

Mountaineer

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

John Epic Run **Muir Trail**

+Tips For Lightweight Backcountry Travel

'Our Secret Rainier'

Part IV Yellowstone Cliffs
and Natural Bridge

Turns All Year

A personal look at
backcountry skiing



7 Avalanche
Myths

how to find a
Marbled Murrelet
and bake one too!

Nov/Dec 2013 » Volume 107 » Number 6

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



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DISCOVER THE MOUNTAINEERS

If you are thinking of joining—or have joined and aren't sure where to start—why not set a date to Meet The Mountaineers? Check the Branching Out section of the magazine (page 36) for times and locations of informational meetings at each of our seven branches.

On the cover: Gavin Woody, board president, runs Mt. St. Helens.
credit: Gavin Woody

Return to The Mountaineers



I recently returned to The Mountaineers from maternity leave after the birth of my second child. Lacking the fear that accompanies the first child, I was able to fully appreciate the warm, sunny days to organize daily outdoor adventures including trips to the beach, short hikes and even an overnight camping trip to Cooper Lake! The joy and peace my family found in the outdoors renewed my passion and enthusiasm for The Mountaineers.

My absence and return gave me the rare opportunity to re-enter The Mountaineers with the perspective of an observer during my first few weeks back. Several things struck me as I saw our organization with fresh eyes.

It was amazing to see how far we've come from my first days just four years ago. The Mountaineers has been reborn in that short period of time.

Our membership is growing with new families and individuals in each of our seven branches. We are financially strong, with funds to invest in our programs and our strategic plan. New courses and programs offer volunteers more opportunities to share their skills. Youth programs that didn't exist when I arrived now take more than 2,000 young people into the outdoors. Our reinvigorated conservation programs connect recreationists with important policy decisions that affect our lands and waters. Our board and volunteer leadership is stronger than ever.

I was proud to see my staff continue the upward trajectory of our progress during my leave, including launching new youth programs and tripling the size of our summer camps; supporting new volunteer programs and summer trips; and extending our conservation work and strengthening partnerships with land management agencies.

Often in life, change happens so incrementally that it's hard to acknowledge how radically different we have become. It's like training for a big climb. We gain a bit of strength with each hike until the mountain that once seemed impossible becomes achievable - no longer just a worthy objective, the summit is suddenly attainable.

This season, I hope you will reflect on how The Mountaineers has changed since you've been a part of our community, because all those incremental changes add up. Your support and dedication have made our progress possible.

Martinique Grigg, Executive Director



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

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Darcy Kiefel

Suzanne joins the staff of The Mountaineers as the Publications Manager - and the new magazine editor. She is very excited to be here.

questions, comments, suggestions:
suzanneg@mountaineers.org

Hello and Thank You

You may know me, or some of my work already. I was the volunteer graphic designer for the large fundraiser last spring, EVEREST50. It was a beautiful event commemorating the 50th anniversary of Jim Whittaker as the first American to summit Mount Everest. It was also a great way for me to get to know the staff who was, unknown to me at the time, destined to be my new co-workers.

I have also been out on the trails with The Mountaineers for the last three years – sometimes even leading a few hikes and backpacks. I am proud to be a recent graduate of the Alpine Scrambling course and my eyes are now set on the Basic Alpine Climbing course next spring.

This is my introduction to you and also my chance to tell you how grateful I am to be your new magazine editor.

In this issue, you will find the fourth of an informative series called, “My Secret Rainier,” which describes some lesser known trails around Mount Rainier National Park by longtime Mountaineers trip leaders, Gene Yore and Mickey Eisenberg.

You will also find a story of courage and struggle - about our board president, Gavin Woody who attempted to run the entire John Muir Trail, unassisted. This is a notable article for me as I had the pleasure of interviewing Gavin. Writing this piece makes it my first official article for The Mountaineers.

And for those skiing enthusiasts who are watching every mountain weather report for fresh powder, we have an article on the year-round backcountry skiing trend, Turns All Year written by my enthusiastic and admirable co-worker, Kristina Ciari. Seriously, she will impress you. And make you smile.

You may notice a few changes as you read through this issue. The paper is now 30% recycled, rather than 10% and the pages are all in color. This steps away from the black and white historic newspaper feel that select pages held in previous issues.

You may notice a few layout adjustments as well, hopefully making things easier to find and read. I initially did not want to make any changes to the layout of this issue as I'm aware of how much history and heart goes into an organization like this one. Change, no matter how minor, is not always welcome.

However, editing a magazine has the feel of moving into a house - with articles to put into their respective rooms and on shelves. Editing something that has been around for any length of time means other people have lived there before you. There are characters and guidelines; paragraph styles and headlines left behind. The first inclination is to try not to touch anything. But deadlines are a powerful motivator and I was left with a choice: I could put things where I thought the previous tenant would have put them, or put them where they made the most sense to me. I chose the latter - being as respectful as possible to structures already set in place.

As I organize my new home of outdoor advice, activity guides, new books and inspirational stories, I welcome feedback (both good and bad). For even if I am the one editing it, this magazine is a home for us all. The beauty of a non-profit, especially one that was a social club for so many years, is that we all play an important role in its existence. And together we contribute to its success.

So, let me know what you would like to see in this magazine of ours and I'll try to make your ideas feel cozy and at home.

As a special call-out to photographers: I'd love to put together a larger resource of *Mountaineer* photos. Please don't hesitate to contact me.

My goal is to convey The Mountaineers' relevance today, while still respecting the legacy of an organization that's been around longer than my grandparents.

Suzanne Gerber, Publications Manager

THE MOUNTAINEERS

2013 Board Election Results:

Lee Fromson, Kara Stone and Matt Sullivan

All 3 nominated candidates were elected for directors on our board.

I'm where?

Can you identify the summit in the foreground?

Send your answer by December 1 by post or e-mail: suzanneg@mountaineers.org; I'm Where?, Mountaineer, 7700 Sand Point Way N.E., Seattle, WA 98115.

If you guess correctly, you'll receive a \$15 gift certificate* 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. Each month we'll publish a new mystery landmark and identification of the previous one.

Mountaineers employees or persons shown in the photograph are not eligible.

*not redeemable for cash



Send your photographs for possible publication as a mystery summit (include identification for our benefit). See e-mail and mailing address at left.

Ettie Matza was able to identify Beckler Peak in the September/October *Mountaineer*. The photo was taken by Norm Buckley.

The Mountaineers 2013 Holiday Book Sale

Member's Only Sale: Tuesday, December 3rd: 5 pm to 9 pm



The Mountaineers Program Center: 7700 Sand Point Way NE

Dec 4th - 6th

9 am to 7 pm

+Intermission
during the Banff
Mountain Film Festival

25% off Logo Merchandise

25% off Books, Maps

35% off Book Bundles

50% off Book Seconds

up to 75% off Clearance Titles

206-521-6002 bookstore@mountaineers.org www.mountaineers.org/bookstore



Thomas O'Keefe

Sustainable Roads Analysis on the National Forest

By Thomas O'Keefe

Efforts by the Mount Baker Snoqualmie National Forest to conduct a sustainable roads analysis are well underway, and we are pleased to report that the series of community meetings that took place over the summer and early fall was a success. The goal of the meetings, co-hosted by the Forest Service and partners that included The Mountaineers, was to gain an enhanced understanding of the community interests and concerns about the forest and public access. The meetings filled to capacity and several members of The Mountaineers participated or responded to the online survey.

With reduced staffing capacity on the ground, the Forest Service did a great job of reaching out to stakeholders and forest

users who are out on public lands every weekend, know the road network, and can articulate how it is used. With declining agency budgets and scarce resources for road maintenance, this information is important for the Forest Service to establish priorities.

While the public meeting phase has concluded, we anticipate additional opportunities to weigh in and assist the Forest Service in interpreting data collected. The Mountaineers will be working with other organizations in the outdoor recreation community to coordinate, where possible, in developing shared strategies for advocacy regarding the future of the road network on our National Forests.

National Heritage Area Proposed for Mountains to Sound Greenway

By Thomas O'Keefe

Whether it's biking the John Wayne Pioneer Trail, skiing at Alpentel, canoeing the Snoqualmie River, backpacking in the Alpine Lakes Wilderness, snowshoeing at Cabin Creek, or enjoying a day hike up to Rattlesnake Ledge, the Mountains to Sound Greenway offers a spectacular diversity of close-to-home recreational opportunities. The 1.5 million acre landscape

that extends from the Seattle waterfront to Ellensburg along the Interstate 90 corridor is an important natural amenity for those of us who live and work in the region, and has served as a destination for thousands of trips led by The Mountaineers over the past century.

Today, the Greenway's scenic beauty is the backdrop for the daily lives of 1.4 million residents. Alpine peaks, wilderness lakes, rivers, and lush forests connect by road, rail and trail to rural towns and high rises, where local residents live, work and play in communities deeply rooted to the land around them. Twenty years of conservation have protected the natural heritage of the Greenway and The Mountaineers has been an active participant in this effort. Today, the Mountains to Sound

Greenway Trust is leading a bipartisan campaign to have the U.S. Congress designate the Mountains to Sound Greenway as a National Heritage Area.

As advocates for the conservation of these lands and the recreational experience they provide, The Mountaineers has joined the effort to support designation of the Mountains to Sound Greenway National Heritage Area. Official recognition of the Greenway as a National Heritage Area will:

- Create a framework for communicating the national significance of the Greenway and recreational opportunities it provides.
- Build public awareness, recognition and involvement in stewardship of the Greenway including the miles of trails that provide connectivity.
- Empower citizens, businesses, interest groups and government to work together more efficiently.
- Provide a legal structure to enable governments to work together across jurisdictions (important when one agency manages one end of a trail and another agency manages the other end).
- Formalize the Greenway coalition's cooperative management style by naming the Mountains to Sound Greenway Trust as the local coordinating entity, with The Mountaineers as a coalition partner.

Visit the campaign website to learn more and register your support for the legislation that will formalize continued

cooperative management that promotes both resource protection and public enjoyment of the Greenway's spectacular landscape.



Enjoying a day of snowshoeing along Mountains to Sound Greenway. Photo by Thomas O'Keefe.

To learn more about the campaign to designate the Mountains to Sound Greenway as a National Heritage Area, including how to voice your support, visit greenwayheritage.org.



Congresswoman Suzan DelBene visits Barclay Lake on a sunny day.

Congresswoman DelBene Visits Alpine Lakes and Wild Sky

By Thomas O'Keefe

With Congressional redistricting, a large portion of the Mount Baker - Snoqualmie National Forest and North Cascades National Park is now in Washington's 1st Congressional District, represented by Congresswoman Suzan DelBene.

As the Representative for some

of the most important destinations for outdoor recreation enjoyed by our membership, we were pleased to be invited to join the Congresswoman on a full day tour of the proposed Alpine Lakes Wilderness additions. The following day we joined a roundtable discussion of the recreational economy that was convened by the Congresswoman in Sultan and finished with a hike up the Barclay Lake Trail.

