

# Mountaineer

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

## CONDITIONING CLOSE TO HOME

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### Get outside!

See our mini-guide to  
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Jan/Feb 2013 » Volume 107 » Number 1

*Enriching the community by helping people explore, conserve, learn about, and enjoy the lands and waters of the Pacific Northwest.*



the *Mountaineer* uses . . .



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## DISCOVER THE MOUNTAINEERS

If you are thinking of joining—or have joined and aren't sure where to start—why not attend an information meeting? Check the Branching Out section of the magazine (page 32) for times and locations for each of our seven branches.

**On our cover:** Ian Lauder of the Everett Branch won the best photo in the instruction category with his entry of this Mountaineers crevasse rescue exercise in the 2012 *Mountaineer* photo contest. As a result, he won a \$50 coupon for Mountaineers merchandise and the placement of his photo on this issue's cover.

## Our centers make it easy to stay healthy

The New Year is always a good chance for resolutions on the year to come and reflections on the year past. I hope, like me, you spent the last few weeks with friends and family—catching up at holiday parties, celebrating long-held traditions and perhaps enjoying the first snowfall in the mountains on your skis or snowshoes.

This special time of year provides a break from the normal routine and an opportunity to remember what's important: family, friends, our health. And that's why in the New Year many Mountaineers' thoughts turn to training, getting in shape, learning a new outdoor skill with friends or snowshoeing with family. The winter is a perfect time to pursue these goals.

If you are anything like me, in the rush after the holidays, good intentions can be left aside as colleagues return to work, deadlines come fast and furious, and the pace of life quickens again. As parent to a two-year-old boy, I understand these challenges all too well. But I have always appreciated the opportunities that The Mountaineers offers to make it easy for me to make good on my resolutions.

Getting outdoors and getting healthy doesn't always have to mean a four-hour drive and 14-hour trek into the backcountry—although that is certainly fun when time allows. There are daily opportunities close to your home to enjoy nature, breathe fresh air and be healthy. The Mountaineers helps make that possible.

For instance, at the Seattle program center any member can enjoy open-climb nights on Fridays during the winter and use the climbing wall during business hours. We also run weekly seminars on avalanche preparedness, climbing and conditioning. Olympia and Tacoma offer kayaking pool-play seminars throughout the winter. Families can snowshoe for free on Winter Trails Day on Saturday, January 12 at our Snoqualmie Campus, only 45 minutes from downtown Seattle. Our Meany, Stevens and Baker lodges host skiers and snow seekers every weekend.

For those of us laid up with injuries or whose day of adventure might be a good read or recounting adventures past, we can sit by the Seattle program center's fireplace with the latest Mountaineers Book publication or share camaraderie with the Retired Rovers. Meanwhile youth groups fill the program center to learn first aid, nature appreciation and an outdoor skill. Connecting with your friends, being healthy and prepared for your outdoor adventures is easier than you thought! And we are here to help you achieve your goals.

So act now, while your resolutions are fresh. Grab your family and friends and head outside. These opportunities are right out your door. The Mountaineers is grateful for your support over the last year, so let us give back to you the gift of fun, fitness, community and the outdoors. Come join us!



*Martinique Grigg*

Martinique Grigg, Executive Director



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

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## Conditioning—bringing it all home

**For a climber** it may be the repetition of going up and down a pile of sand and gravel to simulate snow-stepping. In fact, Mountaineers of the 1950s used an Issaquah gravel pit for all kinds of climbing skill training.

“Big Rock” in northeast Seattle found Mountaineers climbers practicing their bouldering skills in the early 1940s. Monitor Rock in West Seattle’s Camp Long similarly found Mountaineers of yesteryear honing their climbing skills.

As Mountaineers we have coursed our immediate environs to find whatever we can to simulate what we do in the wilderness and mountains. After all, most of us have to work and many have to raise families. We simply can’t take the time to drive an hour or two just to find a good conditioner for our many outdoor activities.

Fortunately, today, we don’t have to scout our community from corner to corner in order to find a geographical landmark that is next best to the real thing—due greatly to what The Mountaineers has been busy doing in the past few years.

**Our program centers**, youth programs and plenty of climbing gyms that didn’t exist decades ago all combine to give outdoor recreationists a full complement of simulated workouts—not to mention our myriad neighborhood stairways (see page 27).

In this issue of the *Mountaineer* we guide you to ways you can stay fit and conditioned for your particular activity—all while minimizing our collective contribution to vehicle-induced carbon emissions and maximizing our time with family, community or other nearby interests and occupations.

We also show you routines and regimens that you can do in your home, at a local park or other public area. Meanwhile we tap some pretty darned famous outdoor types (see our article on Chad Kellogg, page 19) for what they do to condition themselves nearby.

**It used to be much tougher** to acutely condition oneself before such learning hubs as The Mountaineers program centers were built and climbing gyms began to dot the city landscape.

Former NBA great Bill Bradley, who also made marks as a senator and statesman, recounted in one of his books how he would go alone to a local gym, stack several bunches of chairs atop each other—much higher than his height of 6-6—and pretend they were defenders to better his shooting skills. Thanks to Mountaineers efforts to bring our skill-honing closer to home, things like chairs and gravel pits can be used for that which they were intended.

— Brad Stracener, Managing Editor

## I’mwhere?

Can you identify the summit in the foreground here? Send your answer (by February 1) by post or e-mail: brads@mountaineers.org; I’m Where?, *Mountaineer*, 7700 Sand Point Way N.E., Seattle, WA 98115. If you guess correctly, you’ll receive a \$15 coupon good for Mountaineers purchases, and we’ll publish your name in next month’s column. In case of a tie, one winner will be chosen at random. Mountaineers employees or persons shown in the photograph are not eligible. Each month we’ll publish a new mystery landmark and identification of the previous one.



• **Send your photographs** for possible publication as a mystery summit (include identification for our benefit). See e-mail and mailing address at left. If we use your photo, you will receive a \$15 Mountaineers coupon good for Mountaineers purchases.

• **Lisa Berntsen** identified Crystal Peak as the summit in the November/December *Mountaineer*. The photo was taken by Dan Lauren.

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Cameron Zegers





## Program centers provide outdoor training grounds in the heart of their communities



*Climbing walls are coming to The Mountaineers Tacoma Program Center in Old Town*

**Sometimes a giant step is only as far as your front door.** For The Mountaineers, the construction of two urban outdoor learning centers over the past four years has resulted in huge yet easy steps to bringing outdoor education to the front porches of their respective communities.

At our Tacoma Branch, the next stride is completion of its indoor and outdoor climbing walls to complement its newly remodeled program center's indoor class spaces. In Seattle, where a comprehensive urban climber training facility is the goal, it is completion of a friction wall to complement three other climbing walls at the Magnuson Park program center.

### **2302 North 30th Street, Tacoma**

Following a very successful fundraising campaign to support the remodel of The Mountaineers Tacoma Program Center, a new campaign has been initiated to fund construction of indoor and outdoor climbing walls to provide experiential learning opportunities for not only its climbing students but for youth and family outreach in the greater community. Due to strong support from Tacoma Mountaineers members, according to Branch President Geoff Lawrence, it is likely that at least one of the climbing walls will be funded and installed within the first half of 2013.

### **7700 Sand Point Way NE, Seattle**

It all started with an additional monetary gift from John Goodman as part of his 2007 purchase of The Mountaineers' headquarters in the Queen Anne district of Seattle. The financial boost enabled the organization to take the giant step of never having again to rent a structure designed for commercial enterprises other than outdoor education. An old naval station motorpool was gutted and rebuilt in the following year at Magnuson Park to give birth to The Mountaineers Seattle Program Center.

Today, staff and volunteers impart outdoor skills and provide new outdoor adventures for hundreds of youth each year at the program center. Hundreds of classes in adult outdoor education use the three climbing walls, the climbing/scrambling/bouldering plaza and the spaces inside and outside for anything from wilderness first aid to navigation to hiking seminars and naturalist activities.

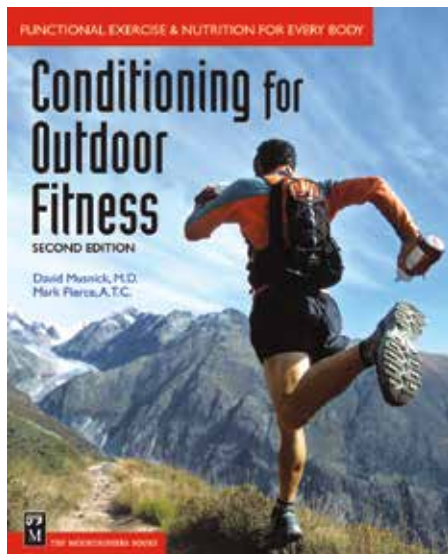
Amid the green expanse of Magnuson Park's 350 acres, the program center provides easy access from not only downtown Seattle but from Snohomish County and the Eastside communities.

Serving the model for an outdoor educational vision to provide the greater outdoor community with a comprehensive indoor/outdoor learning facility, the program center in Seattle enters its fifth year of operation in 2013.



*From the very young to the advanced climber, The Mountaineers Seattle Program Center is striving toward a comprehensive learning facility in the city*

## Leave the confines of the gym and step out your door for some fresh-air conditioning



If you hike, bike, climb, or paddle—or engage in any other outdoor sport—it's time to leave the gym behind and get out into the fresh air. When training outdoors, “there's a lot of room for creativity,” says Peter Shmock, C.S.C.S., and contributor to *Conditioning for Outdoor Fitness, 2nd Ed.*

“It's best to scout around for locations that provide many different options, such as schools, parks, or a diverse area of land,” Shmock notes. Here are some things he suggests to look for when picking a location for training outdoors:

**Stadium steps** bleachers, stairs, park benches, and tables for step-up exercises

**Trees** on which to anchor tubing

**Hills** with varying degrees of incline to practice lunges, jumps, interval training, and agility drills for skiers, climbers, and mountain bikers

**Snowfields** for simulation of balance challenges

**Sand** (a beach or a long-jump sand pit) to practice jumps

**Playgrounds** with objects to balance on

**Logs**, low fences, and rocks for balance drills

**Boulders** for variable-level push-ups or dips with one or two hands while standing and for climbing practice

In addition, simple, transportable, and affordable training tools are easy to take outdoors. They include:

**Weight balls** for throwing; large physio-balls (approximately three feet in diameter, available from physical therapy departments) for sit-ups

**Free weights** for resistance exercises

**Traffic cones**, ski poles, garden poles, and other markers for agility drills

**Rope** placed on the ground or from tree to tree to step over and under

**Tubing or webbing** for resistance in row and balance exercises

**Ankle weights** to use for step-ups or hill lunges to simulate the weight of snowshoes or telemark skis and boots

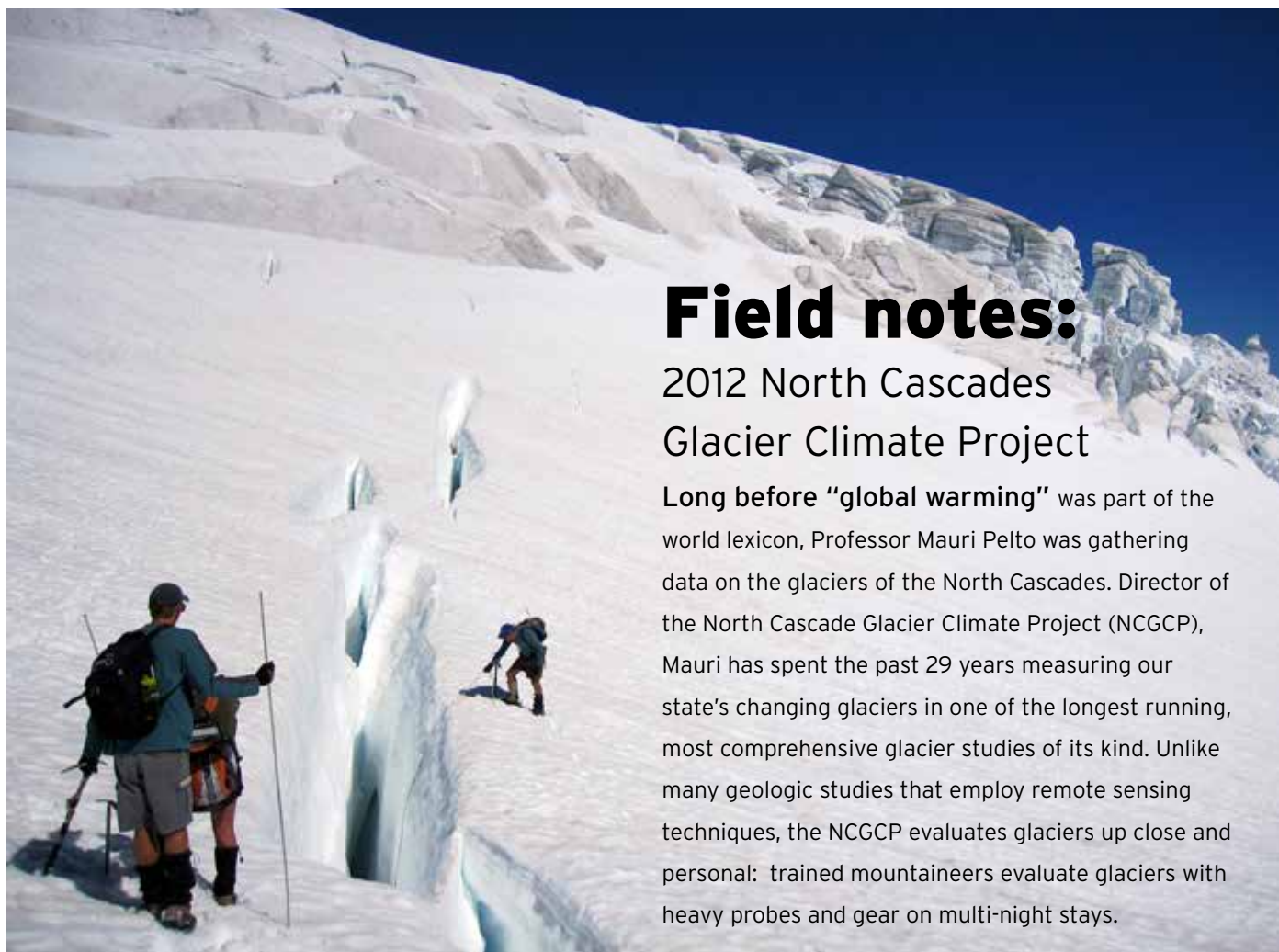


Park benches are great for upper-body strengthening



Playgrounds and parks provide structures for a variety of pull-ups

Adapted from *Conditioning for Outdoor Fitness, 2nd Ed.*, edited by David Musnick, M.D., and Mark Pierce, A.T.C. (The Mountaineers Books).



## Field notes:

### 2012 North Cascades Glacier Climate Project

Long before “global warming” was part of the world lexicon, Professor Mauri Pelto was gathering data on the glaciers of the North Cascades. Director of the North Cascade Glacier Climate Project (NCGCP), Mauri has spent the past 29 years measuring our state’s changing glaciers in one of the longest running, most comprehensive glacier studies of its kind. Unlike many geologic studies that employ remote sensing techniques, the NCGCP evaluates glaciers up close and personal: trained mountaineers evaluate glaciers with heavy probes and gear on multi-night stays.

Over nearly three decades, North Cascade Glacier Climate Project, or NCGCP, has studied the same nine glaciers, each selected to provide the best breadth of range, type and slope—from north to south and wet west to dry east. The project measures four key glacial elements: mass-balance (expressed as thickness), longitudinal profile (length of glaciers), stream-flow (both glacial streams flowing across the surface and from the glacier’s outlet) and melt rate.

‘Initial data for all glaciers this year was very encouraging’

Article and photos  
by Tom Hammond

This year’s team consisted of Jill Pelto, Ben Pelto, Mauri Pelto and various visitors along the way. In my ninth year assisting with the study, this summer I evaluated the Columbia and Easton Glaciers, I hiked out on the Deming Glacier, and my wife and I conducted a remote survey of the Rainbow Glacier. It should be noted that initial data for all glaciers this year was very encouraging, with a good snowpack, but the record heat and record dry spell through August and September resulted in neutral mass-balance for most glaciers. Following are my observations from the field:

#### Columbia Glacier, August 1-4: Zero mass balance for 2012

We saw very few animals, mostly birds and a few marmots. I mentioned “no bugs”—in reality, the glacier was littered with dead bugs of all kinds, and Rosy Finches were out and about, much like

Continued on page 17



## Give the air and roads a break; shuttle to the slopes



By Lisa Miller

Public Lands Programs Intern

**Planning a trip** to your favorite mountain pass to go skiing or snowboarding? Save yourself the stress of winter travel, make new friends, grab some extra sleep, save the wear and tear to your vehicle and reduce traffic congestion by hitting the slopes via a ski shuttle.

