

Mountaineer

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

SEVEN SUMMITS

Aspiration becoming
accomplishment

Inside:

Overseas climbing tips, pg. 12

National Trails Day events, pg. 17

Lightweight, calorie-loaded foods, pg. 20

Photo
contest
2012



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



the *Mountaineer* uses . . .



the *Mountaineer* would like to thank **The Mountaineers Foundation** for its financial assistance during the redesign of both this magazine and www.mountaineers.org. The Foundation operates as a separate organization from The Mountaineers, which has received about one-third of the Foundation's gifts to various nonprofit organizations.

- 12 **Climbing Abroad 101**
Planning your first climb abroad? Here are some tips
- 14 **Outdoors: healthy for the economy**
A glance at the value of recreation and preservation
- 17 **There is a trail in need calling you**
Help out on National Trails Day at one of these events
- 18 **When you can't hike, get on a bike**
Some dry destinations for National Bike Month
- 21 **Achieving the Seven Summits**
Two Olympia Mountaineers share their experiences
- 8 **CONSERVATION CURRENTS**
New Alpine Lakes stewards: Weed Watchers
- 10 **REACHING OUT**
Great people, volunteers and partners bring success
- 16 **MEMBERSHIP MATTERS**
A hearty thanks to you, our members
- 17 **STEPPING UP**
Swapping paddles for trail maintenance tools
- 24 **IMPACT GIVING**
Mountain Workshops working their magic with youth
- 32 **BRANCHING OUT**
News from The Mountaineers Branches
- 46 **BOOKMARKS**
New Mountaineers release: The Seven Summits
- 47 **LAST WORD**
Be ready to receive the gifts of the outdoors

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: Olympia Mountaineer Julie Smith—with only one summit left before completing the feat of standing atop the seven continents' highest peaks—captured this image on Mt. Everest in 2006.

Preparing you to push your boundaries

In this magazine you'll notice stories about ordinary people doing extraordinary things, like reaching the Seven Summits. These people aren't professional guides or sponsored athletes; they are your neighbors, your fellow Mountaineers, your work colleagues, maybe even you.



These people are all around us. At a recent Finance Committee meeting, I noticed Board President Gavin Woody looking a little tired. He said he had spent the weekend biking 115 miles from Seattle to Mt. Rainier, climbing the mountain, and running the 93-mile Wonderland trail—all without sleep. He proceeded to tell me there are three types of fun: 1) things that are fun when you are doing them; 2) things that are fun in hindsight; and 3) things that are never fun. He described his "Rainier Triple Threat" as mostly Type 2 with a bit of Type 3 sprinkled in.

At The Mountaineers we pride ourselves on giving individuals the skills they need to recreate safely and responsibly. Hundreds of trained volunteers are dedicated to that purpose. But there is something else we do. We provide inspiration for thousands to get outside by sharing stories of adventure and triumph through our books and through the relationships and stories of individuals within our Mountaineers community.

While many of these stories highlight extraordinary exploits that push the boundaries of physical and mental endurance, not all of our endeavors have to be extreme to be inspirational. They can translate to something in your personal life. One of the many reasons I love working at The Mountaineers is that everyday I get to hear these stories of individuals pushing themselves to their limits to achieve their personal objectives.

I belayed a youth from Hope Place Homeless Shelter whose goal was to reach the ledge of our indoor climbing wall. As she stretched to grasp the ledge on her last move and hoist herself to the top, she gained a sense of confidence that could only be earned by doing something she didn't think was possible.

I've set my own personal goal to climb Mount Rainier this summer with fellow Mountaineers. I'm learning about the mini-challenges I need to set for myself along the way and on summit day itself. Today it's 60 minutes on the elliptical with a 25-pound backpack. In three months it will be the last 1,000 vertical feet to Mt. Rainier's Columbia Crest summit.

As an organization, we are also pushing our boundaries. In the last two years we achieved our "summit" goals of enhancing our leadership expertise, achieving 501(c)(3) status, and implementing fundraising programs to strengthen our youth, family and conservation programs. The results? A growing membership and sustainable finances, including a break-even operating income last fiscal year.

So whether your goal is to climb Everest, Rainier or that monster hill in your neighborhood, join me in setting your own "summit" goal, because often the reward is not in reaching the top, but in what you learn about yourself. You'll be stronger for trying.

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.

BOARD OF DIRECTORS OFFICERS

President Gavin Woody, 2012-14
 President Elect Dan Lauren, 2012-14
 VP Properties Tab Wilkins 2012-14
 VP Publishing Lisa Berntsen, 2012-14
 Treasurer Steve McClure, 2012-14
 Secretary John Ohlson, 2012-14

DIRECTORS AT LARGE

Lorna Corrigan, 2012-15
 Rich Draves, 2012-15
 Lee Fromson, 2010-13
 Dan Lauren, 2010-13
 John Ohlson, 2009-12
 Mark Scheffer, 2009-12
 Matt Sullivan, 2010-13
 Tom Varga, 2010-12
 Gene Yore, 2012-15

BRANCH DIRECTORS

Steven Glenn, Bellingham
 Evy Dudey, Everett
 Gerry Haugen, Foothills
 Jimmy James, Kitsap
 Mike Riley, Olympia
 Kirk Alm, Seattle
 Jim Feltus, Tacoma

EXECUTIVE DIRECTOR

Martinique Grigg

EXECUTIVE PUBLISHER

Helen Cherullo

DIRECTOR OF DEVELOPMENT AND COMMUNICATIONS

Mary Hsue

MANAGING EDITOR

Brad Stracener

PROOFREADERS

Patti Conley, Chris Compton, John Edwards, Brian Futch, Suzan Riley

PHOTOGRAPHERS

Kim Brown, Steve Giesecke, Mark Hamill, Eric Linxweiler, Mike McQuaide, Katie Messick, Donovan Pacholl, Julie Smith, Mike Warren

The *Mountaineer* (ISSN 0027-2620) is published bimonthly by The Mountaineers, 7700 Sand Point Way NE, Seattle, WA 98115. 206-521-6000; 206-523-6763 fax.

Members receive a subscription as part of their annual dues. Approximately \$12 of each member's annual membership dues goes to print and mail this publication. Non-member subscriptions to the *Mountaineer* are \$32. Periodicals postage paid at Seattle, WA and additional mailing offices.

Postmaster: Send address changes to the *Mountaineer*, 7700 Sand Point Way NE, Seattle, WA 98115.

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

Beginnings—paying tribute to the gifts they bring us

Beginnings. They are ephemeral but at the same time they are with us every breathing moment of our lives, like the beginning knots in basic climbing class. No matter where or how far your exuberance leads you, those beginnings find a rebirth and a place once you step foot on the porch of your goal. They are with you on your first step from base camp. They are in the imprint of every snow step you muster to the summit, and every “ooh” and “ahh” atop that summit as you embrace the gift of reaching your own pinnacle, relegated only to your mind's eye in the beginning.

Inside you will read about two Olympia Mountaineers who, when learning their first knots in basic climbing years ago, really never fathomed something as extreme as climbing the highest summits on the seven continents. Mountaineers normally don't do those kinds of things. Right?

Mountaineers actually do some pretty amazing things after they step out of entry-level courses and onto higher stratas of aspiration.

Our legacy speaks for itself, from the first American to stand on top of Everest, to heroics on K2, to wilderness preservation, to writing the bible on how to reach your summits. Even the experts had to start somewhere and for many of them, it was with The Mountaineers.

Whether it is the Seven Summits or just being able to do your first international climb or long-distance backpack, in this issue we offer you some bearings with which to begin your journey, courtesy of our contributors and featured subjects, such as Julie Smith who took the ever elusive “pyramid” shot (below) while climbing Everest during her Seven Summits journey.

I have recently been graced with a beginning of my own, the birth of a son in March. And as I reflect on the gift of outdoor adventure that my dad handed to me when I was only knee high in the wilds of Alaska, I want to make sure I prepare my son for everything his heart can imagine doing in the outdoors and in life. Here's to beginnings.

Brad Stracener, Managing Editor

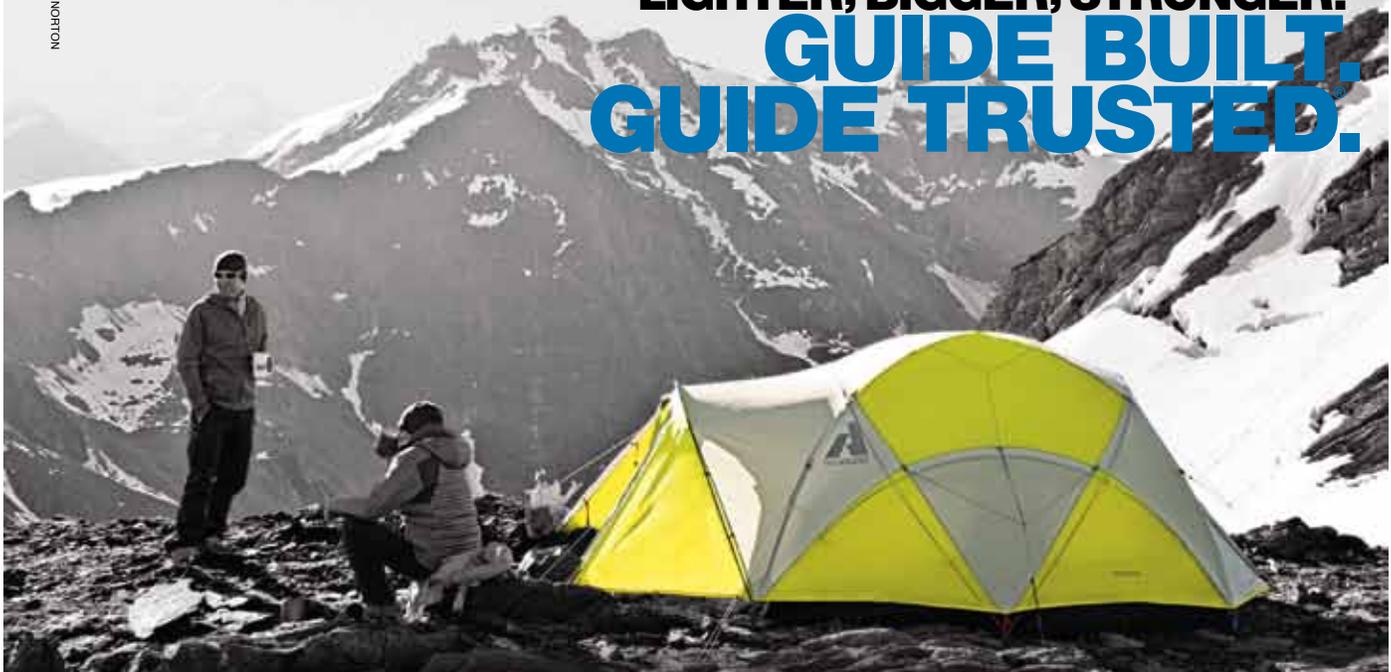
Julie Smith photo





**ANOTHER
EDDIE BAUER
FIRST THE
KATABATIC
TENT
THE WORLD'S
MOST LIVABLE
EXPEDITION
SHELTER.
LIGHTER, BIGGER, STRONGER.
GUIDE BUILT.
GUIDE TRUSTED.**

PHOTO: JAKE NORTON



EXCLUSIVE PRO DEALS DISCOUNT.

40% OFF ALL NEW GEAR AND APPAREL FOR MOUNTAINEERS MEMBERS.
APPLY NOW AT EDDIEBAUER.COM/MOUNTAINEERS. EDDIE BAUER IS A PROUD SPONSOR OF THE MOUNTAINEERS.

SEE HOW OUR GUIDE TEAM BUILT THE KATABATIC AT FIRSTASCENT.COM/KATABATIC
© 2012 EDDIE BAUER LLC.

Film event to aid climbing project near Vantage

Join The Mountaineers and the American Alpine Club on Thursday, May 17, for a film event not so much about climbing as it is about climbers. The West Coast premier of "Old Breed" and a conversation with Steve Swenson (featured at right) will kick off a fundraising effort by the Washington Climbers Coalition to build a permanent toilet at Vantage, a popular rock climbing destination. The event will begin at 7 p.m. at The Mountaineers Program Center.

Co-produced by Swenson's climbing partner, Freddie Wilkinson, the short film documents the epic process of the first ascent of Saser Kangri II and follows the trials and tribulations of the team on their journey to achieve the milestone. It delves into the idea that the thrill of climbing transcends age.



Molenaar inducted into Hall

Legendary Mountaineers member Dee Molenaar, still going strong at 92, was one of four renowned climbers inducted into the American Alpine Club Hall of Mountaineering recently. Dee joined Arlene Blum, Henry Kendall and Lou Reichardt in Golden, Colorado on April 7 for a reception and ceremony at the Bradford Washburn American Mountaineering Museum. Dee took the stage with no notes, and charmed the assembled with his recollections of climbing in the Sierra, and of course on K2, where one of the most famous expeditions in mountaineering—"the belay" by Pete Schoening—took place as the team attempted to save one of its own, Art Gilkey.

U.S. team wins alpinism's highest award



Steve Swenson, Mark Richey and Freddie Wilkinson were honored for their first ascent of Saser Kangri II at the 20th Piolets ceremony on March 24 in Courmayeur, France

Over the past couple issues of the *Mountaineer* we have followed the accomplishments of Steve Swenson, a Mountaineers Advisory Council member and one of our generous supporting Peak Society members.

We now have the delight to announce that Steve and his climbing partners—Mark Richey and Freddie Wilkinson—have received a Piolets d'Or Award for one of two notable first ascents in 2011.

Their ascent of Saser Kangri II (7,518m, India)—the second highest previously unclimbed mountain—is cited as an example of classic exploratory alpinism and committed alpine-style climbing at high altitude. The summit was reached via the steep 1,700-meter southwest face after four days of climbing and three bivouacs, with the most difficult stretch concentrated near the end of the ascent.

The trio shared the award with a young Slovenian team which reached the west summit of K7 (6,615m) in Pakistan via a three-day, alpine-style ascent of the previously unclimbed northwest face.

A wealth of experience enabled the team to take a very minimal, lightweight, alpine-style approach to reaching the summit. (Innovation note: The team used special lightweight ice hammocks designed by Richey to create flat bivy sites on the route.)

Congratulations to the Saser Kangri II team!

The Piolets d'Or Award raises awareness about of year's greatest ascents across the world. There were 88 first ascents considered for 2011 and six finalists were nominated for consideration. Two ascents were awarded "not in the spirit of competition, but to encourage a sense of shared purpose and common values among the climbing community worldwide."



