanding of, and appreciation for, this area as their homeland.



Greg and his wife Susan with their dogs, Lucor and Solace. Both are former "canine rangers" from Denali National Park's working sled dog kennel.

The park reopened access to the Carbon River area in February. What can you share about this area with those who might be interested in visiting?

For the Carbon River area, we're trying to stabilize what was damaged in storms last November, so that people will be able to access the Ipswich Campground and continue to the Mowich area from Carbon River Road. In light of climate change and a changing landscape, we're anticipating the need to reevaluate what access looks like there long term, and what kind of infrastructure makes the most sense.

If we can provide access in a way that doesn't find itself vulnerable to the changing course of the river and the geologic dynamics, I think we're all better off in the long term, but there's a real need to let the mountain do what the mountain does.

How is the park working to balance outdoor equity and access with the need to explore new visitor management tools like permits and reservations that can impact equitable access?

I had early conversations with staff that helped me get a handle on what groups we've been reaching out to, and who has been reaching out to us wanting to access the park in a way that's culturally and experientially meaningful to them.

There are a number of organizations and individuals helping to increase access - whether it's a day trip to the park, working on trails, or becoming a park volunteer. We do what we can to make sure that those partners and organizations don't find the financial piece to be a roadblock to their ability to increase access to the park. We want everyone to leave the park knowing Mount Rainier is their park too. ▲▲

Learn more by visiting the park's website nps.gov/mora.

ANANTH'S RAINIER 100

A collection of thoughts on 100 peaks

By Ananth Maniam (ஆனந்த் மணியம்), 2021 Leader of the Year
as told to Kristina Ciari, Membership & Communications Director

Ananth at the summit of Mount Ararat leading a winter scramble,
November 2020. All photos courtesy of Ananth Maniam.

Mount Rainier National Park (MRNP) is one of the oldest national parks in the country, and also one of the most visited. Home to the highest volcanic peak in the contiguous United States and the largest alpine glacial system outside of Alaska, it's no wonder that people come from near and far to appreciate its beauty.

Most visitors justifiably flock to well-known destinations, but there are dozens of other wonderful places – less well-known and perhaps a bit more difficult to find – that have a beauty all their own. Over 100 peaks (not counting Mount Rainier itself) can be found either within or immediately adjacent to the park boundary. While most are scrambles (and a few are climbs), 15 peaks are hikes. These are collectively known as the Rainier 100 Peaks.

Few people have climbed all 100 Peaks, and Mountaineers Super Volunteer, 2021 Leader of the Year, and 6-year member Ananth Maniam is one of them. If his name sounds familiar, that's because we featured Ananth in our Summer 2020 magazine for summing more than 300 peaks, all without a car. He's also known for always carrying an Ice Mule, which will keep ice cream frozen for 36 hours. Anyone who's been out with Ananth knows he's 100% about ice cream, 100% of the time.

For this piece, we talked about his relationship with the outdoors, what inspired his Rainier 100 attempt, some of the more memorable experiences in the park, and why it's important for all people feel belonging in the outdoors. Below are excerpts from our conversation.



I used to spend a lot of time at my grandparents' farms in Chennai, India, doing farm labor and climbing coconut trees for fun, all while looking at distant mountains. No one in my entire family, or even generations back, has ever climbed a mountain.

Growing up at sea level, and with no experience in mountain life, I booked my first trip to Kashmir to trek across the Great Lakes in the Himalayas. I faced many challenges: language, race, size, age, etc. But I wanted to prove to myself that everything can be overcome. I wanted to do something different.



When I moved to Seattle, I learned about The Mountaineers. I wanted to go out often to learn and explore new places and cultures. I joined in 2016 and started hiking, using public transit to get there. My friends told me the public transportation here is not adequate for trail life. I disagree; there are more challenges here as a non-familiar face in the mountains.

Rainier has been the heart and soul of my climbing experience. When I first started doing trips around Rainier, people used to ask, "Are you lost? What are you doing here?" They'd provide unsolicited advice on how to hike, how to get down, and how it is dangerous to climb. I wanted to put all this to rest. I wanted to break stereotypes by showing ways for more



Ananth at the summit of Cowlitz Main Chimney, fall 2021.

people to enjoy the outdoors. I enjoy bringing diverse crowds into the mountains to share the awesome outdoors of the Pacific Northwest.



I took a scrambling course in 2017, and one of my early snow scrambles was to Mount Ruth in MRNP. Mount Ruth is located right below the Emmons Glacier climbing route, which leads to the summit of Mount Rainier itself. This trip was one of the most inspirational and memorable in my mountaineering life. It was a blue bird day when we started from the trailhead. Jim Powell, one of my favorite leaders, led the trip and I'd gotten there by carpooling with another participant. We walked past meadows, glacial streams, and into the open snow slopes. We made the summit and a beautiful glissade followed.

During this trip, I realized that group skills are everything. All of the participants were sharing different information about climbing lists or climbing different peaks in the park. When I got home, I looked up all of the lists to see if any name on the list sounded familiar or like someone who I can relate with. I didn't see any. So I researched more and began to think, there's no reason why I can't pursue these climbs and share the information as a way to do my part in making these beautiful parts of Washington accessible to more folks.

The trip to Mount Ruth marked my first of the Rainier 100 Peaks, which would take 5 years to complete. From 2017-2019, I continued to work on the scrambles and climbs, only using carpooling or public transportation, summiting 58 peaks over 4 years. In 2020 I gained access to a car, which was a huge privilege, making it easier to do the final 42 peaks in just 10 months.



One of the more memorable trips was to Little Tahoma in July 2020. It was my second attempt at the biggest mountain after turning around exactly 30 days before. We could not get an overnight permit for either attempt, which meant we had to do a very long day. It involved walking through the beautiful Wonderland Trail with meadows just starting to pop, then going over to the Meany Crest at sunrise and watching the alpine glow over Little Tahoma, all while seeing climbers going up the Emmons route.

During our first attempt, we had to wade through knee-deep fresh snow at some points, breaking trail as we were the only party on the mountain. After a nice break to have some McChicken sandwiches, we trudged into the steep summit section but had to turn around as we saw avalanche releases. While turning around can always be difficult after a long tiring effort, safety and coming back home in one piece is always the priority.

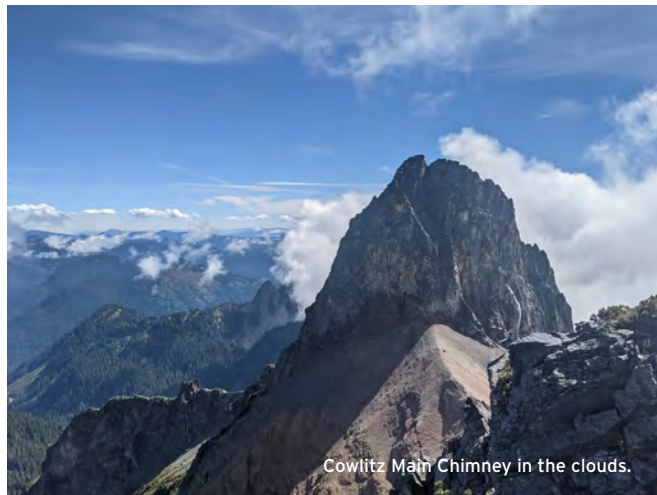


We went back again a month later in July 2020, with some of the best people I've met in the mountains. Rick Teudt, Sean Mathias, Jacob Lopilato, Amrit Panda, and Ryan Pope. This time we made the summit, even though lots of sections were under snow and the knee-deep snow was packed with ice. Travel was so much different, and easier. The nature of Rainier dictates its own way, and all we have to do is listen.



One of my most beautiful and remote experiences was the Cowlitz Chimney in September 2021. From this trip, I learned that challenges and barriers don't just come from mountains, but also from people who have a say in how you do things. Being a leader with The Mountaineers has been a great, life-

changing experience, and my perspective has evolved after leading more than 100 trips for the club. The first goal of the leader is to bring everyone back safely. As a leader, safety can never be compromised, however summit attempts can be. I have learned to evaluate conditions on the go, always keeping in mind the safety of the group, constantly assessing the skill levels on the field, and involving all participants in group decision making. Decision making is a constant process.



While spring, summer, and fall are the most common times to visit the Rainier 100 peaks, Rainier is one of the most accessible national parks, with 365-day access at some entrances. Snowshoeing and winter scrambling are common activities. One of my favorite winter scrambles was to Mount Ararat, which is most commonly accessed from the Longmire entrance.