Whether your destination is to Stevens Pass, Mt. Baker, Snoqualmie Summit or Crystal Mountain, you can catch a lift to the lifts. First step: do your homework and reserve your seat ahead of time. Some shuttles run only weekdays and others only weekends, many operate for eight to ten weeks during prime ski and riding months. As with any transportation to the mountains, you will need to budget for your ride; the shuttles listed here range from \$12 for a one-way ride to \$40 round trip. Please note, as of the date of publication many resorts have yet to open their runs, so price lists and exact shuttle schedules may not be complete.

### Crystal Mountain

**Seattle Ski Shuttle:** Currently runs Mondays, Thursdays and Fridays from West Seattle, Downtown Seattle and Auburn for \$40 round trip. Web: [seattleskishuttle.com/ride-crystal-mt](http://seattleskishuttle.com/ride-crystal-mt).

**Crystal Mountain Snow Bus:** Two buses run weekends and holidays, including one with stops in Gig Harbor and Tacoma and a bus that stops at Greenlake, Downtown Seattle, Bellevue and Auburn for \$35 round trip. Web: [www.crystalsnowbus.com](http://www.crystalsnowbus.com) Phone: 206.838.7129.

**Bainbridge Island Ski Bus:** Select dates to be announced. Contact Nancy Norton at [nancyannenorton@gmail.com](mailto:nancyannenorton@gmail.com).

**Weekday group buses:** Check the Crystal webpage for a list of

Continued on page 18

## Briefly . . .

### Outdoor Ethics Leadership Training

The Mountaineers Outdoor Ethics Leadership Training, to be held Sunday, February 10, 10 a.m.-3 p.m. at The Mountaineers Program Center, will equip students with knowledge of outdoor ethics and best practices for low-impact recreation, whether it be hiking, climbing, scrambling, sea kayaking or backcountry winter recreation. Facilitated by a Leave No Trace Master Educator, the training prepares participants to share their knowledge in formal and informal settings, and includes a balance of lecture, role-playing scenarios and participatory practice lessons. **Course fee:** \$15 for Mountaineers members and \$20 for non-members; includes a copy of *Leave No Trace: A Guide to the New Wilderness Ethic* by Annette McGivney.

### Law and land: navigating public process

Building new trails takes more than manpower. Federal land managers like the U.S. Forest Service and National Park Service must evaluate proposed projects—whether they be new trails or timber harvest—all in accordance to the National Environmental Policy Act (NEPA). Local governments may also get involved when their roadways that provide recreational access cross federal lands. The Mountaineers and Washington Trails Association are partnering to offer “The Law & The Land,” a free, interactive, one-evening workshop on the evening of Tuesday, March 19, at The Mountaineers Seattle Program Center. Join policy advocates and land managers to demystify NEPA and define ways for citizens to influence execution of proposed actions. Contact [sarahk@mountaineers.org](mailto:sarahk@mountaineers.org) to RSVP.

### Film documents tsunami debris

The Seattle premiere of the film, “Ikkatsu: The Roadless Coast,” will be presented on Tuesday, February 19, at 7 p.m. at The Mountaineers Program Center in Seattle. The documentary details the Ikkatsu Expedition that traveled the Olympic Coast this summer to survey remote beaches and document debris from the deadly Japanese tsunami of March 2011. This film will transport you to one of the most stunningly beautiful places in the world for a tale of unforgettable adventure and science. Tickets are available at Brown Paper Tickets.

## Teaching kids where they live: a successful formula for youth and Mountaineers

By **Becca Polglase**  
Education Manager

**As a part of our mission** to ignite a passion for the outdoors and get people outside, The Mountaineers has strategically chosen urban recreation areas—most notably our own program centers—as the gateways to outdoor recreation, especially for youth.

Over the past two years, The Mountaineers Seattle Program Center has become not just a quality education facility for adult climbing students, but also a place where youth from all over the Seattle area can come to learn about the outdoors and gain crucial skills that build self-confidence and self-reliance for the rest of their lives—all while coming to understand the importance of sustainable recreation.

**Our state-of-the-art** climbing facilities allow youth to experience climbing in ways that most climbing gyms don't. Designed to teach a wide range of techniques, our indoor and outdoor climbing walls allow youth to try chimney climbing, crack climbing, face climbing and rappelling. Our Magnuson Park location provides myriad opportunities for outdoor skills building, from navigation to outdoor cooking to Leave No Trace.

In addition to Magnuson Park, we've met kids at Seward Park in South Seattle and at Camp Long in West Seattle, which recently installed a spectacular ropes



*Volunteer Jim Nelson helping a John Muir student*

### Benefits of teaching kids in the city

- City schools can fit field trips into a school day
- YMCAs and other youth organizations located in the city need not go far for a day of summer camp
- Many kids do not have available transportation to the mountains; learning in their local park or area is more relevant to their reality
- Skill-learning in a local and familiar environment is more achievable because of the sense of comfort. Home is not far away
- Skills such as stewardship in a local park allow them to see the impact of their work in years to come and make it more meaningful

course, thanks to a Department of Neighborhoods grant.

**Teaching kids** in an urban outdoor setting brings loads of benefits. By keeping the programs close to home, schools are able to fit a trip to The Mountaineers into a school day and YMCAs into a summer-camp day. Additionally, many of the youth we meet don't have transportation to get to the mountains on a regular basis. By teaching them in nearby parks, the lessons are more relevant to their lives and realities.

For example, learning about navigation at Seward Park—using a Seward Park map—will allow kids to apply those skills on future visits to the park. Likewise, students who help remove invasive species at their local park can see the impact of their work over the course of time, making their work

more meaningful.

Another very important aspect of urban outdoor education is the comfort students feel in surroundings that are familiar to them. Many youth who come to our Mountain Workshops don't live with families who take them hiking or kayaking. Wilderness—with its dirt, bugs, trees and weather—is foreign to them. Such alien environments can be scary, uncomfortable and confusing, thus incompatible with learning.

By meeting kids in environments that are familiar and nearby, with amenities they are used to, they can gain the confidence and skill to fully enjoy what they have learned when we conclude their urban lessons with a day outside the city, to places such as North Bend. ▲▲

## Brettler youth going two years strong with Mountaineers

The outdoors can be daunting and an unattainable experience for many youth in the city. Thanks to a partnership between The Mountaineers and University of Washington, youth are getting not only a chance to experience the outdoors but gain skills they can utilize the rest of their lives. In the case of Brettler Place, a new housing development



for previously homeless families and neighbors to The Mountaineers Program Center in Magnuson Park, UW student volunteers and trained volunteers from The Mountaineers have teamed to introduce youth of ages 8-10 to the outdoors through beginning climbing instruction, use of map and compass, Leave No Trace instruction, outdoor first aid and photography—all at no cost to the children.

One of the main obstacles to getting outdoors for these youth is transportation. Because Brettler Place is so close to The Mountaineers Program Center, our volunteers walk the youth from the housing development to the program center and walk them home at the end of the day. This happens week after week, developing a trust and foundation between these newfound, skilled mentors and the outdoor-inspired youth, many of whom return to The Mountaineers Program Center for more outdoor experiences in our Mountain Workshops or during summer for our Mountaineers day camps. As a result they receive life skills such as trust, perseverance and confidence from a cadre of trusted and familiar volunteers who guide the children through the wonders of the outdoors for as many as 10 weeks and two hours at a time. Partnerships like this key to The Mountaineers mission of getting more people outdoors more often.

## Explorers plan their winter adventures

Entering its fifth month of explorations, The Mountaineers Explorers, a program in Seattle for youth ages 10-13, is off and running with about a dozen youth, their families, and some fun outings already under their belts. The Explorers have enjoyed two climbing outings, an overnight of camping, and a hike to Twin Falls.

This winter, Explorers plan to go cross-country skiing, snowshoeing, and winter camping. The youth have learned how to belay, how to stay warm outdoors, how to safely use stoves and many other outdoor skills. We're looking forward to a fun winter and spring! New members can join anytime. Contact Caitlin O'Brien, [caitlino@mountaineers.org](mailto:caitlino@mountaineers.org).



## Venturing Crew to add warmth to Winter Trails Day



Be sure to join us for Winter Trails Day at Snoqualmie Pass on Saturday, January 12. This is a free event open to the public. Participants can sign out snowshoes from the vendor of their choice and go on guided snowshoe tours—all for free! This is a great family activity for all ages, and it's a great way to try out several snowshoes to see which you like.

Like last year, our Venturing Crew will be selling hot beverages to raise funds for their group. This year they will not only serve cocoa and hot cider but coffee as well. But their specialty is the hot cocoa, augmented by a veritable buffet of toppings. Every kid and kid at heart can thus drink their own customized cup of cocoa, assemble with love and filled with warm happiness to round out a perfect day on the snow. Just remember to bring some cash along; \$2 will buy you the best cup of hot cocoa this side of the Cascade Crest and beyond.



## course mini-guide

# What do you dream of trying in 2013?

climbing ...

SCRAMBLING

SKIING ...

snowshoeing

NATURALISTS ...

photography



**It doesn't have to be Mt. Rainier tomorrow.** Your aspiration for 2013 may be much closer to sea level and to fruition over weeks, months or a year. Regardless, The Mountaineers can help you get there through its course offerings that start the first half of the new year. In the mini-course guide below, branches and outdoor centers are identified as: BAKER = Baker Lodge; BEL = Bellingham; EVT = Everett; FH = Foothills; KIT = Kitsap; OLY = Olympia; SEA = Seattle; TAC = Tacoma. **Getting Started Series (GSS)** are courses free of prerequisites that generally range from one evening or day to a two- or three-week series introducing students to a new outdoor sport or adventure. The months that class sessions usually begin are indicated after the branch abbreviation. Be sure to visit **www.mountaineers.org** for verified details about dates, fees and contacts for enrollment.

## Alpine Scrambling

This course bridges the gap between hiking and technical mountaineering, taking the student to summits off trail. It covers the gear, route-finding, avalanche awareness and avoidance, rock and snow travel, ice-ax arrest, glissade techniques and wilderness ethics. Enrollment still open: EVT/FEB; KIT/FEB; OLY/JAN; SEA/JAN; TAC/FEB

## Avalanche Course

The AIARE-certified Level 1 Avalanche Course introduces students to the primary factors that cause avalanches while emphasizing ways to avoid avalanches. It consists of three evening lectures at The

Mountaineers Program Center in Seattle and a two-day field trip based at The Mountaineers Mt. Baker Lodge. The tools introduced in this course are just as applicable to managing all sorts of mountaineering hazards as they are to safety in avalanche terrain. Companion rescue methods are also covered. SEA/JAN

## Climbing

Enrollment for all basic and intermediate climbing courses ends soon into the New Year for most Mountaineers branches; Seattle is already full.

**Getting Started Series (GSS)**—Those with little or no experience can learn to

safely belay and rock climb or get a taste of advanced rock and snow travel. Courses vary from month to month, so browse the website often or call 206-521-6001.

**Basic Climbing**—A one-to-two-year course consisting of classroom instruction, field instruction and climbing experience designed to provide the basic skills necessary to safely climb rock, snow and the glaciated peaks of the Pacific Northwest. EVT/JAN; KIT/FEB; OLY/JAN; TAC/FEB

**Intermediate Climbing**—This course is for basic climbing graduates who wish to take their skills to the intermediate level (generally up to 5.7 rock, 55-degree snow

and ice, easier mixed). EVT/JAN; KIT/JAN; TAC/JAN

**Advanced Water Ice**—Learn and practice advanced water-ice techniques. Start with one day of expert instruction from an AMGA certified guide in Canmore and spend the next few days practicing your new skills. SEA/FEB

**Water Ice Seminars**—Learn and practice advanced ice techniques for improving efficiency, speed and safety. The seminars consist of midweek evening meetings. Each seminar focuses on a specific topic. Keep an eye on the website for more. SEA

**Intro to Winter/Mixed Climbing**—Designed to teach the fundamental skills required to safely lead climb during the winter months on routes consisting of rock and ice. EVT/JAN

**Intro to Leading Bolted Routes**—Learn the fundamental technical skills and gain experience necessary to safely lead well-bolted, single-pitch routes. The course consists of six 3-hour sessions. SEA/JAN

**2013 Sport Climbing Team**—A 10-week intensive training program that will take your ability to lead bolted routes to the next level. The course covers climbing skills and drills, physical conditioning, mental training, as well as advanced falling and belaying techniques. SEA/FEB

**Crag Climbing**—A nearly three-month course, Crag Climbing is designed to teach the skills, knowledge, and techniques needed to safely lead traditional routes on outdoor crags. The course consists of one hands-on skill assessment/review, one gym climbing session, and five weekend field trips. The Crag course is NOT an introductory climbing course SEA/MAR; TAC/APR

## Folk Dancing

Mountaineers International Folk Dance



*Navigation courses are usually held in spring and fall*

classes offer fun along with almost-weekly instruction in a variety of international dances. No partners required, nor is prior experience. For all ages. Informal attire. SEA/ALLYR; TAC/ALLYR

## Watch for our full course guide in the September/October 2013 issue of the *Mountaineer*

### Hiking/Backpack

**Intro to Hiking and Backpacking Workshop**—An easy way to learn more about hiking in the Northwest and with The Mountaineers. A one-evening lecture covers clothing and equipment (including the Ten Essentials), conditioning, outdoor etiquette, safety and other topics. SEA/ALLYR

**Hiking Leadership**—Ready to learn hike leadership skills? Focus is on safety, trip planning, map and compass, and effective leadership during three evening classes, plus two mentored leader-experience hikes with in-field training and testing. The goal

is to have you offering successful hikes with confidence, by March 2012. KIT/FEB

### Naturalists

**Intro to the Natural World**—This course features four lectures and three field trips to exceptional areas for viewing nature. SEA/MAR

### Navigation

**Basic Navigation**—Learn to navigate safely through wilderness. Relate features on a topographic map to your surroundings, use your compass to determine bearings afield, use a map and compass to determine your location and desired direction of travel. SEA/JAN

### Photography

**Basic Photography Course**—Add an extra dimension to your outdoor adventures by bringing home great photographs. SEA/FEB (watch Foothills, Kitsap and Tacoma websites for evening workshop discussions)

**I Got a New Camera for Christmas**—Now what? Learn how to use it with skill at this three-hour session. SEA/JAN

**Continued on page 16**

## Knees are essential to enjoying the outdoors; here are some pointers to keep them healthy



Mike Warren photo

If you love to be active—to walk, run, hike, ski, jump, or even kneel in the garden to weed—you need healthy knees. Healthy knees need to be strong and flexible, capable of a large range of joint motion, to keep you on your feet.

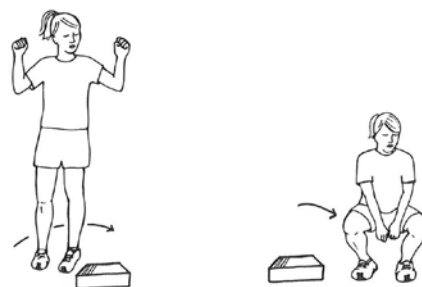
But every year, 9.5 million people see an orthopedic specialist for knee injuries and knee pain. To reduce wear and tear on your knees, and to prevent knee injury, practice two simple knee stretches to loosen your muscles and tendons and increase joint movement.

Below are two dynamic knee stretches featured in the book *The Healthy Knees Book: A Guide to Whole Healing for Outdoor Enthusiasts and Other Active People*. And you can do these at home!

(Adapted from *The Healthy Knees Book: A Guide to Whole Healing for Outdoor Enthusiasts and Other Active People* by Astrid Pujari, Nancy Schatz Alton (Skipstone, \$14.95 paperback.)

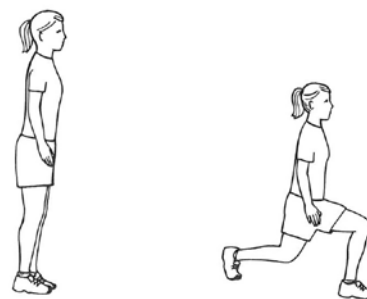
### Lateral jump and hold

Stand with your feet close, knees slightly bent. Then jump laterally (side-to-side) over a line, keeping your knees bent. Descend into a deep knee bend, or a low squat, and hold for 5 seconds. Repeat four times for healthy knees.



### Front lunge

Stand with your feet hip-distance apart. Take a long step forward, long enough to flex your front knee at a 90 degree angle. Then drive off this front leg to return to your original position. Modify this dynamic knee stretch by following through into a walking lunge: step through with your back leg and lunge again, making sure your knee does not advance beyond your ankle. Repeat 6 times for strong and flexible knees.



Simple knee stretches like these will keep you healthy by preventing knee injury and reducing knee pain! And even better, *The Healthy Knees Book* will keep you running, hiking, skiing and weeding without ever having to see a specialist.