Mike Warren entered this image of an overworked and much-revered Mountaineers instructor, volunteer Cebe Wallace, in last year's photo contest

Don't sleep through it!

The Second Annual *Mountaineer* Photo Contest deadline is near

The *Mountaineer* magazine has announced the 2012 edition of its annual photo contest and all entries must be submitted by May 20. This year, there will be two themes or categories for entries: 1) outdoor instruction and 2) fall activities.

Outdoor instruction can include images of any Mountaineers activity in which students are learning from one of our many volunteer instructors. Fall activities can include those outdoor endeavors that are especially good in the fall: photography, hiking, naturalist outings and rock climbing to name a few.

Any *Mountaineer* may enter the contest. The two winners of each category will be

featured on the cover of a *Mountaineer* magazine—the autumn issue and the issue featuring our courses guide at the beginning of 2013.

Here is all you have to do to enter:

- Email your entry, in .jpg format, to either brads@mountaineers.org or beccap@mountaineers.org.
- Use the following file naming convention: firstnamelastname_branch_category_PhotoTitle.jpg (use "fall" for category No. 1 and "Instruction" for category No. 2). For example, "JoshuaSmith_Tacoma_fall_MountRainier.jpg"

- Make sure your .jpg files are at least 2MB or in the neighborhood of 760 by 1050 pixels at 300 dpi.

Watch our website for the rest of these important rules and guidelines.

A review panel will submit finalists for each category from each branch by June 1. The Images will be printed in the July/August issue and on our website for our members to vote for the best one in each of the two categories.

Besides publication in an upcoming *Mountaineer*, the two winners will also receive a \$50 coupon toward any Mountaineers course of their choosing.

Weed Watchers help protect Alpine Lakes Wilderness biodiversity

A rare and rather plain-looking wildflower introduced me to the Pacific Northwest. At age 17, I flew from my home in Memphis, Tennessee, to Salem, Oregon, and headed into the central Cascade Mountains to volunteer for a week with an Earthwatch Institute research team. Our tasks included daily hikes to subalpine meadows, where we sat for hours observing small plots of colorful wildflowers and recording pollinator visits to a threatened variety of *silene douglasii*, also known as Douglas's catchfly.

Having never been west of the Mississippi, or more than 1,000 feet above sea level, I was absolutely enchanted. The wildflowers displayed a medley of color and form—spikes of blue lupine, red paintbrushes, clubs of white bear grass, starbursts of golden arnica, and pom-poms of anemone seed heads. Inspired by my initiation to the diverse and enchanting flora of the Cascades, I returned to the Pacific Northwest as an adult and settled here.

Katie Messick photo



Orange hawkweed, at left in photo, encroaches upon the flora at Snoqualmie Pass

You can help protect the Alpine Lakes Wilderness while hiking this summer! Attend our Alpine Lakes Weed Watcher training on **June 3** at the North Bend Ranger Station for an intensive classroom session and a field trip to learn the nuts and bolts of invasive plant identification and survey methods. Trainees will choose two trails to survey during the 2012 field season. Those who are not comfortable with plant identification but wish to assist with trail surveys may attend a less-intensive training session on **June 27** at The Mountaineers Program Center. Register online: www.mountaineers.org.

By Sarah Krueger
Public Lands
Programs Manager

data to guide control of infestations and establish a baseline for future monitoring and restoration.

This project is made possible by a Wilderness Stewardship Challenge Grant from the National Forest Foundation, as well as a generous matching grant from The Mountaineers Foundation, and support from REI and the Alpine Lakes Protection Society.

Trails are the main corridors for invasive species in wilderness areas: seeds hitchhike on our boots and gear, birds attracted to human activity distribute seeds at campsites, and feed for stock can contaminate the backcountry. As recreationists, we have a duty to steward our wild places.

I hope you will join in the Alpine Lakes effort to control and prevent infestations of invasives by contributing a matching gift to the program or by signing up to join the fun this summer. With your help we can continue to enjoy a rainbow of color at subalpine meadows, not a monochrome of orange hawkweed or a blanket of invasive daisies. ▲▲

Today I am grateful

and excited to help guide The Mountaineers' efforts to protect the wild places of our incredible region, especially our newly launched Alpine Lakes Weed Watcher Program, an effort to survey trails and backcountry campsites in the Alpine Lakes Wilderness.

In collaboration with our partners at the U.S. Forest Service, King County Noxious Weed Control Program, and Mountains to Sound Greenway, The Mountaineers will train hikers to identify and survey trails for invasive plants, providing

'Alpine Lakes: Wilderness in our Backyard'—a seminar

By Kim Brown

Public Lands Programs Intern

Have you driven the Lake Dorothy Highway that runs along the Middle Fork of the Snoqualmie River, along Lake Dorothy, to Highway 2?

What about the Jack Creek Road that cuts through the Teanaway valley to Leavenworth?

The mining road to Dutch Miller and La Bohn Gap?

Did you invest in the housing development on the shores of Lake Klonaqua?

What do you think of the logging operation going on at Larch Lake in the Chiwaukum mountains?

If you're scratching your head at these questions, then you know these scenarios are not possible, because all these locations are within the boundaries of the Alpine Lakes Wilderness Area. The nearly 400,000 acres of lush forests, sapphire lakes and striking peaks protected within the wilderness area were once the target of aggressive resource extraction and development.

"Alpine Lakes: Wilderness in Our Backyard"—7 p.m. on Wednesday, June 13, at The Mountaineers Program Center

It took a grass-roots citizens' movement to preserve these wilderness gems, and the work continues.

Now you may ask, what did it take to engage citizens to tackle the forces of industry and garner the necessary political momentum to establish the Alpine Lakes Wilderness? Come to The Mountaineers Program Center at 7 p.m. on Wednesday, June 13, for "Alpine Lakes: Wilderness in Our Backyard" to learn what it took.

The seminar will include presentations and discussions by four people who greatly influenced the movement to establish the wilderness area, sparked cleanup efforts in the Middle Fork Snoqualmie Valley and are leading the current initiative to expand the Alpine Lakes Wilderness by 22,000 acres and designate the Middle Fork Snoqualmie and Pratt rivers as Wild and Scenic. Speakers include Don Parks and Rick McGuire of the Alpine Lakes Protection Society, Mark Boyar of the Middle Fork Outdoor Recreation Coalition, and Tom Uniack of Washington Wild.



Talapus Trail

Kim Brown photo

Participants will be invited to hike or scramble on June 16 to an area that would be protected by the proposed Alpine Lakes expansion. The seminar and field trips are free and open to the public, **thanks to grant support from The Mountaineers Foundation.** Enjoy a mellow hike through the lush lowlands of the Middle Fork Snoqualmie River Valley to see firsthand the improvements in the valley and investigate the new Pratt Connector Trail.

Those looking for a more adventurous foray may choose to scramble to Snoqualmie Mountain (participants must meet scrambling prerequisites). Dividing the Alpentel and Commonwealth valleys, Snoqualmie Mountain straddles the current Alpine Lakes Wilderness Area and the proposed addition. From its summit you can see all at once the reasons citizens united to lobby for protection of these mountains, valleys and rivers. ▲▲

Great people, great partners, incredible results

By **Becca Polglase**
Education Manager

Because a love of the outdoors and the natural world often begins early in life, The Mountaineers Youth Programs focus on activities that engage youth in outdoor experiences. The hope is that by partnering with local schools and community youth organizations, youth of all ages will find outlets for their interests in the outdoors and become lifelong stewards of the natural world.

In this spirit we initiated The Mountaineers Youth and Family Initiative, anchored by a series of **Mountain Workshops** (described below). Thanks to generous support from **The Mountaineers Foundation, Eddie Bauer** and individual donors, we were able to spend the past year developing these programs. (See pg. 27 for more.)

The Seattle outdoor and youth-serving communities have since recognized the program's enormous potential to reach more youths in coming years and provide outdoor experiences outside of the greater



Mountain Workshop: ages 4-16

Seattle area. In fact, by the time you read this we'll have hired a part-time assistant program manager who will help take Mountain

Our success would not have been possible without the support of skilled volunteer instructors

Workshops to the next level—largely due to a generous grant from the **REI Foundation**. Stay tuned for more details in the next issue!

Our success would not have been possible without the support of skilled volunteer

instructors, who under the guidance of Mountaineers Education Program staff, share their passion for the outdoors with young people. Their dedication allows us to not only provide outdoor education and recreation to any child of any age, but to do so in a way that allows youth to progress from one age-appropriate level to the next and at various levels of commitment.

Through programs and partnerships, we have the opportunity to impact and influence future generations. Read more about all the Youth and Family Initiative offerings, including the new ones, on these pages.

Mountain Workshops

Mountain Workshops is our largest youth outreach program. Delivered in collaboration with local elementary schools and community youth organizations, the program serves youth ages 4-16 and includes a flexible curriculum that integrates active participation in an outdoor recreation skill with instruction focused on outdoor safety and appreciation for the natural environment.

We're so proud of the impact we've made and thrilled with the response from the community; requests for partnership keep coming in and, fortunately, interest from volunteer instructors has been growing! It's been exciting to see strong evidence that our youth education program vision, volunteers' interests, and the needs of the communities we serve are all aligned. This will result in amazing opportunities for the youth in the community.

Venturing



The Mountaineers' year-round adventure program for youth ages 13-20 has been successful thanks to fully-engaged youth participants and volunteers who spend so much time providing leadership and education. The program has grown from 6 to 18 participants in one year, with youth representing more than five local high schools.

In Venturing, youth set their activity goals, create an activity plan, and take responsibility for organizing the activities, in some instances acquiring skills or training needed in advance.

In the past year-and-a-half, the group has cross-country skied, snowshoed, slept in snow caves, car-camped, tide-pooled at midnight, rock climbed at Leavenworth and at Vantage, and climbed Unicorn Peak. Currently, we're working on developing mountaineering skills to meet ambitious summer plans that include climbing more than five local peaks.

While participants find the activities enthralling, motivating and fun, they more importantly develop strong bonds and meaningful friendships with each other as well as their volunteer instructors.

Volunteers have served as mentors who provide the teens with important outdoor skills while being a model of respect, responsibility, safety and volunteer ethic. In turn, we expect the youths to grow into responsible young adults, and give back by welcoming and teaching new members. We're very proud of this group and excited for a summer of adventure!

Interested in being a Venturing volunteer? Interested in joining? Contact beccap@mountaineers.org

Leave No Trace training for teens

Over a surprisingly sunny weekend in late March, officers of the Leave No Trace club at Interlake High School set out to Bremerton to finally become certified Leave No Trace trainers, compliments of The Mountaineers and Leave No Trace organization. We spent every waking moment thinking about the seven principles—eating with them in mind, hiking with them in mind, and even sleeping according to the principles. We now feel like more responsible, ethical, knowledgeable tree-huggers, ready to spread our LNT wisdom to the world.

– A student's comment from the Leave No Trace blog

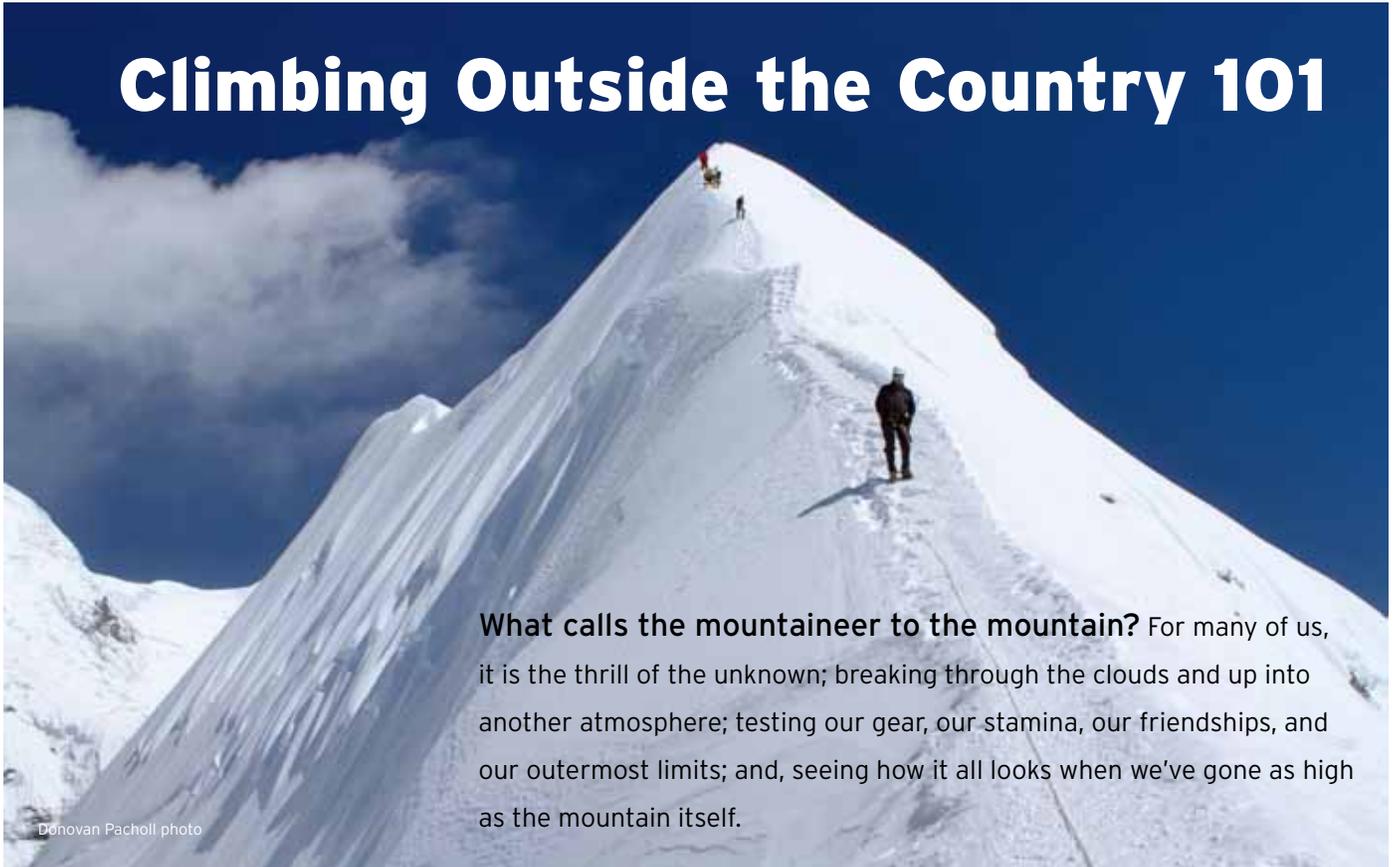
The Mountaineers Leave No Trace Trainer Course is uniquely designed for teenagers and offered in partnership with the **Seattle YMCA** and the **Leave No Trace Center for Outdoor Ethics**. As part of the Bellevue branch of the Seattle YMCA, **Interlake High School** hosts the nation's first and only Leave No Trace after-school club. To help students better lead the club, the Leave No Trace Center for Outdoor Ethics donated trainer packets to each of the club's officers. The Mountaineers hosted the course at our Kitsap Cabin and **The Mountaineers Foundation** Rhododendron Preserve.