Earlier this year Congresswoman DelBene joined Congressman Dave Reichert in introducing the Alpine Lakes Wilderness Additions and Middle Fork Snoqualmie and Pratt Wild and

Scenic Rivers Act. The Congresswoman reached out to The Mountaineers and other representatives of the conservation and outdoor recreation community to get a first-hand look at the new proposed wilderness area. After a short briefing on the legislation, the Congresswoman joined the participants on a hike of the new Pratt Connector Trail that extends from the Middle Fork Trailhead down river to the Pratt Valley through lands that would be designated as wilderness with the passage of this legislation.

Following the discussion on new wilderness, the Congresswoman spent the next day in Wild Sky Country along the Highway 2 corridor, the gateway to our state's newest wilderness area. At a roundtable in Sultan the Congresswoman spoke with leaders from the business, conservation, and outdoor recreation communities who collectively made the case for the economic value of our rivers, lakes, mountains and forests—estimated to employ 227,000 people and generate \$22.5 billion in consumer spending every year in Washington State. The afternoon ended with a great hike up to Barclay Lake.



Deling Ren helping a student in the crag climbing course.

Volunteers Join Peak Society through Employer Matching Gifts

by Chris Pyper

Super-volunteers Chris Chapin and Deling Ren rack up a significant number of hours each year. In 2013, Chris clocked in with 53 hours, and Deling volunteered an incredible 144 hours. Of course The Mountaineers has hundreds of volunteers that put in comparable hours, but what makes Chris and Deling unique is that they both work for Microsoft, who matches their volunteer hours with cash donations to The Mountaineers.

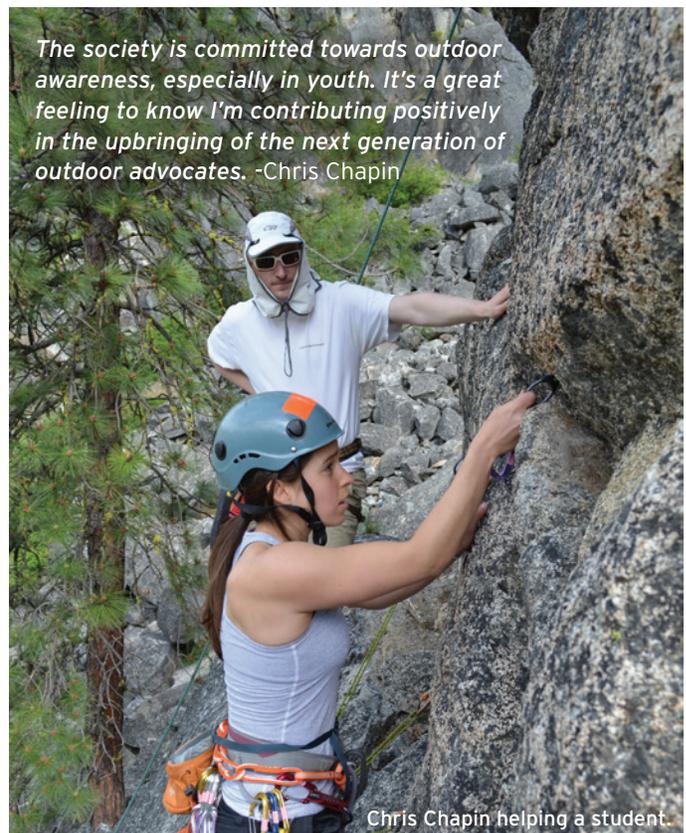
I see a lot of matching gifts for volunteer hours come across my desk, but it wasn't until I was immersed as a student in the Basic Alpine Climbing Course that I was fully able to appreciate how volunteers like Deling might accumulate so many hours in one year. It seemed like he was constantly at the Program Center teaching students how to escape the belay and execute z-pulley. I was even lucky enough to take my crevasse rescue exam with Deling as my evaluator!

Through their matching gifts for volunteer hours, Chris and Deling were both able to qualify for The Mountaineers Peak Society - a distinguished group of individuals who support The Mountaineers' mission and share our vision to educate and engage the next generation of recreationists and conservationists by making an annual, unrestricted gift of \$1,000 or more to support The Mountaineers General Fund. They truly maximize their impact on The Mountaineers.

Tracking and submitting volunteer hours takes minimal effort, "just 3-5 minutes per activity" says Chris, who didn't even realize he was on the verge of qualifying for Peak Society through his volunteer hours. He goes on to say that "I was surprised when I found out I was a member of the Peak Society because I didn't even know it existed or that I was heading in the direction of becoming a member."

These guys recognize the value of volunteering. It's clear that The Mountaineers would be nowhere close to where we are today without the unwavering dedication of all our volunteers.

We want to say thank you to all the Deling's, Chris's and all our amazing volunteers for giving back to The Mountaineers, while continuing to propel us forward.



The society is committed towards outdoor awareness, especially in youth. It's a great feeling to know I'm contributing positively in the upbringing of the next generation of outdoor advocates. -Chris Chapin

Chris Chapin helping a student.

For more information about The Mountaineers Peak Society or matching gifts program, please contact Chris Pyper at chrisp@mountaineers.org.

About Volunteering: More from Chris Chapin and Dehling Ren

How and when did you first become involved with The Mountaineers?

Chris: Fall 2008 - I wanted to take the Basic Alpine Climbing Course.

Dehling: I joined the Mountaineers in 2007, a little after I moved to Seattle. I joined to take the Basic Alpine Climbing Course.

When did you begin volunteering? What inspired you to volunteer?

Chris: Spring 2011. I had already taught ski lessons at Snoqualmie for 2 years. As an instructor, learning still continues and from an entirely different perspective. My own abilities and techniques got better as I helped my students grow because everyone learns differently. I was constantly challenged with how to teach the same thing in various ways. This made me explore my own understanding and only reinforced what I already knew. Interacting with other, more experienced instructors gave me additional insights. There's an incredible amount of satisfaction helping to improve someone's abilities and also getting better yourself.

Dehling: I started volunteering in 2009, after I graduated from the basic course. I learned a ton in my first year in The Mountaineers. It took a lot of volunteer work to make that happen. I can only pay forward. Also, teaching is the best way of learning.

What activities do you volunteer for?

Chris: Ski Mountaineering - mostly by leading backcountry ski trips, Glacier Travel and Crevasse Rescue on Skis\Snowboard, Basic Climbing Course, and Crag Course

Dehling: Climbing

What has been most gratifying about your volunteer experience? Do you have a favorite volunteering moment?

Chris: Getting a student to that "ah hah" moment. Watching a student complete a new skill for the first time and hearing "Hey, that's not too bad - it's even fun!" My favorite moment was in the Glacier Travel and Crevasse Rescue on Skis. For the final field trip, the students were taken out onto the Nisqually Glacier and practiced all the rescue techniques in a real crevasse. It's really cool to see all the classroom learning applied in a real situation and environment.

Dehling: The best reward is when you see your students discover their passion for climbing and become competent and safe climbers. Also, the energy and passion of youth participants.

Any other thoughts or insights you would like to share?

Chris: I know I've had a life-long impact on many of the students I've taught. It's great when I hear second hand how appreciated my volunteering was. Volunteering also helps me form new friendships. It's also a great excuse to "reminisce" on past events when students ask, "Have you done X? How was it?"

Dehling: I want to encourage everyone to contribute to the climbing community in their own ways and capacity. You'll realize your true potential and passion when you are not working for money.

Money Match

Does your company offer matching gifts? Many do! Some even match retirees and spouses. To make your generous hours and donations go even further, find out if your work has a matching gift program

2012 - 2013 Company Volunteer Matches

Boeing	
Microsoft	
Starbucks	
USA Funds	
Weyerhaeuser	

For fiscal year **2012 - 2013**

\$36,633 matched via **2,757** volunteer hours and **30** volunteers

\$58,868 total contributed from **matching gifts** and matching volunteer hours

Mountaineers Adventure Club keeps teens in charge

In 2010, Katy Snyder and Nick Randolph were high school freshmen and founding members of The Mountaineers Adventure Club - a year-round adventure program for youth ages 14 - 18. Today, as high school seniors they lead, instruct and mentor younger members of the Adventure Club.

Big Adventures and New Members

Three years ago the Adventure Club launched with six young people who were admittedly participating because their parents wanted them to. This year the Adventure Club is markedly different with 25 self-motivated members kicking off the fall season. Adventure Club officers have had their hands full planning meetings and trips, training new trip leaders and making sure new members feel welcomed. Many members have set ambitious personal goals like completing long backpacking trips, learning to lead climb or even summiting Mt. Rainier. Adventure Club president Noah Compton said "I feel that the program is really starting to hit its stride and we are really getting used to the idea of setting goals and achieving them to a fuller potential." He goes on to say, "With talk of Smith Rocks this fall, Winthrop in the winter and a full summer of climbing, it's going to be amazing!" Noah is also serving as president of the newly formed Tacoma Mountaineers Adventure Club.

The year kicked off in the fall when the Adventure Club welcomed new members who were looking forward to climb as much as possible before the season ended. New members had the chance to learn belay and climbing skills as well as basic camping and outdoor skills. January will bring another batch of new members to the Club and then it's off to the races. Winter weekends will be packed with alpine skill-building, wilderness first aid and Leave No Trace trainings, and winter activities like cross-country skiing, snowshoeing and snow camping. Adventure Club members' skills progress in the spring as they learn more advanced rock skills, take conditioning hikes and prepare for alpine climbing and extensive summer trips. This past summer, Adventure Club members climbed Unicorn Peak, the Tooth and Mt. Baker. Nine members went on a five-day backpacking trip in the Pasayten Wilderness and 18 members attended a week-long camping trip in Squamish, BC. The Squamish trip included multi-pitch climbing, bouldering, cragging, rafting and canoeing.



Time, Energy and Friends

As you can imagine, teen members must commit an extraordinary amount of time and energy to be successful and to make the program successful. In spite of the level of commitment, demand for the program is high, as no other year-round teen outdoor adventure club like this exists in the area.

In addition to classes and activities, members are expected to attend monthly meetings and take turns planning and leading trips. Over the course of the year, members gain a sense of responsibility toward one another so that by summertime they have grown to become a tight-knit family.

Last year, the Adventure Club was fortunate to have over 20 volunteers committed to teach climbing skills, lead climbs and support camping trips. Inspired by the amount of time and enthusiasm that volunteers committed to them, six Adventure Club members gave back this summer by volunteering for Mountain Workshops and one to four weeks of Junior Mountaineers Day Camp. Like all Mountaineers programs, the Adventure Club could not exist without the generosity of so many Mountaineers who volunteer their time and expertise to teach and mentor others.

As the membership of the Adventure Club increases and the skill level of older members increase, we are constantly in need of more volunteers to help instruct and guide these young people to be safe and competent in the outdoors. We welcome all inquires. Come and join us!

To get involved contact Becca Polglase,
Education Director: beccap@mountaineers.org.





The Mountaineers

Mountaineers Youth Programs grow to provide more youth more outdoor experiences

by Becca Polglase, Education Director

As summer 2013 came to a close, so did another successful year of youth programs for The Mountaineers.