How we train may worsen our AJS

# 'Aging Jock Syndrome'

## How to manage it

By Mindy Roberts

**What in the world is Aging Jock Syndrome?** It's a malady that afflicts many of us after we leave our 20s. Let's start with the symptoms. At first it may be a sore lower back. Then aching knees. You may develop a mysterious pain in your shoulder. Then some other body part acts up—foot, neck, thumb. Thumb? Are you kidding me? What did I do to my thumb? What is going on with me? You might have Aging Jock Syndrome (AJS).

Having AJS is different than being a weekend warrior because many of us do train during the week for our weekend activities. But how we train may be making our AJS worse. Though AJS affects many outdoor enthusiasts who are not climbers, climbers in Tacoma have taken a stand.

Staci Guffey, a physical therapist with Multicare in Tacoma, led a Tacoma seminar in December on the causes and treatment of AJS.

**"The problem with climbers and people who play outdoors** frequently is that their big muscles are really big, but their little muscles are lazy and weak," Staci explained to me. Really? She just told climbers we're lazy and weak? Yes, but she means our big, huge muscles compensate for the teeny tiny ones that stabilize us. Once we destabilize, the chain is weak and various body parts act up, especially when our posture is out of alignment.

Participants at the seminar learned about the importance of a dynamic warm-up—this could include a slow start to the approach hike or a mix of movements: jumping jacks, knee swings and planks, which all can be done at home. Stretch, but only after you warm up.

Staci focuses on three body parts where she's noticed instabilities in climbers. The following routines will help, she says, and can also be done in the confines of your home.

**1) The lower back and hip**, where they transition at the sacroiliac joint. Many climbers have very strong abdominal muscles, but we forget to strengthen the back so that it balances the abs. One way to isolate is the yoga-table position.

**2) Strong knees need strong VMOs** (the muscle on the inside top of the knee). While you brush your teeth, do a lunge with the right foot in the 1 o'clock position, keeping the knee behind the toes and even pressure on the big toe and the outer part of the foot. Hold for half of your brushing, then repeat on the other side as you finish brushing.

**3) Finally, rock climbers tend to develop a posture** with shoulders hunched forward, and that strains the small muscles that keep our shoulder blades tight into our torso. Lift up the shoulders to the ears, drop them while pulling your shoulder blades together, then relax without letting shoulders wing forward.

To complete the treatment of AJS, Staci recommends monitoring the wear patterns in your footwear and watching for good posture—not just when you climb, but in everyday life, so that you are constantly training and balancing your muscles. Let's reverse AJS! ▲▲

## About the author



Mindy Roberts is an engineer and problem-solver by nature. While denial was an appealing option

for treating her acute Aging Jock Syndrome, she opted for action instead. She has taught alpine, rock, glacier and ice climbing for The Mountaineers in Tacoma since 2001, and has served as intermediate climbing chair as well as climbing chair. Mindy developed seminars on the physics of anchors, decision-making techniques, and weather tools for backcountry outings. She currently serves as the Mountaineers Safety chair.

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*Staci Guffey holds a master's degree in physical therapy. She notes that aging jocks cheat on body mechanics so they can pursue the ultimate high associated with activities most of the world considers extreme. She teaches patients to restore normal movement patterns to get bodies moving the way they are designed (and then they can stop cheating).*

## Course mini-guide (continued from pg. 13)

### Skiing

**Cross-Country Ski**—Kick and glide your way through the Northwest winter scenery while staying in shape, making new friends and enjoying the outdoors. Depending on the branch, the courses can be multiple weekends, one day or half-day; some branches offer multiple courses based on skier ability and technique level. Foothills and Seattle offer a wide variety. EVT/JAN; FH/JAN; MEANY/JAN-FEB; OLY/JAN; SEA/JAN; TAC/JAN

**Backcountry Ski**—Learn how to safely ski in the backcountry and avoid avalanche danger. Discover the freedom and thrill of skiing untracked powder snow in the backcountry; extend your ski season by skiing all year long on the slopes high above the lift areas. Depending on branch, the courses can be multiple weekends, one day or half-day. FH/NOV; TAC/JAN; EVT/NOV

**Telemark Ski**—Learn the free-heel turn and how to safely telemark in the backcountry. Depending on branch, the courses can be multiple weekends, one day or half-day. SEA/JAN; MEANY/JAN-FEB; TAC/JAN

**Multi-Day Ski Lessons**—Weekly lessons in telemark and randonee skiing skills. FH/JAN; SEA/JAN

### Snowshoe

**Snowshoe Lite**—Gives beginning students a solid foundation in snowshoe travel: techniques, proper clothing, gear selection, Ten Essentials, food, safety and related topics. Number of lectures and field trips varies among the branches. EVT/JAN; FH/JAN; KIT/DEC-JAN; SEA/JAN; TAC/JAN

**Snowshoe Winter Skills**—For graduates of Snowshoe Lite. Takes snowshoeing to the next level, addressing the skills needed for safe travel and survival in the backcountry, including emergency shelters, ice-ax arrest, avalanche awareness, safe route-finding and incident response. One lecture and one field trip. EVT/JAN; SEA/FEB; TAC/JAN

**Winter Camping**—Open to snowshoe, alpine scramble, and climbing graduates. Learn how to make a comfortable camp in the snow, including digging and spending the night in a snow cave. One lecture and one all-weekend field trip. SEA/FEB

**Winter Travel**—Snowshoers and Nordic skiers can take advantage of this course covering avalanche awareness and safety, the Ten Essentials, backcountry etiquette, cold-weather ailments, clothing and equipment, and building overnight shelters.

Increase your safety in the backcountry. KIT/JAN; OLY/JAN

### Wilderness Skills

Open to all—Mountaineers and the general public—this course teaches the basic skills necessary to safely and enjoyably venture into the forests and mountains, whether day hiking, backpacking or on more adventurous outings. (It is a prerequisite course for Olympia alpine scrambling and basic climbing students.) OLY/JAN; other branches pending.

### Other offerings

**Meany Lodge** features an entire winter sports program ([www.meanylodge.org/winter/ski\\_program.html](http://www.meanylodge.org/winter/ski_program.html)) in January and February. Family and individual lessons (drop-ins welcome) for all ages, 4 to 80-something, and all levels of ability. Instruction is by certified instructors in the realm of downhill, snowboard, cross-country classic and skating, backcountry and telemark.

**Mt. Baker Lodge** hosts its Mt. Baker Ski Camp in March for advanced beginners to advanced telemark, randonee and alpine skiers. Heather Meadows provides the setting. ▲▲



**The Mountaineers**

# FoothillsWinter.org

## Foothills Branch Winter Education and Outings

Basic and AIARE L-1 Avalanche - Ski and Snowboard Mountaineering - Mt. Baker Ski Camp - Glacier Travel Course  
Weekly Ski Lessons at the Pass - Nordic and Alpine at Meany Lodge - Trips and Outings  
information and schedules .... [FoothillsWinter.org](http://FoothillsWinter.org)

## North Cascades Glacier Project (continued from page 8)



Deming Icefall, 2012

sandpipers on a beach, dining on the menu of frozen goodies. The snowpack was impressive, with about three meters of snow on areas “normally” (as of the last three decades) melted out to blue ice.

The Columbia Glacier is one of my favorites, as this glacier sits in a huge basin below the peaks of the Monte Cristo range.

Northwest climbing legend Fred Beckey is not one easily given to superlatives, but he writes, “(the) basin containing Blanca Lake and the Columbia Glacier is one of the most magnificent settings in the Cascade Range.” Avalanche-fed with a huge transverse component, it will likely be gone in 100 years, save for the avalanche fans directly off Columbia, Monte Cristo and Kyes Peaks.

### **Easton Glacier, August 9-12: Minus one meter mass balance for 2012**

I have avoided the Easton Glacier for the past few years because it is one of the more unpleasant camps. When the wind isn’t blowing, it’s overrun by bugs; when the wind is blowing, it is strong enough to make being outside a chore and coats everything with a fine, sharp grit of volcanic dust. Further, the water source is on the ultra-stout side of being potable—the stream coming from the Easton is the color of concrete and not much lower in aggregate content.

The Easton Glacier has retreated more than 300 meters since 1990—not just a third of a kilometer of length lost, think volume.

The Deming Glacier, a drinking water source for Bellingham residents, has retreated one-half kilometer since 1990.

**Additional surveys by Mauri’s team** recorded observations at six additional glaciers. On the northeast slope of Mt. Baker, Rainbow Glacier showed a plus one-half meter mass balance while nearby Sholes Glacier remained neutral. Filling a cirque on the south side of Shuksan, Lower Curtis Glacier thinned by nearly two feet, showing a negative one-half meter balance for 2012. Finally, at the southern reaches of the study, the Ice Worm (known as Hyas Creek Glacier), Daniels and Lynch Glaciers, which all extend from Mt. Daniels, each gained a one-half meter mass balance this season.

‘The importance of these glaciers to our region cannot be understated . . . I urge everyone to keep conservation foremost on your mind and take seriously the need for all of us to reduce our carbon footprint’

**Mass balance: negative 20 of 29 years.** In general, over the past 29 years, the glaciers of the North Cascades have seen 20 years of negative mass balance, five years of positive mass balance, and four years of “break even,” zero mass balance. Keep in mind, the loss years are typically measured in more than a meter, while the gain years are measured in fractions of a meter.

Our glaciers have lost about 30 percent of their mass in the past three decades. The importance of these glaciers to our region cannot be understated, and because of this I urge everyone to keep conservation foremost on your mind and take seriously the need for all of us to reduce our carbon footprint and to advocate for strong lands protections like congressionally-designated wilderness areas and national parks. ▲▲

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**Learn more about the North Cascades Glacier Project at [www.nichols.edu/departments/glacier](http://www.nichols.edu/departments/glacier)**



## Shuttle to ski areas (continued from page 9)

bus groups originating in towns across the Puget Sound region. [crystallmountainresort.com/Plan-Your-Trip/Midweek-Bus-Groups](http://crystallmountainresort.com/Plan-Your-Trip/Midweek-Bus-Groups)

### Mt. Baker

**The Baker Bus:** Runs on weekdays, weekends and holidays with five stops throughout Whatcom County. Web: [www.bakerbus.org/index.php/reservations](http://www.bakerbus.org/index.php/reservations) Phone: 360.599.3115

**Winter Ride Program:** Serving middle and high school aged participants in Whatcom, Skagit, Snohomish, and San Juan Island school districts beginning Saturday, January 5. Web: [winterride.mtbaker.us](http://winterride.mtbaker.us)

### Snoqualmie Pass

**Seattle Ski Shuttle:** Operates on Saturdays and Sundays for \$35 round trip with stops in West Seattle, Downtown Seattle and Bellevue. One way trips also available. Web: [seattleskishuttle.com/ride-snoqualmie/](http://seattleskishuttle.com/ride-snoqualmie/) Phone: 206.935.7669

### Stevens Pass

**U Please Come (UPC) bus:** Runs Wednesdays in January and February from Seattle's University District. Six-week passes are available for \$180 or individual bus passes for \$35. For further information contact Corinne Hill at 206-724-6195 or [corinnehill@msn.com](mailto:corinnehill@msn.com) or Adele Drummond at 206-229-2517 or [fredadele@comcast.net](mailto:fredadele@comcast.net)

**Getaway Charters:** Running from Seattle and Kirkland to Stevens

Pass on Tuesdays in January and February. Web: [www.merrymountain.com/pricing.php](http://www.merrymountain.com/pricing.php)

**Muffin Run Ski Bus:** Departures each Tuesday beginning January 8 from Bellingham, Mt. Vernon, Everett and Monroe. The shuttle includes coffee, tea and muffins. However, the prices have not been determined for the season yet. Web: [www.stevenspass.com/Stevens/the-mountain/other-transportation.aspx](http://www.stevenspass.com/Stevens/the-mountain/other-transportation.aspx). Phone: Hesselgrave International, 1-800-5522 or 360-734-3570

**Northwest Trailways Amtrak 8848:** One way ticket \$22 per person and RT \$42 Web: [www.northwesterntrailways.com/TimeScheduleEffectiveNovember12012/SpokaneWenatcheeSeattleTacoma/tabid/355/Default.aspx](http://www.northwesterntrailways.com/TimeScheduleEffectiveNovember12012/SpokaneWenatcheeSeattleTacoma/tabid/355/Default.aspx)

**SnowRider:** Departs Whidbey and Everett runs on Saturdays in January and February. There are several departure locations, three of which only run if there are enough passengers for those locations. This program includes transportation and lessons for 8 trips, all levels of participants over the age of 10 years. Space may be available for one-time riders; check the website for more information and to register. Web: [www.swparks.org/snow\\_rider.html](http://www.swparks.org/snow_rider.html).

**Can't find a shuttle that meets your schedule,** but still want to reduce your carbon footprint this winter? Try free online ridesharing networks like [theskilift.org](http://theskilift.org) or [rideshareonline.com](http://rideshareonline.com) to facilitate carpools to the mountains. ▲▲

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**In the last issue of the Mountaineer, we asked our members** to respond to a survey about our organization's role in protecting the natural and recreational resources on our state- and federally-managed lands. Nearly 300 people replied with thoughtful input. Thank you! Here is a quick snapshot of the results:

Ninety-five percent believe The Mountaineers has a responsibility to be involved with the stewardship and protection of public lands.

## Survey says . . . The Mountaineers support stewardship and conservation programs

Three of our most popular stewardship activities: 1) service learning requirements for Mountaineers courses; 2) work parties at climbing areas and 3) National Trails Day work parties.

The top three public lands policy priorities: 1) influencing long-term management plans for public lands; 2) protecting wild backcountry and establishing wilderness areas; and 3) increasing funding for state and federal recreation budgets.

Most important educational program: Leave No Trace courses and skill-training.

When asked to rank priorities for The Mountaineers conservation programs you prioritized our work in the following order: 1) advocacy (participation in policy and planning); 2) education (courses and communication about issues); and 3) stewardship (hands-on projects).

# Chad Kellogg: 'today is what matters—do what you can do today'

By Brad Stracener  
Managing Editor

When it comes to conditioning, there is probably no better authority to tap for advice and insight than ultra-runner, speed climber and endurance alpinist in general, Chad Kellogg—perhaps best described as the man who just keeps going and going. To wit: When he and climbing mate Dylan Johnson realized they were out of food and water for the final 42 hours of climbing Siguniang Shan in China, not once did they speak of turning around.

The weather kept saying, move onward. They did. And they reached the 21,750-foot summit—a first ascent—with shrunken guts, basically “numb to their hunger,” he told a Mountaineers audience of nearly 200 at a show this past December. (If he had to do it all over again, he told his audience, he would have brought more water and added a couple days to their projected time to reach the summit.)

One could equate Kellogg's endurance to the proverbial Eveready battery bunny. “I look at myself as a battery. When I am above 70 amps I am running at my best and above 60 I am pushing it. Below 50 and I must have mono or something,” he related.

He notes, however, that any battery will lose its charge altogether without some time being unplugged—resting. Still it is hard to imagine a guy like Kellogg resting. During his recovery from a broken arm suffered on Rainier, while training for an Everest speed attempt, he started ultra-trail running since his lower body was fine.

## His visit to The Mountaineers

Program Center to conduct a clinic and show gave the *Mountaineer* a chance to sit down with him long enough to broach the theme of this magazine—conditioning near home. After all, his home is Seattle.

## 'The I-90 Corridor trail runs are world class'

So we asked him where he goes around Seattle.

“The I-90 Corridor. Its trail runs are world class,” he replied without hesitation. He said leg work can be done year-round in the Pacific Northwest because the freezing level so seldomly drops below 2,500 feet. “These are generally small peaks, ranging from 2,000 to 4,000 feet elevation gain. Poo Poo Point, Cougar Mountain,



*Kellogg, a Seattle resident, left recently for South America to post a new route on Cerro Torre*

Squak, Mailbox Peak—they are perfect because there are usually no big snow issues and, if there is, you can carry some collapsible ski poles and Yak Traks with you.”

He added, “Midfork (Snoqualmie) and even inner-city, like Discovery Park, are great in the winter for training.” He said he often does a 10-mile loop before going to work.

Kellogg said Seattle has a wealth of great walls on which to train as well: dry-tooling outside at Stone Gardens, the high walls at Vertical World, the Seattle Bouldering Project and “your guys’ walls here at The Mountaineers.”

**Kellogg said his philosophy** about conditioning is to always be in good condition, as opposed to exceptional condition. “I just try to be in good condition with a good base so that I can ramp it up to my particular discipline and goal (that lies ahead).”

If one maintains a “good condition” and visits the climbing gym two days a week, “a good hand strength and a base for pretty solid 5.9s or 5.10s can be established.”