Teen Leave No Trace Trainer Course: August 21-22: Are you a Leave No Trace Master Educator or would you like to be? Contact sarahk@mountaineers.org.



See our upcoming schedule and Day Camp offerings on pg. 36

Climbing Outside the Country 101



What calls the mountaineer to the mountain? For many of us, it is the thrill of the unknown; breaking through the clouds and up into another atmosphere; testing our gear, our stamina, our friendships, and our outermost limits; and, seeing how it all looks when we've gone as high as the mountain itself.

The author on Island Peak, Nepal

“Mountains so often inspire our most powerful life experiences. In fact, I proposed to my wife on the slopes of Kilimanjaro”

By Donovan Pacholl

If you haven't yet climbed outside the country, there's one part of the unknown that still awaits you: not just high country, but mysterious places, ancient and untouched cultures, the ultra-remote settings so few ever see.

So if you've already bagged Mt. Rainier or trekked out into the wilderness to tackle Glacier Peak, may I suggest that you consider climbing a major mountain in another part of the world? International expeditions make for a two-in-one adventure of a lifetime and are easier to pull off than you might think. Here's a quick primer to help make any international big-peak dreams come true.

Pick your destination. If your aim is to climb a mountain, the world is your oyster, but how do you determine where you want to go? First, consider what else you might want to do before or after the climb—or how your other companions might entertain themselves while you're climbing. Consider, for example, Africa for wildlife safaris, the Himalayas for culture and trekking, South America for its history, or Europe for its sophistication and relative ease of travel.

Based on my own experience of organizing climbing adventures, most people climb Mt. Kilimanjaro in Tanzania, Island Peak in Nepal, Aconcagua in South America, and Mont Blanc or the Matterhorn in the Alps. If you've been up Rainier, you can handle any of these peaks.

Research your outfitter. For all the peaks I've mentioned, you'll want (and in some cases be legally bound to get) an outfitter. To pick an outfitter, make sure they “get” climbing

and aren't actually a rafting or trekking outfit. Do the research to ensure they are a trusted name, such as interviewing past clients, and make sure they are flexible in planning as well as responsive to your questions and specific needs.

Just as importantly, remember that they impact the community you'll be visiting, so find out how they interact with the locals. Are they good to their porters? Do they respect and give back to their local communities?

Plan, plan, plan. A good rule of thumb is to plan your climb about a year-and-a-half out to allow for conditioning, to find partners, to figure out money and logistics, and to buy and test your gear.

But remember that much of the work for this kind of trip is mental, so make a commitment to go and then stick with it. Partners can be crucial—for accountability, training, companionship and making it real.

When it comes to money, a good guideline is to expect that your gear, airfare and the climb will total anywhere from \$4,000 to \$8,000 per person, depending on where you're going and for how long. If you don't have it, make a plan to save for it by the time all fees will come due.

Plan to buy your airfare at least three—and perhaps as many as six or seven—months ahead. Also leave plenty of time to secure your visas and get up to date on all necessary immunizations. You do not want to be worrying about such important logistics during the final weeks before departure.

Start your physical training at least six to nine months out, and remember, it's all about elevation! If you've got any peaks nearby, make it a point to trek or climb at altitude as regularly as you're able.

For a more enriching experience, research the peak and the area you'll be visiting. Consider getting your own guidebooks and taking your own introductory language course or pocket dictionary.

Not only is there gear to buy, but you also need to give yourself plenty of time to test it and make sure it works for you and the specific demands of your trip. Test and break in all your gear well in advance.

A final important consideration is insurance. You'll want to think

about injuries that could occur and how trip cancellations for various reasons are handled.

Finally, remember the dream. It's easy to get bogged down in all the details of planning and general travel logistics. Don't let the details deter you. A big peak in a foreign land will be a major lifetime event, and it's one you can share with climbing and non-climbing friends alike. Imagine the bonding that will occur with your group, the winding down you'll have on, say, an African safari, or the adventure others can have trekking through the Himalayas as they await your return from the climb.

Mountains so often inspire our most powerful life experiences. In fact, I proposed to my wife on the slopes of Kilimanjaro. I can't predict what will happen for you, but I hope you will combine your climbing with your travel dreams, forge ahead, and make them both come true. ▲▲

Your planning calendar

Six months out

1. Finalize your travel dates, including air travel
2. Invite friends/family you'd like to join you
3. Schedule an appointment with your doctor for immunizations
4. Organize and begin your training program

Four months out

1. Purchase your flights (3-9 months in advance)
2. Confirm your group
3. Shop for and begin testing your gear
4. Organize your visa
5. Train

Two months out

1. Be sure you're up to date on all your immunizations
2. Secure travel insurance
3. Keep testing your gear
4. Keep training

One month out

1. Keep training
2. Make sure all logistics are in place
3. Finish purchasing all necessary gear
4. Send final payment to your outfitter

One week out

1. Taper training
2. Pack
3. Rest
4. Say goodbye!



About the author

Donovan Pacholl is the owner and creator of Embark Adventures and Expeditions. Pacholl has not only organized hundreds of adventure trips around the world, he has also traveled extensively throughout Nepal, Tibet, Bhutan, and Tanzania, to name a few, as well as helped form the Kilimanjaro Porters Assistance Project. For more, visit www.embarkadventures.com

The outdoors: an indispensable source of our economy's health

By Kara Stone

Editor's note: The following commentary, written by the general manager of the REI Flagship Store in Seattle, addresses the significant contribution the outdoors and its preservation make to our region's economy. Kara Stone is also a member of The Mountaineers Board of Directors and The Mountaineers Advisory Council. Her article is excerpted from the Guest Voices column of Washington Wild Report, newsletter of the Washington Wild Coalition.

At REI, our employees and members have a symbiotic relationship with nature. Our collective happiness as outdoor enthusiasts as well as the sustainability of our business is reliant on the wild places that inspire us to get outside. With that comes the purpose that drives our efforts as an organization, which is "to inspire, educate and outfit for a lifetime of outdoor adventure and stewardship." It is this mission that guides our efforts at every level, from our beloved green-vested employees on the sales floor to our



Kara Stone

senior leadership team strategically driving the company's future.

From REI's humble beginnings in 1938, the co-op has always had a clear understanding that our existence is dependent on the preservation of, and personal connection to, our public lands. That's why we provide opportunities for hands-on stewardship

that links our community physically to the land—be it a local park or a state forest. There is nothing more satisfying than seeing the spark of ownership in the eye of an adult or child after building a trail or clearing away an acre of invasive species—work done in partnership with many important non-profits and businesses committed to conservation.

Here in the Evergreen State we are fortunate to have a wide range of local parks and trails—and we are surrounded by an abundance of natural wonders that welcome every level of outdoor pursuit, from casual to courageous. When taking inventory of our natural assets, our great state has the temperate rainforests of the Olympic Peninsula, the Ponderosa park lands of the eastern Cascades, raging rivers flowing freely from snow-capped peaks and pristine alpine lakes.

It is apparent that residents of Washington have much to be proud of and have a lot to protect—both environmentally and economically.

According to a 2006 Outdoor Industry Association study, outdoor

recreation contributes more than \$11.7 billion annually to the state's economy, supports 115,000 jobs and generates \$650 million in annual state tax revenue. These economic metrics are fueled by local residents who hike, bike, camp, hunt, fish, climb, horse-pack, paddle and ski in places like South Quinault Ridge on the Olympic Peninsula, the Kettle River Range in the Colville National Forest or the Dark Divide between Mount St. Helens and Mt. Adams. Each year, more than three million Washington residents actively participate in outdoor recreation. We know them well; our employees across the state work hard to provide them the best in outdoor gear and expertise every day.

Outdoor recreation contributes more than \$11.7 billion annually to the state's economy, supports 115,000 jobs and generates \$650 million in annual state tax revenue

Visitors flock to destinations across our state, spending their hard-earned money on food, lodging, local outfitters and other services in our local communities in order to camp and hike in our stunning national parks, paddle our Class V rapids, fish for salmon or trek the Pacific Crest Trail.

As employers, REI understands that our ability to hire the best talent depends in part on access to outdoor recreation. We are a conduit to a true work-life balance and an active lifestyle. Washington is where many of our employees choose to work and play, as proximity to these wild places enhances the quality of life for them and their families. This is part of the reason the region is so attractive to the many outdoor-industry companies that call the Northwest their home.

Members of the outdoor community feel a sense of responsibility to showcase corporate stewardship for our industry. We fund and support the protection of our wild lands and waters for current and future generations. We do this through partnering with many, many organizations that, in turn, work hard to protect our wild forests, free-flowing rivers and world-class recreational opportunities.

REI's business model has served us well over the past 74 years, and protecting our wild places will allow our co-op to grow for the next 100 years and beyond. We are economically and fundamentally connected to forests, rivers, peaks and trails, and our members and employees would not have it any other way. ▲▲

stewardship

Want to look after a lookout? Here are some in need

Leslie Romer, a looker for lost lookouts and Olympia Branch Mountaineer featured in our January/February *Mountaineer*, has a few suggestions for those who wish to spend National Trails Day—or any day for that matter—helping repair and maintain lookouts in the Cascades. Perhaps one of the following is just the right one for you.

EAST OF BELLINGHAM: Winchester Lookout will have maintenance work parties this summer. Contact the volunteer leader David Inscho at dinscho34@gmail.com to get involved.

OFF HIGHWAY 20: Park Butte Lookout maintenance is led by volunteers John and Marie Erbstoesz. They will welcome volunteers if they discover that major repairs are needed. They can be contacted at skagitalpineclub.org.

DARRINGTON AREA: North Mountain Lookout is in need of major restoration. The Forest Fire Lookout Association (FFLA), Darrington Historical Association, and the Everett Mountaineers are all interested in restoring the lookout. Contact the FFLA director for western Washington at 360-668-3461 or woodmanfor@aol.com to get involved.



North Mountain Lookout near Darrington

OFF HIGHWAY 2: Evergreen Lookout is scheduled for heavy maintenance and window repair this summer. You are encouraged to contact Ranger John Robinson at 360-677-2232 if you can help with this project.

The Mountaineers Everett Branch, under the leadership of Forrest Clark, leads the biggest volunteer effort in the state for maintaining fire lookouts. Clark's success comes from his enthusiastic encouragement of all volunteers, regardless of their skills. He recognizes that lookout restoration requires a lot of different skills, from master roofers and carpenters, to drivers who can run errands and pick up building materials, to cooks who bring a pot of soup to the trailhead at the end of a long work day and bakers who provide cookies

to keep the crews going. Hikers are sometimes needed to transport building materials and tools from trailhead to work site. To get involved contact Forrest, chair of the Everett Lookout and Trail Maintenance Committee (LOTM): lotm@everettmountaineers.org. If you can't give time, you may send donations of money to the LOTM or the FFLA (www.ffla.org).

OFF I-90: Granite Mountain Lookout overlooks parts of Snoqualmie Pass. The lookout is maintained and staffed by volunteers during the summer. Volunteer staff are trained and provided uniforms. Contact the North Bend Ranger station, 425-888-1421.

OFF HIGHWAY 410: Suntop and **Kelly Butte** lookout cabins are also maintained by volunteer work crews and staffed by volunteers during the summer. Volunteers are trained and provided uniforms. Contact the White River Ranger station at 360-825-6585.

SOUTHWEST OF MOUNT RAINIER: High Rock Lookout is maintained by two probation officers and youth crews selected from the Lewis County Juvenile Justice Division (<http://lewiscountywa.gov>). Leaders are seeking a few more adults to help supervise the kids.

OFF HIGHWAY 12: Burley Mountain Lookout, also in the Cowlitz Valley Ranger District, will have work parties this summer. Contact Jack Thorne at the district office: 360-497-1100.

IN WASHINGTON'S SOUTH CASCADES: Red Mountain Lookout is in the Mt. Adams District. Contact the Mt. Adams Ranger District, 509-395-3400, in Trout Lake. ▲▲

A 'thank you' to our lifeblood: you, the members

By **Valerie Normand**
Membership Program Manager

There is more to membership in The Mountaineers than just access to year-round activities, courses and outdoor centers. If you're like many of our members, you originally joined The Mountaineers to connect to a strong community of fellow outdoor enthusiasts, learn something new, and explore the mountains and waters of our Pacific Northwest home with trusted leaders.

Whether you want to drop in on outings and activities or take a leadership role in the organization, **you are an important part** of this outdoor community.

We want to just say **thank you** for being a member. With your commitment, you provide vital support to our mission and, in the process, inspire and connect to a vibrant community of people who love the outdoors. We couldn't do what we do without you!

We also wish to say "thanks so much" to our **community partners**—Eddie Bauer, Outdoor Research, Zipcar, Pro Mountain Sports, REI, Mountain Hardware and others—who enrich our members' experiences by generously **offering Mountaineers numerous discounts and benefits**. Now your Mountaineers membership is more valuable than ever!

We announced in the last issue of the *Mountaineer* that we're now offering a new **Business Membership** category to provide the small business owners in our midst an opportunity to network with each other and other members, as well as get the word out about the businesses and services that exist within The Mountaineers community. Benefits will include a *Business Member Directory* listing in this magazine and on our website, as well as organized networking events. See the website for more info.

TEANAWAY: 3BR, 2BA CUSTOM LOG HOME FOR SALE BY OWNER



- 20 wooded acres overlooking Teanaway Valley • 90 minutes from Seattle
- Dry, sunny climate • Private hilltop location • Borders timber company/Forest Service land
- Immediate access to unlimited hiking/cross country skiing • Garage and wrap-around deck • Underground power

\$499,000

CONTACT: mdrs@hotm@il.com

Upcoming events

BUSINESS MEMBER NETWORKING NIGHT: Mark your calendars to join us for this first kickoff event: **Wednesday, May 30, at The Mountaineers Program Center**. Hope to see you there!