Winter mountaineering requires stronger group coordination and careful planning, as the group works through a narrow time window (of daylight or weather) during a day trip. The trails of summer are usually covered in snow, making it a true winter wonderland. Climbers usually make their own route, working through avalanche terrain and dangers. We traveled the snow-covered Wonderland Trail for about 6-7 miles before going off-trail to the summit of Mount Ararat. It was a beautiful blue bird day, where we had not just a beautiful view of Mount Rainier, but all the surrounding peaks. On a winter outing, our groups are often the only ones on the mountain.



There are many challenges to climbing the peaks, and some have nothing to do with being outside. Pursuing a list like the Rainier 100 has additional hidden barriers for a certain minority of the population. While access to mountains can be a challenge, implicit barriers, like race and gender, and explicit barriers, like skills and gear, exist too. People on temporary visas (a work visa in my case) in this country can't afford to take months off, and sometimes can't take lots of days off, for the fear of losing their jobs, which would mean getting deported within 60 days. I moved to the US in 2016, and for the initial 2-3 years, my focus was to make sure I did not lose



Ananth during his trip to Mount Ruth as a scrambling student, May 2017.

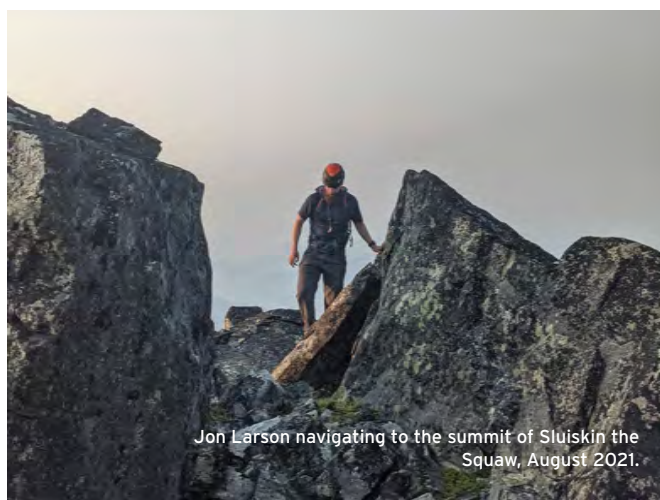
my job and that I performed to my fullest potential, even when it meant working long hours and weekends. I was able to dedicate 10-20% of my life to outdoor adventures and 60-70% of my life was dedicated to work and work-related things. As I established myself and got over my fear of losing my job, I was able to spend a lot more time in the mountains.



Apart from Susan Shih, no other person of color has climbed all the 100 peaks before (according to the official reports on Peak Bagger). I grew up with the lessons to "Always give what you have to others who don't have," and "Always show things which others can't afford to see." These words inspire me to do something for people like me who would love to explore outside but can't do it on their own. As an immigrant in this country and as someone whose first language is not English, there have been extra difficulties and challenges. Translating some of the trip reports into my native language (Tamil) to get some information is even more cumbersome.



Sluiskin the Chief, a remote peak from the carbon river entrance, is considered a basic alpine climb. This is a trip that had me spending multiple hours planning for contingencies. We planned to climb Sluiskin the Chief, Sluiskin the Squaw, Redstone Peak, and Pigeon Peak, all as a 2-3 day trip. The Chief is also known for the death of a well-renowned climber,



Jon Larson navigating to the summit of Sluiskin the Squaw, August 2021.

Tim Hagan, after a rappel accident. At the time of his death, Tim was climbing Sluiskin Mountain, a 7,026-foot peak in the Crescent Lake area of Mount Rainier. He was with two other climbers who hiked out 13.5 miles to notify rangers about the fatal accident. Tim was attempting to complete the 100 Peaks at Mount Rainier National Park and Sluiskin was the 99th peak on his list. Tim's reports and GPX tracks have always been a helpful resource for many of us to navigate to the summit of many of the 100 peaks. Pradnya Mohite and I had planned to do this climb. We discussed contingency plans and finding emergency contacts in case something were to happen to us, as both our families are 8,000+ miles away. We went back and forth on climbing this peak and took



Ananth on the summit of Tokaloo Rock, fall 2021.

the most conservative approach on all of our steps. We made the trip only leaders' permission required, and two amazing climbers - Jon Larson and Barb Mottler - joined us. We had to bike, hike, camp, scramble, bushwhack, cross an overflowing glacial stream, rock climb, and rappel.

In mountaineering, there are inherent risks that we take. Climbing is a dangerous activity. With the potential of injuries and even death, going outside adds a lot more anxiety for immigrants whose family are outside of the country and can't reach us in case of an emergency due to border restrictions. Planning for these activities needs not just technical preparation, but mental preparation, along with a strong group of climbing partners. Every single chance on the summit, if there is cell phone reception, I make a call to my family 8,000 miles away to show them the beauties of this state. Even with the extra preparation, there is always a constant fear of "What if?" If something happens to me, will my family get to see me one last time? If I get injured and I need multiple months of rest, will I lose my job and get deported? If something happened, who will be my emergency contact, with my family 8,000 miles away?



The further I got on the list to climb the 100 peaks of Rainier, the more remote the mountains were and the diversity of folks was reduced. It kind of felt like the most beautiful parts of the park are restricted only to a small few. My biggest goal during this exercise was to have detailed trip reports and stories for people to learn more about the park and access it. As access to Washington's mountains becomes more democratized and hidden barriers are removed, I would really love to see more people of color, more people from economically disadvantaged communities, more immigrants, and more families, pursue hiking or mountaineering. ▲▲

You can learn more about the Rainier 100 and Ananth Maniam by visiting mountaineers.org and searching for "Secret Rainier" or "Ananth Maniam." Members can also download the Guide to 100 Peaks at Mount Rainier, written by long-time Mountaineers trip leaders, Gene Yore and Mickey Eisenberg. Flip to page 34 for more resources on Mount Rainier National Park published by Mountaineers Books.

WHERE TO BUY AFFORDABLE GEAR

By Kristina Ciari, Membership & Communications Director
Illustrations by Latasha Dunston, from *How to Suffer Outside* (Mountaineers Books, 2021)

"Contrary to the examples that most blogs, magazines, and brand-name catalogs present, a backpacking hobby doesn't have to be expensive, extremely arduous, or put on hold until you are at your goal weight." Shared in the opening pages of *How to Suffer Outside: A Beginner's Guide to Hiking and Backpacking* by Diana Helmuth, these wise words are written with backpacking in mind but apply to all things outdoor gear.

Finding the right gear can be an expensive ordeal. Thankfully, buying used is becoming increasingly popular, especially in the Pacific Northwest, and some brands are starting to offer extended sizing to address accessibly issues for plus size adventurers. Exchange groups, apps, and local shops all offer access to gently-used outdoor goods. Below we outline a few of these options, and remember that Mountaineers members receive access to discounts from outdoor brands through our member benefits.



Second hand

Whether you're looking for base layers, tents, or technical gear, second hand options abound. You're pretty much guaranteed to find a great fleece layer at Goodwill or a local thrift store, and you'll be surprised by what you can find used online. A personal tip: footwear is the one thing I recommend buying new. If your feet are happy, you're most of the way to a good adventure.

- Ebay
- Facebook Marketplace & Buy Nothing Groups
- Garage & estate sales
- Geartrade.com

- Isella Outdoor (@isellaoutdoor on Instagram)
- Thrift stores

Shop local

Keeping your dollars local is a great way to support small businesses and build relationships, which can sometimes lead to more deals down the road. Here's a list of businesses recommended by our community that retail gently-used gear:

- Ascent Outdoor, Wonderland Gear Exchange (Seattle)
- Back 2 Adventure, Playback Sports Consignment (Tacoma)
- Backcountry Essentials (Bellingham)
- Colchuck Consignment (Cashmere)
- Olympia Gear Exchange (Olympia)
- Ramble Raven Gear Trader (Spokane)
- Sierra (Silverdale)
- Superior Seconds (Issaquah)

Online deals

At one point over a decade ago, I had a SteepandCheap.com alert set on my browser to tell me when the next "here until it's gone" deal was launched. I saved a ton on great gear, and spent more money one month than I paid in rent. I disabled my alert. Which is my way of saying that these options are great, but approach with caution. And always be sure to read the refund policies closely!

- Discounted: Backcountry, The Clymb, GearTrade, MooseJaw, Mountain Steals, Paria Outdoor, Steep and Cheap, Sierra Trading Post
- Used: REI's "Garage Sale" site, Patagonia's "Worn Wear"

Shop sales

Nearly every outdoor brand has sales. Sign up for their mailing list to find out when they happen and then mark your calendar. One savvy Mountaineer recommended creating an account, putting something in your cart, and not checking out. Sometimes you'll get a discount emailed to you a few days later as an incentive. You can also find great affordable gear at places like Costco and Walmart.