And, Kellogg said, an injury need not

**Continued on page 20**

## Chad Kellogg (continued from page 19)



### Kellogg's tips for local conditioners:

- I-90 Corridor and the 'Issquah Alps' for trail running
- Vertical World high walls and Stone Gardens outdoor mixed
- The Mountaineers Program Center
- Discovery Park for running
- Midfork Snoqualmie

inhibit one's ability to maintain a good base condition. When he broke his arm, he trained his lower body. "If you tear a calf muscle you can still weight train. There's a lot you can do when you are injured," he noted. One just has to focus on the parts of the body that aren't busted.

Turning to other subjects, Kellogg talked a bit about his dogged determination and relentless impulse to keep going, to keep moving ahead. He is still planning to return to Everest to establish the speed mark there. "I think I am just stubborn. I was taught to finish what I started by my parents." His parents were missionaries who moved to Kenya for seven-and-a-half years with their son—returning in 1980 just after St. Helens blew. "I guess the volcano was the trigger to move," he said.

A man who has seen a lot of setbacks, including the loss of several loved ones in a brief period of time (including his wife in 2007), and who has had to be treated for colon cancer—"it's always on my mind"—Kellogg said, "Today is all that matters. Do what you can do today."

## New from Mountaineers Books

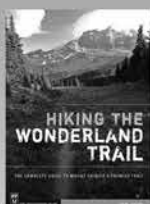
MORE THAN 600 GUIDEBOOKS, ADVENTURES, SPORTS HOW-TO, & CONSERVATION BOOKS IN PRINT



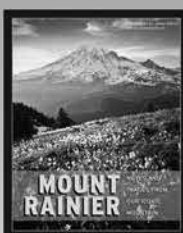
**MOUNTAIN TRAVEL & RESCUE**  
National Ski Patrol's Manual for Mountain Rescue, 2nd Edition



**SNOW TRAVEL**  
Skills for Climbing, Hiking, and Crossing Over Snow



**HIKING THE WONDERLAND TRAIL**  
The Complete Guide to Mount Rainier's Premier Trail



**MOUNT RAINIER**  
Notes & Images from Our Iconic Mountain



**THE LAST VOYAGEUR**  
Amos Burg and the Rivers of the West



**ROWING INTO THE SON**  
Four Young Men Crossing the North Atlantic



**COLD WARS**  
The Fine Line Between Risk and Reality



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# Train for Banff or other ice destinations near home

By Chad Beeman

**Finding good, accessible ice** to climb in Washington can be akin to finding a warm, sunny beach here in winter. Known for its abundance of heavy precipitation and glaciated peaks, the Northwest is not known for its climbing-quality ice. But, when conditions are right, there is decent ice climbing to be found and a way to prepare yourself for destinations hundreds of miles away.

Even during our colder-than-average winters, when ice has formed solid flows at various locations, the same locations can be covered by one weekend's snowfall, thus presenting avalanche

hazards on the approach or from overhead on route. Also, be aware that conditions here can be very ephemeral—what may be good to climb in the early morning can be downright dangerous by noon. Caution is highly advised. A decent rule of thumb: if it is 40 degrees or above in Seattle, it is best to seek ice east of the Cascade Crest or perhaps go skiing instead.



Nick Meyer photo

The author in Hafner Creek Canyon in Banff

When a long cold snap does occur in the Northwest, however, the Cascades can provide some enjoyable ice climbing and serve as a primer for your dream trip to Hyalite Canyon, Ouray or even Banff. Here are some possibilities:

**Coleman Glacier Seracs:** This area, most popular as a summer and fall destination, can offer a wide variety of reliably hard ice of various angles and heights in winter. Heavy snowfall can bury the area until the warmer months. Be aware of crevasses and falling ice typical of glacial seracs. Drive the Mt. Baker Highway and Glacier River Road, then hike from the trailhead to below Survey Rock, near the glacier, at around 5,000 feet.

**Snoqualmie Pass:** The obvious advantage of Snoqualmie is its proximity to the greater Seattle area, but it has perhaps the most fickle ice of all destinations. Climbs such as Stellar Falls lie within the Alpentel ski area, as do others like Alpentel Falls, the Source Lake Line and Bryant Buttress. If going to the Source Lake

area, it is preferable to take the Snow Lake trail on the north side of the valley instead of the ski area return trail out of the upper Alpentel parking lot.

**Icicle Creek Valley:** Colder temps and easy access make this valley quite reliable once enough precipitation has fallen, frozen and melted to form an ice flow, although in dry years some only form to smears. It is also possible to top-rope on some climbs, rounding it out as probably the most similar area in the region to

For a more complete listing of ice climbs throughout Washington, see *Washington Ice: A Climber's Guide*, published by The Mountaineers

Ouray, Colorado. By no means is there anywhere near the amount of ice that Ouray offers, but if one is willing to hike up into the surrounding mountains, a huge variety of routes— from beginner to expert—can be found. Hubba Hubba near Mountaineers Creek is popular and among the more aesthetic. By hiking up the road (upstream) and across the valley, one can find a good range of shorter, sometimes steep climbs—referred to as The Mountaineers Creek drainage climbs—on which you can also hone your mixed climbing skills.

**Mount Rainier National Park:** Higher altitudes mean that these falls and flows are often in great shape. Moreover, the park road usually is too, thanks to reliable snow removal by the park service. More popular climbs like Narada Falls are just across from the parking lot while others such as “Mikey’s Gulley” and “The Blue Room” are just a short hike from the road. These climbs can also be subject to burial under heavy snow, but unlike some other destinations, if the ice isn’t in and you have the gear, you can snowshoe, ski or whatever. ▲▲

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## About the author

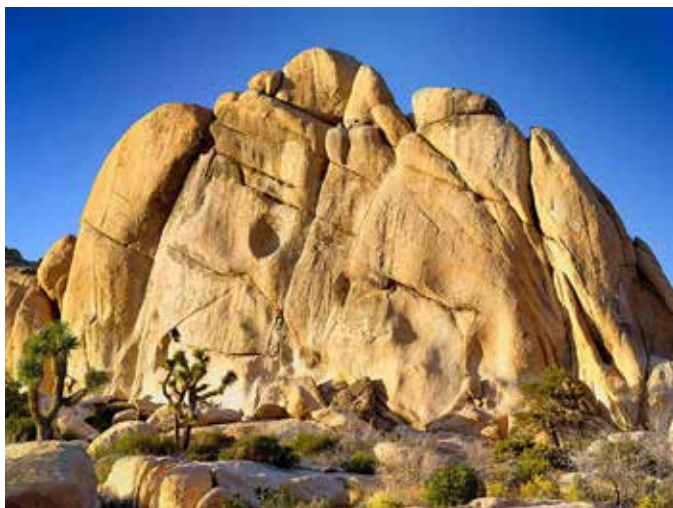
“The call to explore wild places started as a clueless farm boy for me, but my particular obsession with the Cascades started with a trip to Silver Creek Falls State Park in Oregon while visiting family,” says Texas-born Mountaineer Chad Beeman. It was not long after that he began receiving REI catalogs in the mail. The winter of ‘95 catalog cover, featuring the snowy slopes of Mt. Shuksan, particularly caught his eye and he soon afterward moved to Seattle where he now works in inside sales for K2 Sports Outdoor Group. No matter the activity his goal is to always find “an isolated and majestic setting.”

# Joshua Tree: a versatile getaway in late winter or early spring

By Loni Uchytíl

**Joshua Tree is an ideal late-winter or early-spring climbing destination.** Daytime temps average 85 degrees Fahrenheit with nights in the 50's during spring, while a little cooler in winter, averaging 60 degrees with nights much cooler—freezing and sometimes snowy at the higher elevations.

**Climbing:** Mostly single-pitch trad routes with some 2-4 multi-pitch routes. There are also a few bolted lines and some boulder routes. The rock is extremely gritty granite; domes are everywhere. The local climbing store in Twentynine Palms is called Nomad Adventure, 61795 29-Palms Hwy, Joshua Tree, CA 92252.



Old Woman Rock, a popular J-Tree climb

**Access:** J-tree is located 140 miles east of Los Angeles and 215 miles southwest of Las Vegas. The closest airport is Palm Springs. There is no public transportation available to J-Tree, so you will need to rent a car if you fly.

**Accommodations:** The most popular camping destination for climbers is Hidden Valley, the first campground you come to when entering the park from the north and out of Twentynine Palms. Camping costs \$10 a site and allows for six people, three tents and two cars per site. There is no water at this campground so you will need to bring water with you. You are allowed to have campfires but need to bring your own wood. The elevation is 4,200 feet, so it can be very cold at night. The park is about 30 minutes from Twentynine Palms with no lights, so nights are very dark, making for spectacular star-gazing. Twentynine Palms offers a wide variety of lodging if you

prefer to not rough it and is just a 30-minute drive to the closest climbing areas inside the park.

**Meals and beverages:** Coffee shops abound, including Starbucks. And there are plenty of eateries if you do not want to cook at the campground. In my opinion, Twentynine Palms is not close enough to drive back and forth daily for meals, so you should plan on food and stoves for most of your meals if you are camping in the park.

**Other amenities:** The park also offers hiking, mountain biking, horseback riding and nature walks. A short drive northeast of Twentynine Palms is the Mojave National Preserve. In the preserve you can visit the Kelso Sand Dunes, some of the highest in the U.S. at 650 feet. For an adventure you can even hike to the top of the dunes—very cool! Also just outside of Twentynine Palms, on the way back to LA, is the Desert Hot Springs Spa Hotel ([www.dhsspa.com](http://www.dhsspa.com)). It hosts a large number of outdoor hot tubs/spas that range in mineral content and temperatures. We stayed here on the way back to LA after our week of climbing—a pleasant relief for our sore muscles, a great way to end our trip and an opportunity to clean up before flying home.

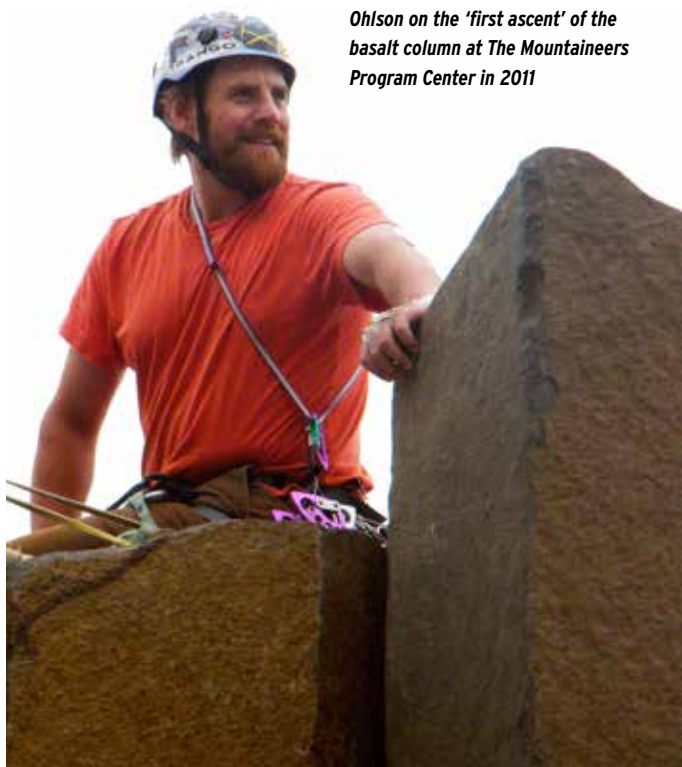


Loni Uchytíl photos



## About the author

A Mountaineers member since 2004, Loni Uchytíl—at left in Joshua Tree National Park—is all about rock, from Squamish, to Red Rocks, to Joshua Tree and beyond. She often leads and instructs Mountaineers sport climbing and crag climbing groups to these destinations.



Ohlson on the 'first ascent' of the basalt column at The Mountaineers Program Center in 2011

## Banff premier catapults K2 film directed by med student, Mountaineer Dave Ohlson

By Brad Stracener  
Managing Editor

**Dave Ohlson's own K2 journey** started 98 years after the Duke of Abruzzi (Prince Luigi Amedeo) had famously reached the highest point of the deadly mountain in 1909. A Mountaineers climber and photographer who had recently started classes in medical school, Ohlson was introduced to renowned alpinist and speed climber Fabrizio Zangrilli in Namche Bazaar in 2007. Ohlson had been working on a documentary in Nepal. The 100th anniversary of the Duke's climb had come up in his conversation with Zangrilli.

Two years later, remembering their talk, Zangrilli called Ohlson to invite him on a team that Zangrilli was to lead up K2 in 2009. At that moment, Ohlson's work on "K2: Siren of the Himalayas" had officially begun, including two-and-a-half months in Pakistan, a trip to Colorado to interview Zangrilli and the climb itself, which provided him the chance to meet other climbers on K2 in 2009—not the least being climbing great Gerlinde Kaltenbrunner, mountain guide and remote medic Chris Szymiec and Jake Meyer, the youngest Brit to climb the Seven Summits.

Between one of his classes in Yakima and his return to Seattle, the *Mountaineer* was able to ask Ohlson about the film.

**First, what drew you to this very ambitious project? You mention in an *Outside* interview your meeting and chat with Fabrizio Zangrilli and your desire to make high-altitude mountaineering more accessible and understandable to the average viewer or layperson. What else was there in this vein?**

The project combines many interests of mine: climbing, photography and history. When Fabrizio called and said he was leading an expedition to K2, I jumped at the chance to come along.

**What had you done in filmmaking prior to this?**

I had been a still photographer since the mid-90s. Back in 2001, I was on an expedition to Ama Dablam and I remember very clearly watching clouds rush over a ridgeline above me and thinking that

### A daunting film task

*K2 is the second highest peak on Earth at 8,611 meters. It is also one of the most danger-*



*ous mountains to climb. For every four people who have reached the summit, one person has died trying. Harsh weather conditions and demanding technical climb-*

*ing have made producing documentary films on K2 extremely difficult, and footage from these expeditions is rare, especially compared to its slightly taller and more frequently scaled counterpart, Mount Everest. Ohlson shot most of the climbing footage with his team on HD digital cameras and 16mm film.*

Continued on page 26



## Take pride in your gift of the outdoors to our area's youth

A big **THANK YOU** to all who have given generously over the past two years to support programs that advance The Mountaineers mission. We've experienced success and progress in youth education, conservation and volunteer development programs—all vital to The Mountaineers' strategic vision.



The year 2012 saw 80 percent growth in our youth programs since 2011—that means more young people are experiencing the countless benefits of outdoor experiences. Integral

to this growth in our youth programs are our new partnerships for Mountain Workshops.

**Thanks to a recent partnership** with Seattle International Rotary and Seattle University's Center for Service and Community Engagement, The Mountaineers hosted Bailey Gatzert Elementary School students one Saturday in December for the first of a series of five Mountain Workshops. The kids learned about the Ten Essentials, first aid and experienced rock climbing for the first time.

Located in the Yesler neighborhood of Seattle, Bailey

Gatzert has one of the most diverse student populations in the Seattle School District. The ratio of children enrolled at Bailey Gatzert who are from families living at or below the poverty level is one of the highest in the Seattle school system.

Eddie Lincoln, coordinator for the Seattle University program,



enjoyed seeing the kids react to the rock wall for the first time. He stated that experiences like Mountain Workshops open kids' eyes and provide the opportunity

to try something new—something they would never have had a chance to try in their own neighborhoods. He believes that experiences like Mountain Workshops, which provide challenge and an



opportunity for success and pride through accomplishments—as small as they might be—hold the promise of influencing academic performance.

He mused over hearing the kids comment on the bus ride to the Program Center. As they noticed the University of Washington and Husky Stadium, they commented on how close the water is to the campus.

When asked about his favorite part of the day, nine-year-old Kendin not surprisingly responded, "rock climbing." When asked why, he said, "Because it can be challenging and give you exercise, and you can get better and better every time, even if it's difficult."



### Nine-year-old Edward liked trying something new.

Edward's mom, Wendy, accompanied him on the trip, assisted the belayer and provided a little extra coaching, because Edward is blind. When asked if she thought the experience was valuable, Wendy replied, "Yes. It's good for him to try something new. This made him happy today and that makes me happy." Edward chimed in to say that climbing was his favorite part of the day.

**If you have made a gift** to The Mountaineers General Fund over the past two years, you can take pride in enabling The



Mountaineers to share the gift of the outdoors with Bailey Gatzert students and the many disadvantaged kids who have come through our youth programs during this time. Again, thank you.