This past year we not only expanded our reach, but also deepened our impact by providing more youth with multiple outdoor experiences. The number of youth participants in our programs increased 50 percent from 920 to 1,371, while the number of youth outdoor experiences nearly doubled from 2,340 last year to 4,207 in 2013.

Mountain Workshops - programs offered in partnership with youth-serving agencies - increased 40 percent and welcomed 12 new partner organizations.

Summer camps more than doubled with six weeks of camp in Seattle, two weeks in Kitsap and one week at the Tacoma Program Center. We provided 275 youth with outdoor fun and learning. About 75 summer campers had so much fun last year that they registered to attend two or more weeks this year.

The Mountaineers teen Adventure Club continues to grow with members averaging 30 days each of outdoor instruction and activities. The Adventure Club has also expanded to Tacoma and the Explorers program for ages 10-13 has grown to 16 explorers.

Looking ahead to 2013-2014, The Mountaineers board members, staff and volunteers have set ambitious goals for all of our programs, especially youth programs. We'll be investing in growing new programs in Tacoma to expand our reach in the South Sound. We're also excited about plans to partner with the Mountaineers Foundation on the establishment of an Outdoor Learning Center in Kitsap County. We plan to offer two Summer Day Camps dedicated to Mountain Workshops partners like Hope Place and Brettler Place.

*We can't wait to report back this time next year!
To get involved, contact beccap@mountaineers.org*



Marbled Murrelet illustrations
by Paul Harris Jones.

Marbled Murrelet

A Bird on the Brink

By Joan E. Miller

For a writer, the gift of a story on a silver platter is impossible to resist. Maria Mudd Ruth realized the story had been served and the marbled murrelet was the golden key dangling before her.

Not a birder, yet uncontrollably drawn to researching and pursuing this bird of mystery, Ruth began work that would lead to her latest book, *Rare Bird: Pursuing the Mystery of the Marbled Murrelet*, just reissued in paperback by The Mountaineers Books.

Ruth came under the spell of the elusive marbled murrelet in 1999, while writing a book about Pacific Coast ecosystems. She had never heard of this robin-sized seabird before and, by the time she had finished writing a short chapter on it, had amassed

enough scientific literature and talked to enough biologists studying this secretive bird that she was compelled to write more. Driving Ruth's research was her need to understand why it had taken so long to find the first marbled murrelet's nest.

That discovery came in 1974 – by accident – by a tree-trimmer high up in a Douglas fir. It had taken 185 years from the first documentation of this species for someone to find a nest. Why, and what had scientists learned since 1974?

The Chase for the Marbled Murrelet

Over the next five years, Ruth moved her family west to California, where she could more easily access researchers

and the birds themselves. She scoured scientific literature and connected with every scientist she could who had worked with murrelets. She accompanied two biologists, who were surveying marbled murrelets, on a hike into the forest.

"After I nearly died in Redwood National Park," laughs the mom who had been on hikes and camping trips and felt confident in the outdoors, "I realized I was not prepared for hiking into a forest at 3 a.m., in the dark. We were going straight uphill and I had been told to dress warmly, but it was not cold and I was sweating. I had my water and trail mix and headlamp. We were doing the Marine belly crawl. It was steep. They offered me a stick. I said, 'no thanks, I don't usually hike with a stick' and they said, 'No-it's for the cougars.'"

The team had to be at the appointed survey tree at an exact time or the study could not proceed. They arrived at an enormous tree and sat for an hour and a half. "No marbled murrelets. This was an active nest tree. The biologists were going to do this all summer."

Unique Seabirds

Marbled Murrelets are the only species of seabirds that nest in trees. Yet they feed at sea. Once they've eaten, they fly directly back to the nest, as fast as 103 mph and as far as 50 kilometers inland. The flight is nonstop; their webbed feet don't allow them to perch.

"Most Mountaineers have been in marbled murrelet habitat without knowing it. Maybe they have heard the kee calls, which can sound like a cross between a hawk and a gull, but there is one marbled murrelet sound that no one has yet recorded. It sounds like a jet airplane, according to the few biologists who have heard it."

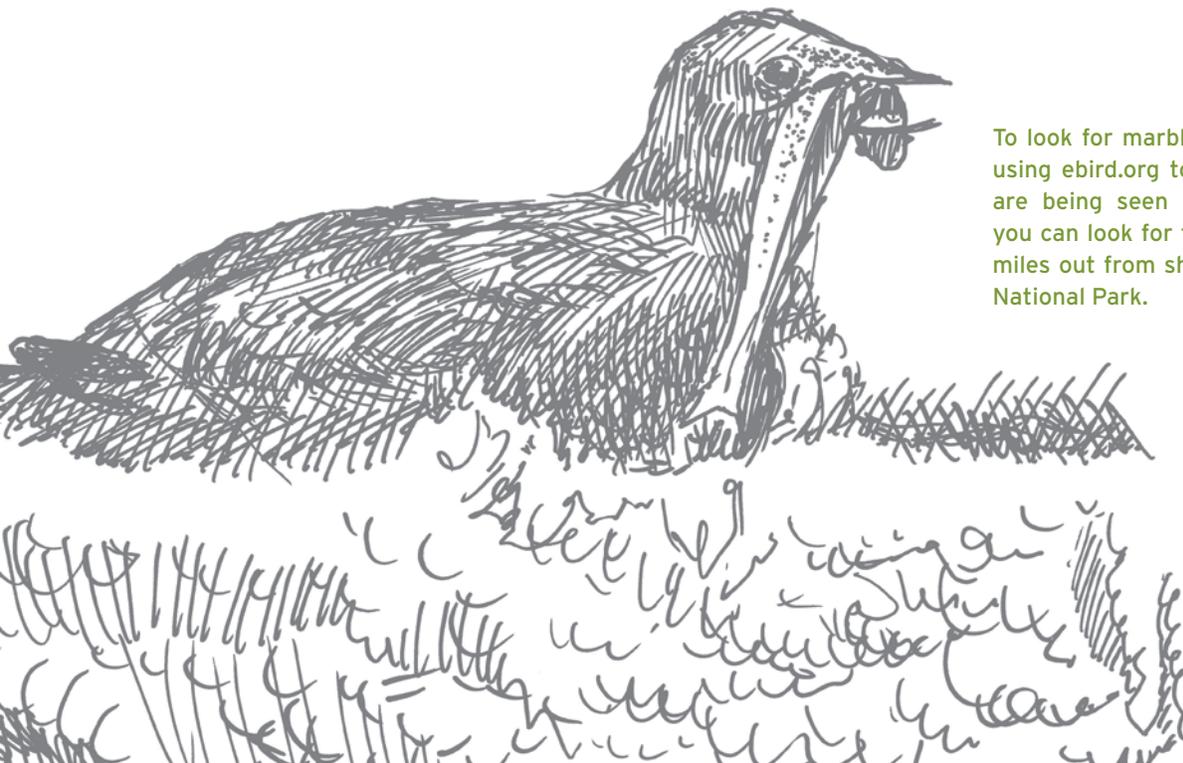
A Habitat Threatened

"These birds nest in trees above the snow line," says Ruth. She notes that historically, marbled murrelets have nested closer to the sea, but logging of the mature and old-growth forests of the Pacific Northwest coast where these birds nest has taken its toll and they are being pushed to the limits of their ability to survive. These "fog larks" as early loggers called them, face numerous challenges in merely existing. Logging is the number one threat. Predators are a close second. Crows, Steller's jays and ravens have learned to find the eggs, as found in a past study conducted by University of Washington professor John Marzluff (who spoke to The Mountaineers previously about crows and ravens). Ruth met with the corvid expert to learn more about their predation on murrelets. "The egg and chick are defenseless in the nest," she says. To make matters worse, the clutch is normally only one egg.

Other threats are oil spills, marine pollution, overfishing of their food sources, and getting caught in gill nets. Marbled murrelets are federally listed as threatened and further listed statewide in Washington, Oregon and California. Population studies have shown a huge decline in numbers— thirty percent over the past ten years in the Lower 48 and similar and steeper declines in British Columbia and Alaska, Ruth points out.

Ruth speaks of the incredible first flight of the chick: a solo flight from its nest to the ocean at sunset. "That's something I will never see, but just knowing that these flights occur in the coastal forest where I hike is thrilling."

Imagine hearing kee, kee and just maybe, catching a glimpse of a small, fast-moving object overhead, as you hike through old growth. *That's the magic of the marbled murrelet.*



To look for marbled murrelets, Ruth suggests using ebird.org to find reports of where they are being seen or heard. In the fall/winter, you can look for them on the coasts, a couple miles out from shore, especially near Olympic National Park.



Rare Bird The Cookie

by Maria Mudd Ruth

Ingredients:

- 3 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 2 sticks of unsalted butter, softened
- 1 cup sugar
- 2 eggs
- 2 teaspoon vanilla extract
- 2/3 cup unsweetened cocoa
- 1/2 cup chocolate morsels
- 2 teaspoons of cinnamon

Directions:

Preheat oven to 350 degrees.

In a medium-sized bowl, mix flour, salt, baking powder and cinnamon. Set aside. In a larger bowl, using an electric mixer, blend butter, sugar, eggs, vanilla and cocoa. Slowly add flour mixture and mix until smooth. Add chocolate morsels and stir in with a spoon. Form into four balls, wrap in plastic and chill for at least an hour.

Roll out cookie dough on floured cutting board.

Here is the tricky part. Using a bird-shaped cookie cutter – I used a puffin (a murrelet cousin) to cut out your bird. I had to reshape the puffin into something that would bake up more murrelet-y. This meant elongating the neck, reshaping the puffin's thick beak into a murrelet's slender beak, and changing the angle of the bird's head (see photos). It also meant picking the chocolate morsels out of beak so the beak remained slender during cooking.

To give the murrelet its characteristic chocolate and cinnamon-brown colored breeding plumage, I sprinkled a pinch of cinnamon on the side of the cookie shape where the wing would be. If you are so inclined, you can add a chocolate morsel/nib to make an eye to make the murrelet look like the bird on the cover of Rare Bird.

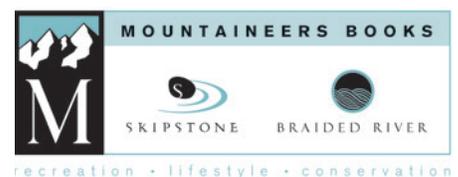
Bake on ungreased or parchment-lined baking sheet for 6-7 minutes.

Transfer cookies to a wire rack to cool. *Enjoy!*



Sarah Gervitsman

Maria Mudd Ruth is an Olympia, Washington-based author who has written more than a dozen books on natural history topics, including volumes on butterflies, beetles, snakes, rain forests, deserts, and oceans. She most recently wrote the book, "Rare Bird: Pursuing The Mystery Of The Marbled Murrelet" and will be appearing at the Seattle Program Center for a presentation and book signing on Thursday, November 14th at 7 p.m.