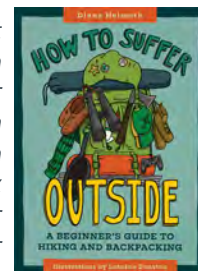
Rent & borrow

Together with the Washington Trails Association, The Mountaineers launched a Gear Library in 2018, which is currently open for all Mountaineers members and any groups who'd like to borrow gear. Lending libraries are popping up all over the place, including through brands (like Eddie Bauer). Renting or borrowing is a great way to try before you buy or avoid a major purchase for something you'll use once or twice.



- Campfire Explorers Club
- Climbers of Color
- Community Gearbox App
- The Mountaineers Gear Library
- REI Rentals
- Washington Trails Association ▲▲

Funny, relatable, and helpful, How to Suffer Outside by Diana Helmuth shows walkers, hikers, and campers of all stripes how to get outdoors with confidence and without breaking the bank. Purchase at our Seattle bookstore, at mountaineersbooks.org, or anywhere books are sold. To learn more about plus size gear options, please visit our website and search for "Plus Size Outdoor Apparel" to read a recent blog by Sam Ortiz, a plus size Latinx hiker, climber, water enthusiast, and 6-year Mountaineers member.



"Wilderness is not a luxury but a necessity of the human spirit, and as vital to our lives as water and good bread."

-Edward Abbey





Mt. Rainier. Photo by Bryce Mann.



THE CASE FOR GEOTAGGING

By John Porter, 11-year member

John's two Labrador retrievers at Black Lake. Photo by John Porter.

I took two years away from social media for a much-needed cleanse several years ago. Before going off the grid, I posted three times a day, intending to gain traction for my hiking blog. But as much as I enjoyed beautiful landscape photos, I found I needed a break from seeing evasive posts from the self-proclaimed "influencers" or "inspirers" with a large following on Instagram and Facebook.

Instead of tagging their location in the photo (or geotagging), they would often input phrases like "Keeping Washington beautiful," "Opt outside responsibly," or "Somewhere in Washington State." The argument is that by refraining from geotagging an image, we decrease the likelihood that the particular location will become heavily visited and thus damaged.

I have found this practice to be disingenuous and a form of gatekeeping. It would be phony of me to encourage others to explore the outdoors and then turn around and withhold information as I post. If we cared about the environment 100%, we wouldn't have visited those places in the first place. Boasting epic trip photos to collect more followers and likes does nothing to forward environmental preservation or protection. We are anything but inspiring when we behave this way. Social media users intend to keep others from photographing that same epic spot, and what they're saying (or implying) is, "feel free to explore, but don't visit the places where I and only a select few have."

Environmental impact

Geotagging or sharing information doesn't suggest that we care less about the environment. Not unless we're unwilling to give people the benefit of the doubt and assume they won't uphold LNT principles when they go to these beautiful places.

In my experience, people who are willing to go off the beaten path to those hard-to-reach places are responsible individuals who care about the environment. Instead of allowing people to risk their lives without sufficient information, we should instead provide them with the data needed and educate them when they reach out. As a community, we should be about sharing the earth's beauty, not keeping it to ourselves. Let's give others the same experiences we've had the privilege to enjoy.

Offering the benefit of the doubt

Nowadays, a quick online search can yield plenty of information, including route descriptions. I usually find what I need online or through personal connections. Going to remote places in the Cascades, I've also relied on those brave souls who were generous enough to share their experiences in detail. If it weren't for their first-hand knowledge, most of us likely wouldn't have succeeded on our own. Because my research experiences have mainly been positive, I've learned to pay it forward through GPS tracks, post content, or hashtags on my social media posts long ago.



John on Mt. Fury. Photo by John Porter.

Knowledge-sharing can be powerful and help build community. People don't need to come to us for help with the plethora of available information on the internet. But individuals choose to reach out to us because they value our experiences and expertise. Or better yet, they see us as potential allies in the outdoors, or as people with whom they can have meaningful connections.

My philosophy is to present the information and let people make their own informed decisions. While gatekeepers do bring up legitimate concerns, one example being people's ability to climb, there's no way of evaluating someone's skills based solely on social media interactions. Sure, some folks may not adequately prepare, but most gauge their ability before trying things outside of their current level of experience. Others might not even make it to those places on the first try and may return multiple times if they've set their hearts on going there. Again, give people the benefit of the doubt, educate them, and let them be the judge.

Many people seem to confuse "bragging rights" with the right to know about a place. I would argue that only the first ascensionists can claim bragging rights and that bragging rights and the right to know about a place are two separate things.

Unless we've made the first ascent or laid the first route, our rights are only limited to standing atop the summit. Everything else in between is the result of the efforts of those who have come before us, and from whom we've benefited. That doesn't give us the right to keep others out or to claim these beautiful places as our own. We can choose not to publicize the information, but we can't tell others that they should also refrain from doing so.

The outdoor ego

When we hold the information and share as much (or as little) as we wish, I would argue that we should drop the high-and-mighty act. Gatekeepers feel they have the upper hand because they now hold some larger-than-life knowledge of a secret place. Yet they've forgotten that they once needed the information, which other people's sweat and effort had given them. With that said, are we indeed thinking about protecting

the environment by keeping the so-called hideaway a secret? Or is it more about our ego wanting to take complete control by locking up the details?

The Washington volcanoes are a prime example. Climbing them is no longer unique as many have conquered those places. We don't hear gatekeepers gripe about more and more people "finding out." Why not? Perhaps the fact that they are all recognizable and gatekeepers are powerless to keep them a secret, plus the route descriptions of those areas are a dime a dozen. But the volcanoes are pristine and still need our protection, so why not try to "keep out" those aspiring to climb them?

We know that an area's accessibility largely dictates the number of visitors. Locations that are overcrowded will continue to be so because those areas are attainable. But places that are out of reach for most, or require long treks, are not likely to be overrun by day hikers.

Space for all

I've seen enough photos of the Cascades to know that the truly hidden places in the range require a ridiculous amount of brush-fighting and route-finding. It raises my eyebrow when gatekeepers claim to have found a spot by luck or by dropping a pin on a map, and that others should also put in the work to make their way there. The Picket Range, for example, is a remote and rugged area. But people who have been there would know that there's no longer a stone left unturned. Even with the highly-publicized West McMillan Spire, Luna Peak, and Mount Challenger, the area is still relatively pristine. I first went into the Picket Range in 2014, and to this day, I have yet to see a Rattlesnake Ledge-sized crowd making their way there.

If we are so quick to share our pictures on social media, what's keeping us from sharing the locations? Are we genuinely keeping the outdoors beautiful, or are we only keeping people out and trying to have it all ourselves? Let's continue to foster a healthy and supportive community for everyone around us. Let's bask all we want in our epics and ethics, but let's not keep others from experiencing the same joy. Let us be better. ▲▲



HUNTING FOR WATERMELON SNOW

A citizen science project to track snow algae and its environmental effects

By Claire Giordano, member and watercolor artist

Watercolor of Mt. Baker and a microscope slide of snow algae. By Claire Giordano.

The incongruous streaks of red and pink on the snowfield look like faint blood stains across the side of the mountain. I quicken my pace, excited to finally find my quarry after two days of hiking in the Goat Rocks Wilderness. I step gingerly onto the snow and head straight for the darkest patch of red as I pull a sample tube out of my pocket. I fill it with the vibrant, pink-tinted snow, screw on the cap tightly, and label it with my coordinates. This small vial, which at first glance looks like a prop in a bad horror movie, is filled with tiny bits of algae that live a fascinating life in the mountains - one that is tied to the larger stories of climate change in our home ranges.

After filling my sample tube I store it securely in my pack, snap a few photos, and record my location and observations in the Living Snow Project app. As I wander off to paint, my eyes rove the landscape looking for a good scene to sketch. "Watermelon snow," or "pink snow," results from algae that leaves a distinctive red, orange, or pink tint on the surface of a snowfield. As a volunteer and citizen scientist, I'm collecting these samples for the Living Snow Project run by Dr. Robin Kodner at Western Washington University.

The project's goal is to "engage the outdoor recreation community in research that is characterizing the biodiversity of pink snow and its impact on snowmelt dynamics." When we collect samples and record watermelon snow sightings, we are contributing to research into the different snow algae species and the connections between algae blooms and climate change. Although snow algae blooms are a natural part of the summer cycle in the mountains, they can also increase the rate of snow and glacier melt. This occurs because the colorful algae absorbs more solar radiation than clean snow does, leading to faster snow melt and the resulting negative impacts on alpine environments.