**Find out more about how gifts to The Mountaineers can help enrich and change the lives of youth at [www.mountaineers.org](http://www.mountaineers.org). Click on "Donate" or "Youth and Family"**

# PEAK SOCIETY



*"The main focus of teen **Venturing** is high adventure and leadership in high adventure. The mission is really to get kids outside and teach them leadership skills. **Venturing** is a program designed to be run by the kids. They determine their goals and curriculum. We give guidance as adults, but for the most part we're along for the ride. They own everything they do."*

Becca Polglase, Education Manager

With our youth programs we're doing more than empowering young people to get outdoors. We're instilling values and teaching skills that will serve them well for the rest of their lives.

**Peak Society is a distinguished group** of individuals who support The Mountaineers' mission and share our vision to educate and engage the next generation of recreationists and conservationists by making an annual, unrestricted gift of \$1,000 to The Mountaineers General Fund. We offer members the opportunity to expand their knowledge of key issues through periodic Peak Society hosted social and unique occasions to engage with influential leaders and fellow members.

**Transforming young lives by sharing a legacy that is uniquely Mountaineers: Clearly a worthy investment.**



For more information contact Mary Hsue at 206.521.6004 or [maryh@mountaineers.org](mailto:maryh@mountaineers.org)

## K2: Siren of the Himalayas (continued from page 23)

a still image could never do it justice. Later that year I met a filmmaker in Kathmandu and ended up going to Tibet and doing my first filming. After that I kept learning and looking for the right subject material for a feature-length documentary. I started doing commercial video work and began working on a documentary, but it never quite materialized. The K2 film was different though, I knew from the beginning that I was going to take it all the way no matter what it took.

### How easy/difficult was it to gain the archived Duke of Abruzzi footage?

The hardest part was figuring out who to ask. But once that was clear, the use of the footage was fairly straightforward. In the course of researching for this film I made contact with a guy who had helped publicize Sella's work here in the States and had published a book of his photographs. He was an important supporter of the project from the beginning and introduced me to a lot of the right people. (Vittorio Sella, one of the most highly regarded mountain photographers at the turn of the century, photographed the Duke's 1909 K2 expedition.)

### How did you hook up with Jason Reid, the Seattle-based filmmaker who has won a Webby and Emmy Award?

Jason was a friend of a friend. A couple months after I returned from Pakistan I asked him if he wanted to take a look

at some of the footage I was working with. He helped edit an early short version of the film. Eventually he committed a lot of his time to helping make this film a reality.

### Is the Kickstarter fundraising project for post-production costs done?

The Kickstarter campaign is officially over. We raised a bit over \$10,000 which was really amazing! We're still collecting donations via PayPal at K2Siren.com, but the thing that really pushed the project over the edge was finding an executive producer who believed in the project and had the resources to see it completed.

**I understand you were attending medical school while all this was going on. How the heck did you do it? How close are you to graduating and what type of medical degree are you seeking?**

I got a W-EMT certification in 2003 and have always used those skills when I had to. In 2008 in Nepal I was involved in caring for someone who had a bad accident on Pumori. Then in Pakistan in 2009 there were some more situations like that, people with pulmonary and cerebral edema and a failed rescue attempt on Latok II. It solidified in my mind that medicine was something I had to learn more about. After the K2 expedition I started working towards this goal and this fall I started medical school in Yakima. I will probably become an emergency physician eventually. Finishing the film and attending the Banff festival (for the film's premier) while in school was a real balancing act!

**The decision by Banff films to premier "K2: Siren of the Himalayas" must have been quite an honor.**

Premiering the film at Banff was an amazing experience. We screened it right after a presentation by Gerlinde Kaltenbrunner, an Austrian climber who last year became the first woman to climb all fourteen 8,000-meter peaks without oxygen or high-altitude porters. She has a featured role in the film and so being there with her was just perfect.

Now we're working on making a few improvements to the film and are looking at where to have our American premier. We're also working on getting a distribution deal for television. Once we get these things sorted out I'll be free to screen it for all our supporters at The Mountaineers.

**Finally, many in The Mountaineers are certainly proud of the fact that one of our own has accomplished such a great filmmaking feat. Can you speak of the support you have had through The Mountaineers?**

Finally, many in The Mountaineers are certainly proud of the fact that one of our own has accomplished such a great filmmaking feat. Can you speak of the support you have had through The Mountaineers?

The Mountaineers is a great community and I have gotten a lot of support and encouragement from people. I was very honored to get a call letting me know that the Seattle branch wanted to make a donation in support of the film. I'm looking forward to having a screening of the film at (The Mountaineers Program Center) at some point in the future. ▲▲





## Mountaineers release the only guidebook to Seattle stairways



Pausing on one of the longest and most scenic stairways, the Blaine Street stairway on north Capitol Hill



Written for people of all ages who want to get outside, exercise, and explore in their own neighborhoods, The Mountaineers publishing arm has recently released the only Seattle stairway guidebook, *Seattle Stairway Walks: An Up-and-Down Guide to City Neighborhoods*, by Jake and Cathy Jaramillo. The following stairway walks are excerpted from the book and all photos are by Cathy Jaramillo. Please refer to the book for directions to the stairway walks.

### Ravenna

Ravenna, just north of the University of Washington, is a typically busy university Neighborhood. Cars and bikes constantly ply the major streets, and pedestrians are out and about throughout the day. This stairway walk takes you away from all that, onto the side streets, up hillsides, and into the deep ravine at the quiet heart of this gorgeous Neighborhood.

You'll stroll alongside the recently day-lighted Ravenna Creek, liberated from its conduit to flow freely above ground, blossoming under the care of Neighborhood volunteers. You'll also cross two of three footbridges that span various parts of the ravine. The largest of these, at N.E. 20th Street, provides lofty views up and down the ravine.

An optional loop takes you along its entire 0.5-mile length, with attractive playgrounds and resting places at either end.

**Length:** 1.6 miles (add 0.8 mile with optional Upper Ravenna Park loop)

**Walking Time:** 1 hour, 15 minutes (add 30 minutes with optional Upper Ravenna Park loop)

**Cafes/Pubs:** Look along 25th Avenue N.E., between N.E. 55th Street and University Village at the south end, or in University Village itself. For more of a Neighborhood experience, try Cowen Park Grocery, which has great cafe/lunch fare. It's near the west end of Ravenna/Cowen parks, at Brooklyn Avenue N.E. and N.E. Ravenna Boulevard.

### Golden Gardens

If you're looking for a short stairway walk, this is a great choice. Though it can be covered in less than an hour, the scenery and ambience vary widely along multiple stairways and paths, from the Loyal

Continued on page 40

## Global Adventures: a chance to explore and learn of new places



Iceland's Suduroy, Faroe Islands

Steve Johnson photo

By Steve Johnson

At the recent Mountaineers Outdoorfest people stopped by the Global Adventures exhibit and asked me, "What is a Global Adventure?" I thought of the many places I have visited with groups of friendly, interested Mountaineers. It is a chance to

explore and experience cultures and countries high on your bucket list or completely off the usual must-see routes.

Several years ago my wife, Bev Dahlin, and I led a group of loyal Mountaineers to Iceland and the Faroe Islands. First, we had to explain where

these remote North Atlantic islands were! Once there, we discovered a traditional Scandinavian culture spanning centuries. Global Adventure leaders are good at this. They spend an enormous amount of time researching and exploring parts of the world normally bypassed by mainstream tour companies.

Our leaders are also volunteers, so we can offer lower prices on your bucket-list destinations. In 2013, we have intriguing and cost-efficient trips going to the Himalayas, Alps, Italian Dolomites, New Zealand and New England.

In my Outdoorfest conversa-

tions, after explaining what we do, the first thing I asked was, "Where do you want to go?" This ultimately led to an engaging discussion of unusual places that our Global Adventures Committee could explore.

If you wish to participate in a fabulous journey with other Mountaineers or perhaps become a Global Adventure leader, don't hesitate to contact us: bevandsteve@hotmail.com.

See [www.mountaineers.org](http://www.mountaineers.org)

for all details on Mountaineers

Global Adventures

### Ski Swiss-French Alps

Feb. 28-March 17, 2013

**Trip preview:** [www.youtube.com/watch?v=hEkwOsEO7SI](http://www.youtube.com/watch?v=hEkwOsEO7SI).

Have you ever thought of sightseeing the Alps on skis? Here you can find a lift to the peak and not one groomed trail to the base. Here there are over 200 lifts on one ski pass. And after a day on the snow, you can enjoy a hot tub or sauna before having a grand, multicourse dinner at your hotel while watching the sun set on snow-covered peaks.

**Price:** \$3,450 based upon 12 participants at a rate of 1 Euro = \$1.35. **Leader:** Patti Polinsky, MeanySports@me.com, 206-525-7464. Group limit is 14 to ensure a relaxing vacation for all.

### Backpack Colorado Trail

Aug. 16-28, 2013

The Colorado Trail is a 483-mile high route along the crest of the Rocky Mountains from Denver to Durango, contiguous through much of its length with the Continental Divide trail. The 75-mile segment from San Luis Pass to Molas Pass, containing the trail's highest point (13,271' Coney Summit) has been named a life-list trip by *Backpacker* magazine.

**Price:** \$800 per person including on-trail 'luxury camp' with dinner-breakfast and showers (assuming 8 people) **Leader:** Cheryl Talbert, cascadehiker@earthlink.net, 253-229-4018.

### Hike Italy's Dolomites

Aug. 22-Sept. 12, 2013

The Dolomites of northern Italy encompass some of the most beautiful hiking areas in the world: green alpine meadows, stretching between charming village-studded valleys and craggy, awe-inspiring karst mountains. Trod extensive inter-connecting footpaths and visit well-placed rifugi (high altitude mountain huts).

Stay in three- and four-star hotels each night, with bounteous buffet breakfasts and multicourse evening meals included in the trip price.

Trip classification is upper moderate to strenuous and hiking days are long, but pace is moderate.

**Price:** \$3,750 **Leaders:** Shari Hogshead and Paul Gauthier, skimntr@aol.com, 425-957-4548 or 425-260-9316.

### Presidential Traverse in New England

Aug. 31-Sept. 8, 2013

Hike nearly 25 miles of the famous trail of the east, the

Appalachian Trail, and traverse its presidential peaks—all above 4,000 ft. and named after eight U.S. presidents. The highest peak, Mt. Washington, is 6,289 ft. A light daypack is all that is needed, as the huts provide food and bedding.

**Party limit:** 9.

**Price:** \$998 (Includes lodging, all meals, transfers from Portland, Maine to trailheads and return, shuttle transfers).

**Leader:** Patti Polinsky, meanySports@me.com, 206-525-7464.

### Trek Austria's Zillertal hut-to-hut

Sept. 7-22, 2013

This outing combines spectacular alpine scenery, European culture, and great hiking. Our 50-mile loop has it all: glaciated 11,000-ft. mountains, high alpine passes, deep valleys, waterfalls, gemsbok mountain antelopes and alpine roses.

No technical expertise required, but expect long, strenuous days and some alpine scrambling with fixed cables and ladders. Huts are large inns/guest houses. Carry only a daypack. The eight huts have food and bedding.

**Price:** \$3,000. Please complete the website

application by Feb. 1. **Leader:** Craig Miller, craigmiller@comcast.net.

### Trek Nepal's Mustang, the Forbidden Kingdom

Oct. 2-22, 2013

**Himalayan trekking, climbing preview:** Come to a free two-part program about Himalayan trekking and climbing on **January 15** (different date than listed in last magazine) at 7 p.m. in The Mountaineers Program Center. First, Erica Cline will show slides from The Mountaineers 2012 Nepal Mera Peak climb. In the second part, Craig Miller will discuss The Mountaineers 2013 Nepal Mustang trek. This outing combines a moderate trek with views of giant Himalayan peaks, Tibetan Buddhist culture, mountaineering history, and spectacular airplane flights. Highest altitude is only 12,595 feet. Camp in tents. Porters haul your overnight gear, so you carry only a daypack.

**Price:** \$3,500. Please complete the website application by March 1. **Leader:** Craig Miller, craigmiller@comcast.net.



## Hille Boulton

After an extended bout with cancer, Hille Boulton died November 14, 2012 at home, at the age of 81. A 42-year member of The Mountaineers who took climbing and winter travel courses with The Mountaineers, Hille met her husband, Eddie Boulton, on one of her many Mountaineers climbs. The two were married on Mt. Snoqualmie in 1973.

Born in Germany in 1931, she eventually became a physical therapist after a struggle with tuberculosis. She followed her passion for skiing, climbing and hiking to find work in Bavaria.

In 1964 she immigrated to America, sponsored by Dr. Alfred Bauer, a German-born Seattle physician. She studied occupational therapy and practiced at Fairfax Hospital.

Hille and Eddie visited and hosted many international mountain climbers and kayakers who joined them for trips and part of an interational exchange program conducted by The Mountaineers.

Among their many destinations were Italy, Australia and Mexico, which in 1965 served a harbinger for the eventual rise of Mountaineers International Outings, now known by the name of Global Adventures. More than one pair of fellow travelers ended up marrying each other due to the Boultons' introductions of their fellow travelers. Whenever their guests from outside the country were shy of gear necessary to join the Boultons on a Northwest adventure, Hille and Eddie would always procure the extra equipment to bring all of their visitors along.

Hille was known for her adventurous, good-natured spirit by the outdoor community. She was also a talented ceramicist and musician.

## Emily Horswill

Emily Horswill, a 33-year member of The Mountaineers, died November 12, 2012 in Seattle at the age of 91. She built an essentially self-made career as an environmental journalist and author through her love of nature and the outdoors.

She diligently sought other professional journalists and novelists who were willing to teach her to write because she was not academically trained as a journalist. She procured a newspaper job in 1960 when the *Seattle Times* offered to train her as a journalist after publishing many of her letters to the editor.

Emily, who lived in the Ballard neighborhood for many years, continued to write independently. She was able to publish 2,500 words a week and won 23 literary awards, including the Western Writer's of America Award.

She would often visit The Mountaineers Mt. Baker Lodge to enjoy winter sports and other outings.

Born November 2, 1921 in Terry, Montana, she served in the Army during World War II and devoted much of her later life to advocating for peace. In 2007, she was awarded a Doctorate in the Arts of Peace by the Global Peace Truth Force.S

## GIFT MEMBERSHIPS: 'each one reach one'

We have the perfect gift for any occasion! Current Mountaineers members can take the "each one reach one" challenge and bring another new member into The Mountaineers community by giving a valuable gift membership to your friends and family. Personalize a gift membership with a favorite Mountaineers Books title, M-logo water bottle, hat or tote bag. Contact Member Services for more information.

**Escape**  
*Winter is for FAMILY FUN*  
*at our mountain*  
**OUTDOOR CENTERS**

**Mt. Baker**  
[www.mountaineers.org/bakerlodge](http://www.mountaineers.org/bakerlodge)

**Meany**  
[www.meanylodge.org](http://www.meanylodge.org)

**Stevens**  
[www.mountaineers.org/stevenslodge](http://www.mountaineers.org/stevenslodge)



**Mountaineers Business Members** value the spirit, volunteerism and history of The Mountaineers and support the organization's mission: . . . "to enrich the community by helping people explore, learn about, conserve and enjoy the lands and waters of the Pacific Northwest. They are a community within the community of The Mountaineers—all sharing the same interest and passion for the outdoors. We thank the following Mountaineers business owners for their support.

## ACCOUNTING - TAX SERVICES

**Vivienne E. Mitchell** (Joined 1983)  
Hersman, Serles, Almond PLLC  
520 Kirkland Way, Ste. 300  
Kirkland, WA 98033  
www.cpahsa.com  
VMitchell@cpahsa.com  
425-602-9272

## BANKING - LENDING

**Leah Schulz** (Joined 2006)  
Tri Star Finance  
1400 112th Ave. SE, Ste. 100  
Bellevue, WA 98004  
www.leahdschulz.com  
leah@TriStarFinance.com  
206-523-1288

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Bellevue, WA 98005  
www.drchrishall.com  
chris@drchrishall.com  
425-455-3300

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hope@MovingIntoComfort.com  
425-998-6683

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earthhumor@comcast.net  
206-963-4521  
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To learn more about becoming  
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[info@mountaineers.org](mailto:info@mountaineers.org),  
206-521-6001

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Seattle, WA 98161  
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mearl\_bergeson@ml.com  
206-464-5632

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leah@leahdschulz.com  
206-523-1288

**Cisca Wery** (Joined 2003)  
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cisca@windermere.com  
206-715-7187

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brucewol@comcast.net  
425-344-2296

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9302 157th Pl. NE  
Redmond, WA 98052  
www.LandPrint.com  
tom@LandPrint.com  
206-790-7640

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Red Lantern Journeys - Asia tours & treks  
1000 N. Northlake Way, Ste. H  
Seattle, WA 98103  
www.redlanternjourneys.com  
ambrose@redlanternjourneys.com  
206-568-0710

## Want to be a Mountaineers Business Member?

Designed for the **small business owners** in our midst, this category of Mountaineers membership provides an opportunity for committed members to support The Mountaineers at an even higher level. In recognition of this increased support and in addition to all other member benefits, business members receive a Business Member Directory listing in this magazine and on our website, as well as invitations to special membership events.