MEET THE MOUNTAINEERS 2012 (see sidebar, this page): This is an orientation to the activities and courses we offer. Join us for one of the events below to ask questions, sign up for a trip or course, and meet other members, volunteers and staff.

Olympia – Wednesday, May 2, 6 p.m.

Seattle – Tuesday, May 22, 6:30 p.m. (Mountaineers Program Center)

Seattle – Saturday, September 8, all day at OutdoorsFest (Mountaineers Program Center)

Tacoma – Friday, May 18, 7 p.m.

Meet the Mountaineers



SEATTLE BRANCH

Tuesday, May 22 • 6:30 p.m.

Saturday, September 8, all day at OutdoorsFest

OLYMPIA BRANCH

Wednesday, May 2 • 6 p.m. with Adventure Presentation

TACOMA BRANCH

Friday, May 18 • 7 pm



Meet the Mountaineers is an orientation to the activities and courses offered by The Mountaineers. It's a time to ask questions, swap stories, sign up to learn a new skill or reach a new destination, and meet volunteers, members and staff

Kitsap kayakers swap paddles for tools

Seven sea kayakers from The Mountaineers Kitsap and Seattle branches joined other organizations and volunteers on Maury Island to plant native foliage at a former gravel pit destined to become a marine park. Other groups at the March work party included People for Puget Sound, Friends of Maury Island Marine Park, King County Parks and a crew of other volunteers.



Tools replaced paddles on Maury Island on March 11 for these seven Mountaineers: (l to r) Rosemary Harper, Tom Harrigan, Don Kettmer, Kathleen Gowan, Linda Cooley, Vern Brown and Barney Bernhard

NATIONAL TRAILS DAY®

June 2, 2012



Kick off the hiking season by celebrating our state's trails on June 2, National Trails Day. Established by the American Hiking Society, National Trails Day encourages people to learn about and maintain trails while participating in hikes, clinics and trail work parties each year on the first Saturday of June. The Mountaineers provides a range of opportunities to give back, have fun and enjoy trails this year. For details about the following opportunities go online (where you can register) and see the current *Go Guide*.

Ira Spring Trail near Snoqualmie Pass: Annik Wolfe, trail crew lead extraordinaire for the Foothills Branch, hosts an annual trail work party on this trail to Mason Lake. Only a 50-minute drive from Seattle, this work party ends with a free picnic, compliments of the branch.

Church Creek Trail in Olympic National Forest: For the more adventurous trail fanatics, head to the southern Olympics with the Olympia Branch trail crew for an annual maintenance of this trail—a route marked by scenic vistas and old-growth forest. This strenuous backcountry work will depend on snow levels.

Camp Brinkley trails near Monroe: Within easy reach of Everett and Seattle, this is a Boy Scout camp near Lake Roesiger. Learn trail maintenance skills and make an impact at the camp under the leadership of the Everett Branch's renowned trail crew.

Methow Valley trails near Winthrop: The Seattle Branch Hiking Committee will celebrate this famous trail system during a weekend of hikes and presentations June 1-3, based out of Sun Mountain Lodge. Spring is an incredible time to be in the Methow Valley; enjoy camping options or a special rate at this spectacular lodge.

Alpine Lakes Weed Watcher training near North Bend: Looking for long-term volunteer opportunities? The Mountaineers will host a volunteer training for this program on Sunday, June 3, at the North Bend Ranger Station. Learn to identify and survey wilderness trails for invasive plants and make your summer hikes just a bit more meaningful! ▲▲

When there is too much snow to hike, get on your bike



Mike McQuaide photo



THE
MOUNTAINEERS
BOOKS

Great—and elongated—winter ski seasons are usually followed by “what now?” for the avid hiker in the Pacific Northwest. And this year, winter’s residual certainly poses that question for those who want to stay in condition while enjoying some solitude in the outdoors. So when there is too much snow to hike, try getting on your bike. It will keep you in condition until the snow does recede in the mountains and you can be an active part of National Bike Month (May). As one of Washington’s most veteran guidebook authors, Mike McQuaide, puts it: “We’re really lucky to have terrific riding roads that take you into every nook and cranny of this amazing state.”

From a 50-mile route around Orcas Island to an after-work ride around the hills of Eastern Washington, McQuaide’s new cycling guidebook from Mountaineers Books, *75 Classic Rides: Washington*, brings you the most classic cycling routes across the Evergreen State. Following are a few road-bike destinations excerpted from his book. (For mileage logs and more, please see the book.)

Camano Island Loop

Difficulty: Moderate

Time: 2-3 hours

Distance: 40.8 miles

Elevation Gain: 2,675 feet

ROAD CONDITIONS: Mostly rolling country roads with ample shoulders; some residential streets.
GETTING THERE: Take I-5 to Exit 212 near Silvana. Head west on SR 532 to Camano Island and Terry’s Corner Shopping Center at the corner of SR 532 and Sunrise Blvd. Park in the parking lot.

Separated from the mainland by the slimmest of sloughs—Davis Slough—Camano is an island by the slimmest of margins. Roughly 15 miles long, Camano used to be longer before the Great Slide of 1825, when a large chunk of the island’s southern tip slid into Puget Sound. The resulting tsunami killed dozens of Native American inhabitants on nearby Hat Island.

Because Camano isn’t on the way to somewhere else—no major highways pass through it, no ferries leave from it—it has a definite off-the-beaten-path feel. Which, along with the stunning water views, smooth roads, and fun rollers, makes it a terrific place to ride a bike. Another plus: Camano’s Northwest artist laid-back vibe.

To begin this loop, which traces the island’s outline, head north from Terry’s Corner via N. Camano Drive. You’ll be treated to glimpses of Skagit Bay and La Conner to the north, as well as views of Whidbey Island to the west—Camano Island essentially sits within Whidbey’s C-shaped curve. Loosen up those quads with some early rollers that climb a couple hundred feet over a mile or two. There are really no long, devastating climbs on this ride, just many short and steep ups and downs.

Konnowac Pass Loop

Difficulty: Easy

Time: 1-3 hours

Distance: 28.5 miles

Elevation Gain: 885 feet

ROAD CONDITIONS: Rural farm road with chip-seal surface; county highway.

GETTING THERE: From I-82/US Hwy 12 in Yakima, take Exit 33B and head east on E. Yakima





Mike McQuaide photo

Route 64 near Yakima

Ave., which becomes Terrace Heights Wy. Turn right on N. Keys Rd. and follow for 1 mile to Yakima Sportsman State Park, located on the right.

This mostly flat, pleasant ramble offers a taste of something that has made the Yakima Valley world famous: its vineyards and orchards. The route also passes through Union Gap, which geology geeks will recognize is the narrow canyon where the Yakima River squeezes between Ahtanum Ridge and the Rattlesnake Hills.

From Yakima Sportsman State Park, make your way south past orchards and vineyards—a horse ranch or two as well—on pancake-flat road. The surface is chip seal, but the traffic and speed limit are low. Tractors will seem as common as cars.

At about 7 miles, the road hooks up with the Yakima River (as well as with Interstate 82/US Highway 12, but those high-speed roads are safely beyond the barriers). The road pushes through Union Gap, where massive 800-foot-high ridges covered with sagebrush rise above you on both sides.

After passing under the freeway, the road becomes the Yakima Valley Highway, which offers a decent shoulder and not too much traffic. At 14 miles, turn left onto Konnowac Pass Road and begin the route's one and only climb. Past vineyards, orchards, and other agricultural concerns—including the Yakima Agricultural Research Laboratory—the road rises gradually, not steeply. (It's as if it's afraid of off-ending someone.)

The surrounding hills and ridges are beautiful, but also treeless the higher you go, so this ride can be hot during the dry Eastern Washington summers. Once at the top, let 'er rip—it's a gradual

descent, the road becoming smoother the lower you go, eventually ending up on the outskirts of the small town of Moxee City. From there, it's 7 more miles of flat orchard-vineyard riding across the valley floor back to Yakima Sportsman State Park.

Palouse to Steptoe Butte

Difficulty: Strenuous

Time: 3 to 5 + hours

Distance: 64.4 miles

Elevation Gain: 3,275 feet

ROAD CONDITIONS: Low-traffic state highway and rural farm roads with varying shoulder widths; narrow mountain road to the top of Steptoe Butte.

GETTING THERE: From I-90 in Sprague, north of Ritzville, take Exit 245. Head east on SR 23 for 43 miles to US Hwy 195. Turn right and head south for 10 miles to Colfax and SR 272. Turn left onto SR 272 and follow for 11 miles to Palouse. In town (and in quick succession), turn right on N. Fir St., left on W. Whitman St., right on N. Mill St., and right onto W. Main St. Park at Hayton Green Park, just ahead on the left.

This route's calling card is Steptoe Butte, a quartzite mound that rises more than a thousand feet above the surrounding Palouse Hills. Though steep in parts, the climb is only about 3 miles long and since you reach the summit not by switching back and forth but by spiraling around the mountain, you are treated to 360-degree views all the way up.

Start in the town of Palouse and head north on SR 27 on chip-seal roads that head north through dry, open fields and hills, offering a decent enough shoulder but absolutely no shade. (There's none anywhere on the route—but food and drink opportunities are available.) ▲▲

About the author

Mike McQuaide has written outdoor, travel, and lifestyle stories for *Adventure Cyclist*, *Sunset*, and *Outside*, and he is a frequent contributor to the *Seattle Times* NW Weekend. Known as a dedicated author, while researching the best routes for *75 Classic Rides: Washington*, McQuaide consumed "9,476-1/2 PowerBars (Vanilla Crisp); 1,427 Nuun tablets (lemon lime) and enough Gatorade/Powerade (whatever was on sale) to fill Lake Chelan."



The author of five other guidebooks on outdoor travel, McQuaide is an avid road cyclist and mountain biker, with a few Ironman triathlons under his bike chain, as well as a couple RAMRODS (Ride Around Mount Rainier in One Day), and a finish of the 200-mile "Seattle to Portland Bicycle Classic" in a single day. Check out his adventures at www.mcqview.blogspot.com. McQuaide lives with his family in Bellingham, Washington.

The secret to going heavy on calories and light on pack weight

By Cheryl Talbert

About the author



Cheryl Talbert is a Foothills Branch member and a global adventure leader for The Mountaineers, as well as a hike leader. She will be conducting a clinic, **“Light and Healthy Backpack Food Made Simple,”** on Monday, June 11, covering how to maximize the calories in your backpacking meals per unit of weight. She will also provide samples of rehydrated dishes good for long-distance backpack trips and tips on bear canisters. To find out more, log on to <http://www.mountaineers.org/source/atrips/TripRegister.cfm?Event=30010>.

If, like me, you are on a quest to significantly lighten your load on extended and strenuous backpack trips at high altitude while maintaining the energy you need, and enjoying your favorite foods on the trail, a little planning and the following advice can get you there.

The basic questions you need to ask yourself are: How many calories do I need? And how do I design a trail menu that brings about my ultimate energy level with the lowest food weight and bulk?

In short, you’ll need to consume 4,500-6,000 calories per day on a typical, strenuous, backpack trip of a few days or more (see adjoining table). For a trip of fewer days you can gorge before and after, live on energy bars and ramen for a calorie deficit and even lose some weight if you so desire. But on extended trips an ongoing calorie deficit will mean a steady deterioration in your energy levels and performance, increasing the likelihood of a serious “bonk.”

With careful planning you can achieve a daily menu of 4,500-6,000 calories with 2-2.5 lbs. of food per day by diligently aiming for a balance of 45 percent carbohydrates, 40 percent fats, and 15 percent protein.

Fats are particularly important because they pack nine calories per gram, whereas carbs and protein provide only four calories per gram. An emphasis on complex carbs and fats maintains your glycogen stores for sustained, steady energy delivery. Muscle maintenance requires only small amounts of protein, which uses more water to metabolize, making protein less critical than fats in your backpacking diet.

This table provides a general rule of thumb for daily calorie burn (from research based on metabolic rates for various activities)

Total Weight (body + pack)	Calories burned in 8 hrs (lower end)	Calories burned in 8 hrs (higher end)
175 lbs.	3,818	5,091
200 lbs.	4,364	5,818
225 lbs.	4,909	6,545

Some palate-saving tips:

You can buy ready-made dehydrated staples and mix them at camp

(watch the \$\$ and sodium!). Even better, purchase an inexpensive dehydrator and dry your favorite recipes. Pack them in a sturdy Ziploc bag with a very secure seal—the ones with an expandable bottom so they stand up on their own. All you have to do is heat the water, pour it in the freezer bag and wrap the bag in aluminum foil while your meal rehydrates.

Finely chop or puree all components to a similar size before dehydrating.

Don’t pack oily or smelly foods, dehydrated or not! You can add flavored olive oil at camp to boost the fat content.

Boost the flavors! Choose strongly flavored recipes, cook them down before dehydrating to concentrate the flavors, and then add spices and flavoring powders on the trail.

Be patient and allow dehydrated foods to rehydrate for 30 minutes. ▲▲

Two Mountaineers discover where the ordinary meets the extraordinary



Steve Giesecke photo

The Seven Summits:

A mountaineering effort that refers to reaching the summit of the highest peak on each of the seven continents—from the summit of Carstensz Pyramid, at just over 16,000 feet, to almost 30,000 feet atop Mt. Everest.

Steve Giesecke closes in on No. 3: Mt. Everest in 2007

Through my climbing circles I have been privileged to meet at least a dozen climbers—mostly guides—who have achieved this goal. However, this interview is the result of a chance meeting with a Mountaineer who achieved his Seven Summits dream.

Yes, a Mountaineer. Someone like you and me. People who climb for the love of climbing. Not the famous. Not the sponsored climbers, who get plenty of publicity. Not those who climb for a living, but regular people with families and full-time jobs who have to carve out time just to get through the basic course, not to mention the training commitment required to achieve the level of fitness—physical and mental—for success on these highest peaks.

By Mary Hsue

Director of Development
& Basic Climbing Student

I met Steve Giesecke late last year at a slideshow and book signing at the University of Puget Sound. A Mountaineers board member, Mike Riley, introduced us and mentioned that Steve climbed the Seven Summits. I politely made small talk and masked my surprise when I learned that Steve is a Mountaineer in the Olympia Branch. Seven Summits? Mountaineers do that? Yes, they do!

Amazingly, there are two Olympia Mountaineers featured in this interview: Steve, who completed his dream last year, and Julie Smith, currently training to climb her seventh summit later this year.