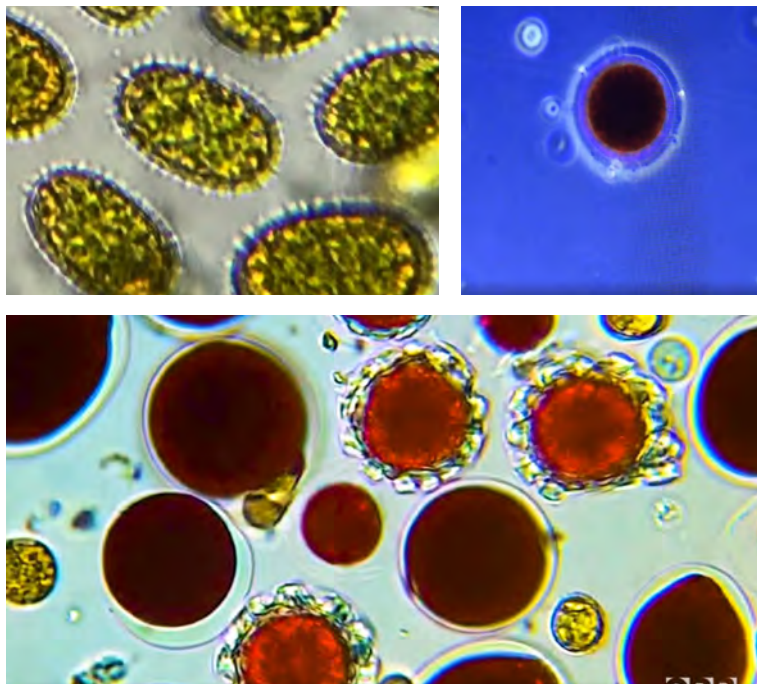
As an artist I'm always looking at the patterns, colors, and shapes of a landscape, especially those connected to environmental changes. When I volunteered for the Living Snow Project for the first time last summer, my eyes were opened to a whole new story of life and change in the mountains.

Like all scientific projects, especially those that look at changes over time, the Living Snow Project needs data. Thanks to the efforts of volunteers, Dr. Kodner is building the largest database of snow algae species and blooms in the world.



Sample of watermelon snow. Photo by Claire Giordano.

I just ordered my sample kits for this summer, and I am already looking forward to searching for watermelon snow this season. Participating in the Living Snow Project is one small way that I can help scientists better understand how the landscapes I love are changing. And during a year of heat waves, glacier loss, and huge wildfires, contributing to the Living Snow Project was something small yet significant that I could do.



Snow algae microscope slides. Images courtesy of the Living Snow Project.

Participate in the Living Snow Project

Volunteers can contribute to the Living Snow Project in three ways: reporting sightings of pink/red/orange snow in the Living Snow Project app, collecting physical samples, and participating in the Snow Algae Atlas Project. The algae growing season usually begins in April or May and goes through the end of summer, or when the snow melts. You can participate at any time throughout this period.

Report sightings

To get started, register on the project's website: bit.ly/living-snow-project-volunteer

Next, download the Living Snow Project app. This is where you can share algae location, photos, and notes.

Collect physical samples

1. Register on the website (link above) and check if you live near an in-person pickup location. If not, request a sample kit be mailed to you.
2. After you receive your sample kit, read the directions and stow it in your pack.
3. Once you find snow algae, look for an undisturbed patch of snow to sample. Fill your sample bottle with pink snow using the cap and a glove to scoop it up. Seal it, record the coordinates of the sample using the app or a GPS device, and add your observations to the app.
4. Bring your sample to a drop-off location, or ship it to the Living Snow Project as soon as you can. This helps to ensure that the algae is well preserved when the research team receives it.

Participate in the Snow Algae Atlas Project

The Atlas Project enlists recreationists to hike to a set of GPS coordinates to see if satellite predictions about a snow algae bloom are correct. This is the most involved (and some argue the most thrilling) of the citizen science options! Learn more and get involved: bit.ly/snowalgaeatlas ▲▲



MAKE YOUR OWN BACKPACKING MEALS

Comfort food alternatives to commercial freeze-dried backpacking meals

By Cheryl Talbert, Foothills Backpacking Committee Chair & Super Volunteer

A favorite breakfast spot at Buckhorn Pass looking across the Dungeness River.
All photos by Cheryl Talbert.

Most of us have done it more than once in our backpacking lives – tear open a foil packet, pour in steaming water from the camp stove, wait ten minutes, then shovel the contents into our mouths in the hope that the quantity is right, the food is palatable, and the salt content doesn't cause congestive heart failure. Then we rinse and haul the bulky foil packets back out to the trailhead.

Commercial freeze dried meals certainly hold great appeal. Nutrition is improving and the variety of available options is growing, including vegetarian, organic, and gluten-free choices. Still, they're quite expensive, involve a great deal of excess packaging and bulk, and their flavor and ingredient list can be a bit of a crapsheet.

However, there is an alternative: dehydrating your favorite comfort food at home. It's much easier and less time-consuming than you think! With a little practice, you can take leftovers from favorite recipes you've already made for dinner and adapt them so that you just pop them in the dehydrator overnight, and bingo! By morning it's ready to be bagged in a Ziploc for your next expedition. The process also works with many frozen casseroles from the grocery store, entrees from the deli counter, and even leftovers from your last restaurant meal.

Dehydrators

First, you need a basic dehydrator. Yes, you can use your oven, but most ovens have minimum temperatures above the recommended 145-160 Fahrenheit for dehydrating. Some dehydrator features I swear by are adjustable temperature

settings (veggies and herbs should dry at lower temperatures than meats), the ability to stack on extra trays, and the availability of both mesh and solid plastic 'jellyroll' tray liners for different foods. I use a Nesco Snackmaster, but there are fancier, higher-capacity models if you think drying larger quantities of fruits, vegetables, or meats might be in your future.

Choosing a recipe

Recipes that generally dehydrate well include:

- Casseroles
- Stews with thick sauces
- Whole grain/bean mixtures (test them to be sure they rehydrate in a timely way!)
- Thick sauces that can be served over pasta, instant rice, instant mashed potatoes, or instant polenta

If you want food to rehydrate quickly, it's important to prepare it for the dehydrator by chopping it into small uniform pieces (I for one am not someone who can wait 30 minutes for my food to rehydrate at the end of a long trail day!). This can take some getting used to, particularly for a dish that normally has larger pieces or layers like enchiladas or lasagna, but the flavor will be there! However it's recommended to control the amount of fat you use in a dehydrator recipe, as fatty recipes won't store as long after drying.

Conversely, recipes that don't work as well include:

- Those that require big pieces of meat, veggies, or fruit



Argentine lentil stew, from kitchen to dehydrator to trail dinner.

- Those that require frying or baking
- Layered dishes (these have to be chopped up for speedy rehydration)
- Multi-pot preparations
- Recipes with high oil content, or are oil-packed, like fish

With a little experience and experimentation, you will soon develop a good sense for what recipes will adapt well and which ones won't. And of course you can always add freeze-dried components after drying if you find that some ingredients don't rehydrate well (for example, I use freeze-dried chicken). Experiment!

Step-by-step dehydrated meal prep

1. Cook the entire batch of food to be dehydrated to at least 200 degrees to destroy harmful bacteria, especially if it contains eggs or meat (for leftovers, an extra blast in the microwave or oven might be called for).
2. Chop/puree all components to a uniform small size. I use my food processor for this.
3. Measure the food into servings. I usually consume about 1.5 cups per serving, measured before drying. Make a note of the volume per serving.
4. Spread 1-2 servings onto each dehydrator tray (work out how many cups of the recipe you expect to eat at one sitting). Drippy dishes or sauces go on the solid plastic 'jellyroll' trays, while drier dishes can go on the mesh trays. Don't fill the dehydrator too full! I like to leave a couple of empty trays between full ones to be sure that everything dries uniformly and quickly. You want speedy drying to prevent bacteria growth.
5. Adjust the dehydrator to the appropriate setting for the type of food you're drying (165 degrees for meat and egg dishes, 145 degrees for vegetables), stack the trays, and go to bed. If you dehydrate during the day, I like to rotate the trays if I have the chance.
6. Come back in 8-10 hours and check the dryness of the food. It's done when the food is crispy-crumbley (some high-sugar fruits will be fully dry but still pliable and a bit sticky). You may need to stir, rotate trays, and leave it while you go to work. At these temperatures I have not found things to get too dry.

7. Once done, separate the trays and let the food cool completely. Put each serving (or two servings if you're feeding two people at a meal) into its own Ziploc bag. Include a small slip of paper in the bag with the name of the food, volume of the serving, and the date you packaged it. Push out all the air you can, and toss the bag into the freezer or into a closed bin in a cool place.