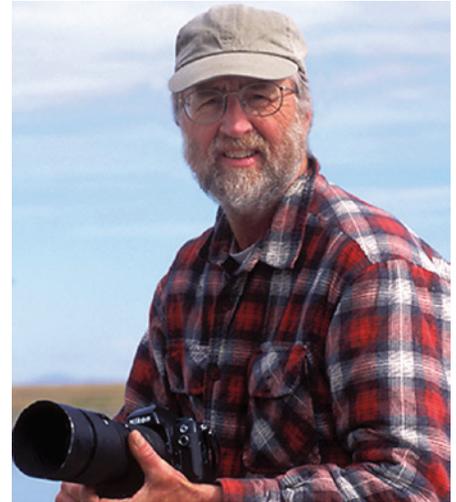


Denali-based author and photographer Tom Walker named Alaska's "2013 Historian of the Year"

The Alaska Historical Society honored Tom Walker this year for exceptional work in preserving and bringing Alaska history to the public with his "well researched and engagingly written" book *The Seventymile Kid: The Lost Legacy of Harry Karstens and the First Ascent of Mount McKinley* (Mountaineers Books, March 2013). This historical narrative tells the remarkable account of Harry Karstens, who was the actual-if unheralded leader of the Hudson Stuck Expedition that was the first to summit Mount McKinley in 1913. All but forgotten by history, a young Karstens arrived in the Yukon during the 1897 Gold Rush, gained

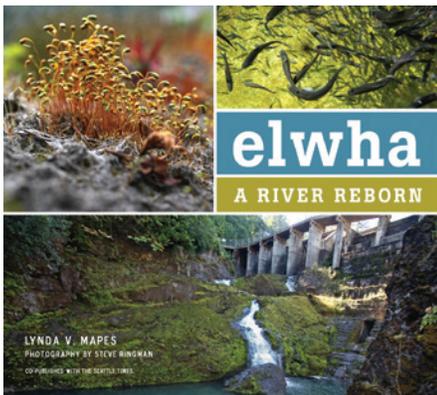
fame as a dog musher hauling U.S. Mail in Alaska, and eventually became the first superintendent of Mount McKinley National Park (now known as Denali National Park and Preserve). Aided by Karstens's own original journals, Walker, a longtime Denali-based writer and award-winning photographer, researched this story for over 35 years and uncovered significant archival information about the monumental climb.

The Seventymile Kid also played a key role in this year's Denali Centennial exhibit by the University of Alaska Museum of the North, in addition to special events at Denali National Park and Preserve.



Tom Walker, author of *The Seventymile Kid: The Lost Legacy of Harry Karstens and the First Ascent of Mount McKinley*

Elwha: A River Reborn exhibit debuts at the Burke Museum this fall: Nov. 23, 2013 - Mar. 9, 2014



Elwha: A River Reborn, a new exhibit from the Burke Museum, takes you into the Northwest's legendary Elwha River

Valley to discover the people, places, and history behind the world's largest dam removal project, an unprecedented bet on the power of nature. Once legendary for its pre-dam wild salmon runs and Chinook weighing as much as 100 pounds, today the Elwha is being dramatically rethought as its two massive dams are torn down. With the start of the first dam blasts in September 2011 comes a chance for unprecedented environmental restoration and community renewal.

Based on the book published by Mountaineers Books (April 2013) and authored by *Seattle Times* reporter Lynda Mapes and photographer Steve Ringman, *Elwha:*

A River Reborn exhibit sheds light on this essential part of Washington State's history through compelling stories, stunning photographs, and Burke collections, from fish to cultural objects from the Elwha region.

Visit www.burkemuseum.org for more.

Burke Museum
of Natural History and Culture
Open daily 10 am - 5 pm
Phone: 206-543-5590

Located on the UW Campus at
17th Ave NE and NE 45th Street

Wilderness GPS slideshow party at Feathered Friends: Wednesday, Nov. 6th at 7 p.m.

Authors of the bestselling *Wilderness Navigation*, father-and-son team Bob Burns and Mike Burns teamed up to write yet another soon-to-be bestselling title: *Wilderness GPS: A Step-by-Step Guide* (November 2013).

Catch them at Feathered Friends for a free slideshow (with real slides going all the way back to 1975) celebration on Wednesday, November 6th. Expect an

entertaining evening of good stories and decades of mountain adventures as seen through the lives and lens of these two Pacific Northwest outdoorsmen.

Feathered Friends

119 Yale Ave N
Seattle WA

Phone: 206-292-2210



Mike Burns and Bob Burns on the summit of Sluiskin Chief, MRNP in 2005. Photo by Steve Cox.

From China to the Cascades: An interview with Yinan Zhao

Shortly after I started working at The Mountaineers, I received a call from a reporter at Northwest Asian Weekly. She was writing an article on Asian female mountaineers and asked if I would be willing to be interviewed. I declined, but decided it would be a great opportunity to highlight another awesome Mountaineer. I approached a member whom I saw at the program center ALL THE TIME helping fellow Basic Climbing students learn necessary skills. She was absolutely perfect for the interview. However, only part of the interview was used and few people had the chance to read what turned out to be a very moving piece.

So I decided to share it here, with you – in it's entirety. I hope you find it as inspiring as I did.

-Mary Hsue, Mountaineers Director of Development

Why did you start climbing? What or who attracted you to the sport?

When I was in China, I had many friends who climbed snowy mountains in west China. They were student climbers that got their mountaineering funding from their college. For that reason, I couldn't join them and couldn't find other ways to start mountaineering. But I hoped for a chance to climb in the future. Years later, I came to America and found snow peaks so close to civilization (compared with China). It wasn't simply a dream to climb mountains. Seven years ago, I moved to the Seattle area and found The Mountaineers to help me start chasing my dream. With The Mountaineers, I discovered another kind of climbing – rock climbing – and fell in love with the sport. I love it because I found that women can do it well; sometimes, even better than men because we often climb with grace and elegance.

What was your most memorable climbing trip? Why?

In August 2010, I climbed Eldorado Peak, an ice climb. It was my most memorable climb because on our way out with just 100 yards left to trail head, I fell and broke my ankle. It took more than one year to recover. It was a challenging time, both physically and mentally. I learned a big lesson. I spent most of the recovery time thinking a lot about how to be a better climber, how to deal with my own weaknesses and how to make the right decisions.

How much time per week do you dedicate to climbing?

I usually spend two to three weeknights in the rock-climbing gym. During climbing season, I spend my weekends climbing. In the off-season, I usually do physical conditioning on local hills/trails or instruct climbing courses for The Mountaineers on weekends. I volunteer as an instructor for the Basic Alpine Climbing and Intermediate Climbing courses; Sport Climbing and Crag courses; Intro to Aid and Big Wall course as well as entry-level seminars and workshops.



Yinan Zhao, member since December 2007

Why is climbing important to you? Why do you like it?

I like climbing because it was my dream and it has come true. It's important to me because it makes me stronger both physically and mentally.

Besides physical fitness, how does it benefit you?

Climbing gives me confidence, makes me more careful, helps me work on teamwork and develops my leadership ability.

Do you climb with mostly men? In general, are there more male climbers than females?

There are female climbers, but in general I find more male than female climbers. I'm happy to climb with both men and women though. Actually, among climbers there are many strong ladies and careful guys. I have learned a lot from all of them.

Have you had any discouragements? How did you deal with them?

From time to time, I'm discouraged by my physical disadvantage compared with male climbers. I have to face it since I usually climb with guys. To keep up, I train hard to achieve a higher level of physical fitness and use lighter gear to help me to move faster. Also, when I choose climbs I research the difficulty level to assess how strenuous a climb will be and to make sure that I'm competent enough to maintain an appropriate pace to complete the climb.

Do you have any advice for newbies?

There are different levels of climbing and you can always find one that fits you. I achieved my dream through courses with The Mountaineers. The organization maintains a tradition of volunteer-led education. My instructors were highly-skilled volunteers that gave their time to share their passion and teach me the skills I would need to climb glaciated mountains as well as rock faces. They served as my mentors and inspired me to give back and do the same for people interested in learning the necessary skills to be safe in the mountains.

Newbies will find The Mountaineers offers entry level courses for rock climbing, glacier climbing and bouldering. They will also find a community of like-minded people and come across opportunities to build lifelong friendships – like I did!

It's hard work, but really fun – take your time, take it easy, enjoy and have fun!



Sense of Courage

Gavin Woody's Epic Run on the John Muir Trail

By Suzanne Gerber

A self-portrait with Whitney in the background. Photo by Gavin Woody

It takes a sense of adventure to decide to run the John Muir Trail (JMT) – over 200 miles of High Sierra backcountry connecting Yosemite, Kings Canyon and Sequoia National Parks. It takes a sense of courage to go alone, without assistance or companions.

Gavin Woody set out with the goal to do just that on September 3rd of this year. He left his wife, Sara and his daughter, Sienna, starting at the entry point of the JMT in Yosemite Valley. He was off to a good start and 4.5 hours later, he was at the top of Mt. Whitney – a 6,000 ft climb – where the elevation is 14,500 feet. The true southern terminus of the John Muir Trail, Mt. Whitney, stands just a bit higher than Mt. Rainier.

“One challenge which I anticipated but didn't fully appreciate was the elevation,” says Gavin. “Coming from sea level and zero acclimatization, I found it hard to breathe on the high passes.” Nearly the entire length of trail is above 8,000 ft.

Going Against the Grain

The majority of travelers along the John Muir Trail are backpackers and choose to hike in the opposite direction – entering at Yosemite Valley. The elevation is a little lower there and backpackers can acclimate as they hike up. It's also much less remote than the southern portion where Gavin entered.

This meant that there were closer re-supply points and if anything went wrong, they weren't so far from help. One re-supply point is Reds Meadow, by the town of Mammoth Lakes and about 60 miles from the northern terminus of the trail. This is where Sara and Sienna would be waiting to cheer Gavin along.

Running Unassisted

With food, water and gear, Gavin's pack weighed 22lbs. That would be considered ultra-light for a backpacker, but heavy for a runner. Without support, Gavin had to carry everything he needed [check out his full gear list on page 19]. The food he brought was all food he could eat on the run - energy gels, shot blocks, Snickers candy and something more substantial he decided to try: Pemmican bars. They're a mixture of beef jerky and lard. “It sounds nasty,” says Gavin. “Turns out it really is.” By comparison, supported runs have a huge variety of scrumptious foods, such as hot chicken noodle soup, grilled cheese, watermelon and strawberries.

The added weight and lack of acclimatization, along with a cold he was just getting over, led to a slower pace than Gavin had planned for. Mild elevation sickness left him with a headache and without much of an appetite. Hoping to consume 250 calories every hour, Gavin had difficulty swallowing even 150. His energy simply wasn't there.

All in Preparation

Before taking on the John Muir Trail, Gavin ran the following:

- Pigtales Challenge 200-mile ultramarathon - 1st place
- The DRTE 100 "Dirty One Hundred" ultramarathon - 2nd place
- A 100-mile self-supported (over 2 nights) run from Pier 58 in Seattle to Snoqualmie Pass, through Cougar, Squak, Tiger and Rattlesnake

It was during the last test when he decided to run the John Muir Trail, unsupported. He had arrived at a new place in running. "I didn't know I could do this," Gavin said. "How do you run 200 miles?" He wanted to test his boundaries.