The two are friends who, in true Mountaineers fashion, met on the trail. She was part of a group of Mountaineers he met on a descent of Mt. Washington. Each joined The Mountaineers to learn the basic skills needed to be safe and successful in the mountains. He learned about her Seven Summits quest and two failed Everest attempts. After reaching the summit of Everest the following year, she invited him to climb Carstensz

Continued on pg.22



Steve Giesecke photo

Steve on the top of the world: "This is where the basic course can equip you to go—the rest is up to you"

Continued from pg. 21

Pyramid with her. They share a passion for the mountains, a desire to reach their goals, a dedication to be their best and determination to overcome any challenge. They also share a humility and respect for the mountains that has kept them alive.

They are the ordinary achieving the extraordinary—ordinary in the way of Jack Ryan in Tom Clancy novels. *They inspire.*

STEVE'S SUMMIT CHRONOLOGY:

- Denali, North America, June 5 1989
- Aconcagua, South America, Feb. 5 2007
- Everest, Asia, May 20, 2007
- Elbrus, Europe, July 21 2008
- Kilimanjaro, Africa, August 4 2008
- Carstenz Pyramid, Australia, Oct. 1 2010
- Vinson, Antarctica, January 27 2011

JULIE'S SUMMIT CHRONOLOGY:

- Denali, North America, June 1997
- Aconcagua, South America, Jan. 2000
- Kilimanjaro, Africa, August 2004
- Everest, Asia, May 2006
- Elbrus, Europe, April 2008
- Carstenz Pyramid, Australia, Oct. 1 2010
- Vinson, Antarctica, to be winter 2012-2013

A Q&A with Steve and Julie

Tell us about yourselves.

Steve Giesecke: I'm a native of the Pacific Northwest, Olympia. I've lived all over the world and decided to return to Olympia after retiring from the Air Force where I served as a hospital administrator. I currently work as a business consultant and teach MBA courses at Pacific Lutheran University. I'm 56 years old.

Julie Smith: I live in Chehalis, Washington, and work as a Medical Technologist in Transfusion Services at the local hospital. I'm originally from Rapid City, South Dakota. When I graduated from college I chose to move to Washington for the mountains. I'm 51 years old.

How did you become interested in mountaineering?

Steve: I climbed my first mountain at the age of 12. It was Mt. Ellinor—everyone in Olympia's first summit. After graduating from college I climbed the Jungfrau with my father. I'll always remember the climb because I wandered onto the north face of the Eiger and managed to make my way back onto the correct route.

Julie: I have two older brothers who are climbers. They took me on my first trip—eight days to climb two 13,000 foot peaks in the Wind River Range of the Rockies. I've been hooked ever since.

What is your experience with The Mountaineers?

Steve: A few years after climbing Denali with a guide service, I joined The Mountaineers in 2001 to take the Basic Climbing Course and learn how to be self-sufficient in the mountains. I enjoyed the instruction and camaraderie, as well as the confidence the training gives you. My father has been a Mountaineer for over 50 years.

Julie: I joined the Olympia Mountaineers in 1985 and graduated (from) Basic Climbing soon after. I've volunteered as an instructor for 10 years and served as Olympia Branch chair for one year. For the past 10 years I've been involved with the ski course.

How did your quest to climb the Seven Summits begin?

Steve: Many years ago I read the Dick Bass book, *The Seven Summits*. When I first read the book I never dreamed it would be possible for me to attempt (the Seven Summits), let alone finish (them). It was just so far out there in terms of overall commitment, not to mention difficulty. But I'd summited Denali and climbed Mt. Rainier a number of times, so I joined The Mountaineers and started to ask myself, "What if?" After recovering from Everest, I seriously considered the idea of climbing all Seven Summits.

The elevations

Everest (29,035 ft, 8,850 m)

Kilimanjaro (19,340 ft, 5,895 m)

Denali (20,320 ft, 6,194 m)

Aconcagua (22,841 ft, 6,962 m)

Vinson Massif (16,050 ft, 4,892 m)

Elbrus (18,510 ft, 5,642 m)

Carstensz Pyramid (16,023 ft, 4,884 m)

**FOR MORE ON THE SEVEN SUMMITS,
see Bookmarks on pg. 47**

Julie: This all started when I decided to climb an 8,000-meter peak while working at a mission in Ethiopia. After climbing 20,000-foot Island Peak, in Nepal, I decided to try an expedition to the second highest peak in North America, Mt. Logan. I enjoyed it so much I decided to try Denali. I then ended up going with a friend to Everest and after climbing it, I realized I had four of the seven done, and that is when I decided to try the last three.

How did you choose the order in which you would climb them?

Steve: I booked a trip to Aconcagua in 2007 and a follow-on trip to Everest thinking that if Aconcagua was successful, I'd be acclimatized for the Himalayas. I felt good on Aconcagua and was able to summit, so I came home for a month to rest and departed for Nepal. I met a group of people on Aconcagua that invited me to join them on their Elbrus climb, so I connected with them after returning from Everest. I was fortunate to have had conditions on my side to enable a summit on the first attempt of each peak.

I almost stopped after climbing five of the seven summits, with Carstensz and Vinson left to do—the smallest of the seven, but the hardest logistically. And they represent opposite ends of the temperature spectrum, Carstensz being at the end of a weeklong route through equatorial jungle, and Vinson

crowning Antarctica. I'll have to credit Julie for encouraging me to go to Carstensz with her in 2010.

Julie: I still need to summit Mt. Vinson to complete the Seven Summits. With the exception of Everest, I was able to summit each peak on my first attempt. I attempted Everest in 2002 with a fellow Mountaineer. We chose to climb via the north face because we also wanted to climb Cho Oyu, which is just west of Everest. We decided to climb unguided and without Sherpa support. It was really hard. We got to within 1,500 feet of the summit and turned around. I went back to Everest in 2005 via the South Col route with Sherpa support this time. Unfortunately, we got weathered off at 24,000 feet. My attempt in 2006 was guided via the South Col route. We had perfect weather on summit day and successfully reached the summit.

How do you train to climb the world's tallest mountains?

Steve: It is all about endurance for me. In my 20's to 40's, I ran 10k's competitively and I ran marathons, so I have good endurance. Climbing the local volcanoes is great training.

For example, one week before leaving for Russia I climbed St. Helens, Adams and Rainier. I would also run trails close to home.

Julie: For Mt. Vinson I am going to a local gym and working out with a trainer twice a week. In addition to lots of cardio to build up endurance, I focus on strength training and exercises that build my core. I can't run anymore, but I cycle a lot. I also hike two days a week when there isn't lots of snow. When there is snow in the mountains, I cross-country ski. I love the backcountry. Mt. Rainier is classic training for the Himalayas. I climbed Rainier twice last year. Also, climbing two 7,000 meter peaks before attempting Everest helped me acclimatize. To prepare for the mental challenges, I push myself during training—going farther, faster or harder is important so that you know that you can push yourself.

Did you have any fears or concerns before climbing Everest, and what was your biggest challenge with it? Did you use supplemental oxygen?

Steve: At Everest base camp I battled a

Continued on pg. 29



Julie Smith photo

Third time was charm: Julie with Sherpa guide on Everest, 2006

Confidence

apprec

Finally,
Paul and
first aid k

I want to say a special thank you to Ashley for encouraging me as I was trying to climb the wall. She really helped me overcome my fears.

health

It was interesting learning about first aid. I did not know that when you have a cut or bleeding, you have to apply pressure to stop the bleeding. Thanks for the first aid kit. I will keep it in my backpack everyday.

friendship

Focus

I want to say a special thanks to melinda because she helped me get up the top and at first I didn't think I could do it so thank you.



Mountain Workshop with Hope Place

responsibility

creat

Now, I am going to tell you each thing I learned today is, In the leave no trace I learned that a pair of leather boots take +5 years to decomposed



ciation

I will never forget teachers
man for helping make a
it.

Courage



Shelter and Mountaineers volunteers

IT WAS SO
perseverance

FUN!

Respect

challenge

ivity

Pride



My most favorite part was
The rock climbing when I
falling I feel like I'm flying
in the sky. My first I was
so nervous my legs were
shaking and it looks scary.

Fun!

Teachers praise Mountain Workshops



Dear Mountaineers:

We are writing this letter to express our immense gratitude and strong support for the Mountaineers' Youth Outreach Program. John Muir Elementary School is a diverse Title I school located in the south end of Seattle. About 60 percent of our students receive free or reduced lunch. Several struggle academically and many have few occasions to feel empowered and to realize that they can make a difference.

Our reality is that most of our children do not have many opportunities to connect with the outdoors. The Mountaineers' Youth Outreach Program has been instrumental in exposing them to experiences and lessons that make them more aware of their natural surroundings and thus more invested in protecting the environment.

As part of the Youth Outreach Program, students were introduced to basic outdoor concepts, including learning basic first aid techniques to use in the woods, understanding the importance of Leave No Trace through practical exercises, and building self-confidence by doing something very few of them had ever done before: rock climbing.

In addition to exposing them to a world that they usually associate with "white people," and helping them recognize that it is a field in which they can become active participants, the Mountaineers' Youth Outreach Program has also inspired the John Muir students to become stewards of the environment. They decided to give back by engaging in a learning service project where they will don their work clothes, make their way to Seward Park in the beginning of May, and use their small hands to forcibly remove the invasive plants that are choking our local trees. They have learned to care, and they are making a difference.

This program is critical to exposing students to the outdoors and ensuring that the future generation understands the importance of preserving and protecting our natural environment. It also gives students self-confidence and team-building skills that will be important for their future academic success. The program's breadth in addressing a wide range of activities important for outdoors education as well as utilizing trained, experienced volunteers is unique. We hope that future students will have the opportunity to be enriched by the Mountaineers' Youth Outreach Program.

With kind regards,

Marjorie Lamarre, Emily Freeman and Erin Sterling
John Muir Elementary School Fifth Grade Teachers

Initiative launches, thanks to early support

As our **Mountaineers Youth and Family Initiative** enters its second year, it is with gratitude to our members for providing support that has helped us share the gifts of the outdoors with the next generation of outdoor recreationists and conservationists. Gifts from individual donors have been integral to The Mountaineers' success.

Yet special recognition must be given to **Eddie Bauer** and **The Mountaineers Foundation** for providing significant, early-stage funding that enabled The Mountaineers to launch its Youth and Family Initiative in fall 2010. Without these visionary supporters, The Mountaineers would not have had the resources to build infrastructure to support youth programs, establish partnerships and deliver the first Mountain Workshops.

Recognizing that most people with a love of the outdoors discover the natural world early in their lives, The Mountaineers focuses youth programs on activities that engage youth in outdoor experiences. The programs encompass a suite of opportunities, the centerpiece being a series of

Mountain Workshops, our largest youth outreach program. These are delivered in collaboration with local elementary schools and community youth organizations such as foster care and sheltering organizations, Boys and Girls Clubs, and YMCAs. The program serves youth ages 4-16 and includes a flexible curriculum that integrates active participation in outdoor recreation with instruction focused on outdoor safety and appreciation for the natural environment. In just one year we've provided over 1,200 Mountain Workshop experiences!



Input from teachers, agency administrators and parents echo much of the sentiment expressed in the letter on the previous page: The Mountaineers youth programs make a difference in the lives of its participants. And, we have so much more to do. Outdoor participation is declining among kids, but research shows that positive outdoor experiences during childhood can generate a lifelong appreciation for the outdoors. We believe successful conservation depends on that appreciation, so that connection is vital.

With your generous financial support you have given a child a caring mentor and a chance to experience the gifts to be found in the outdoors. Please consider continuing your support at our youth programs. Private, unrestricted funding is critical to our success in achieving our goals of deeper impact; expanded capacity to build relationships with schools and community youth organizations; and improved recruiting, training and support of volunteers.

Your gifts matter and will continue to make an impact on our programs and in the community. Thank you.

The Mountaineers Youth Programs focus on introducing young people to the benefits of outdoor recreation: not only health and outdoor-recreation skills, but also confidence, perseverance, self-reliance and an appreciation for the natural world. Our programs are taught by highly-skilled volunteer educators that enable us to maintain a high instructor-to-youth ratio, which translates to a deeper and more personalized educational experience.

Transforming young lives by sharing a legacy that is uniquely Mountaineers: Clearly a worthy investment. Please consider making a gift to support Mountaineers Youth Programs.

For more information about giving visit www.mountaineers.org/youthoutreach or contact Mary Hsue at maryh@mountaineers.org, 206-521-6004

Backpacking New Zealand's Southern Alps and Fiordland



By Cheryl Talbert
Outings Leader

There's a reason why New Zealand calls like a siren to backpacking addicts from around the world.

It's not just the endorphin rush to push the last miles to a high

pass in Aoraki-Mt. Cook National Park or on the flanks of Mt. Aspiring surrounded by glaciers and snowy crags.

It's not just the fact that you can climb to McKinnon Pass at the crux of the Milford track and encounter an expansive view of

lush, green, deep fiords of the Tasman Sea wending into the midst of the mountains and aquamarine glacial lakes.

It's the startling mix of the familiar with the exotic, like the thrill of rounding a corner to find a bright-plumed alpine parrot or a forest of tree ferns in the midst of your alpine climb on the Routeburn track, or moving from Polynesian tropical forests and beaches north of Rotorua to a hut tramp on an active volcano in Tongariro National Park. It could be the peaceful kayak in the mists of Milford Sound or a scramble high on the flanks of the 12,316-foot Mt. Cook in the same short visit—all followed up with every amenity you might wish for, including comfortable hotels, nightlife and excellent cuisine.

New Zealand's backcountry hut system is among the best in

the world, while saving some precious pack weight to boot by allowing you to leave your tent at home! Transportation is extensive and affordable. And adventure options are endless: bungee jumping, whitewater rafting, parasailing; oh, and don't forget your Lord of the Rings tour! Add small-town charm, warm welcomes and dedicated resources of a population that shares your love for getting out into the country. Best of all, New Zealand offers you summer in the midst of our endless, dreary winter!

My first two visits only served to stoke my appetite to return. Check out my upcoming hut-to-hut "tramping" adventure (that's Kiwi for backpacking) coming up in February of 2013—I'm excited to share it with you!

Hike three weeks in Italy's Dolomites

Aug. 23-Sept. 13, 2012

The Dolomites of northern Italy encompass some of the most beautiful hiking areas in the world. Green alpine meadows stretch between charming village-studded valleys, rifugios and craggy, awe-inspiring karst mountains provide visual feasts in every direction. **Cost:** \$3,750. **Leader:** Shari Hogshead, skimntr@aol.com, 425-957-4548.