Additional tips:

- Loading multiple servings into a big bag and scooping out of it throughout the season requires opening the bag multiple times - this means exposing the food to germs and moisture. Not a good thing.
- I have found that fully-dried recipes in a sealed Ziploc will keep for months to over a year in a cool dry space without additional measures like O2 absorbers or vacuum sealing. However, if you're worried about it and you have room, you can store them in your freezer.

Three ways to rehydrate

1. Take your dehydrated meal out of your pack at lunchtime, put cold water into the Ziploc up to the level of the dry food, and put it back in your pack. By dinnertime, it should be ready!
2. Heat water to a near-boil and pour it into your Ziploc bag, mug, or bowl (if you're going to put hot water into a Ziploc, they must be the freezer bags, NOT the storage bags!). Put in enough water to barely cover the food. Stir it and wrap the bag in heavy-duty foil or put it into a cozy for 10 minutes or so. Keep it hot for faster and more uniform rehydration.
3. Boil water in your pot in a quantity equal to the volume of your serving, dump in the dried food, and let it boil for 3-5 minutes or until the food is rehydrated and the water is absorbed.

Dehydrating your leftovers is a great way to bring the taste of home on the trail, and to control the ingredients and nutrition in your trail meals. It's especially handy for those with very specific dietary restrictions, who may really struggle to find commercially freeze dried options they like. I hope you enjoy this flexible, healthy, and tasty alternative to commercial freeze-dried meals. Happy backpacking! ▲▲

For some of Cheryl's favorite tried-and-true comfort food recipes, visit mountaineers.org/trail-tested-comfort-food.

LOVE ON THE WATER

By the Seattle Sailing Committee



Sailing in Puget Sound. Photo by Alan Vogt.

In continuation of our article Relationships, Packmances, and Nature-Loves from our spring 2022 edition, we thought it fitting for summer to showcase two stories from Mountaineers sailors who met their partners on the open water. After all, what's more romantic than the Salish Sea?

Megan & Walter

By Walter Friesen, 16-year member

2006 was the year Megan Bond and I met. She was a Mountaineers member who usually concentrated on climbing and hiking, but had decided to take The Mountaineers Sailing Course. At that time it was run by Hal Tobie, who booked two bare-boat charters in Croatia in late August for Mountaineers sailors. Megan liked sailing and traveling, so she signed up. As it happened, Hal was not able to fill all of the available slots with Mountaineers, so he asked me if I wanted to go. Hal and I had been friends for several years, and even though I had a powerboat at the time, he knew I liked to sail. Having never been to Croatia, I got a Mountaineers membership and signed on for the trip.

One of my first memories of Megan in Croatia was the provisioning run that she did on behalf of the crew before we left the port. I don't remember exactly what we asked her to get, but I do remember telling her to be sure not to forget the beer. When she returned, she had some bread, cheese, various sundries, what looked like a case of yogurt, and a six-pack of

beer. Obviously she needed some education about me and beer!

We sailed all over the Dalmatian Islands, touring Roman ruins, docking in medieval towns, touring wineries, hiking across islands to see what was on the other side, and having a generally fabulous time. Megan and I hit it off as friends and decided to continue that friendship when we got back to the real world. Back in Seattle, we'd go skiing together and have coffee or lunch once in a while.

In early 2008, Megan teamed up with three expert skiers for a backcountry ski trip to the Carpathians in Romania. She was a decent intermediate skier, but she was concerned about being able to keep up with the guys. Knowing from experience that I was a lousy intermediate skier, she asked me if I wanted to keep her company. I readily agreed. We had a fabulous time skiing all over Romania, and when our compatriots returned home, we carried on together through northern Romania and then on to Budapest. Our relationship blossomed as we journeyed through Hungary. As I like to say, we fell in "like"

on our sailing trip in Croatia, and fell in love in Romania. The rest is history. We were married in January of 2012 and are now living happily ever after in Magnolia, with our sailboat Rinpoche moored not too far away at Elliott Bay.

P.S. I should say that when I got together with Megan, I didn't realize that she was a package deal. The other part of that deal was Fred Beckey. But that's a story for another time.

Editor's note: to read more about Megan and Fred's story, search for "The Speed of Love" on our website, mountaineers.org.

Alan & Wendy

Although they didn't meet through The Mountaineers, we felt 17-year members Alan and Wendy Vogt's Puget Sound love story merited inclusion as they embarked on their marriage during the start of their membership. Alan served as our Sailing Committee chair for a number of years and received the Seattle Branch Service Award in celebration of his volunteerism.

It was 1999, and Alan was celebrating his early retirement from contract work as an aerostructures engineer at Boeing. He was only in his 40s, and to pull it off he had decided to move out of his apartment and upgrade his sailboat from a Catalina 30 to a Catalina 42, allowing him to live onboard and maximize his time on the water. An official resident at Shilshole Marina, his weeks were full; Mondays he attended Seattle Singles Yacht Club meetings, Tuesdays were laundry, Wednesdays and Thursdays he sailed twice a day, and Fridays, Saturdays, and Sundays were spent cruising around Puget Sound. Most of his time was spent getting to know the waters of the Northwest and taking groups out through the Yacht Club.

Meanwhile, Wendy was across town being convinced by a good friend to give the Yacht Club a chance. She had been single for 10 years, raised two boys, and was now living with her ailing mom as her caretaker. She needed a way to relax, and her friend wanted them both to check out the free club.

Wendy arrived at a club meeting to find over a hundred



Wendy and Alan Vogt.

friendly people. While perusing sailing sign-ups in the hopes of finding a trip on the weekend, she was approached by Alan, who offered to take her out that Thursday. Although it was a work day, she took the plunge and agreed to take the day off and let him show her the ropes.

They hit it off. After only a few times on the water together, Alan asked Wendy to accompany him and his friends on an 11-day sailing trip across the South Sound. To his surprise, she accepted. They had a ball, getting to know one another that much better throughout the trip (although Wendy did have to take a brief foray to the hospital mid-trip after her shoulder fell out of its socket!).

Fast forward to April 2005, and Alan and Wendy found themselves in the British Virgin Islands, where Alan proposed on the water under the moon. They were married the following October in a hot air balloon during the Albuquerque Balloon Festival. That same year Alan and Wendy began a new journey together, joining The Mountaineers and continuing their adventures with our close-knit sailing community. ▲



Bush House Inn Index, Washington

Enjoy mountain views from every room at the newly-renovated historic Bush House Inn in Index! Our inn offers climbing, paddling, and hiking trails just outside our front door. Bush House Inn is a nationally-registered historic property with modern conveniences and vintage charm, located one hour from Seattle.

425-298-7642 | BushHouseInn.com



Illustration by Molly Hashimoto, from *Mount Rainier National Park: An Artist's Tour*.

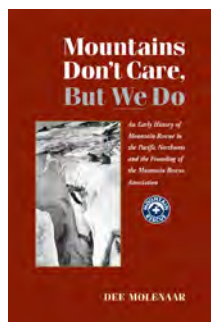
THE STORIES OF MOUNT RAINIER

Tall tales, guidebooks, and maps from Mountaineers Books

By Mountaineers Books

Mount Rainier National Park is a wonderland of outdoor escape, offering a little something for everyone. Hikers, backpackers, cyclists, naturalists, and climbers flock to the park, enjoying its larger-than-life views and breathtaking natural beauty. At Mountaineers Books, we are fortunate to have a wealth of titles centered on this incredible place. Below are a few resources for anyone who wishes to explore the wonders, large and small, of Rainier.