He describes his mental transition to a long-distance runner: "Time takes on a new dimension when you run these distances. An hour becomes ten minutes. Ten minutes becomes one."

Up to this point, Gavin had trained incrementally. He worked his way up and knew his limits. "I set goals in my mind but never told anyone what they were," he says. "Telling people is big." But he knew he couldn't run the JMT without letting anyone know.

It was the first real challenge he told people he was going to take on. It was also the first he had to cut short.

The Decision to End Early

The decision to go home with his wife and daughter when he met them at Reds Meadow wasn't an easy one - but it wasn't a hard one either. Gavin was sleep-deprived, missing Sara and Sienna like crazy and feeling the altitude much more than he had anticipated. In addition, that day was his five-year wedding anniversary. Spending the night alone on the trail again, without his family, had very little appeal.

Gavin clocked less than three hours of sleep during the 160-mile section of the JMT that he completed. Exhaustion wore on him more and more over those three and a half days. "Every jagged rock I passed along the trail looked like a cozy bed. I sat down a number of times and dozed off before my shivering would wake

me up." He didn't bring a sleeping bag - only a small sleeping pad and emergency bivy with the plans to take small naps in the afternoon, while running at night to stay warm.

"Knowing that I was way, way out there made it so mentally hard," said Gavin. "But I had no choice but to keep moving."

A Different Kind of Beauty

It wasn't all struggles. There's a reason Gavin loves to run long distances on trails. With his headlamp, he runs through the night and connects to the wilderness in a special kind of way. "People say you're going to miss half the beauty," he says "You don't. It's just different beauty."

Gavin recalls part of the trail: "I was coming down a steep section, next to a waterfall in the dark and it was such a sensory experience; an energetic feeling. The rushing water was deafening. The smell was fresh. You can't see the waterfall, but you can feel it. You know it's there with a deeper presence than if you were able to see it and place visual boundaries on the water and yourself in the light."

Whether during the day or the night, trail running is a form of focused meditation for Gavin. "Day-to-day, I have a bazillion things going on. When I am running, I pay close attention to every single step. I have to. When you're out that far," he explains, "tripping could be disastrous."

For Next Time

There's no doubt in Gavin's mind that he will run this trail to completion. Perhaps even next summer. "There aren't that many things I'll do differently," he says. "The time of year was perfect and most of the gear I brought was too (minus the Pemmican bars)." The main struggle was the altitude. Next time, Gavin plans to live at Whitney for a week first to acclimate.

"I've never quit anything before so this is a new experience I'm still grappling with," Gavin says. "But I do know it has made me hungrier than ever to complete this trail AND to dream up even bigger adventures."



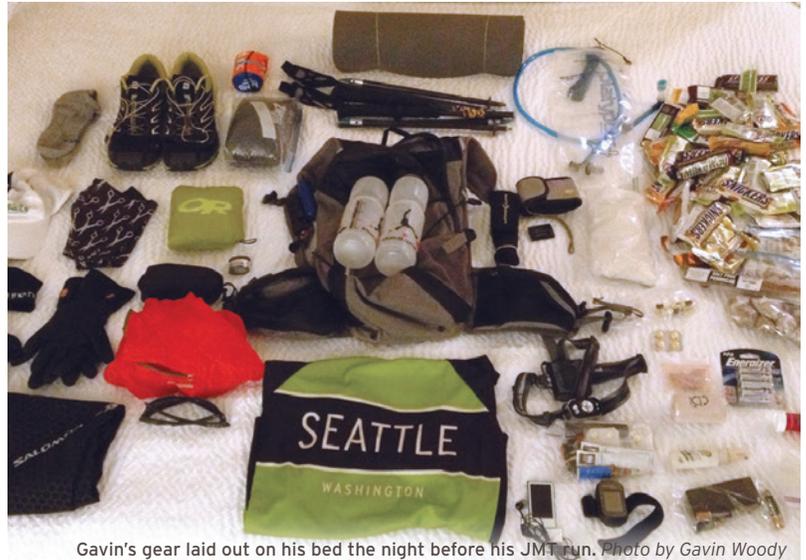
Rae Lakes at sunrise - taken on Day 2 of the John Muir Trail run. Photo by Gavin Woody

6.5-pound Base Weight

Taking a look at what Gavin Woody brought on his John Muir Trail run

When Gavin set out on his 221-mile run along the John Muir Trail, his base weight (pack without food or water) was merely 6.5 lbs. He didn't need a sleeping bag as he was not planning on sleeping more than a few hours the whole time. He packed for survival more than comfort, and brought a lightweight version of the necessary essentials. He even brought bear spray - though he lost it on the first day, when it bounced out of his pack.

Trail runners, backpackers and day hikers alike can find this list to be a useful reference when trying to go light-weight on their next trip.



Gavin's gear laid out on his bed the night before his JMT run. Photo by Gavin Woody

Minimalist Long Distance Trail Running Gear:

Pack

Salomon 20-litre pack

Footwear

Salomon Sense Mantra shoes

Shelter

Emergency bivy
Foam pad (small size)

Navigation

Garmin GPS
Maps

Communication

iPhone
Spot

Illumination

Headlamp
Extra headlamp

First-aid

Band-aids
Ace bandage

Hydration

Steripen
Emergency water filter straw
2 x water bottles
Water bladder
+ tube + tube holder

Sun protection

Sunglasses
Sunscreen

Safety

Bear spray
Knife

Hygiene

Toilet paper
Chapstick
Vaseline
Body glide - large
Body glide - small

Clothing

Montbell light down jacket
Outdoor Research raincoat

Windshirt

Windpants

Running gloves

Overgloves

Gaiters

Socks

Puffy hat

Running hat

Light beanie

Extra running shorts

Patagonia long-sleeve

Extra Gear

iPod

Camera (waterproof)

Hiking poles

Accessories

iPhone recharger

Batteries - AA

Batteries - AAA

Batteries - Steripen

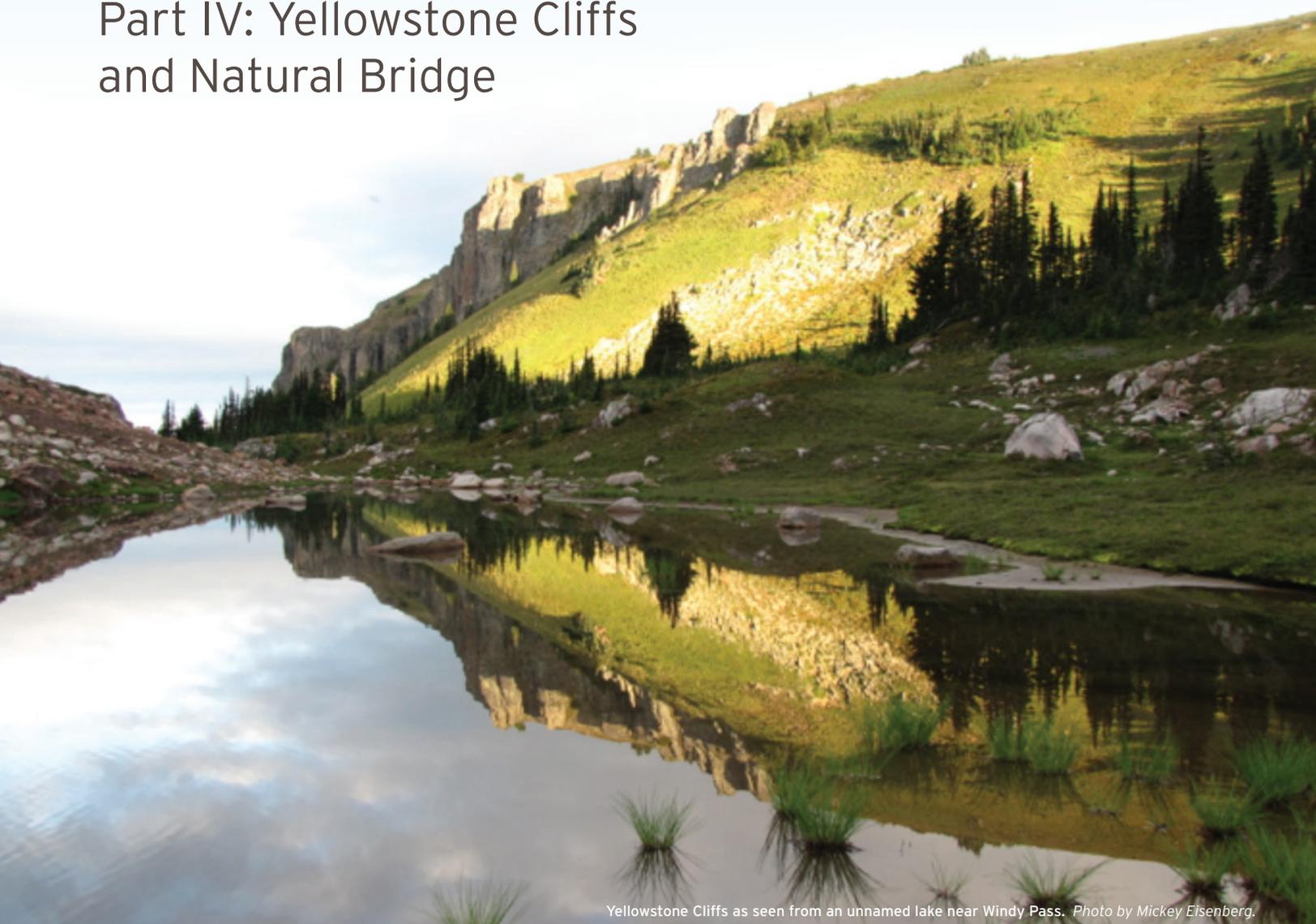
Batteries - watch

Plastic bag - large

Plastic bag - small x 4

'Our Secret Rainier'

Part IV: Yellowstone Cliffs and Natural Bridge



Yellowstone Cliffs as seen from an unnamed lake near Windy Pass. Photo by Mickey Eisenberg.

An Amazing Two-fer

By Mickey Eisenberg and Gene Yore

Mount Rainier National Park (MRNP) is filled with glorious places to visit. Its visitors justifiably flock to the well-known destinations: Sunrise, Paradise, Camp Muir, Summerland, Spray Park and Comet Falls to name just a handful. But there are dozens of other wonderful places—less well known and perhaps a bit more difficult to find—that have a beauty all their own. Longtime Mountaineers trip leaders, Gene Yore and Mickey Eisenberg, call these places “Our Secret Rainier.” This is the fourth of a periodic installment from Gene and Mickey on these hard-to-find gems in the park.

This hiking two-fer takes you to two unusual geological formations within the park. Both are reached via the Northern Loop Trail. The first is Yellowstone Cliffs appropriately named for the yellow cast to the stone and the second is the Natural Bridge, a massive rock arch and seldom seen geological structure within the park. We recommend a clear day for this hike. Natural Bridge is 1.5 miles beyond Yellowstone Cliffs.