N. American outing: Wind River backpack

Sept. 2-Sept. 14, 2012

This is an opportunity to challenge yourself physically while experiencing "up close and personal" some of the most extraordinary and unspoiled high country in North America—the Wind River Range in the Bridger Wilderness of Wyoming. Stretching

100 miles along the remote crest of the Continental Divide, this narrow chain of crags includes eight summits of over 13,500 feet, rising from the wide open valleys of the West. Below these rugged peaks are thousands of small lakes and streams nestled in boulder-strewn, alpine meadows. **Cost:** \$735 per person (4); \$470 per person (8 or more). **Leader:** Cheryl Talbert, cascadehiker@earthlink.net, 253-229-4018.

Hike New Hampshire Sept. 22-29, 2012

Join us for easy day hikes or the more strenuous Presidential Traverse. Our base will be the Appalachian Mountain Club's Highland Center in the White Mountains, where a multitude of conditioning hikes are available or you can be a tourist and ride the train up Mt. Washington. Once on the top of Mt. Washington, where the highest recorded winds of the

states are found, one can hike down or ride the cog railroad.

Cost: \$1,175. **Leader:** Patti Polinsky, MeanySports@me.com, 206-525-7464.

Nepal: trek ultimate Everest or climb Mera Peak

Oct. 18-Nov. 9, 2012

This outing combines Himalayan culture, spectacular scenery and the highest peaks on Earth. Trekkers will stay in lodges, hike up to the Sherpa village Namche Bazaar, Buddhist Tengboche monastery, Kala Patar viewpoint, Mt. Everest base camp, Cho La pass, beautiful Gokyo Lakes, Gokyo Ri viewpoint and Renjo La pass. Meanwhile climbers will follow the standard Mera Peak (21,247 ft.) route up a low-angle glacier, guided by local experienced Sherpas. Both the Mera Peak climb and Mt. Everest

trek are strenuous because of the altitude, but porters will haul your overnight gear, so you carry only a daypack. **Cost:** \$3,000. After leader's approval, deposit \$1,000 by March 1. **Leader:** Craig Miller, craigmiller@comcast.net, 206-285-2399.

Hike New Zealand's 'Southern Alps'

Feb. 18-March 7, 2013

Where other trips just skim the surface of the backcountry, this 17-day trip (with optional, five-day, pre-trip extension) will take you deep into the South Island's famous Southern Alps. See the feature article above for more about New Zealand and its natural wonders. **Cost:** \$3,200 (if at least 10 participants). **Leader:** Cheryl Talbert, cascadehiker@earthlink.net, 253-229-4018.

Go to www.mountaineers.org for all details on Mountaineers global outings

Where ordinary and extraordinary meet (continued from pg. 23)

bacterial (gastrointestinal) infection for six weeks. After three rounds of antibiotics I couldn't get my system right until a nurse friend of mine from the States sent me probiotics to help balance out my system and give me a chance to regain my strength. On the actual climb, I took a misstep on the Summit Ridge at 29,000 feet and hurled down the southwest face until the slack, fixed line arrested my fall. It was challenging to regain my composure, focus on front pointing back up to the Cornice Traverse, climb the Hilary Step and reach the summit. I used supplemental oxygen above 25,000 feet.

Julie: I feared going through the Khumbu Icefall on the South Col route. It's the first obstacle after base camp and the most dangerous. People have died going through the Icefall. Ultimately, I found climbing through the Icefall to be my favorite part of the climb. It's interesting, mentally challenging and the ice is beautiful. I used supplemental oxygen above 25,000 feet. It makes a huge difference at high altitude. For example, without supplemental oxygen I have to take four breaths for each step. With supplemental oxygen I could take (at least) one step for each breath.

What is the most memorable experience on your Seven Summits adventure?

Steve: Carstensz Pyramid. Some climbers have been known to bypass the jungle and helicopter to the base of the climb at 14,000 feet. It's about 2,000 vertical feet to the summit where you'll find snow. You jumar up the rock like on Everest, but simply rappel down. Julie and I chose not to helicopter (and instead) hiked six days through the jungle where I watched Julie pull leeches off of herself and saw spiders the size of my fist. Carstensz is an environmental and cultural

challenge. The last night on the jungle route, the porters—descendants of Stone Age tribesmen—hacked up a kangaroo for dinner outside the vestibule of our tent. The spiders were everywhere and a tree stump came up through the middle of the tent. When we got up our clothes were soaking wet. We couldn't wait to get out of the jungle.

Julie: I felt pure elation when I got past the

“The great thing about climbing is that . . . you can keep doing it and can do it just as well in your 50's as you did in your 20's”

Hillary Step and approached the summit of Everest. The anticipation of reaching the summit is almost as exciting as standing on the top. We were fortunate to summit in good weather so that you could see forever.

Do have any advice for someone considering a Seven Summits adventure?

Steve: It's all about determination. I treated the Seven Summits like a project and decided that preparation—mental and physical—would be the key to my success. It was important to be strong enough to actually enjoy the experience.

Julie: I approach climbing with the understanding that regardless of my preparation and effort, there's always the possibility of not making the summit. When I get to the summit I'm only halfway there; I must also get down.

What's next?

Steve: Teaching MBA classes full time at Pacific Lutheran University this year has been

my most recent challenge. I'm also trying to obtain my commercial pilot's license in my spare time. I hope to climb some more in South America this winter simply because it's a great place.

Julie: Training and saving money to climb Mt. Vinson.

Some parting words?

Steve: This experience has been the highlight of my life. Truly a privilege. I am grateful to have had the time and the resources to make this dream a reality. Although the goal is the summit, it's not just about the summit—it's the journey, the people you meet and memories you take away. The great thing about climbing is that it's not like running. You can keep doing it and can do it just as well in your 50's as you did in your 20's.

Julie: Wherever I am in the world, I see how privileged I am to do what I do. So many people work hard to make just enough money to survive. Right now I'm working to save (money) to climb. I have nothing to complain about. I'm grateful for what I have. Climbing gives one perspective on life itself. I've learned that I can push through difficulties—personal and professional—in the same way that I persevere in the mountains. ▲▲

Steve Giesecke photo



Steve's Everest adventure ends with the obligatory report to famed record keeper Elizabeth Hawley.

Don Dooley

Don Dooley just loved to climb, and did so from age 13 to 73, compiling a long list of summits before his death on February 17, 2012, at the age of 89.

Logging 300-plus climbs during his lifetime, Don accomplished several official first ascents in the Olympic Mountains during the 1930s and '40s. At the age of 68 he climbed to the top of Kilimanjaro and of Mt. Whitney in California.

Don was very proud of being a lifetime member of The Mountaineers. He spent many hours combing through past *Mountaineer* bulletins and records of climbs, and contributed often to The Mountaineers publications.

Born and raised in Seattle, Don moved to Arizona in the 1970s and later to Garland, Texas, where he died.

In lieu of flowers, the family would like to request donations be made in Don's name to The Mountaineers.

John S. Edwards

John S. Edwards, a former chair of The Mountaineers Conservation Committee, died March 25, 2012, at the age of 80. To call him a Renaissance man would be an understatement. He was a consummate naturalist and adventurer who was especially fond of exploring "the secrets of strange insects that live in cold places."

A skilled mountaineer, he climbed around the world and made first ascents in Alaska, including the first winter ascent of Denali.

He put his mountaineering skills to academic use in his pioneering studies of the ecology of high-altitude insects. His love of mountains inspired him to devote considerable efforts to protecting the North Cascades, including 10 years of service on the board of the North Cascades Conservation Council. In recent years he had been very

prominent in efforts to preserve more of the North Cascades.

Born in New Zealand in 1931, John received his bachelor's and master's degrees from the University of Auckland in 1954 and 1956, respectively. He earned his doctorate degree in 1960 with Sir Vincent Wigglesworth at the University of Cambridge. In 1966 he interviewed for a position in the Department of Zoology at the University of Washington. He received the department's offer letter via an airdrop at Base Camp on Denali. John's climbing adventure apparently annoyed the chair of zoology, who was relieved when John returned alive (one of his fellow climbers had perished).

At the UW John taught entomology, human ecology, and other courses for decades. He served as the director of the Undergraduate Biology Program from 1982-87 and director of the UW Honors Program from 1994-2000. He was appointed Emeritus Professor of Zoology in 2000, but his support for students did not end with this retirement. In 2009, John generously established the John S. Edwards Endowed Fund in Biology to provide support for graduate students conducting research in environmental biology.

John received many prestigious awards throughout his career, including a Guggenheim Fellowship, a Senior Humboldt Research Award, and a Jacob Javits Neuroscience Investigator Award from the NIH. He was named a Fellow of the American Association for the Advancement of Science and of the Royal Entomological Society of London and served as program director for Developmental Neuroscience at the National Science Foundation.

Coleman Leuthy

Many revered him as a scholarly teacher in the sciences. Just as many heralded him as a botanist who could identify a thousand

different mushrooms. Others knew him as one of the smoothest skiers in the Pacific Northwest whose keen scrutiny served as the gateway for many certified ski instructors. There were those who knew him as a National Park Service Ranger, and at The Mountaineers lodges as a man who could repair a tractor with baling wire and spare bolts from a box in the barn.

A Mountaineers member for 66 years, Coleman died February 1, 2012 at the age of 81 after a four-year bout with cancer.

Coleman, who matriculated through The Mountaineers climbing and ski courses upon joining the organization in 1946, served in the Army as a first lieutenant, worked as a park ranger in the Olympics and Mt. Rainier National Park, and was a highly respected member of the Puget Sound Mycological Society. He was just as highly regarded as a driving force in the Rock Garden Society.

Coleman hiked thousands of miles of trails and blazed trails on the Ptarmigan Traverse.

When not traversing the mountains he could be found fixing equipment at Meany Lodge, where he volunteered countless hours, or simply indulging himself with classical music and ballet. He also loved to sail and was very knowledgeable in Northwest marine biology.

He had traveled to all seven continents—from China to Pakistan, to the Alps and Kamchatka, to Denali and the Danube, and from Peru to Bolivia.

His expertise in botany brought him to Alaska to add Latin monikers to plant species of the tundra that formerly had only Alaskan names.

His students, associates, friends, hiking mates and loved ones remember him as a splendid sage, a courageous individual, and a profoundly learned botanist.

Carsten Lien

By Tim McNulty

Olympic Park Associates

Conservationist, historian, author, and past-president of The Mountaineers, Carsten Lien led a life dedicated to wildlands protection. Fortunately for the magnificent old-growth forests of the Olympic Peninsula, he focused much of his abundant energy on Olympic National Park. His encyclopedic knowledge of the history of the park, and his intensity, pluck and dedication as a conservationist inspired many Olympic activists of my generation.

Carsten died on April 7, 2012, and his presence on the Olympic landscape will be sorely missed.

Carsten came by his conservation credentials early. In the 1950s, he worked as a seasonal naturalist at Olympic National Park. As he was extolling the complexity and grandeur of Olympic's ancient forests to park visitors, he became aware of the park's aggressive program of "salvage logging." Over a 20-year period the Park Service sold more than a 100 million board feet of old-growth trees, standing and down, to local mills. Carsten and a fellow naturalist, noted author Paul Shepherd, effectively blew the whistle on this rampant abuse and helped mount a

national campaign to stop it.

The experience launched Carsten into a lifetime of citizen conservation activism as well as documenting the controversial history and management of Olympic National Park. He served for decades on the board of Olympic Park Associates. "Carsten was constantly alert to any threat to the integrity of the park," recalls his long-time OPA colleague Phil Zalesky; "he deserves tremendous credit for that."

In 1991 Carsten published his groundbreaking book, *Olympic Battleground, The Power Politics of Timber Preservation*.

Michael Frome, dean of American conservation writers, called it "a regional classic." National parks historian Alfred Runte dubbed it "a work of historical dynamite." The ripples it caused in and around Olympic National Park can still be felt.

A decade later, Carsten followed *Olympic Battleground* with *Exploring the Olympic Mountains*, a sprawling, 500-page compilation of original documents from all the late-19th century explorations of the Olympic Mountains. The excitement with which he gathered and scrupulously keyed in these sometimes tattered historic documents is palpable in his chapter introductions and

footnotes. The project clearly recaptured his enthusiasm for exploring Olympic wild country as a Boy Scout.

His books occupy a central place on anyone's Olympic bookshelf. And his conservation efforts—from rescuing Olympic Park from commercial logging, to alerting conservationists to a second attempt to build a highway along the Olympic coast, to ensuring that park protection extended to the intertidal coastal lands and offshore rocks and islands—is part of the legacy of Olympic National Park.

Editor's addendum:

Born in Seattle March 24, 1926, Carsten served as president of The Mountaineers from 1988-90. Over the course of his professional life he ran and lost in races for the Seattle School Board and mayor of Seattle.

Among his many jobs, Carsten was deputy administrator of the Latin American Training Program for the Peace Corps; he helped implement President Johnson's War on Poverty programs at the U.S. Department of Labor; and, upon returning to Seattle in 1974, became senior vice president at Washington Mutual Savings Bank. He later became vice president and corporate secretary at REI.

Mearl Bergeson

Senior Vice President—Wealth Management

Financial Advisor

(206) 464-5632

1215 Fourth Avenue, Suite 2600, Seattle, WA 98161

www.fa.ml.com/mearl_bergeson

Merrill Lynch Wealth Management makes available products and services offered by Merrill Lynch, Pierce, Fenner & Smith Incorporated, a registered broker-dealer and member SIPC, and other subsidiaries of Bank of America Corporation.

© 2012 Bank of America Corporation. All rights reserved.
AD-04-12-0442 ARM313M5-08-11



Code 444608PM-0412

Outdoor Outfitters Celebrating 75 Years!

MountainShop.net

Save with free shipping
and NO sales tax

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.

BELLINGHAM

Vice Chair: Minda Paul

Website: 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.

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:

May 2, Wed. - Mount Baker Theatre

Speaker Series: Mattias Klum presents *Being There: On Expedition with National Geographic*, 7:30 p.m. More information: www.mountbaketheatre.com.

EVERETT

Chair: Carrie Strandell, wolfwoman0819@hotmail.com

Website: 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—now with over 850 members—to hold its centennial celebration in 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 each month (except for July, August, and December). The next meetings are set for May 2 and June 6. 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.

HELP RESTORE TRAILS & LOOKOUTS:

For more details about volunteering, contact Forrest Clark, LOTM@everettmountaineers.org.

FOOTHILLS

Chair: Fran Troje, foothills.branch@gmail.com.
Website: 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, 425-746-6726.