History



Mountains Don't Care, But We Do: An Early History of Mountain Rescue in the Pacific Northwest and the Founding of the Mountain Rescue Association, by Dee Molenaar



The Challenge of Rainier: A Record of the Explorations and Ascents, Triumphs and Tragedies on the Northwest's Greatest Mountain, 40th Anniversary Updated 4th Edition, by Dee Molenaar



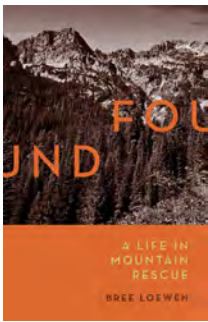
A Year in Paradise, by Floyd Schmoie

Stories & illustrations



Mount Rainier National Park: An Artist's Tour, by Molly Hashimoto

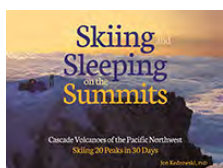
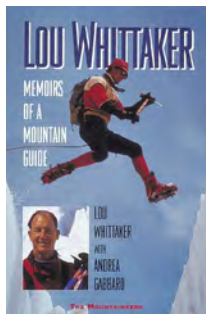
Pickets and Dead Men: Seasons on Rainier, by Bree Loewen



Found: A Life in Mountain Rescue, by Bree Loewen

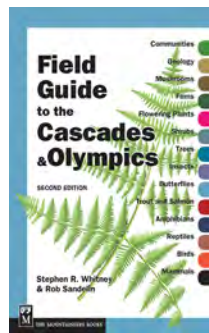
Mount Rainier: Notes & Images from Our Iconic Mountain, by John Harlin III, photography by James Martin

Lou Whittaker: Memoirs of a Mountain Guide, by Lou Whittaker with Andrea Gabbard

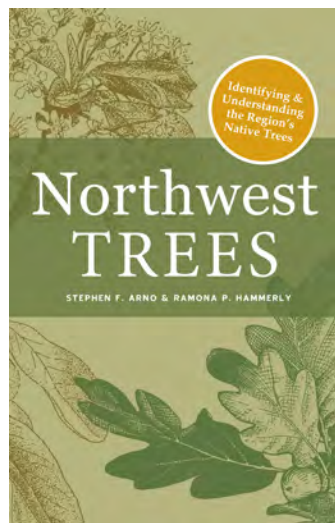


Skiing and Sleeping on the Summits: Cascade Volcanoes of the Pacific Northwest, by Jon Kedrowski

Naturalist guides



Field Guide to the Cascades and Olympics, 2nd Edition, by Rob Sandelin, illustrated by Stephen R. Whitney



Northwest Trees, 2nd Edition, by Stephen Arno, illustrated by Ramona Hammerly

Pacific Northwest Wildflowers: A Pocket Reference

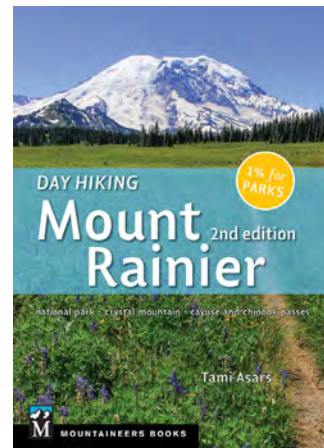
Pacific Northwest Birds: Forest & Mountains: A Pocket Reference



Mac's Field Guides: Mount Rainier National Park Flowers & Trees

Mac's Field Guides: Mount Rainier National Park Mammals & Birds

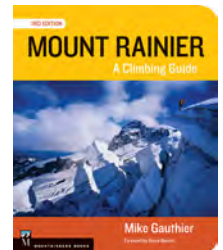
Guidebooks



Day Hiking Mount Rainier, 2nd Edition, by Tami Asars

Hiking the Wonderland Trail: The Complete Guide to Mount Rainier's Premier Trail, by Tami Asars

Mount Rainier: A Climbing Guide, 3rd Edition, by Mike Gauthier



Cascade Alpine Guide, Vol 1: Columbia River to Stevens Pass, 3rd Edition, by Fred Beckey

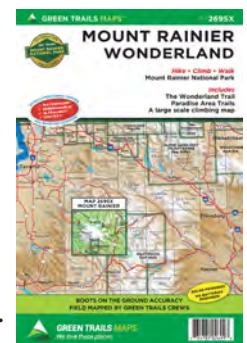
Green Trails maps

Mount Rainier East, WA No. 270

Mount Rainier West, WA No. 269

Mount Rainier Wonderland Climbing, WA No. 269SX

Paradise, WA No. 270S



The Trouble with Mount Rainier

Our “scenery bias” and what it means for our landscapes

By Craig Romano, Mountaineers Books guidebook author



Craig admiring Rainier from Emerald Ridge on the Wonderland Trail. All photos courtesy of Craig Romano.

Rising nearly three vertical miles over Puget Sound and visible from much of the state, Washington's Mount Rainier is an imposing landmark. Shrouded in glistening glaciers, sprawling meadows, and impressive cathedral forests, Mount Rainier is a stunning place to hike, camp, and commune with nature. It's absolutely one of the most awe-inspiring places in America - and that's the problem. Rainier is just too damn spectacular.

Don't get me wrong, I love our iconic volcano and have hiked nearly every mile of trail within Mount Rainier National Park and its abutting wilderness areas. I have car camped, backpacked, ran, strolled, snowshoed, and skied the mountain. I have biked the park's roads, too. Every trip I have taken instills in me the same sense of awe and wonder. Of course, I am not alone in those feelings; Mount Rainier has legions of admirers. Larger than life and surrealistic at times, there's a reason Rainier is referred to simply as “the mountain.”

And that's the problem. For many, Rainier has become a barometer for natural beauty. Once you've seen Rainier, hiked its trails, and experienced its natural wonders, how can anyplace else measure up? But what we lose in that perspective is the deep understanding that in the natural world, beauty, awe, and wonderment are everywhere. The grandest places don't hold all the beauty in the world. And many times, they are secondary when it comes to biodiversity and ecological importance.

Beyond Rainier

I recently returned from a 10-day trip across Southern Alabama, Mississippi, and Northwest Florida, and was blown away by the natural beauty and incredible biodiversity of the area. I hiked through cypress, tupelo, pine, and oak forests along the Tensaw River, and was amazed by the amount of plant, reptile, amphibian, and bird species I encountered. The delta was just as gorgeous and awe-inspiring as any mountain I have hiked. I was struck with a sense of reverence for its original inhabitants and all of its intricately inter-woven parts. It's a place I want to return to so I can learn more, experience more, and continue to be awed.

Don't get me wrong, Mount Rainier contains some incredible biodiversity, but it pales in comparison to places like southern Alabama's Mobile Tensaw Delta, a place dubbed by many conservationists as “America's Amazon.” According to the E.O. Wilson Biodiversity Foundation, “The Mobile Tensaw Delta represents one of the world's richest aquatic environments, with what is likely the most diverse concentration of fish species in the temperate world, and the greatest diversity of mussels, aquatic snails and crawfish in the world.”

Within this deltaic system, you'll also find the greatest concentration of turtle diversity in the world. According to the foundation, it contains “what many believe to be the greatest



Heather Romano hiking on the E.O Wilson boardwalk along the Tensaw River, Historic Blakeley State Park.



Old tupelo gracing the Tensaw River Delta, Historic Blakeley State Park.



Bald cypress in the Mobile-Tensaw Delta, Historic Blakeley State Park.

concentration of plant species in North America, ranging from 40 to 60 species per square meter. At that scale, that is among the most diverse floral habitats globally."

What deserves preserving?

Like Mount Rainier's status in Washington, the delta is an important part of Alabama's cultural and biological heritage. Unlike the mountain, legions of folks from around the world don't come to experience the delta's rich ecosystem. There's no national park protecting it, despite the fact that it is 400,000 acres and one of the best-preserved deltaic systems in the country. Many folks see this expanse as not much more than a swamp, and not a place to cherish and come to for inspiration.

Throughout our conservation history, we've often been drawn to establish national parks and preserves in dramatic landscapes. It's far easier to rally to protect mountains and canyons than flat swamps, prairies, and coastal plains. But far too often, it is those latter places that are more ecologically diverse and globally important. We have a scenery bias. Many of us have been conditioned to equate stunning natural beauty only with towering mountains and deep canyons. But there is so much beauty in all of our natural places. Once we

train our minds to look beyond bigger, bolder, and grander, we can begin to see how fascinating places like the Mobile Tensaw are, despite not having a single mountain - never mind a towering snow-capped one.

The beauty of the bayou

I too have been guilty of ignoring these places. Years ago when I was a young adventurer bicycling around America, I couldn't wait to get out west to see what I considered to be our country's most beautiful and inspiring places. I'll never forget the day I passed through Cedar Island in coastal North Carolina, where a local emphatically told me that the sprawling marsh before us was the most beautiful place he'd ever seen. I immediately dismissed his assessment, thinking this guy probably hasn't seen too much. Years later, I returned to that area and got it. A large expanse of wild undeveloped salt marsh; it's absolutely gorgeous. And it also happens to be a national wildlife refuge harboring a significant amount of biodiversity. Now many decades into my travels, I have come to learn that not all of the most beautiful and awe-inspiring places in this country are in the wild mountainous west. Many are in the lowlands of the east.

The late naturalist E.O. Wilson, often referred to as the father of biodiversity, grew up in the Mobile Tensaw Delta and saw its beauty and ecological importance. He and other conservationists have advocated to establish it as a national park, an effort that so far has seen no success. It has, unfortunately, proven to be a tough sell. But if enough of us can begin to see the magic in our lowlands, swamps, and bayous, then perhaps places like the Mobile Tensaw Delta can receive this level of reverence.