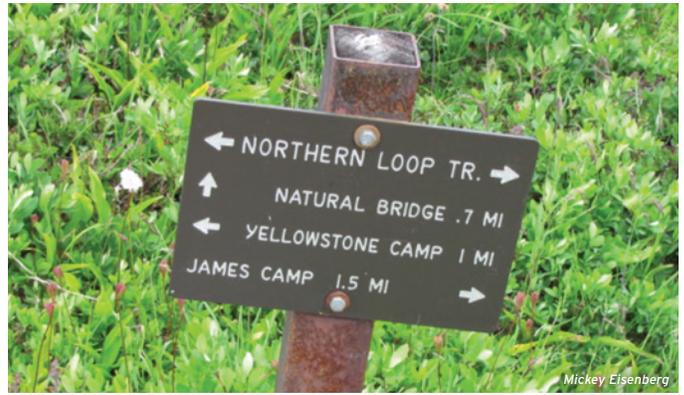
If your energy flags you could turn around at the Cliffs but we think the extra effort to visit the Natural Bridge is well worth it as there are great views of the Sluiskin Peaks and Crescent Mountain on the way. Actually, this trip should be called a bike and hike as the first five miles should be done on bike. This two-fer makes for a long day so be prepared with plenty of food and water. And don't even think about walking across the bridge!

Yellowstone Cliffs and Natural Bridge

- Skill level:** Strenuous Hike (plan for a long day)
- Beauty:** 7 on a scale of 10 (choose a clear day)
- Effort:** 8 on a scale of 10 for Yellowstone Cliffs
9 on a scale of 10 for the Natural Bridge
- Distance:** 12 miles RT to Yellowstone Cliffs
15 miles RT to the Natural Bridge
(Not including the bike portion)
- Elevation:** 3300 ft. total gain to Yellowstone Cliffs
4300 ft. total gain to Natural Bridge
- Total time:** 7 hours for Yellowstone Cliffs
9 hours for Natural Bridge
- Best season:** Mid-July until first snow
- Maps:** USGS Mowich Lake;
Green Trails Mt. Rainier West
- Equipment:** Hiking gear



Route: From the parking lot, bike or walk 5 miles (one-way) on the washed-out Carbon River Road until you reach the Ipsut Creek Trailhead at the end of the road. The one-way bike trip to the trailhead takes about 60 minutes and will climb 600 ft. From the trailhead (2,330 ft.) hike 1.7 miles to a side trail to the left. This is the official start of the Northern Loop Trail. The trail will lead to the lower crossing over the Carbon River. Cross the Carbon River and start a long steep climb up through a series of switchbacks, passing the spur to reach the Yellowstone Cliffs Camp. The views open up as you switchback to the base of the cliffs. Continue past a lake located on the right and then reach Windy Gap at 5,825 ft. You should be able to pick out the Sluiskin Peaks south of the Gap. The Sluiskin Chief is on the east (left) and the Sluiskin Squaw is on the west (right). Stay on the trail for 0.1 miles beyond Windy Gap you will come to the trail to the Natural Bridge. This spur trail to the Natural Bridge is about 1.0 mile in length.



Directions: From Puyallup, drive 13 miles east on State Route 410 to Buckley. Turn right (south) onto SR 165. Proceed to the bridge over the Carbon River Gorge and then bear left to Mount Rainier National Park's Carbon River Entrance. Park in the small parking area by the old ranger station. Drive time to the parking spot is 90 minutes from downtown Seattle.

Due to frequent destructive floods, the Park Service has deemed the Carbon River Road unsuitable for vehicle traffic. Vehicles must be parked at the park boundary, 5 miles from Ipsut Creek Campground.



Mount Rainier National Park has over 100 climbable peaks (not counting Mount Rainier itself) either within or immediately adjacent to the Park boundary. Information about all 100 may be found in *Guide to 100 Peaks at Mount Rainier National Park* (excluding Mt. Rainier), published by Mountaineers Books. While most are scrambles and a few are climbs, there are 15 peaks that are reachable as hikes.

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Eddie Bauer

LIVE YOUR ADVENTURE

Turns All Year

by Kristina Ciari



Kristina jumping for joy on the Muir Snowfield, Mt. Rainier, in April 2013. Photo by Erica Bliss.

Backcountry Bliss

I consider myself one of the 'lucky ones'.

I learned to ski shortly after learning to walk, and remember a childhood of white Montana winters racing after my parents down the ski slopes. Winters get cold in Big Sky Country, but fueled on a steady stream of hot cocoa and M&Ms, my dad managed to teach not only me, but my younger twin-sisters, to be pretty darn good skiers.

I skied hard in middle school and even dabbled in racing, but fear of injuries and the expensive equipment ended my short race career. Sadly, I fell out of love with skiing for a while and even took up snowboarding as some sort of cruel, teenage rebellion. Then, I moved to Seattle and focused on schoolwork, leaving little time for mountain pursuits.

But this story does have a happy ending, for just when rockered, fat-boy skis went into mass production, I discovered backcountry skiing. I have never looked back.

For me, backcountry (BC) skiing is like the awesome love-child of snowshoeing and downhill skiing. It offers the quiet, blissful experience of walking through fresh, snowy tracks far from

the beaten path, with the sheer exhilaration of swift, snowy descents.

I'm not alone in my love for backcountry skiing either. Its explosive growth is causing gear companies everywhere to create newer and better equipment every year. And the people attracted to backcountry bliss are numerous and diverse. Take Jeanette Morrison, a volunteer with The Mountaineers Glacier Travel and Crevasse Rescue courses and a co-leader for M1 trips, and, an avid BC skier. Morrison got involved with BC skiing when she was 40, and is still making turns at 63-years young. She remembers the time long-before shaped skis when women's-specific backcountry ski boots were non-existent. Her first BC setup was absurdly heavy compared to new equipment: a pair of Volkl's mounted with Silveretta 404 bindings.

Still, Morrison's love for the outdoors, love for the mountain energy, and love for the ease of finding serenity so close to home motivates her to keep getting after it. "Being on the mountain is energizing," she says, "If I'm away for a long time, I find the need to get back up there where life is simple for a while." Together with her ski partner Ron Jarvis, Morrison has an incredible 228 consecutive months of year round turns. Do that math...that's a LONG time.

The Pacific Northwest is a spectacular place for backcountry skiing. Home to two mountain ranges and five glacial volcanoes, we have a world-class adult playground right in our own backyard.





A skier enjoys the view of Anniversary Glacier on the Col between Mt. Joffre and Mt. Mattier near Pemberton, British Columbia. Photo by Kristina Ciari.



Theresa Gilbert, Kristina Ciari, Theresa Sippel, Cori Bucherl and Erica Bliss get all dressed up for September turns on Mt. Hood. Photo by random snowboarder.

Ski Stashes

Here in the PNW, a crew of local winter enthusiasts participates in Turns-All-Year (TAY): skiing at least one day a month, for as many consecutive months as possible. TAY devotees have different personal credos for what counts as a day of skiing, but the attitude remains consistent - get boards on your feet to slide down white stuff and it counts.

What started as a personal pursuit for individual skiers turned into a passionate BC community in 2001, when Charles Eldridge (retired at 128 months) launched turns-all-year.com, a website dedicated to backcountry travelers. It offers a place to post recent trip reports, find a ski partner, scour weather data, and buy and sell used gear.

One of the early users of TAY.com was Jeanette Morrison, who called herself a "guinea pig" for the website. She and her ski partner Ron Jarvis were some of the first skiers to post trip reports and publically share their love for wild, snowy places. What keeps her going month after month? Morrison, who has been happily married for 43 years to a man who prefers fly-fishing to skiing, credits her ski partner Jarvis with inspiring her by being a steadfast companion in the backcountry. "The main thing about my BC experience is having the best, most reliable ski partner." She said. "Someone you can count on to always be there. Not saying they will be there, and then not show up, but to be there."

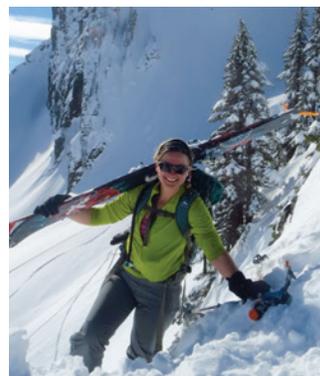
So where does all this skiing happen? For this story, I asked Morrison to share some of her favorite places to ski. We could have talked for days (and days and days) about our favorite spots, but together we narrowed it down to a few well known and not-so-well-known destinations:

- **Mt. Adams:** One of Morrison's favorites, offering several variations of skiing from the summit, including the standard route and the SW chutes.
- **Mt. Hood:** Zigzag Canyon, White River Canyon, Illumination Rock, or old-fashioned lift skiing.

- **Paradise at Mt. Rainier:** Paradise (proper) has the Mazama Bowl/Ridge, Paradise Glacier, McClure Rock, Edith Basin, Golden Gate, Panorama Point, and the obvious Muir snowfield. For the more adventurous the Van Trump area, Turtle, and Nisqually Chutes to the bridge are excellent. Depending on avalanche conditions and snow stability, you can find very safe, skiable snow on any given weekend in and around Paradise.
- **The Tatoosh:** Foss Peak, Castle Pinnacle area, Denman, Lane, and Unicorn Peak.
- **Echo and Observation Rock (Flett Glacier):** It's a really long way in, and the biting bugs can be terrible, but the skiing is great.

Morrison wanted to share a few other words of advice as well. "It doesn't need to be epic - there's lots of fun to be had just yo-yoing a short slope. You can always nourish your soul by being outside, and you can still get plenty of turns."

I couldn't agree more with Morrison. As of October 2013, I am at 24 months of TAY. I'm really just a toddler compared to TAY legends like the Hummel Brothers (168 months), Gordon Garlock (365 months), and Tom Szwedko (394 months). I don't know if I'll be able to live up to their legacy, but with the support from Morrison and others in the amazing BC community, I'm going to try. And I'll be sure to have plenty of hot cocoa and M&M's on hand to fuel my journey. ▲▲



Kristina Ciari is The Mountaineers Membership and Marketing Manager. She's a runner, skier, climber, traveler and LIFE enthusiast. Kristina fundamentally believes that life should be FUN, and thus takes her bright pink tutu on her many adventures. The tutu has been spotted at the summits of Rainier and Hood, and, most recently, at 13,500', skydiving out of a perfectly good airplane.

Seven Avalanche Myths

Myth: Noise triggers avalanches.

Fact: Most noise does not exert enough force. For noise to be the cause, it must be a tremendously loud noise like an explosive going off at close range. In almost all avalanche fatalities, the avalanche is triggered by the weight of the victim or someone in his party.

Myth: An avalanche is a bunch of loose snow sliding down the mountain.

Fact: Loose snow avalanches account for only a small percentage of deaths and property damage. When professionals talk about avalanches, they generally refer to “slab” avalanches—cohesive plates of snow sliding as a unit.

Myth: Avalanches strike without warning.

Fact: Avalanches usually have obvious signs. They are only the most spectacularly visible event in a long series of precursors leading up to the grand finale. The process begins many hours—or even days—before, usually when new snow or windblown snow begins to pile weight on top of a buried weak layer.

Myth: If you see an avalanche coming, get out of the way.

Fact: You can try to outrun an avalanche, but it’s doubtful you succeed even on a snowmobile or skis—especially since the vast majority of avalanche accidents are triggered by the victim.