Learn more

The Foothills Branch meeting for new and prospective members is held most months throughout the year. They usually 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. Watch the Foothills website (listed above) for the announcement of coming meetings.

LIGHT AND HEALTHY BACKPACK FOOD

MADE SIMPLE: Mon., June 11 at Issaquah REI, 6:30 p.m. Expand your ability to eat well and maintain your energy on the trail, with minimum cost, weight, cooking time and cleanup.

LIGHTWEIGHT HIKING/BACKPACKING SEMINAR: Mon., June 18, 6:30 p.m. at Issaquah REI. Learn how to carve 10%-50% from your pack weight in this class in an affordable and safe fashion.

KITSAP

Chair: Mike Raymond, branch@kitsapcabin.org.

Website: 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.

BECOME A HIKE LEADER! Kitsap Branch is looking to train new hike leaders hoping to offer some spring trips. Contact Dave Burton, davidbburton@msn.com for course description/schedule.

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.

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

HEADS UP-KITSAP ADVENTURE CAMP: Registration is open for this July 9-13 cavalcade of culture, education and fun for youth in the outdoors, sponsored by The Mountaineers Players. See www.foresttheater.com for more.

OLYMPIA

Chair: Bob Keranen, keranen@hcc.net.

Website: www.olympiamountaineers.org.

The fastest growing of the branches, Olympia 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

The Olympia Branch holds a potluck and special adventure presentation for prospective, new, and current members on the first Wednesday of each month from September through May (excluding November). It is held at the Olympia Center, 222 Columbia St. NW, in rooms 101-102. The next event will be **May 2**. Socializing and the potluck meal begin at 6 p.m. The adventure presentation begins at 7 p.m., followed by dessert at 8:30 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, cbburreson@q.com, if you have questions.

MAY 2 POTLUCK AND ADVENTURE PRESENTATION: Karen Hook will take us on a paddle through time, kayaking the historic upper Missouri River in the footsteps of Lewis and Clark. Watch sunsets from bluffs where bands of Native Americans have camped for generations. Marvel at the majestic scenery that took eons to create. Join us for

a presentation of two trips down the Upper Missouri River, from Fort Benton, Montana, to Kipp Landing.

IF YOU WANT TO LEARN MORE about joining The Mountaineers or wish to send a membership brochure 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 olyamountaineers@gmail.com. Please include your mailing address so that we can send you a membership packet.

TWO COURSES BEGIN: The spring Wilderness Skills session starts in May, with sessions May 3, 10, 17, 19, and 24. Navigation runs in June, with evening sessions June 19 and 21 and an all day workshop June 24.

THE OLYMPIA BRANCH BOARD meets the second Wednesday of every month at 6 p.m. The next meetings are May 9 at Alpine Experience in the Hyak Room and June 13 at the Olympia Center. Members are encouraged to attend.

OLYMPIA BRANCH LIBRARY: Located at Maxine Dunkelmann's house, 5418 Lemon Rd. N.E. Contact Maxine, 360-352-5027, 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, mntnrtimmy@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

The next **MEET THE MOUNTAINEERS** will be held Tue., May 22 at 6:30 p.m. at The Mountaineers Program Center. Learn about all things Mountaineers. Snacks and beverages always available.

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 **May 17 and June 21** at The Mountaineers Program Center. Though they are free, it is requested that participants register online for these

seminar to make sure there is enough seating available.

LIGHTFOOTING TO LIGHTHOUSE: Kathy Biever and Julie Miller's Lightfooting to Lighthouses (#14 - North Head & #15 - Cape Disappointment) series continues with a five-day stay (May 14-18) at Long Beach, WA. Contact Kathy for complete details. eskay39@comcast.net or 206-283-9047.

ADVANCE NOTICE! Join us for a weekend hiking trip to the sunny Methow Valley—leaving on Fri., June 1, and returning Sun., June 3. The weekend will include optional lodging at Sun Mountain Resort for Friday and Saturday nights, your choice of Mountaineers-offered hikes of varying distance/gain on Saturday, and an optional Cowboy Dinner/trail ride offered on Saturday night. For more information on the weekend, contact Chris Ensor, cvensor@comcast.net, or Kelly Cleman, masterhiker@gmail.com. To see more about Sun Mountain Lodge, visit www.sunmountainlodge.com.

FOLD 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.

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.

The second largest of all seven branches, Tacoma hosts its own program center and hub (soon to be renovated and expanded) in the quaint Tacoma neighborhood of Old Town near Puget Sound. Close to Mt. Rainier and to yet another Mountaineers property, Irish Cabin on the Carbon River, Tacoma Branch offers an extensive list of activities and courses in 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.

Visit our website and browse through our activities, our events calendar, the "Who We Are," and learn about us.

Continued on page 34

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) Due to the Tacoma center remodel, meetings will be at Pierce County Library PAC, 3005 112th St. E., Tacoma (just south of Highway 512, about halfway between Interstate 5 and Puyallup).

EDGEWORKS CLIMBING GYM has announced an approximately 15 percent membership discount to all Mountaineers! For more details visit their website at <http://www.edgeworksclimbing.com>.

SPRING HIKING/BACKPACKING

POTLUCK: Sunday, May 6 from 1-4 p.m. Hosted by Carol and Dennis Berry at their home in Puyallup. **New members and new hikers are welcome.** Bring a beverage and your favorite dish to share, as well as photos and stories of your favorite hike. To RSVP and for directions contact Carol Berry at busbuster@aol.com or 253-845-9297.

TACOMA CENTENNIAL LOCAL WALK:

Sat., May 12 at Point Defiance Park. Join us for an easy hike and social event to celebrate our 100th Anniversary. Dress for a 1912 costume contest and join a potluck picnic following the hike. For more information contact Bud Truitt at truittbljt@comcast.net or 253-503-3814.

INTRODUCTION TO HIKING AND

BACKPACKING: Tue., June 19, 7-8:30 p.m. at Slavonian Hall, 2306 N. 30th St. in Old Town. Join us to learn what you need to do to get started hiking with The Mountaineers. Register online or at the door at 6:45pm. \$5 entry fee. Non-members are welcome to join.

FOLKDANCING: 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, karengoettling@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!

The Mountaineers Players are excited to announce that "Fiddler on the Roof" is fully cast with talented actors and actresses. Rehearsals are underway. "Footloose, the Musical" is mostly cast; we are still looking for a few guys who can sing and dance. Get your tickets and don't miss out on an incredible season of shows.



Gala Lindvall photo

PLAYERS' FIDDLER ON THE ROOF: Tzeitel, (Sarah Walsh, center), pretending she is Yente, the Matchmaker, sings to her sisters: Hodel (Lani Smith, right) and Chava (Amberlee Williams, left). See more about the spring play below.

Tickets are available for both shows online at www.ForestTheater.com and at The Mountaineers Program Center (800-573-8484; on the phone and in person) and at Ted Brown Music, Silverdale; Liberty Bay Books, Poulsbo; and Country Nursery, Bremerton. Adult tickets are \$16 presale and \$18 at the door. Students, seniors, military and Mountaineers members save \$2. Youth tickets (age 6-12) are \$10 presale and \$12 at the door and children 5 and under are free. Remember, you can volunteer to help usher or park and see the show for free.

Spring, 2012: Fiddler on the Roof: May 27, 28, June 2, 3, 9, 10, 16, 17; 2 p.m. Rich in historical and ethnic detail, Fiddler on the Roof has touched audiences around the world with its humor, warmth and honesty. The universal theme of tradition cuts across barriers of race, class, nationality and religion, leaving audiences crying tears of laughter, joy and sadness. The whole family will delight in this timeless story and memorable music. Director: Craig Schieber; Music Director: Amy Beth Nolte; Choreographer: Guy Caridi; Accompanist: Linda Gagnier; Costumer: Barbara Klingberg; Sets: Chris Stanley.

Summer, 2012: Footloose, the Musical: July 28, 29, August 4, 5, 11, 12, 18, 19; 2 p.m. Based on the 1984 hit movie, Footloose, The Musical bursts onto the live stage with exhilarating results. When Ren and his mother move from Chicago to a small farming town, he isn't prepared for the rigorous local edicts, including a ban on dancing instituted by the local preacher. The heartfelt story that emerges is of a father longing for the son he lost and of a young man aching for the father who walked out on him. Footloose, The Musical celebrates the wisdom of listening to young people, guiding them with a warm heart and an open mind and is fun for all ages.

Director: Ken Michels; Music Director: Jeff Thirloway; Chorographer: Guy Caridi; Accompanist: Olivia Hickerson; Costumer: Barbara Klingberg.

Kitsap Forest Adventure Camp: Registration has begun for our new Adventure Camp for K-3rd grade youth. Dates of the camp are July 9-13 and July 16-20. Your child's creativity and imagination will bloom as they play, explore and create at the Kitsap Forest Theater. Exciting activities include art, music, drama, play, hiking, forest skills, creek stumping, storytelling and just plain fun. Visit our website (foresttheater.com) for additional information or call 206-542-7815. Earlybird discount if registered by May 1.

Help wanted: We need help with set building and painting, ushering, parking, cooking at Kitsap Cabin, running concessions, property maintenance, etc. If you are interested in being involved in any way with either or both shows, please contact co-producers Gala Lindvall (542-4195; galabaskets@comcast.net) and/or Nancy Estill (595-8610; nestill@u.washington.edu). We would love to have your help! www.ForestTheater.com.

We also need help with sewing costumes, building and painting sets, collecting props, cooking for our crew at the Kitsap Cabin, ushering or parking during shows, property maintenance, etc. Please email showinfo@Foresttheater.com or call the Kitsap Forest Theater info line at 206-542-7815. Visit www.ForestTheater.com for more information.

Kitsap Forest Adventure Camp: The Players are excited to announce a new adventure camp for youth, grades K-3. Dates of the camp are July 9-13 and July 16-20. Enroll your kids to play, explore and create at the Kitsap Forest Theater. Visit our website for additional information or call 206-542-7815.

outdoorcenters

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; 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 distance from numerous trailheads and popular peaks. Watch the Baker Lodge website via www.mountaineers.org (under "Outdoor Centers," "Baker Lodge" and "Search & Register") or www.bakerlodge.org for updates and details on openings this spring and summer. Reservations are made 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 contacting Bill Woodcock, 206-725-7750, Judy Sterry, 206-366-2750, jsterry60@comcast.net, Dale Kisker, 206-365-9508, dkisker@comcast.net, or by visiting the Baker Lodge website.

Schedule/rates: Please click on "Calendar and Reservations" in the upper right corner of the Baker Lodge website' at www.bakerlodge.org.

Amenities: The lodge is normally open by 7 or 8 p.m. on Fridays. If you need a more specific opening time, call the host listed online. 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. In winter cars should have a shovel and chains. Saturday/Sunday breakfasts and Saturday dinner are served on weekends.

Baker Lodge welcomes the public, all ages and abilities. Families with children of age 5 or under should call the host prior to registering.

Get involved: Do you enjoy hosting people at parties or special events? 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.

Members of the Baker Lodge Committee are interested in exploring new ideas for maximizing this "beautiful little gem of a lodge" that sits in the shadows of Mt. Baker. Couples could team up with other couples to serve as hosts. Families could come together

and welcome other families in for a family weekend. **Hosts stay for free.**

Those who lead Mountaineers trips and activities are always welcome to bring their group of Mountaineers members and guests to the lodge for any overnight or weekend.

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 Chalet, 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 three hours from Seattle.

Kitsap Cabin

Built mostly by Mountaineers women in 1918, the Kitsap Cabin is home to The Mountaineers Kitsap Branch and The Mountaineers Players during spring and summer as they rehearse and perform at the Kitsap Forest Theater. The Players also hold their Youth Theater Camp at the Forest Theater.

Kitsap Cabin is surrounded by the Rhododendron Preserve, a 460-acre private reserve operated by The Mountaineers Foundation. It is one of the largest remaining parcels of Puget Sound lowland, old-growth forest in the Puget Sound Basin and serves as a buffer from encroaching development not only for the theater but also the creeks that are vital for spawning salmon each fall.

The cabin and theater are available for private rentals. For rental information, please call 206-542-7815.

For more about the Kitsap Branch, visit www.kitsapmountaineers.org.

For information about the 2011 Players' season, visit www.ForestTheater.com.

For information about The Mountaineers Foundation and the Rhododendron Preserve, visit www.mountaineersfoundation.org.

Meany Lodge

Informational emails: To keep everyone up to date as to what is happening at Meany we send out a general informational emails roughly once or twice a month. We also send out emails geared to some of our specific events (i.e., Women's Weekend, Mushroom Weekend). So if you are interested in anything Meany has to offer, visit our website at www.meanylodge.org and fill out the request information. Check us out on Facebooks as well!

Meany hosts a series of events coming this summer and fall:

• Women's wellness weekend - http://www.meanylodge.org/summer/women_weekend/women_weekend.html. A weekend for women

to empower and refresh themselves.

• Bicycle weekend - http://www.meanylodge.org/summer/bicycle_weekend.html. A weekend for bicycling the trails/roads around Meany.

• Family hiking weekend - <http://www.meanylodge.org/summer/hikeweekend/Announcement.html>. A chance to see what Meany is like without snow and where picking/eating wild berries is the rave.

• Mushroom weekend - <http://www.meanylodge.org/fall/mushroomwknd/mushroom.html>. [A fantastic way to learn everything you want to know about picking mushrooms in the Pacific Northwest](#)

Meany rentals: Meany is available for private rentals and Mountaineers events for the winter season. If you want a nice, secluded cabin for a retreat or seminar, then visit our website, www.meanylodge.org. Go to "Contacts" and send an email telling the chair that you are interested.

Snoqualmie Campus

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

Stevens Lodge

Visit www.stevenslodge.org to view current activities at the lodge or contact Angela or Greg, 425-258-4847, greg@stevenslodge.org.

Bring a warm sleeping bag, toilet articles and a towel for the shower, suitable clothing, your gear and a flashlight. Some pillows are available, but feel free to bring your own if you desire. Bring a padlock if you wish to secure your equipment. During winter stow your gear in a pack or sled suitable for walking the 600-foot distance to the lodge.

Driving directions: Take US-2 to the Stevens Pass Ski area. Turn into the parking entrance just below Tye Creek Lodge (the old West Lodge) on the W. side of the summit. Stay left at the entrance and go around the hairpin turn at the far end of the lot, then continue to the upper level parking area, Lot #4. Park here. Look for a steep Cat track/service trail leading up the bank at the far end of the lot. Stay on it and turn right at the top. Go past the lodge on the left (Penguins' Ski Club) for 500' until you come to a sharp 90-degree bend in the trail. The reddish-brown, four-story building is the lodge.