To find out more about upcoming business member events and opportunities to get more involved with this group, contact Leah Schulz via email, [leah@leahdschulz.com](mailto:leah@leahdschulz.com) or by phone at 206-523-1288.

For a **complete list** of membership benefits and how to access them, see our **Member Benefits page**: [www.mountaineers.org/membership/benefits.cfm](http://www.mountaineers.org/membership/benefits.cfm). You can also find answers to frequently asked questions about the program online via The Mountaineers Support page: <http://help.mountaineers.org>. Or contact [info@mountaineers.org](mailto:info@mountaineers.org); 206-521-6001.

**And remember:** as a mission-based and volunteer-driven, 501(c)(3) nonprofit, all but \$10 of your dues are **tax-deductible** to the full extent of the law.

## Members: help us reach new heights in 2013

By Valerie Normand

Membership Program Manager

Whew! You made it through the holidays. With feasting and festivities behind you, now is the time to update your list of New Year's goals. If you are like many of us, chances are your resolutions will include pursuing another year full of outdoor adventures.

**"Each One Reach One" challenge:** Like a lot of people, we at The Mountaineers are making resolutions, too—and we're asking for YOUR help in reaching our goals in the New Year. **This year, we're asking each current Mountaineers member to take the "Each One Reach One" challenge and help us bring a new member into The Mountaineers community in January.**

Why? As a Mountaineers member, you understand better than anyone the value of belonging to a group that shares your love for the outdoors. You've experienced firsthand the inspiration you gain by challenging yourself to learn a new skill or explore a new trail, or simply sharing your knowledge and the wild places you love with others. The timing could not be better than now, with so many of our courses—hiking, backpacking, alpine scrambling, climbing, photography, sea kayaking—starting enrollment right now or very soon.

As membership program manager, I know that your vital support as a member enables us to continue our recreation, education and conservation efforts in the community. And I also know that **membership offers a host of great benefits that active outdoor enthusiasts value—like discount pricing** on trips and courses, outdoor gear, ski vouchers, special events, lodge stays . . . the list goes on. But none of this coming from me will mean as much to your friends and family as YOUR story.

***Please share your Mountaineers story with one new person in January and help us inspire more new members in the New Year!***

No matter what your goals in the New Year—whether you want to get fit for an upcoming summit, acquire new skills to gain a leadership edge, or just have fun with friends outside—**The Mountaineers can help you reach new heights.**

**Need more reasons to join?** For a **complete list of member benefits and how to access them**, you can always log onto our website and check out our **Member Benefits page**, [www.mountaineers.org/membership/benefits.cfm](http://www.mountaineers.org/membership/benefits.cfm), or contact Member Services, 206-521-6001, or [info@mountaineers.org](mailto:info@mountaineers.org).

### UPCOMING EVENTS

- **Winter Trails Day:** Saturday, January 12, 10 a.m.-4 p.m., at Snoqualmie Campus (**see ad on the back page and below**).

- **Meet The Mountaineers:** Learn more about upcoming courses and ways to get involved:

- Olympia:** Monday, January 14, 6:30-8:30 p.m., St. Martin's University, Worthington Center.

- Seattle:** Tuesday, January 22, 6:30pm - 8pm, The Mountaineers Program Center in Seattle.

- **Featured benefits**—Take advantage this winter!

- **Snoqualmie Ski Vouchers**—A limited number of discounted ski vouchers are available from The Mountaineers Bookstore in Seattle; get them while they last and ski The Summit!

- **Methow Valley Sport Trails Association (MVSTA)**—Once again, Mountaineers members can ski 2-for-1 for a day in the Methow Valley!



## SAT, JAN 12

- Free vendor demos of latest gear • Snowshoe tours
- Mini-clinics • Buckets of Hot Chocolate
- Winter fun for entire family

**Mountaineers Snoqualmie Campus**  
**10 am to 4 pm**

**more details: [www.mountaineers.org](http://www.mountaineers.org)**

## Welcome to our seven branches of The Mountaineers

Propelled by dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others, require a set of learned skills to enjoy safely and follow a common curriculum from branch to branch. Some, however, may have slight differences in the names of the courses they hold in common, such as Snowshoe Level 1 and Snowshoe Lite; Snowshoe or Backcountry Ski Course and Winter Travel; or Sailing Course and Crewing Course. Just look for the descriptions when visiting course information online or in this *Mountaineer*. See course events in the "Go Guide" section of this magazine. Although our program curricula are coordinated to meet Mountaineers-wide standards and policies, each branch offers a slightly different flavor or character to its offerings. Though you may want to join the branch nearest to your home, you may join any branch of your choosing. Note that once you are a member you may participate in trips or courses in any branch. One way to gain a taste test of a particular branch is to attend a new/prospective members' meeting. General dates of these meetings are noted under each branch heading. For all current activities and links to branch websites, visit [www.mountaineers.org](http://www.mountaineers.org).

### BELLINGHAM

**Vice Chair:** Minda Paul

**Website:** [bellinghammountaineers.org](http://bellinghammountaineers.org).

The Bellingham Branch, tucked alongside the craggy expanse of the North Cascades, features a vital, close-knit climbing program, as well as courses in first aid and alpine scrambling. It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. The lodge facilitates many of the courses and seminars offered by the branch. From the lodge, Mountaineers and guests can also recreate to their heart's content year-round. In addition to the courses noted above, Bellingham also offers hiking trips, snowshoe tours and backcountry ski trips.

**SPEAKER & MEETING:** Blake Herington, accomplished climber and writer who grew up amid the North Cascades will speak on packing and planning for alpine climbing. The presentation begins at 7:30 p.m.

#### Learn more

In most months other than summer, the branch hosts a meeting and slideshow for prospective members and new members to better orient them to branch offerings.

### EVERETT

**Chair:** Louis Coglas, [earthhumor@comcast.net](mailto:earthhumor@comcast.net)

**Website:** [everettmountaineers.org](http://everettmountaineers.org).

The Everett Branch of The Mountaineers was founded in 1910 by H.B. Linman, an Everett dentist. The new organization successfully sponsored over a dozen hikes that year. Its first outing was a hike to Lake Isabelle. Several hundred members of the public attended "stereopticon" presentations at the Everett High School auditorium. Dr. Linman, his wife, and seven other branch members reached the summit of Glacier Peak in August 1910 during The

Mountaineers' annual outing. The branch was not "officially" founded until 1911 when The Mountaineers charter was amended to provide for branches. This anomaly allowed the branch to hold its centennial celebration in 2010 and 2011!

Everett members share a wide variety of activities. Please explore the branch website or attend one of the branch monthly meetings to discover more about the branch.

#### Learn more

**MEMBERSHIP MEETINGS:** To learn more about branch activities and meet some nice people who happen to be Mountaineers, attend the monthly meetings on the first Wednesday of most months and often feature a guest presentation. The next meetings are **Jan. 4** and **Feb. 1**. Members, guests and the general public are invited to join us at 7 p.m. in the Snohomish County East Administration Building, 3000 Rockefeller Ave., Rm F107 in downtown Everett.

**COURSES:** Basic Climbing enrollment is open and classes begin 1/22; Nordic Ski is open and starts on 1/10; Snowshoe enrollment is open and class starts 1/16; Alpine Scrambling is open for enrollment and begins on 2/21.

**HELP RESTORE TRAILS & LOOKOUTS:** For more details about volunteering, contact Forrest Clark, [LOTM@everettmountaineers.org](mailto:LOTM@everettmountaineers.org).

### FOOTHILLS

**Chair:** Fran Troje, [foothills.branch@gmail.com](mailto:foothills.branch@gmail.com).

**Website:** [foothillsmountaineers.org](http://foothillsmountaineers.org).

The newest neighbor in The Mountaineers hood, Foothills Branch is continuing to add new programs and adventures to its offerings, year by year.

Covering communities on the Eastside, from Bellevue all the way to Ellensburg, the branch offers opportunities for safe and enjoyable outdoor recreation year-round.

The branch offers conservation and recreational access advocacy, hiking, photography and skiing. As its membership grows, the branch is looking for **volunteers** to steer current and new programs, and provide new ideas for additional programs. You might even want to become one of our leaders or instructors! We can put you on that trail. Just notify Foothills Chair Fran Troje, [foothills.branch@gmail.com](mailto:foothills.branch@gmail.com), 425-746-6726.

#### Learn more

The Foothills Branch meeting for new and prospective members is held most months throughout the year. They start with a socializing session at 6:30 p.m., which is followed by a brief update on branch goings-on and a feature presentation at about 7:20 p.m. Meetings are held in Issaquah at the King County Library System Service Center. See the branch website for the latest information on the next meeting.

**VOLUNTEER:** The Foothills Branch Hiking Committee is looking for volunteers to be a part of our committee. We are also looking for hike leaders, including backpacking leaders. For more information, please contact co-chair of the Hiking Committee, Chris Caviezel at [Nordic.chris@gmail.com](mailto:Nordic.chris@gmail.com) or 425-434-0899

### KITSAP

**Chair:** Mike Raymond, [branch@kitsapcabin.org](mailto:branch@kitsapcabin.org).

**Website:** [kitsapmountaineers.org](http://kitsapmountaineers.org).

The Kitsap Branch is home to a preserve, a program center — the Kitsap Cabin — and an outdoor stage. All of these allow a potpourri of activity and delight for Mountaineers and guests.

Kitsap offers courses and programs in climbing, alpine scrambling, hiking, snowshoeing tours, photography and sea kayaking. Its Salmon Safari for youths—streamside observations of spawning salmon in the Rhododendron Preserve—is only a



short hike from Kitsap Cabin amidst some of the longest standing old-growth forest in Western Washington's lowlands.

Also a short hike away is the magical Kitsap Forest Theater, home to two **Mountaineers Players** stage productions each year.

## Learn more

The Kitsap Branch holds quarterly membership meetings at 7 p.m. at the Norm Dicks Government Center in downtown Bremerton (345 6th St.). Anyone interested in programs offered by The Mountaineers is encouraged to attend. We'll share slides of our activities followed by a feature presentation. Refreshments will be served. Watch the Kitsap Branch website for coming dates and times.

**PHOTO SHOW** - The annual Kitsap Branch Photo Show will be held at 7 p.m. on **Mon, Jan. 7** at the Norm Dicks Government Center in Bremerton. This year we are proud to include a new feature: Our friends at The Mountaineers Foundation are sponsoring a photo contest featuring photographs taken on Mountaineers Foundation's Rhododendron Preserve property which adjoins The Mountaineers Kitsap Cabin/Forest Theater property. This contest is open to the public. Winning photographs in three categories will be featured on The Mountaineers Foundation's website, [www.preserveoldgrowth.org](http://www.preserveoldgrowth.org). Categories are Rhododendrons, Salmon/Water, and Forest. Each category has winners for spring, summer, fall and winter. Photos must be taken on the Rhododendron Preserve. Winners will be announced at the photo show.

**VOLUNTEER ALERT!** We are always looking for volunteers to make our Kitsap Cabin more accommodating. If you're in the mood for cutting up some wood for our beautiful fireplace or wish to share your carpentry skills, let us know. Also, if you have some dry, burnable wood to spare at home, we could use it! If you can help in any of these ways, contact Mike Raymond, [branch@kitsapmountaineers.org](mailto:branch@kitsapmountaineers.org).

**CONSERVATION/EDUCATION PROGRAMS:** To find out the latest about Kitsap conservation projects, contact Katha Miller-Winder, conservation and education chair, [info@salmonsafari.org](mailto:info@salmonsafari.org)

## OLYMPIA

**Chair:** Carla Jonientz, [carlajonientz@yahoo.com](mailto:carlajonientz@yahoo.com).

**Website:** [www.olympiamountaineers.org](http://www.olympiamountaineers.org). The fastest growing of the branches, the Olympia Branch has been offering

Mountaineers programs and training to the South Sound for more than 45 years, including hiking, skiing, sea kayaking, snowshoeing, backpacking, climbing, outdoor leadership, and naturalist activities.

## Learn more

**MEET THE OLYMPIA BRANCH AT OUR POTLUCKS.** The Olympia Branch holds a potluck and special adventure presentation for those interested and members on the first Wednesday of each month from September through May, excluding November. **NEW LOCATION:** It is held at the Friends Meeting Hall at 3201 Boston Harbor Rd. NE, just north of Priest Point Park. The next meeting is Jan. 2. Socializing and the potluck meal begin at 6 p.m. (arrive early). The adventure presentation begins at 7 p.m. This is a great opportunity to meet fellow Mountaineers, share ideas, learn about others' escapades, and connect with a greater community of outdoor enthusiasts. Contact Carolyn Burreson at [cburreson@q.com](mailto:cburreson@q.com), if you have questions. You can also request library materials for pick up at the potluck (see Branch Library listing below).

**JAN. 2 POTLUCK AND ADVENTURE PRESENTATION:** Maxine Dunkelman and Ray Philen will talk about bike touring in the Czech Republic which was full of pleasant surprises—yet another fantastic European country for bike touring! Bohemia has hundreds of well-marked routes to choose from, with little traffic and wonderful tourist sites to see, not to mention amazing food and beer. Join us for another "let's be tourists but go by bike" trip for the moderately athletic, including bits of the Danube and Tyrolean Austria for good measure.

**WED., FEB. 6 POTLUCK AND ADVENTURE PRESENTATION:** Crest Pictures will present the Olympia premiere of its film *Out of the Mist - Olympic Wilderness Stories*, a 50-minute feature chronicling the experiences of four individuals who share their deep love and respect for the Olympics. The scenery is stunning and their stories are inspiring. It was filmed over several years of hiking in some of the most unique and remote wilderness areas in the Olympics.

**REMEMBER: NEW POTLUCK LOCATION:** the Friends Meeting Hall at 3201 Boston Harbor Rd. NE, just north of Priest Point Park.

**IF YOU WANT MEMBERSHIP INFORMATION** about The Mountaineers, to have a membership brochure sent to a friend, or if you have moved and don't want to miss an issue of the bimonthly

*Mountaineer* magazine, send an e-mail to [olymountaineers@gmail.com](mailto:olymountaineers@gmail.com). Please include your mailing address so that we can send you a membership packet.

**COURSES BEGIN:** Our 2013 courses begin in January, starting with Winter Travel, which includes snowshoeing and Nordic skiing (you can opt for one or both). Class sessions are on Jan. 15, 16, 22 and 23, with field trips on Jan. 26 (ski) and 27 (snowshoe). Contact Judson Lang, 360-352-2794, [randall.j.lang4.civ@mail.mil](mailto:randall.j.lang4.civ@mail.mil), or [langjjc@comcast.net](mailto:langjjc@comcast.net). Wilderness Skills, our introduction to backcountry travel and a prerequisite to scrambling and climbing courses, is held the evening of Jan. 22 and all-day sessions on Jan. 26 and Feb. 9. Alpine Scrambling and Basic Climbing each have class sessions on Feb. 12, 16, and 26, and both continue into March, April, and May. Mountain-Oriented First Aid starts in March, Sea Kayaking and Leadership start in April, Wilderness Skills is held again in May, and Navigation is held in June. Attend Orientation-Information Night (see below) or check the branch website for more details. If you are interested in Sea Kayaking, you should attend the Open House-Course Signup Night, as the class regularly fills up at that event.

**ANNUAL OPEN HOUSE & OUTDOOR CLASS ENROLLMENT** will occur Jan. 14 at the Worthington Center at St. Martin's University Center (5300 Pacific Ave. SE, Lacey). This used to be called "Orientation Night" and is still your and your friends' best chance to learn about upcoming courses, talk to activity representatives, and join The Mountaineers for a **special deal: new Mountaineers members will save \$35 off the normal fee** (the initiation fee will be waived).

**BRANCH AWARDS** were presented at the branch banquet on Nov. 17. **Curt Rosler** received the 2012 Branch Service Award for his long-term involvement in nearly every aspect of the branch's activities and cheerful willingness to pitch in wherever needed. **Barbara and Michael Silverstein** received the 2012 Frank Maranville Memorial Stewardship Award for their involvement in the branch's conservation program. **Jon Ewen** received the conservation program's Crew Leader Award and **Gary Fritz, Joseph LaValle, Roy Olson, and John Saunders** were awarded the Stewardship Patch.

**Dede Chinlund** was presented the South Sound Islands Paddle Pin. **Julie Smith** earned the Cascade Classics Pin, **Scott Rice** gained the Olympia Scramble Pin—Silver Boot, and **Dan Lauren** was on hand to receive his Olympia Scramble Pin—Gold

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Boot. Last, but not least, **Emily Whitney, Marilyn Miller, and Curt Baxstrom** received the Olympia Lookout Patch and **Curt Baxstrom** the Olympia Lookout Rocker. **Emily Whitney** is the youngest Olympia Branch member to receive a hiking or climbing award. **Dan Lauren** is the first person to receive the Gold Boot in the Olympia Scramble pins. See "Awards" on branch website for details.