Myth: When buried in an avalanche, spit to tell which way is up and dig in that direction.

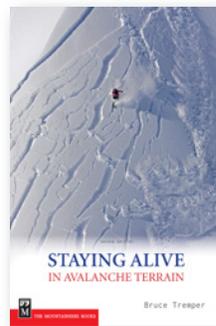
Fact: It doesn’t matter which way is up—avalanche debris instantly entombs you in place, as if you were frozen in concrete, and most of the time you can’t even move your fingers.

Myth: If you’ve traveled across a slope a hundred times and never seen an avalanche on that slope or heard one reported, that slope is always safe.

Fact: Any slope capable of producing an avalanche eventually will. Snow is stable 95 percent of the time—but not 100 percent.

Myth: If you make it across a slope without incident, there’s no avalanche hazard on that slope.

Fact: In most close calls, the average person is not even aware they had a close call, “kind of like playing soccer on a minefield and you didn’t weigh quite enough to set the thing off.”



Adapted from *Staying Alive in Avalanche Terrain*, 2nd Ed by Bruce Tremper, The Mountaineers Books, 2008

Bruce Tremper is director of the Utah Avalanche Center; he coordinated back-country avalanche safety preparations for the 2002 Olympic Winter Games and has been featured on nearly a dozen television documentaries about avalanches, including those by National Geographic and the Discovery Channel.

Five Snow Hiking Tips

- 1. A snowy pass** can provide a significant and dangerous obstacle for the unprepared hiker traveling in the high country. Even if you don’t aspire to climbing peaks, it is definitely worth your time to learn how to kick good steps and travel with an ice ax.
- 2. Beware of following an old set of footsteps** across a snowy slope. These may be very icy, especially on a cold morning. If you are proficient at kicking steps, you may be better off kicking your own route. If you’re following your group up a slope, however, using their kicked steps will save you energy.
- 3. While ski poles may help** you maintain balance when kicking steps across a slope, an ice ax is superior for helping you self-arrest if you fall. Self-arresting with ski poles is possible, but it is much more difficult and you will slide further than if you are using an ice ax.
- 4. Having the confidence** to cross snow on the trail allows you to reduce your wilderness impact by staying on the trail rather than moving around the snow and in the process

trampling virgin vegetation and disturbing more of the natural environment.

- 5. Glissading** (to slide down snow in a seated or standing position while using your feet, ice ax, or both to control your speed) can be a great way to lose elevation, but it is also a common technique in which people sustain injuries. Glissading without an ice ax to control your speed can be very dangerous if you are on anything but a very low angle slope of soft snow.



By Mike Zawaski, author of *Snow Travel: Climbing, Hiking, and Crossing Over Snow*, The Mountaineers Books, 2012

Mike Zawaski has worked in mountain rescue with Yosemite Search and Rescue, and taught for the Wilderness Medicine Institute of NOLS. Zawaski is also the founder of The Observant Naturalist, a science education nonprofit.



A Family on Ice

Trekking the Malaspina Glacier with two small children

What if you decided to document real-life climate change by exploring North America's largest lowland glacier on foot – but had a family with two young kids? Would you change your mind? Go on your own? Not author Erin Mckittrick and husband Bretwood 'Hig' Higman. This nature-loving, environmentalist couple brought their children along, on a two-month backpack through Alaska's remote and harsh Lost Coast – sustainable diapers and all.

"You might say that our family was born on the Lost Coast." Erin reflects on her Ground Truth Trekking website. "During a harrowing (and failed) attempt to cross Icy Bay, just beyond the edge of Malaspina Glacier, we made the decision to have our first child. Now a toddler, Katmai joined us on this adventure, along with his younger sister Lituya."

One Little Step at a Time

It's no small feat to prepare for such a long journey even without kids, but this couple had practice. In June of 2007, Erin and Hig left Seattle for the Aleutian Islands of Alaska, traveling solely by human power through some of the most rugged terrain in the world. In her book, *A Long Trek Home: 4,000 Miles by Boot, Raft, and Ski* (Mountaineers Books, 2009), Erin tells the story of that journey, where trekking became a lifestyle. Now, with kids, that lifestyle is a little different.

Erin and Hig had to adjust to the short attention span – and short legs – of a toddler and the weight of a newborn baby, as they walk Alaska's rapidly changing coastline. Whether huddling in the pelting rain, facing a curious grizzly bear, eating

whale blubber with new friends, or picking berries on the sunny tundra, their unconventional adventures draw Erin's family closer together as they explore the intersection of wilderness and industry in America's wildest state.

The following excerpt comes from Erin's blog on Ground Truth Trekking, reflecting the start of their 100-plus mile Malaspina Glacier journey, as their frustrations turn to enthusiasm.

"Why do we never do anything easy?" Hig asked, trying to drive wooden stakes into the icy forest floor, in the spot we'd retreated to after abandoning a steep and icy traverse made extra-slippery by a dusting of powder snow.

Katmai expressed his frustration by asking when the tent would be up, over and over again in a whining voice. Lituya cried as



Litua and Katmai enjoy their "tent home" lit by blue ice.

she struggled to understand the new routine. Hig was right. Even this first tiny step – following the exposed and complicated coast on the tip of the Kenai Peninsula in late March with two toddlers – wasn't easy. There was already gear broken, stuff we realized we should have done differently, and a list of things to swap out, repair, or replace in Seldovia.

But that was just the first night. By the second, Lituya had stopped asking to go back to the van, and started asking about our "tent home," when she wasn't asking to walk the beach or climb the rocks herself. Katmai was as pumped up from the lead up to this journey as we were, and literally hit the ground running (at least when we could convince him to pretend to be a fast 2-footed prehistoric creature, rather than a slower 4-footed one). There have been difficult scrambles over headlands and boulders, sleet squalls, and cold nights. And there have been amazing scrambles over headlands and boulders, between twisted trees and pools filled with anemones. There have been sunny afternoons hunting fossils on the beach and eating popcorn popped over the fire. We're getting back into the swing of an alternate way of life. We do a major expedition every year and a half or so. Even our two year old has done this before.

The trekking continues and the family learns more about how to travel together every little step of the way. As Erin puts it, "This journey was about depth, rather than breadth. Kids slow us down. The toddler's eye view forced us to explore things in detail, making discoveries we missed altogether when we blew by this area in a couple days. At an explorer's pace (rather than an athlete's) we were able to wander back from the easiest path, looking for clues to what lies in store for a melting Malaspina."



Read more in Erin's brand new book, *Small Feet, Big Land: Adventure, Home, and Family on the Edge of Alaska* (Mountaineers Books, Sept. 2013).

Erin McKittrick grew up in Seattle, exploring the wilderness of the nearby Cascade Mountains. She met her husband, Hig, at Carleton College, where she graduated with a BA in biology in 2001. Erin also has a master's degree in molecular

and cellular biology from the University of Washington, while Hig earned his PhD in geology from the UW. After college, Erin and Hig took off on their first major Alaska adventure together, setting them both on a new life path.

Meet the family: Be on the lookout for Erin and her family in "Life on Ice," a featured film by Greg Chaney in the Banff 2013 Film Festival, or catch them in person at Third Place Books Lake Forest Park Nov. 6th, Kirkland Library Nov. 9th, Olympia Timberland Library Nov. 13th, or King's Books in Tacoma Nov. 14th. For event details contact Emily White: emilyw@mountaineers-books.org

Content and photo credits for this article: Erin McKittrick and Bretwood Higman from Ground Truth Trekking, a nonprofit which seeks to educate and engage the public on Alaska's natural resource issues through a combination of wilderness adventure, scientific analysis, and the creation of web resources.

For more information, go to: www.groundtruthtrekking.org



Share the Gift of Mountaineers Membership

The Holiday Season always fills us with warmth and gratitude. This year, The Mountaineers are grateful for the support of our generous and passionate members and volunteers - we couldn't do it without you!

We believe it's essential that people be given the opportunity to get outside and connect with the natural world. Our souls are nourished from the outdoors in. Our personal connection to wild places is what truly inspires people to turn dreams into reality. It moves men to climb mountains, women to paddle across the arctic, and children to form a life-long love for wild places. Ultimately, it inspires dreamers to dream and doers to do. That connection is the reason we all come together to form a community of outdoor stewards and adventurers, and to work towards preserving the outdoor places in which we play.

Holiday Giving: Do you know someone who would benefit from this connection? Now is the perfect time to join us. With lots of new courses starting up and our Mountaineers lodges opening for winter, we have more valuable member benefits than ever before. Help us spread the word by giving a gift membership to your friends and family. We'll even waive the initiation fee for anyone you recommend join our amazing community! Contact Member Services for more information.

Membership Pays: Did you know Mountaineers members get 40% off at Eddie Bauer? They also enjoy special deals on everything from Gear to Subarus. Be sure you're taking advantage of all of the offers available from our supportive partners.

Read more about those benefits on the next page.

We hope you and yours join us in making 2014 an adventurous New Year!



A successful summit to the top of Colchuck by a happy group of Mountaineers. Photo by Rena Chinn.

Your Membership with The Mountaineers gives you an instant connection to a community of outdoor lovers and future lifelong friends eager to join you on your next great adventure. With benefits ranging from access to classes, lectures, events, and social activities, to deals on travel, lodging, books, and publications, our members enjoy thousands of benefits throughout the year and throughout the region.

In addition to sweet discounts for you, your support also empowers The Mountaineers to conserve and steward our public lands to preserve the wild places we all enjoy. Plus, as a 501(c)3, all of your donations and dues are tax-deductible as a non-profit contribution.

Gear Deals

40% Off

Eddie Bauer - ALL Eddie Bauer and First Ascent gear is 40% off - that's more than their employees get!

30% Off

Backcountry.com - 20-30% off selected items

20% Off

Edgeworks Climbing Gym in Tacoma - 20% off memberships, 50% off initiation fee, \$12 day passes

Magnuson Athletic Club - 50% off initiation fee and \$10 off monthly membership dues

Mountaineers Books, USGS and Green Trails Maps in The Mountaineers Bookstore and online at www.mountaineersbooks.org

Vital Climbing Gym in Bellingham - 20% off annual membership and 5-punch card for \$39

15% Off

Alltrec.com - 15% off full price gear + free shipping

Belay Shades - Save your neck at 15% off

Mountain Hardware - 15% off at Seattle store

Outfitter.com - \$10 toward gear rental + free shipping

10% Off

North Cascades Mountain Hostel providing accommodations and adventure opportunities in Winthrop, WA

Pro Mountain Sports

Non-Mountaineers Books titles

Remote Media International

Various discounts for course students

Basic Climbing Students are eligible for discounts on selected items from:

Feathered Friends | Second Ascent

ExOfficio | REI | Alltrec.com

Pro Mountain Sports | Marmot

Unparalleled Access

Adventure opportunities through our huge portfolio of classes, seminars, and activities

Special member prices for events & festivals including Banff Mountain Film Festival, and Radical Reels

Access to our mountain homes including Baker Lodge, Meany Lodge and Stevens Lodge

Discount travel both domestically and internationally

Access to our climbing walls at The Mountaineers Program Center and discounts on our event space rentals

Award-Winning Publications

Subscription to our bi-monthly *Mountaineer* magazine

Subscription to our monthly e-newsletters:

Conservation Currents, conservation news

Mountaineer Monthly, news & activity highlights

Stewardship Opportunities

Lectures and seminars with conservation leaders

Trail and fire lookout maintenance opportunities

Leave No Trace Trainer courses and clinics

Citizen advocacy training

Conservation on the Ground outings

Environmental education programs for families

Partners in Recreation

Appalachian Mtn Club | Colorado Mtn Club | The Mazamas Shared member rates and access to many of their perks & benefits including mountain lodges.