Great people, great partners, incredible results

(continued from pg. 11)

Summer Camp—for every kid



Instructor volunteer opportunities

Be a volunteer!
Join us by contacting Becca at
beccap@mountaineers.org.

We're excited to offer our second annual **Junior Mountaineers Day Camp**, in Seattle over three weeks and in Tacoma for one week.

Adventure activities include climbing, hiking, kayaking, navigation and basic wilderness skills. Each week features a unique theme, outdoor skills development, an earth stewardship experience, and fun games and activities.

The brand new **Kitsap Forest Adventure Camp**, which will run for two weeks on the Kitsap Peninsula, will feature a unique theme each week with activities that may include building forts and shelters like the early settlers, strolling in the forest, looking for fish in the creek, identifying edible plants. For the more creative types, we will once again be offering two weeks of **Theater Camp**.

Check The Mountaineers website for dates, transportation information and registration details!

Upcoming Youth Activities

Join us for one or all weeks to explore the natural world, learn an outdoor skill, make friends and have FUN!

Junior Mountaineers Summer Camp: ages 6 to 12

(Monday-Friday at 8:30 a.m.-4:30 p.m.)

July 23-27—Mountains Week

August 6-10—Water Week

August 13-17—Tacoma Junior Mountaineers

Youth Theater Camp (www.kitsapmountaineers.org)

August 6-10—Safari Circus

August 20-24—Swashbuckling Fairy Tales

Kitsap Forest Adventure Camp

July 9-14—Enchanted Forest

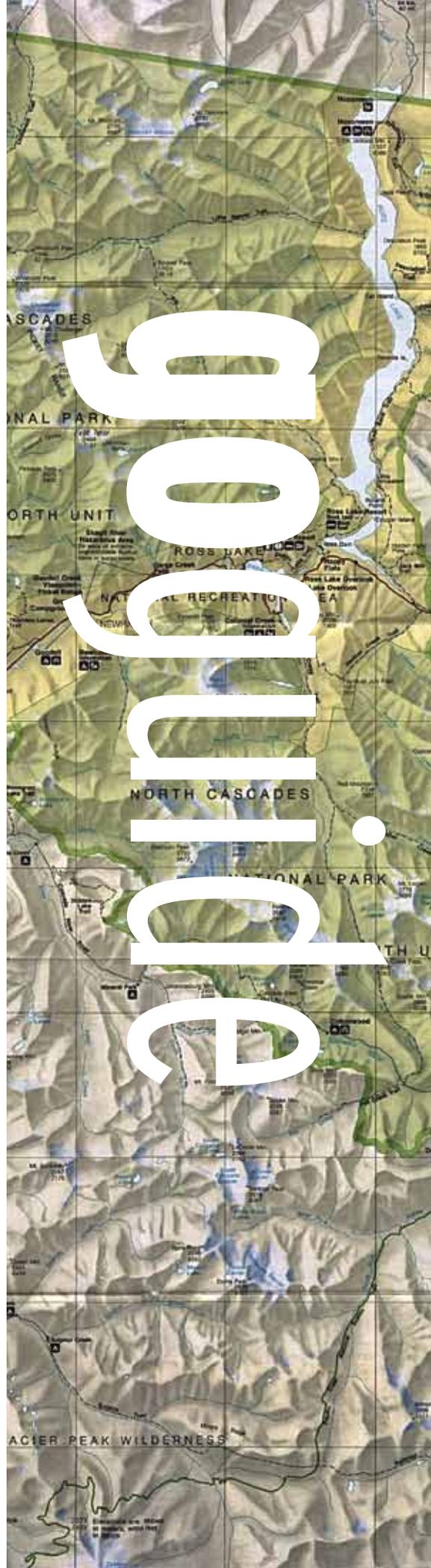
July 16-20—Forest Explorers

Sign up via www.mountaineers.org; click "Explore" and then "Families & Kids."

Help a child discover the gifts of the outdoors

The year, for the first time, we're able to offer **Mountaineers Access Program** (MAP) scholarships to families who wouldn't otherwise be able to afford to participate in Junior Mountaineers Day Camp. This means we are truly able to get any kid outside, regardless of their family's ability to pay. Want to help? Donate online to MAP or contact maryh@mountaineers.org.

Visit www.mountaineers.org for a full and up-to-date listing of all upcoming Mountaineers courses and trips



I'm Where?

Can you identify the summit in the foreground here? Send your answer (by June 1) by post or e-mail: brads@mountaineers.org; I'm Where?, the *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.
- **Justin McLellan** correctly identified Mt. Stuart as the summit in the March/April *Mountaineer*. The photo was taken by Sean Albert.

New from Your Mountaineers Books

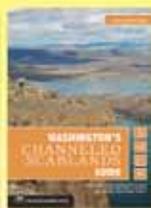
MORE THAN 500 GUIDEBOOKS, ADVENTURES, SPORTS HOW-TO, & CONSERVATION BOOKS IN PRINT



CLIMBING THE SEVEN SUMMITS
A Guide To Each Continent's Highest Peak



75 CLASSIC RIDES WASHINGTON
The Best Road Biking Routes



WASHINGTON'S CHANNELED SCABLANDS GUIDE
Explore & Recreate Along the Ice Age Floods National Geologic Trail



SEA KAYAKING
Basic Skills, Paddling Techniques, and Expedition Planning



KAYAKING PUGET SOUND & THE SAN JUAN ISLANDS, 3RD EDITION
60 Paddle Trips Including the Gulf Islands



THE BAR MITZVAH AND THE BEAST
One Family's Cross-Country Ride of Passage By Bike



THE ROSKELLEY COLLECTION
Stories Off The Wall; Nanda Devi; & Last Days



THE MOUNTAIN OF MY FEAR; & DEBORAH
Two Mountaineering Classics



THE MOUNTAINEERS BOOKS
Outdoor books by the experts

MEMBERS ALWAYS 20% OFF
Buy online using your member discount code at mountaineersbooks.org

also available as ebooks





“Their goal was to the climb the highest mountain on each of the seven continents. It was an imposing list: Aconcagua in South America, Everest in Asia, McKinley in North America, Kilimanjaro in Africa, Elbrus in Europe, Vinson in Antarctica, Kosciuszko in Australia...no one had ever scaled all seven summits. To do so would be an accomplishment coveted by the world’s best mountaineers.”

— Rick Ridgeway, from *The Seven Summits*, by Dick Bass, Rick Ridgeway, and Frank Wells (1988)

A snow arch at Camp 3 (Genet Basin) on Denali frames Mt. Foraker

Mike Hamill, *Climbing the Seven Summits* photo

New Mountaineers title: Climbing the Seven Summits

They are the highest summits on the earth’s seven continents, listed in order of the largest continental landmass:

- Asia: Mount Everest (29,035 ft, 8850 m)
- Africa: Mount Kilimanjaro (19,340 ft, 5895 m)
- North America: Denali (20,320 ft, 6194 m)
- South America: Aconcagua (22,841 ft, 6962 m)
- Antarctica: Vinson Massif (16,050 ft, 4892 m)
- Europe: Mount Elbrus (18,510 ft, 5642 m)
- Australia: Mount Kosciuszko (7310 ft, 2228 m)



Climbing the Seven Summits: A Comprehensive Guide to the Continents’ Highest Peaks (Mountaineers Books, May 2012), by Mike Hamill, Foreword by Phil Ershler



Some people define “continent” differently, leading to an alternative “seventh summit”—Australasia: Carstensz Pyramid (16,023 ft, 4884 m)

About the author

Mike Hamill is a professional mountain guide, writer, and photographer. He regularly leads expeditions to the mountains of the Seven Summits, among others, and has climbed all of the original Seven Summits at least four times—some as many as twenty. He has climbed them all in the course of one year several times, finishing them in 2008 in 220 days, the tenth fastest time to date. He has been guiding for more than a decade and calls Seattle home when not on the road. He began his climbing career on the steep rock and ice of New England and New York State while obtaining a bachelor of science from St. Lawrence University in Canton, New York. Please visit his website at www.climbingthesevensummits.com.



Mike Hamill, *Climbing the Seven Summits* photo

A climber doing the Aconcagua break dance.

Eric Linxweiler photo



By Eric Linxweiler

A pyramid shadow on Mt. Hood does not escape the photographer's eye during this fleeting moment

Fleeting

Why do you climb mountains? is a question that each of us has had posed at least once in our time as a Mountaineer. It's one often answered by "If you have to ask the question, you might not understand the answer." This is not meant to be contrite; it's because the answer is as complex as the people who know it and how each found the answer themselves.

One of the reasons we go outdoors and find adventure high in the mountains is to look for gifts that come about only in those places. Gifts like basking in the majestic glory of morning alpenglow on a glaciated peak, the sweet taste of mountain blueberries found during a warm summer hike, the emerald hue of a high-alpine lake, and the warm feel of North Cascade granite—all of which occur for only brief periods each season, and only when you explore places where they can be found.

One of the rarest of these fleeting marvels, and perhaps the most majestic, is witnessing the shadow cast by the summit of a peak. You have to be viewing from just the proper angle of a sunrise, be on the "dark side" of the mountain, and of course, be looking in at exactly the right time. It exists only for minutes and is soon swallowed up by the rising sun. Not all peaks produce shadows like the one above or the one seen on pg. 4 in this magazine, but when they do and you are there to see them, you have found yet another answer to the question of why we go to the mountains.

These gifts aren't frequent and they aren't just handed to you. One has to work to find them and work to share them with others. They are profound, but they are passing. Within weeks, days, hours or even minutes they can disappear, but they endure in our minds and our hearts, sometimes for a lifetime.

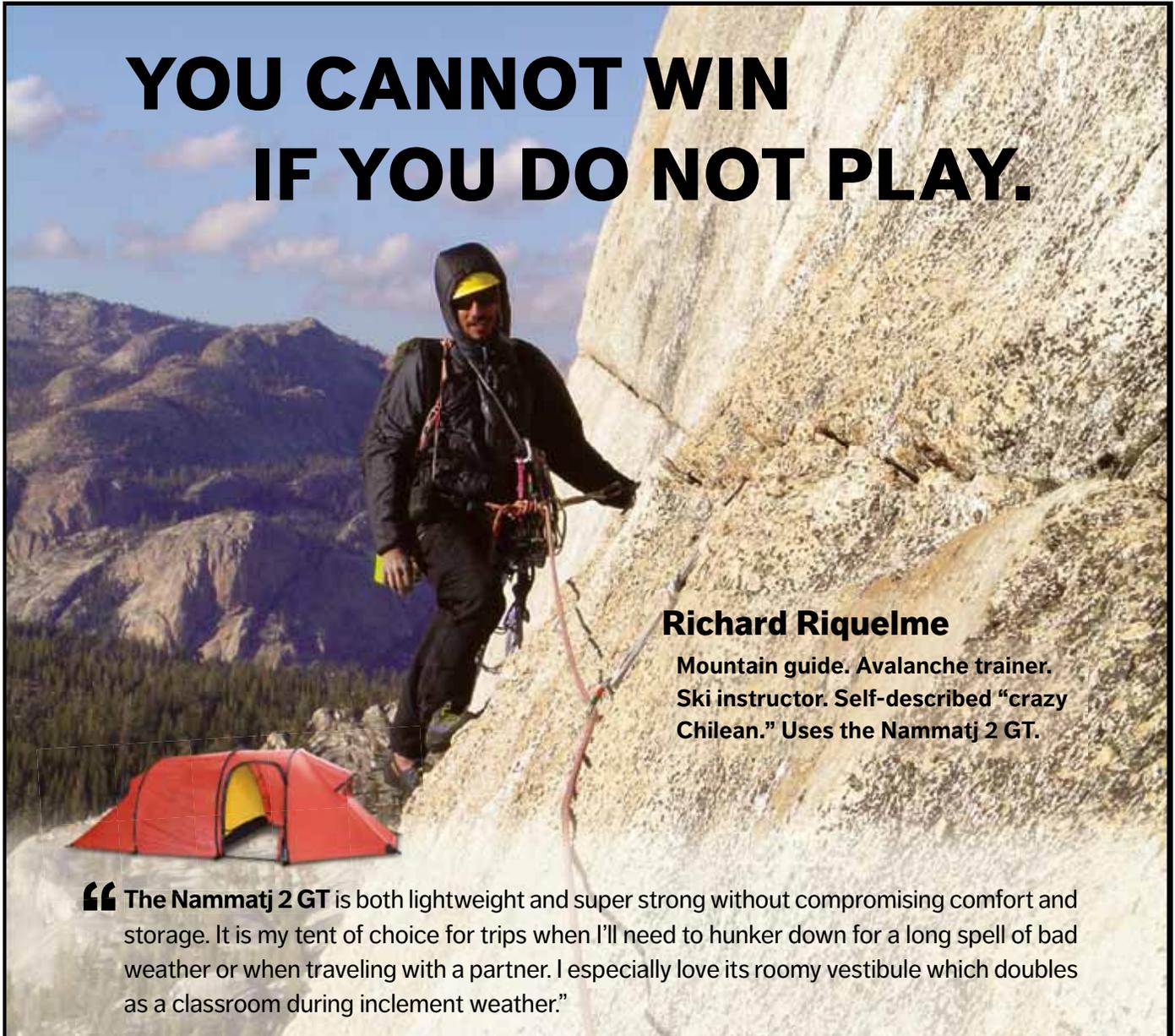
So the next time someone asks why you go outdoors, especially why you climb mountains, perhaps the best answer is, "If you have to ask, then I have to show you."

About the author

Eric Linxweiler, a Mountaineer since 2002, is a former Mountaineers president, a graduate of basic and intermediate climbing courses, a member of The Mountaineers Peak Society, a dedicated Mountaineers volunteer and father of three children with whom he often shares the gifts of the outdoors in our Pacific Northwest.



YOU CANNOT WIN IF YOU DO NOT PLAY.



Richard Riquelme

Mountain guide. Avalanche trainer.
Ski instructor. Self-described “crazy
Chilean.” Uses the Nammatj 2 GT.

“**The Nammatj 2 GT** is both lightweight and super strong without compromising comfort and storage. It is my tent of choice for trips when I’ll need to hunker down for a long spell of bad weather or when traveling with a partner. I especially love its roomy vestibule which doubles as a classroom during inclement weather.”

HILLEBERG
THE TENTMAKER

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