**THE CONSERVATION COMMITTEE ANNUAL PLANNING MEETING** will be held on Feb. 2 at the Nisqually National Wildlife Refuge. Meet at 9 a.m. at the Visitor Center to exchange ideas on conservation and stewardship projects for the year. A hike of the refuge grounds follows. The birding is great this time of year. Contact Jim French at jimfrench@comcast.net for additional information.

**THE OLYMPIA BRANCH BOARD** meets every month at 6 p.m. on the second Wednesday of the month. The next meetings are Jan. 9 and Feb. 13. Both meetings are held at the Alpine Experience in the Hyak Room. Members are encouraged to attend.

**OLYMPIA BRANCH LIBRARY:** Located at Maxine Dunkelman's house, 5418 Lemon Rd. N.E. Contact Maxine at 360-352-5027 (8 a.m. to 8 p.m.) or maxdunk@comcast.net if you'd like to come by to browse or check out or return materials. Returns can also be made at Alpine Experience (in the box behind the front counter). Books, DVDs, and maps owned by the branch are listed and searchable on the branch website. Maxine also attends our first-Wednesday potluck presentations with a selection of books to check out.

## SEATTLE

**Chair:** Timmy Williams, mtnrtimmy@clearwire.net.

**Website:** seattlemountaineers.org.

The largest of our branches, Seattle gives lovers of the outdoors an opportunity to try out hiking, backpacking, scrambling, climbing, skiing, snowshoeing, wilderness navigation, first aid, family activities, folk dances, leadership training, naturalist study, photography, singles events, Retired Rovers activities, Under the Hill Rovers activities and sailing.

### Learn more

**MEET THE MOUNTAINEERS:** The next Meet The Mountaineers open house at The Mountaineers Program Center will be held the evening of Tuesday, Jan. 22. Learn what The Mountaineers is all about and get outside with us.

**I GOT A NEW CAMERA FOR CHRISTMAS, Now What?** It doesn't

matter how you came by your camera or how long you have had it, the Seattle Branch Photography Committee is here to help. on Sat., Jan. 12 at The Mountaineers Program Center in Magnuson Park. Rick Good will lead the instruction at this 9 a.m. seminar (\$40 for Mountaineers and \$50 to general public). Register via [www.mountaineers.org](http://www.mountaineers.org).

**FREE HIKING SEMINARS:** Do you have the hiking or backpacking bug but you just need to know a little more about how to get started in the Pacific Northwest? The Seattle Branch offers a free Beginning Hiking Seminar most months. They begin at 6:30 p.m. on **Jan. 17 and Feb. 21** at The Mountaineers Program Center. Though they are free, it is requested that participants register online for these seminars to make sure there is enough seating available.

**FOLK DANCING:** Each Tuesday at The Brig in Magnuson Park, just southeast of The Mountaineers Program Center. What kind of music do we play? Traditional folk dances plus line dances, sets (squares or contras), mixers, waltz, polka, hambo, two-step variations and patterns along with ragtime, foxtrot, swing, tango and more. No partner needed; come by yourself or bring a friend. Admission: \$6 Mountaineers, \$7 non-members. Age 30 and under free. See [www.mountaineers.org/seattle/folkdance](http://www.mountaineers.org/seattle/folkdance).

**DO YOU WANNA DANCE?** The Seattle singles group offers dances and lessons. Contact Karen Ludwig, karenludwig2000@yahoo.com, for upcoming singles dances.

## TACOMA

**Chair:** Geoff Lawrence, geoff.lawrence@tacomamountaineers.org.

**Website:** [www.tacomamountaineers.org](http://www.tacomamountaineers.org).

The second largest of all seven branches, Tacoma maintains not only its own program center in the Old Town neighborhood of Tacoma, but a property close to Mt. Rainier, the Irish Cabin on the Carbon River. Tacoma Branch offers an extensive list of activities and courses, including backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, bicycling, singles events, wilderness navigation, avalanche awareness, folk dancing, photography and family activities.

Learn more about us by visiting our branch website to view our activities, our events calendar and other offerings.

### Learn more

#### MEET THE TACOMA MOUNTAINEERS:

Tacoma Branch holds a free meeting on the third Friday of every month (except June-August and December) to introduce

prospective and new members to the branch. The meeting starts at 7 p.m. with a presentation about The Mountaineers, followed by an interlude to talk with various activity reps (hiking, climbing, sea kayaking to name a few of 22 activities).

**"OUT OF THE MIST - Olympic Wilderness Stories"** will stop in Tacoma for a Jan. 18 showing at the newly refurbished Mountaineers Tacoma Program Center, 2302 N 30th St., in Old Town. Doors will open around 6:30 p.m. and DVDs will be available for purchase. The film, directed by Robert and Kathy Chrestensen, chronicles the life experiences of four individuals who share their deep love and respect for the Olympics.

**SNOWSHOE COURSE:** Providing a solid foundation of knowledge about snowshoeing and winter readiness, the Tacoma Branch Snowshoe Course has plenty of spaces still available. Registration ends and on Jan. 10, when the first class will be held. See [www.mountaineers.org](http://www.mountaineers.org) to register.

**FOLK DANCING:** On the fourth Saturday, Sept.-April, the branch offers Scandinavian folkdance, waltzes, Schottische, polka and mixers at Normanna Hall at 7 p.m.. \$10 admission; no registration required Contact Karen Goettling, 253-759-3731, karenngoettling@gmail.com, for more

## MOUNTAINEERS-WIDE PLAYERS:

Escape to the Kitsap Forest Theater and stroll down the forested trail to our unique, breathtaking stage. Create a treasured family tradition!

Join us next spring for our spring musical, "Narnia" (based on C.S. Lewis' *The Lion, the Witch and the Wardrobe*). Watch our website for audition dates (at the end of February) and plan to audition or be part of the "behind-the-scenes" contingent.

The Kitsap Forest Theater and Kitsap Cabin and Kitsap yurt are available for rental. Please see "Outdoor Centers" on the next page for further information about rentals, or call 206-542-7815 for more information.

Contact 206-542-7815 to volunteer, donate or get further information.

**Find all of your updated branch**

**community news at**

**[www.mountaineers.org/community](http://www.mountaineers.org/community)**

Mountaineers lodges are open year-round for members and guests. Reservations are made through a prepay system which accepts payment by either credit card or a check. If paying by credit card, simply call 206-521-6001 by 5 p.m. (for all lodges except Meany which is via [www.brownpapertickets.com](http://www.brownpapertickets.com); 800-838-3006) on the Thursday prior to the weekend. If paying by check, the payment must be received by 5 p.m. Thursday prior to the weekend you wish to reserve. All we ask of you thereafter is to call the program center, 206-521-6001, by 5 p.m. on Thursday to confirm that your payment has been received and that a reservation has been secured. **Cancellations:** All cancellations, except for Meany, must be made at the program center by 5 p.m. on the Thursday before the lodge visit. The cooks need to know you're coming! This is also the refund deadline.

## Baker Lodge

The Mountaineers Mt. Baker Lodge is nestled in the spectacular beauty of the North Cascades and just a short walk from the upper access to eight ski lifts of the Mt. Baker Ski Area Co. ([www.mtbaker.us](http://www.mtbaker.us)). Within a short distance from the lodge there are a number of snowshoe routes and cross-country ski trails ([www.nooksacknordicclub.org/overview.php](http://www.nooksacknordicclub.org/overview.php)). Check out the Baker Lodge website via [www.mountaineers.org](http://www.mountaineers.org) (click "Lodges & Centers," then go to "Baker Lodge, Register") or [www.mountaineers.org/BakerLodge](http://www.mountaineers.org/BakerLodge) for updates and details on openings this winter.

**Holiday Week, Dec. 26-Jan. 2** Bring your family and join us for a wonderful week & a half of winter outdoor recreation. The first meal served will be Wednesday, 12/26 dinner and the last meal will be Sunday, 1/6, breakfast. **NOTE:** the on-line sign-up will be divided into 2 sections, 12-26 to 1-2 and 1-2 to 1-6 so you will need to sign up in two places if your desired vacation spans these sections. Wednesday 1/2 lunch.

**Reservations:** At times during the season, Mountaineer activity groups have signed up for specific weekends. Even though groups may be scheduled for a weekend, unless otherwise indicate, the lodge is open to the public on all dates, with reservations on a first-call basis through online registration or by calling 206 521 6001. Payments are made at time of reservation with credit card. Questions can be answered by visiting the Baker Lodge website, [www.bakerlodge.org](http://www.bakerlodge.org) or by contacting Judy Sterry 206 366 2750 or Bill Woodcock, 206 725-7750.

**Group Scheduling:** All groups and especially Mountaineers led trips and activities are always welcome to bring group members, guests and friends to the lodge for any overnight or weekend. To ensure that there is room for your group and to avoid scheduling conflicts, please contact Judy Sterry (contact info above) for November-May reservations before publicizing the date of your event. Non-scheduled openings may be arranged if hosts can be found.

**Winter Schedule & Rates:** Baker Lodge is open all weekends from Thanksgiving through early April provided there is adequate snow and sign-up. Please click on "Calendar and Reservations" in the upper right corner of the Baker Lodge website's

home page at [www.bakerlodge.org](http://www.bakerlodge.org). We welcome the public of all ages and abilities. If you wish to bring young children (3 and under), please call the weekend host prior to registering to learn about accommodations, hazards, diapers, etc.

**Amenities:** The lodge is normally open by 7 or 8 p.m. on Fridays for weekend events but may open many times earlier. If you need a more specific opening time, please call the host listed online. Trail lights from the parking lot to the lodge are on until 10:30 p.m. and the trail is marked by flagged poles. If you arrive after 10:30 p.m. be prepared with a flashlight or headlamp. Each person should bring a sleeping bag, pillow, personal gear and a flashlight. Cars should have a shovel and chains. Saturday/Sunday breakfasts and Saturday dinner are served on weekends.

**Fifth graders ski free** if they are accompanied by a paying adult but prior arrangements must be made with the ski company. Visit the ski area website at [www.mtbaker.us](http://www.mtbaker.us) for information and a copy of the application or call the ski company's Bellingham office, 360 734-6771 (9:00-5:30 weekdays).

**Get involved:** Do you enjoy hosting people at parties, special events or in your home? Do you enjoy being a part of a team that puts meals together for others? If so, Baker Lodge may be your next opportunity. The Baker Lodge Committee is looking for energetic individuals/couples/families to assist with general operations throughout the year. You can become hosts for Baker Lodge with just two weekends of training. Specific duties range from opening and closing the lodge, assisting with and/or supervising meal preparations, and coordinating lodge activities--the possibilities are limited only by your imagination. We are interested in exploring new ideas for maximizing this "beautiful little gem of a lodge" that sits in the shadow of Mt. Baker with a fantastic view of Mt. Shuksan. Couples or friends can team up with other couples or singles to serve as hosts. Families could come together and welcome other families for a family weekend, etc. Hosts stay for free!

**Driving directions:** N. on I-5 to Bellingham, take Exit 255, the Mt. Baker Highway, and go E. on SR-542 about 54 mi. to the ski area. At the Firs Lodge, turn right onto the one-way loop road that leads 0.3 mi. to our

lodge on the right side of the road. We are about 1-1/2 hours from Bellingham and 3 hours from Seattle.

## Kitsap Cabin

Are you looking for a unique venue for your event or celebration—weddings, meetings, birthday celebrations, corporate events, concerts, workshops, reunions or retreats?

The Kitsap Forest Theater, Kitsap Cabin and the Kitsap Yurt are perfect "getaways" for you and your family, friends, business or group. The theater is a perfect venue for outdoor occasions. The cabin is outfitted with wireless internet, tables, benches, a fully functioning kitchen, dishes/silverware/glasses etc., fireplace and outdoor ambience. The yurt is 27' in diameter with an oak floor, electricity and lighting. We also have a bunkhouse with bunk beds and mattresses (guys' and gals' sides) and many tent sites around the property if you want to rent for an overnight event.

There are hikes available on the property (20 acres) and on the adjacent Rhododendron Preserve. "Big Tree" is a popular destination and is one of the largest old-growth stands of fir on the Kitsap Peninsula.

Fall is a great time to visit this unique and special place. Please contact us for details and pricing: 206-542-7815.

## Meany Lodge

**Informational emails:** To keep Mountaineers up to date on Meany Lodge events, we send emails roughly once or twice a month. Some are geared toward specific events. If one interests you, visit our website at [www.meanylodge.org](http://www.meanylodge.org) and fill out the requested information.

**Work parties:** These are the weekends that unretired Meany volunteers get things ready for winter. Whether it is one day or a couple of hours, we really do planned. Visit [www.brownpapertickets.com/event/264388](http://www.brownpapertickets.com/event/264388) to sign up for a work party.

**Meany Lodge Season Pass:** Ski season is not too far around the bend, especially regarding a discounted Meany season ticket. Purchase the pass before Dec. 1 and get the discounted price: adult \$450, child \$300. On and after Dec. 1, it will be adult \$500, child \$350. Visit <http://www.brownpapertickets.com/event/252186> to buy one.

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# outdoorcenters

**Winter sports program:** See [www.meanylodge.org/winter/ski\\_program.html](http://www.meanylodge.org/winter/ski_program.html) to learn all about family-fun lessons for all ages, 4+ to 80-somethings, and of all abilities, taught by certified instructors. Lessons (even drop-ins) in downhill, snowboard (age 7+), cross-country classic and skating, backcountry and telemark are offered January-February.

**Meany rentals:** Meany is available for private rentals and Mountaineers events. Visit [www.meanylodge.org](http://www.meanylodge.org), go to "contacts" and send the chair an email about your event and he will check the Meany calendar for openings.

## Snoqualmie Campus

Snoqualmie Campus is available for group rentals on Saturdays and Sundays only. Please contact The Mountaineers Program Center, [info@mountaineers.org](mailto:info@mountaineers.org) (preferred) or 206-521-6001, if you are interested in renting the property for your group.

## Stevens Lodge

The Mountaineers has a fantastic facility for members to enjoy at Stevens Pass. Located just above Lot 4 at the Stevens Pass Ski Area, Stevens Lodge is the only ski-in, ski-out facility on the pass. We are open every weekend from December to April, including holiday Mondays in January and February.

The lodge has three dorms with 12-24 bunks in each dorm. Bathrooms are shared and there is a shower in each restroom. The main living area has a large dining room and lounge area with a fireplace. Meals are included in your price of lodging: breakfasts on Saturday and Sunday and dinner on Saturday. Meals are prepared by volunteers and served family-style at a posted time. Please note any dietary restrictions when making your reservation. Guests are asked to contribute to the

running of the lodge by picking up at least one "chore" a day, which can be shoveling snow, serving dinner or hauling firewood. This community effort is what keeps the lodge ticking and enables The Mountaineers to staff the facility with only volunteers.

A typical weekend at the lodge might include the following: arriving Friday night and throwing your gear on a bunk before getting some night skiing turns in. After skiing home, you can settle by the fire and enjoy a book, visit with other skiers or turn in early. Breakfast is served the next morning around 7:30 and you can take your time getting ready for a day of skiing. No traffic, no parking lot hassles, and no need to try to get into your ski gear in your car. Your coat has been kept warm in the drying room and your boots are on the boot rack downstairs. You gear up and head down to Hogsback at 8:45, where you are one of the first in line to get first tracks on the backside.

After skiing non-stop for a few hours, you head back to Stevens Lodge for a little break. You warm up the soup that your brought with you, read a magazine, relax for a couple of hours, then you head out again, after the lines have gotten smaller. You ski until you need another break and head to Stevens Lodge where your gear is hung in our toasty drying room. You help out with dinner preparation and enjoy a great meal before throwing on your coat for another run of night skiing. After taking some turns, you check out the live music happening at the base area, then ski home for a good night's sleep. You wake up to the smell of bacon and have a couple cups of coffee before packing up your gear, helping with some clean-up chores. First tracks are on the highlight reel again today and the drive home is at your leisure, since you've been skiing since Friday!

**Social events:** For the 2012-2013 ski season, there are two social events planned. On **Jan. 12** we will be enjoying a bonfire stroll with the other cabins on the mountain. This is a great opportunity to raise your glass to the new season and meet some new people. On **Feb. 2** Stevens Lodge participates in a progressive dinner with four other cabins on the mountain. This is a themed event (Snow Down, Hoedown) and The Mountaineers kick off the evening as the appetizer cabin. While visiting three other cabins, you'll get to sing, dance, and take advantage of a great tradition that we have at Stevens Lodge!