I hope to see a day when they are placed on the same pedestal as the Yosemite Valley, Grand Canyon, and our Mount Rainier - one of the most spectacular places on the planet. ▲▲

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). Purchase his titles in our Seattle Program Center bookstore, online at mountaineersbooks.org, and everywhere books are sold.

Alma Wagen

The first female mountain guide at Mount Rainier National Park

By Issy Steckel, Communications Associate

In 1918, Alma Wagen, an early member of The Mountaineers, was declared the first woman to join Mount Rainier's guide staff. Upon accepting this position, Alma knew her accomplishment was not just personally life-changing, but also an opportunity to bring other women into climbing. "At last I had found the time and the place to climb, and I climbed hills and mountains and learned everything I possibly could about climbing," she told a journalist in a 1923 interview for *American Magazine*. "Then I looked for new fields to conquer and found my life's work. I wanted to teach other women the joy of climbing."

Destined for climbing

Born in Minnesota in 1878, Alma grew up on her grandparents' wheat farm. As a young girl, she had an irresistible desire to scramble up the wire frames of the windmills on their property and look out across the rolling plains. "I wanted to get up among the clouds and to feel myself free as the birds and the air," Alma recounted. "To be able to shout my freedom as loudly as I liked without having someone point to me sadly and say, 'It is not pretty for little girls to climb windmills.'"

In search of higher peaks, Alma moved to Washington as soon as she graduated from college. She started her career teaching high school math in Tacoma, where she developed a reputation as a relentless grader among her students. On clear days, she would gaze out her classroom window to admire Mount Rainier.

Arguably the best part of her teaching position was that she had summer breaks to explore the mountain ranges of the Pacific Northwest. Without any official wilderness navigation training, she went route-finding in the Olympic Mountains. She adventured with purpose through these scattered subalpine forests and broad valleys, with the Pacific Ocean shimmering in the distance. The following year, she hiked, climbed, and explored alone in the Alaskan backcountry. On these self-directed excursions, she experimented with various roped climbing techniques, relied on her wooden alpenstock while



Jake Shidell, summit guide, and Alma Wagen, "lady" guide, on Mount Rainier, Washington, 1919, courtesy of University of Washington Libraries, Special Collections, UW 14003.

crossing snowfields, and logged pages of trip information in her journal. After a transformative summer in Glacier National Park, she set her sights on becoming a mountain guide for the National Parks Service.

Testing her mettle

In 1913, Alma joined The Mountaineers to gain the skills required to summit more technical peaks. In 1915, she put her new skills into practice on a Mountaineers outing around Mount Rainier. After completing a 100-mile backpack around the base of the volcano, their trip culminated in a climb to the summit from the north side, a route that wasn't well-documented until the thirties. When asked about that challenging climb, Alma said "By that time, I felt that I could climb any mountain that ever reared its head in the air."

Her efforts just two summers later proved her determination. In 1917, Alma participated in the 11th annual summer outing of The Mountaineers. The itinerary, as Alma described in the 1917 Mountaineer annual, was a 240-mile trek in the heart of the North Cascades, marching up "the zig-zag trails, over snow slopes, under the glaring sun." It was her most ambitious trip to date. The adventurous party not only scaled Mount St. Helens, but they continued on foot to Mount Adams and Mount Hood, summing both of these peaks as well.

Alma recalled reaching the snow-capped peak of Mount Hood, eliciting a feeling like no other. "No one but a mountain



Hikers on Nisqually Glacier, led by Fairman B. Lee and Alma Wagen, 1919. Photo by Frank A. Jacobs, courtesy of University of Washington Libraries, Special Collections, UW 41469.

climber can know the joy it brings to reach the top at last, and to realize that you are alone with the fresh, free air, while you rest and enjoy the view and plan for other peaks to conquer."

Holding her place on Mount Rainier

Even after ticking off many routes across Washington and beyond, Alma's greatest joy was playing on the slopes of Mount Rainier National Park. She dedicated hours to studying Rainier's glaciers and crevasses, and to mastering the botany and geological features that characterized the park.

Alma finally applied to be a mountain guide at Mount Rainier National Park in 1918, at the tail end of the First World War. Many positions dominated by men were left vacant by the draft, and the park service was forced to acknowledge the capacity of women to step into these roles. Rainier's Guide Manager Joe Hazard could not dismiss Alma's technical expertise and understanding of the mountain. "Miss Wagen is capable, resourceful, has nerve, judgement, discretion," he told *Sunset Magazine*. "Forget that she is a young woman, highly educated with a most charming personality. Miss Wagen

is holding her place on Mount Rainier for the reasons that she is a superlatively good guide. No more is to be said."

That same year, Paradise Inn opened its doors. Alma began bringing guests up to Pinnacle Peak, to stroll along the Nisqually and Paradise Glaciers, and to visit Camp Muir. She led hikes on the Emmons Glacier, located on the northeast flank of Mount Rainier which she had climbed on her first summit with The Mountaineers. Alma was respected as a highly-capable guide, even entrusted to guide financier John D. Rockefeller Jr.'s party to Rainier's summit in 1920.

On top of the world

In many ways, Alma paved the road for those who came after her, exploring the mountains and waters of the Pacific Northwest despite the doubts of others. It may not have been "pretty" for a woman to climb, but it was what she lived for.

"Up on top of the world, one learns what people really are," Alma once said. "There is no better fun in the world to know the wonderful exhilaration of viewing range on range of mountain peaks that rise in tinted ranks above the sky." ▲▲

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



Fitness & Performance



Gear Tips



Leadership Skills



Preparedness & Planning



Technical Skills

How to Get Involved

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

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

Step 2: Choose what you want to learn

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

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

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

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

Step 2

Filter your activity search

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

Step 3

Select an activity & register

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

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

How to Sign Up for Events

Step 1

Visit our website

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

Step 2

Browse for local events

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

Step 3

Select an event & register

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

Frequently Asked Questions

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

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

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

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

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

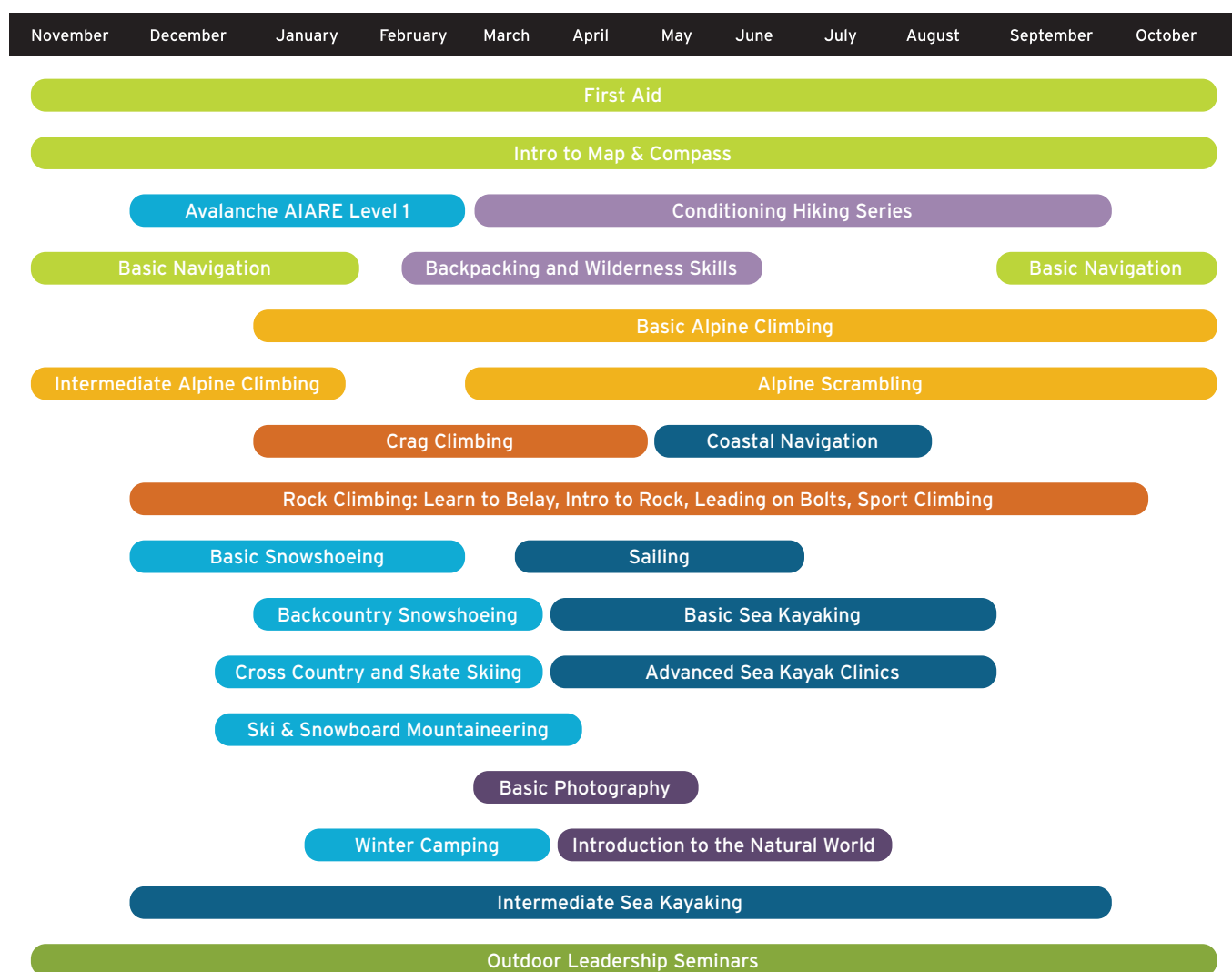
What if the activity is full? Sign up for the waitlist! Yes, it works. We have roughly a 10-20% drop-out rate in courses and activities, so spots often become available.