**It's easy to make a reservation** to stay at Stevens Lodge. Visit The Mountaineers website and click through to Stevens Lodge, then register under "Lodges and Centers." We also welcome group reservations for birthday parties, youth groups, etc. Please call Member Services at 206-521-6001 if you have any questions about visiting Stevens Lodge. We hope to see you at the cabin!

### Have a question or need help?

Your Member Services team is ready to help with questions, 9 a.m. to 5 p.m., Mon.-Fri., by phone (206-521-6001) or email ([info@mountaineers.org](mailto:info@mountaineers.org)). Numerous resources are also available via the website, including answers to frequently asked questions in the Knowledge Base, found on The Mountaineers Support page, [www.help.mountaineers.org](http://www.help.mountaineers.org) (or by clicking "Help" in the top right corner of our website).



**Meany Lodge**  
[www.meanylodge.org](http://www.meanylodge.org)



### Weekend Vacations Featuring:

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- Lift-assisted backcountry skiing

## Author to speak on 'Wolves in the Land of Salmon'



U.S. Fish and Wildlife Service photo

By Joan E. Miller

**Wolves eat animals** like deer, moose, elk, rabbits, rodents, and occasional livestock, right? In the Pacific Northwest, you can add salmon to their diet.

What do we know about wolves and how they live? What is their role in the ecosystem of the Pacific Northwest? Professional wildlife tracker, photographer and outdoor educator David Moskowitz will help us understand the role and value of wolves when

he speaks about "Wolves in the Land of Salmon," at The Mountaineers on February 14 at 7 p.m. Moskowitz has written a new book of the same title due out in February from Timber Press. The book combines narrative, illustration and photography, flavored with the author's field experiences.

Among large predators, wolves are socially unique, he says, and among wolves, the Pacific Northwest social landscape differs from that of Rocky Mountain wolves. In

coastal British Columbia, there are wolves that rely heavily on salmon. Like humans, the wolves have found the fish to be tasty and plentiful. They establish their dens near salmon runs.

Studying wolves, says Moskowitz, offers a window to how ecosystems work. He has been tracking and observing wildlife for many years, and has recorded wolves' fascinating behaviors. Just as John Marzluff points out how crows and humans have parallel traits (see article below), Moskowitz explains that wolves and humans also share traits. Social order is one thing, but deep in our animalistic genes, we also share a disdain for competitors. Wolves, for instance, will remove coyotes from their ecosystem. In turn, humans will view wolves as competitors and remove them.

**Wolves are very adaptable**, says Moskowitz, and have high reproductive rates, so they are able to rebound if allowed. "The reason wolves are back is because people wanted them back," the

Continued on page 38

## 'Gifts of the Crow' examines the wily bird's behaviors

By Joan E. Miller

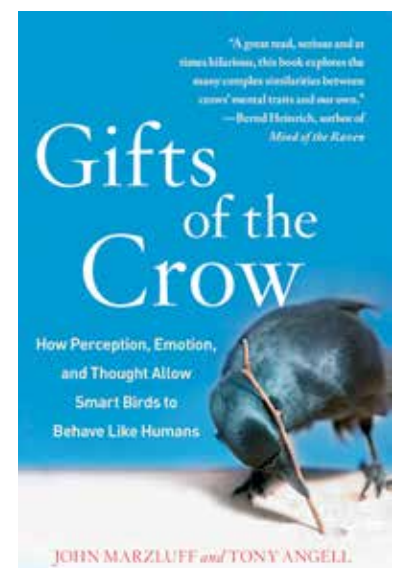
A strange thing happened to some visitors who parked in a North Cascades National Park campground a few years ago. They left their vehicles to enjoy a day or more out in the mountains, but when they returned, they discovered that not only had their rubber wiper blades vanished, but in some cases the entire metal wipers had been mangled. This happened repeatedly over a

period of time. The same thing even happened at Mt. Rainier National Park.

Who would do this and why? It

was no mystery to park employees, but they were not able to stop the vandalism and thefts. As it turned out, these people were victims of "delinquent" ravens! No one knew why ravens were attacking the wipers, but park rangers knew they had to act fast. Killing the ravens was out of the question; it's illegal.

Continued on page 38



## Wolves in the land of salmon (continued from page 37)

wildlife tracker notes. "The only reason we don't have wolves (in other places) is because people don't want them."

Humans are the wolf's only predator. Controversy surrounded the recent removal of Washington's Wedge wolf pack in the north-east corner of the state. Coincidentally, Marzluff penned an op-ed in the *Seattle Times* "in the hopes of changing how future human-wolf conflicts will be resolved." Marzluff asserted that the state acted unnecessarily in killing all six wolves.

"As we learn to be better wolf neighbors, we should also teach

wolves to be better human neighbors. Wolves are smart and living in a pack means they can learn from one another, but dead wolves don't learn."

Luckily for wolves, a lot of people in the Northwest feel they are an important part of the ecosystem, says Moskowitz, and want them to remain a part of our wilderness. "The government is spending money to support their return," he notes, thus painting an optimistic picture for the future of wolves in the Northwest.

## Gifts of the wiley crow (continued from page 37)

With the help of biologist and corvid expert John Marzluff, park rangers were able to get the ravens banded and identify the culprits. Marzluff, a University of Washington professor and author of two books about the wily birds, had crafted a plan to end the ravens' reign of terror: he would use aversive conditioning.

As he recounts in his latest book, "Gifts of the Crow," Marzluff's intention was to frighten the birds so they would associate

windshields with fear. After capturing the birds, he prepared to band them. He did so while pinning the ravens to his windshield. The tactic worked; the thefts stopped.

Marzluff will share tales of corvid behavior that can engender affection in us, as well as confound us, in his presentation, "Gifts of the Crow," at The Mountaineers on January 10 at 7 p.m. Corvids, the family to which crows



John Marzluff

and ravens belong, have been gifted with unusually large brains, says Marzluff. His book outlines eight traits that the scientist says are shared by humans and crows: language, delinquency, insight, frolic, passion, wrath, risk taking and awareness. "Like humans," he writes, "they possess complex cognitive abilities."

### About the author



Joan Miller grew up on the East Coast but happily calls the Pacific Northwest home now. A member of The Mountaineers Naturalist Group, she admits she still can't identify all the firs. She is a birder and avid student of nature, a former journalist, photographer, and works in nonprofit fundraising.



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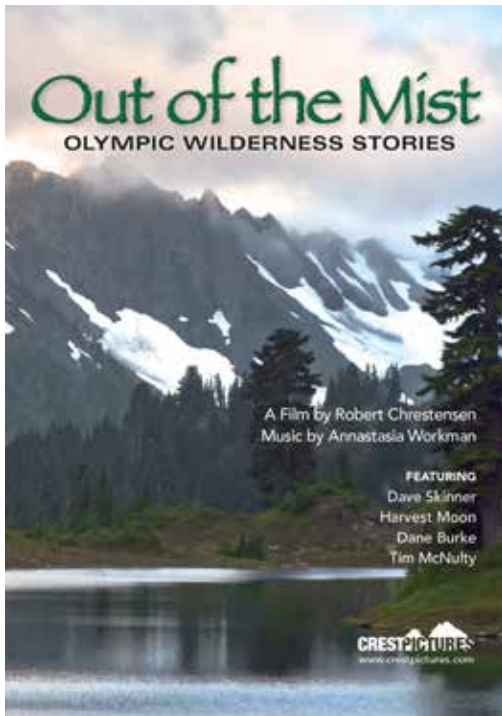
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## Film pays homage to the Olympics

Crest Pictures, who brought the outdoor community the “Irate Birdwatcher”—a film centered on the prose of the late Harvey Manning—has announced the completion of its newest feature film, “Out of the Mist: Olympic Wilderness Stories.”

Soon to be released on DVD, “Out of the Mist” chronicles the life experiences of four individuals—Tim McNulty, Dave Skinner, Harvest Moon and Dane Burke—who share their deep love and respect for the Olympics. Following are tour dates and locations:

**Wednesday, January 18** - Hosted by the Tacoma Branch of The Mountaineers at The Mountaineers Tacoma Program Center, 6:30 pm.

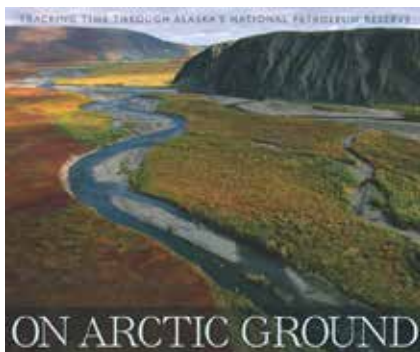
**Wednesday, January 25** - Co-hosted by The Mountaineers Public Lands Programs at The Mountaineers Program Center to benefit the Wild Olympics Campaign. Doors open at 7 pm and the free show begins at 7:45.

**Monday, February 6** - Hosted by the Olympia Branch of The Mountaineers. Details TBA.

The public is welcome to all showings and DVDs will be available for purchase. For more details, visit [www.crestpictures.com/mist](http://www.crestpictures.com/mist).

## On Arctic Ground author shares stories, images of reserve in D.C.

*On Arctic Ground* author Debbie S. Miller traveled to theaters, museums and schools across the United States this fall to share her stories and photographs from the National Petroleum Reserve—Alaska. Her stops included a visit to the Department of the



Interior, in Washington D.C., where she spoke about the beauty found in this little-known expanse of public land, never seen by most of the lawmakers now determining its fate.

Debbie’s visit to D.C.

was arranged by Alaska Wilderness League, an organization dedicated to protecting wild lands and longtime partner of Braided River, whose publications have included educational photos and essays on preserving the Arctic.

Learn more about *On Arctic Ground* at [www.onarcticground.org](http://www.onarcticground.org).



## Seattle to host Wildlands Alliance backcountry film festival

If you missed the Winter Wildlands Alliance Backcountry Film Festival in Bellevue, you should make sure to mark your calendar for Friday, **January 11**, when The Mountaineers Program Center in Seattle will host the annual event. For more information about the films, visit [www.backcountryfilmfestival.org](http://www.backcountryfilmfestival.org).

# Seattle stairways (continued from page 27)

Heights Neighborhood to Golden Gardens beach, 300 feet below.

As you zigzag down the bluff, there's an excellent chance you'll spot a bald eagle soaring overhead, or hear the barks of California sea lions drifting up from their marina hangout far below. At one point the rate of descent slows and a brook suddenly appears alongside your stairway route. When you reach the bottom, you'll duck into a colorfully decorated tunnel leading beneath the busy Burlington Northern train tracks and onto the Golden Gardens beach. Here the route skirts grass-covered dunes before threading between two small and waterbird-rich freshwater ponds, just yards away from the salty Sound.

While the walk itself is short, it's easy to find excuses to linger at the beach. The mountains and sound are magnificent, the birding and train-spotting are great, and the people-watching is especially entertaining in the warmer months, when this beach is one of the city's prime destinations. It's also fun to stake out a random sunset, and discreetly toast whatever the result may be.

The walk starts in a central location convenient to other attractions in the nearby North Beach/Blue Ridge, Crown Hill, and Sunset Hill Neighborhoods. It's easy to extend your visit to explore a hidden stairway park tucked into a street-end, view a totem pole in a butterfly garden, or check out favored local viewpoints of the mountains and Sound.

**Length:** 1.4 miles

**Walking Time:** Less than 1 hour

**Cafes/Pubs:** Caffè Fiore is a neighborhood hangout right at the starting point, with good coffee and pastries; there's also a seasonal snack bar at the beach. Other places are within driving distance.

## Downtown: City Hall to Pike Place

This stairway walk makes a terrific "city day," either as a Downtown refresher course for Seattleites, or an off-the-beaten-path alternative for visitors.

Among many architectural treats, you'll visit buildings from Seattle's brief but spectacular Art Deco period; peer up the bulging side of a nationally acclaimed Postmodern-style tower; and get a close-up view of one of the few remaining buildings that went up right after the Great Fire of 1889. This walk reveals architectural details that are easy to miss from a car or bus: tusked walrus heads glaring; Indian faces gazing; lilliputian figures strolling down walls and along ceilings; a shiny chrome arrow buried deep

in a boulder. You'll see intricate architectural allusions to early commerce in the Pacific Northwest, and inspect quirky sidewalk hatch-cover art.

**Length:** 2.5 miles

**Walking Time:** 1 hour 15 minutes

**Cafes/Pubs:** Yes, all kinds, all over! Aside from Pike Place Market and the area around it, the Colman Building has two pubs, Fado and the Owl N' Thistle. Midway through, you'll pass Fonté Coffee Roaster's cafe and wine bar between Harbor Steps and the Main Street stairs. At the start/end of the route, the Central Library has a nice cafe.

## SEATTLE STAIRWAY WALKS BY MILEAGE WITH STEPS

WALK NUMBER/NAME	MILES	STEPS DOWN	STEPS UP
23. Burien: Eagle Landing Stairs	0.4	289	289
17. Solstice Park	1.0	70	0
24. Bellevue: Kelsey Creek Farm	1.2	50	163
3. Golden Gardens	1.4	272	272
1. Ravenna	1.6	118	264
8. Madrona and Leschi	1.7	371	299
19. Longfellow Creek and Pigeon Point	1.8	274	314
21. Deadhorse Canyon and Rainier Beach	1.8	307	120
22. Lakewood-Seward Park	1.8	174	207
6. Laurelhurst	1.9	222	101
25. Mercer Island: Mercerdale Hillside	2.0	522	329
9. Eastlake, North Capitol Hill, and Portage Bay	2.3	349	337
20. Mount Baker	2.4	569	372
15. Downtown: City Hall to Pike Place	2.5	385	455
7. University of Washington	2.6	273	325
11. Southwest Queen Anne	2.6	588	477
12. Northwest Queen Anne	3.0	308	216
2. Fremont	3.2	224	302
4. Cedar Park and the Burke-Gilman Trail	3.2	275	196
18. Alki From Above	3.4	374	73
16. Fauntleroy and Morgan Junction	3.5	495	69
10. East Queen Anne	3.7	300	501
14. The Olmsted Vision: The Arboretum, Interlaken Park, and Volunteer Park	4.2	243	359
13. South Magnolia	4.5	327	405
5. Maple Leaf and Thornton Creek	4.7	326	136

***Please refer to [www.mountaineers.org](http://www.mountaineers.org)  
for all current trip, event  
and course listings***





# Achievement



*Jim Whittaker, left on Everest, stands in the middle of the top photo with twin brother Lou at right and Bil Dunaway at left—all Rainier guides*

*"I am deeply grateful to The Mountaineers . . . members for teaching me at an early age how to climb."*

— Jim Whittaker from *Life on the Edge*

**Jim Whittaker is best known** for being the first American to reach the summit of the highest mountain on Earth. In his autobiography, *A Life on the Edge*, he states, "I am deeply grateful to The Mountaineers . . . members for teaching me at an early age how to climb." This is significant because The Mountaineers is where it all began for him. It's here, where he as a 16-year-old, experienced and benefitted from volunteer-led education and outdoor activities that can only come from a volunteer-student relationship unique to The Mountaineers.

Many do not know that Whittaker continued the tradition of volunteer-led outdoor education by teaching and leading trips himself—including 10 up the "Tooth."

**The year 2013 marks the 50th anniversary** of the first American expedition to summit Mount Everest, an achievement that inspired generations of Americans to set Everest as their ultimate goal. For most Mountaineers members, especially new members starting the Basic Alpine Climbing Course this month, Everest will never be the goal, but it can certainly serve as a source of inspiration for what's possible and what can certainly be achieved.

Below are some excerpts from Whittaker's book that relate to preparation for your own challenge or feat. We hope they will serve as a source for your first steps in whatever goal you have chosen.

*"In a lifetime of adventures, I've often felt blessed by fortune. But I believe that to a considerable extent luck is something you make happen—by extending yourself into situations of risk but also by preparing yourself to succeed under those risky conditions."*

*"It has nothing to do with thrill seeking. It's about making the most of every moment, about stretching your own boundaries, about being willing to learn constantly, and putting yourself in situations where learning is possible—sometimes even critical to your survival. Being out on the edge, with everything at risk, is where you learn—and grow—the most."*

— Pages 12 - 13, *A Life on the Edge* (Mountaineers Books)

***The Mountaineers will be celebrating a reissue and anniversary edition of A Life on the Edge in April when Jim Whittaker will speak and sign copies of his newly expanded autobiography. Watch the March/April Mountaineer for more.***



**FREE!**

## Winter Trails Day

**SAT, JAN 12**

- Free vendor demos of latest gear • Snowshoe tours
- Mini-clinics • Buckets of Hot Chocolate
- Winter fun for entire family

**Mountaineers Snoqualmie Campus**  
**10 am to 4 pm**

more details: [www.mountaineers.org](http://www.mountaineers.org)



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