The Mountaineers Course Overview

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

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



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

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

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

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

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



Baker Lodge

mountaineers.org/bakerlodge

Our rustic Mt. Baker Lodge is nestled in the spectacular North Cascades and is a beautiful getaway year-round. The lodge is located within walking distance of the Mt. Baker Ski Area and numerous summer and fall hiking trails. We will be operating a full summer program for vaccinated guests, and are seeking skilled volunteers to assist with fitting out our newly-built teaching room. Please direct inquiries to mtbakerlodge@gmail.com or lodge chairs.



Meany Lodge

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.



Stevens Lodge

mountaineers.org/stevenslodge

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

Kitsap Forest Theater

foresttheater.com



Theater inspired by a magical place! Stroll down the forested trail to our breath-taking theater and create a treasured family tradition. Our 2022 shows are uplifting musicals that appeal to everyone - treat yourself to a day away in the forest. Tickets make great gifts and are available online, save on our two-show package.

Disney's Beauty and the Beast (May-Jun 2022): Step into the enchanted world of this "tale as old as time" and "be our guest" for this heartwarming tale of true love and transformation, perfect for the entire family.

Bend in the Road, The Anne of Green Gables Musical (Late Jul-Aug 2022): This Northwest premier show is a high-energy, family musical based on the beloved classic, *Anne of Green Gables*. This warm, funny musical retains the heart of the original story, and is perfect for all ages.

Help wanted: Seeking help with ushering, parking, and cooking for weekend rehearsals and performances.

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

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



BELLINGHAM

Chair: Brian McNitt, brian@trendmedia.com

Website: mountaineers.org/bellingham

COURSES & ACTIVITIES: climbing, scrambling, hiking, and backpacking

The Bellingham Branch is 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 branch is a small and close-knit community offering climbing courses, hiking trips, and backcountry adventures in a diverse, inclusive, and supportive environment. As a smaller branch, we focus on providing robust and comprehensive climbing courses, emphasizing individualized attention, building close connections, and providing increased instructor availability and accessibility.

OUR ANNUAL SPEAKER SERIES invites researchers, authors, and lifetime adventurers to share their achievements and memories. Visit our branch calendar for details.

BRANCH COUNCIL MEETINGS are held on the fourth Tuesday of each month. Visit our branch calendar for details. Keep up-to-date with the Bellingham Branch by subscribing to our monthly newsletter. Contact the Branch Chair to subscribe.

EVERETT

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

Website: mountaineers.org/everett

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

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

KITSAP

Chair: Gretchen Ta, gretchen.ta@gmail.com

Website: mountaineers.org/kitsap

COURSES & ACTIVITIES: climbing, exploring nature, first aid, hiking & backpacking,

navigation, outdoor leadership, scrambling, sea kayaking, snowshoeing, and youth & family.

The Kitsap Branch draws members from throughout 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

Website: 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

Website: 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

Website: 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

Website: mountaineers.org/olympia

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

THE ADVENTURE SPEAKER SERIES has returned! Check the branch calendar for location and to RSVP.

BRANCH COUNCIL MEETINGS are held on the second Wednesday of the month. Members are encouraged to attend. Contact the branch chair for more information.

Get Involved With Your Branch

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

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

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

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

Volunteer Our branches draw on people with a range of skills and interests to power their programs. Instructors, event planners, admin help, and more 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.*

GO HIGHER

with member benefits

membershipmatters

As a Mountaineers member, you have access to:

Courses, clinics, and seminars to gain lifelong skills

Activities to get outside and find community

Gear Library access to help outfit your trips

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

The Perseid Meteor Showers

By Issy Steckel, Communications Associate

Shooting stars from Ruby Beach. Photo by Gabe Purpur.

After a long, hot day on the trail, you've finally settled in at camp. With the tent pitched and your Mountain House Creamy Mac n' Cheese devoured, the temptation to sleep can be overwhelming. Every bone in your body is telling you to climb into your tent and get horizontal. But you have to fight it: if you hold off long enough, you may get lucky and witness a remarkable natural spectacle in the summer sky.

The Perseids

The annual Perseid meteor showers will be arriving soon, sending streaks of light through the night skies and awing spectators across the Northern Hemisphere. These showers are called the Perseids because the point from which they appear to hail (the radiant) lies in the constellation Perseus. This name aids viewers in determining which shower they are watching on a given night, but Perseus is not the true source of the meteors.

With very bright and fast meteors, this astronomical event is considered one of the best meteor showers of the year, and here in the Pacific Northwest we are in a prime location to enjoy the Perseids' fiery displays. The annual phenomenon begins in mid-July and reaches its peak at the height of summer (this year it will be August 11-12). At its height, stargazers can often spot up to 100 meteors per hour. Netflix can't compare.

Meteoroid, meteor, or meteorite?

Curious what to call those flashes of light? The short answer is, it depends on their location.

Meteoroid is the scientific term for a space rock. Meteoroids are pieces of other, larger objects that have shattered - sometimes millions of years ago - and are still adrift in space. Some have broken off from comets, others from asteroids, and some even come from the moon or other planets.

When meteoroids enter Earth's atmosphere, they are now known as meteors. Traveling at tens of thousands of miles per hour, most meteoroids burn up and disintegrate when they hit the mesosphere, resulting in a bright flare tracing their path. These fiery streaks are what many sky-watchers refer to as shooting or falling stars. When a large grouping of meteoroids enter our atmosphere, we are treated to a meteor shower. If a meteoroid survives this extended trip through the atmosphere and lands on the ground, the solid piece of debris is called a meteorite.

The Swift-Tuttle comet

As comets move around the sun, they leave a dusty trail of meteoroids behind them. Every year Earth passes through these debris trails, causing meteoroids to collide with our atmosphere and, as they burn up, paint wide arcs of light across the sky. The bits of space debris that interact with our atmosphere to produce the Perseids originate from the big and slow Swift-Tuttle comet. This comet takes close to 135 years to orbit the sun once, and its nucleus is 16 miles across - that's almost twice the size of the object that caused dinosaurs to go extinct!

Viewing tips

Observing a meteor shower depends on an equal measure of good planning and luck.

Light pollution, weather, and smoke are factors to consider when choosing a destination. For the brightest display, go to a spot far away from the city so that light pollution doesn't muddle the scene. The best viewing times are between 2am and dawn, as this is when the sky will be darkest and when our side of the earth will be moving into the cloud of debris.

Watching the Perseid showers might mean an all-nighter, but this chance to admire meteors dancing in the sky is well worth the groggy, contented morning hike back to the trailhead. ▲▲



550,000 Reasons to Say Thank You

On Saturday, April 2, 2022, our community gathered in-person and virtually to celebrate our efforts to transform lives and protect the outdoor experience. Together, we raised more than \$550,000 to advance our mission.

Thank you for making a difference for our people, places, publishing, and programs! We hope to see you at the next Gala - save the date for April 1, 2023.

Read about and watch our 2022 Gala at mountaineers.org/2022galarecap.





**Staying local doesn't mean settling for less!
Take your Hilleberg tent and get out there.**



Jon Dykes/Hilleberg Team

FOR 50 YEARS, Hilleberg has been making the highest quality tents and shelters available. Developed in Sweden, manufactured in Europe, and used worldwide, Hilleberg tents and shelters offer the ideal balance of high strength, low weight, ease of use, and comfort.

HILLEBERG
THE TENT MAKER



ORDER A FREE CATALOG:
HILLEBERG.COM 1-866-848-8368
Facebook.com/HillebergTheTentmaker