Eastside Subaru offers members access to **special pricing** on Subarus for the adventure on the way to the adventure.

Looking to **zip out** for the weekend? Mountaineers also have an **exclusive Zipcar membership** to get you on the road.

For questions about membership benefits please contact Member Services:
(206) 521-6001 or info@mountaineers.org

FOR THE ADVENTURE ON YOUR WAY TO THE ADVENTURE.



Members of the Mountaineers are invited to take advantage of our lowest pre-negotiated prices on new and used Subaru vehicles at Eastside Subaru. Save thousands of dollars and enjoy a great car buying experience simply by referencing your Mountaineers membership.

Visit Eastside Subaru online at eastsidesubaru.com or in person at 11803 NE 116th St., Kirkland, WA 98034.

TO PARTICIPATE IN THE VIP PROGRAM:

- Contact Matt Waitman, account manager at Eastside Subaru, for details about the program or to schedule a test drive. Matt is dedicated to working with Mountaineers members and may be reached directly at: mwaitman@eastsidesubaru.com or call 425-830-7701
- Show your Mountaineers membership card upon visiting Eastside Subaru

For each Subaru purchased by a Mountaineers member, Eastside Subaru will donate \$100 to the Mountaineers.

Offers valid through 12/31/13. Special pricing limited to available inventory.

EASTSIDE



SUBARU.

Mountaineers Business Members are a community within the community of The Mountaineers - all sharing the same interest and passion for the outdoors. The Business Membership gives business owners *who are already Mountaineers Members* the chance to showcase their services and support for our organization in front of our entire membership. We thank the following Mountaineers business owners for their support.

ACCOUNTING - TAX SERVICES

Vivienne E. Mitchell (Joined 1983)
Hersman, Serles, Almond PLLC
www.cpahsa.co
VMitchell@cpahsa.com
425-602-9272

ARCHITECTURE

Grace Kim (Joined 2001)
Schemata Workshop
www.schemataworkshop.com
grace@schemataworkshop.com
206-285-1589

AUTOMOTIVE

Lee Wilcox (Joined 1995)
Lynnwood Auto and Truck Service
www.lynnwoodautoandtruckservice.com
lynnwoodautotruckservice@gmail.com
425-776-5888

BANKING - LENDING

Leah Schulz (Joined 2006)
Tri Star Finance
www.leahdschulz.com
leah@TriStarFinance.com
206-523-1288

FINANCIAL SERVICES

Mearl Bergeson (Joined 2011)
Merrill Lynch Wealth Management
www.fa.ml.com/mearl_bergeson
mearl_bergeson@ml.com
206-464-5632

Leah Schulz (Joined 2006)
Tri Star Finance
www.leahdschulz.com
leah@TriStarFinance.com
206-523-1288

CONSTRUCTION

Louie Coglas (Joined 1987)
Louie Company - Roofing Specialist
www.LouieCompany.com
earthhumor@comcast.net
206-963-4521
WA Lic #: LOUIEC902C6

Matthew Eads (Joined 2007)
Terrain Build, Inc.
www.terrainbuild.com
matt@terrainbuild.com
206-607-7761

LEGAL SERVICES

David, Nina and Alex Riley (Joined 2010)
Tomsen Riley LLP
www.tomsenllp.com
david@tomsenllp.com
425-998-7497

MIND AND BODY

Dhammadinna Davis (Joined 2013)
Bodhiheart Sangha Buddhist
Meditation Center®
bodhiheart.wordpress.com
bodhi.community@gmail.com
206-383-4959

Christopher Hall (Joined 2011)
Eastside Chiropractic Group
Physician
www.drchrishall.com
chris@drchrishall.com
425-455-3300

Hope Maltz (Joined 2007)
Moving Into Comfort -
Feldenkrais Method®
www.MovingIntoComfort.com
hope@MovingIntoComfort.com
425-998-6683

REAL ESTATE

Leah D. Schulz (Joined 2006)
The Force Realty
www.RealEstateByLeah.com
leah@leahdschulz.com
206-523-1288

Cisca Wery (Joined 2003)
Windermere Real Estate Company
www.LakeWA.com
cisca@windermere.com
206-715-7187

Bruce Wolverton (Joined 1992)
Frontier Appraisal Services
www.FrontierAppraisals.com
brucewol@comcast.net
425-344-2296

SOFTWARE - GIS - MAPPING

Tom Gaskins (Joined 2011)
LandPrint
www.LandPrint.com
tom@LandPrint.com
206-790-7640

Want to be a Mountaineers Business Member?

In recognition for their increased level of support, Business Members - in addition to all the benefits of being a Mountaineers member - receive:

- Business Member Directory listing on the Mountaineers website, including link to business member's website
- Business Member Directory listing in Mountaineers Magazine
- Business Member Directory included in new-member packets distributed to all new members
- Opportunity to publicly showcase support of Mountaineers organization

To find out more about increasing your small business' visibility with The Mountaineers membership and to become a supporting business member of this group, please contact our Membership & Marketing Manager, Kristina Ciari, kristinac@mountaineers.org or 206-521-6023.

As in all things Mountaineers, the idea for a Business Member category was started by a dedicated volunteer and board member, Leah Schulz, who saw this as a means to strengthen support for the organization and the benefits of Mountaineers membership. To find out more about opportunities to get more involved with this group, contact Leah: leah@leahdschulz.com or 206-523-1288.

And remember: As a mission-based and volunteer-driven 501(c)(3), your membership dues are tax-deductible as a non-profit contribution.

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.

EVERETT



Chair: Louis Coglas,
earthhumor@comcast.net

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 to hold its centennial celebration in 2010 and 2011!

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

MEMBERSHIP MEETINGS: To learn more about branch activities and meet some nice people who happen to be Mountaineers, attend the monthly meetings on the first Wednesday of most months and often feature a guest presentation. The meetings take summer off and resume in September. 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 of Mountaineers branches, Foothills offers trips and classes to 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.

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

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

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.

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 are served. Watch the Kitsap Branch website for dates and times.

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

OLYMPIA



Chair: Mike McIntosh,
free_2_climb@yahoo.com

Website: www.olympiamountaineers.org

THE OLYMPIA BRANCH IS CELEBRATING 50 YEARS. The Olympia Branch has been offering Mountaineers programs and training to the South Sound for 50 years - this year! - including hiking, skiing, sea kayaking, snowshoeing, backpacking, climbing, scrambling, navigation, outdoor leadership, and naturalist activities.

MEET THE OLYMPIA BRANCH AT OUR ADVENTURE PRESENTATIONS. The Olympia Branch holds an adventure presentation and potluck on the first Wednesday of each month from September through May, excluding November, at the Friends Meeting Hall at 3201 Boston Harbor Rd. NE, just north of Priest Point Park. The next meeting is December 4. Socializing and the potluck meal begin at 6 p.m. (arrive early). Bring a dish to share and your own plate and flatware. The adventure presentation begins at 7 p.m. This is a great opportunity to meet fellow Mountaineers, share ideas, learn about others' escapades, and connect with a greater community of outdoor enthusiasts. Contact Carolyn Burreson at cburreson@q.com, if you have questions. You can also request library materials for pick up at the potluck (see Branch Library listing below).

DECEMBER 4 POTLUCK AND ADVENTURE PRESENTATION: Bill Koss will talk about trekking in Nepal. Did you know that Nepal has jungles, tigers, elephants and rhinoceros in addition to the Himalaya Mountains? Bill Koss and his son spent seven weeks exploring the Royal Chitwan National Park, hiking 150+ miles of the Annapurna Circuit and trekking to Everest Base Camp. His pictures will portray the vastly different climates, geography and cultures of the region.

THE BANFF MOUNTAIN FILM FESTIVAL WORLD TOUR returns to Olympia's Capitol Theater (206 5th Ave SE) on December 7 and 8. The program features a balance of

long and short films on adventure, culture, the environment, and thrills - and each night is a different line-up of films! The shows are on Saturday, Dec. 7 at 7:00 PM and Sunday, Dec. 8 at 6:00 PM. Prices are \$14 per night, \$12 for Sunday night for Mountaineers and Olympia Film Society members, and \$23 for both nights. Check the branch website for ticket purchase information.

THE OPEN HOUSE IS CHANGING. In order to help prospective students get information about the courses that most interest them, the branch will hold two open houses. The first will be December 11 and will focus on winter travel, climbing, scrambling, and wilderness skills, which is a prerequisite for climbing and scrambling. The second will be held in early spring and focus on leadership, mountain-oriented first aid, spring wilderness skills, and navigation. The sea kayaking course will return to mail-in registration. Watch the branch website for details.

COURSES BEGIN! The first course of the season is Winter Travel, which includes Nordic skiing and/or snowshoeing. Fees are \$25 for members (\$35 for non-members) for either class or \$40 (\$50 for non-members) for both. The course starts with evening lectures on January 6, 7, 13, and 14 and ends with the ski field trip on January 18 and the snowshoe trip on Jan. 19. You'll learn about clothing, equipment, safety, weather, route finding, avalanche avoidance, and basic skiing and snowshoeing techniques.

BRANCH ELECTIONS were held this summer and Greg Lovelady was elected Chair Elect, Carla Jonientz was elected Social Chair, Mike Riley was elected Treasurer, and John Flanagan was again elected as Member At Large. The new board began its work on October 1. Thanks to all who voted.

THE OLYMPIA BRANCH BOARD meets every month at 6 p.m. on the second Wednesday of the month. The next meetings are November 13 and December 11, and both will be held at the Olympia Center (222 Columbia St NW). Members are encouraged to attend.

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

SEATTLE



Chair: Timmy Williams,
mtnrtimmy@clearwire.net

Website: seattlemountaineers.org

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

MEET THE MOUNTAINEERS: The Seattle Branch holds a Meet The Mountaineers open house at The Mountaineers Program Center periodically. These allow new members and prospective members to learn about The Mountaineers offerings. Keep an eye on the website for information about the next one.

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 at The Mountaineers Seattle Program Center. Though they are free, participants are urged to register online for the seminars to make sure there is enough seating.

INTRO TO MAP AND COMPASS: Learn the basics in how to keep from getting lost in the wilderness. See website to register.

FOLK DANCING: Each Tuesday at The Brig in Magnus 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 and Mountaineers Players branch info listed on next page)

TACOMA



Chair: Scott Davidson,
scott.davidson@tacomamountaineers.org

Website: www.tacomamountaineers.org

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

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

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).

MOUNTAINEERS-WIDE PLAYERS

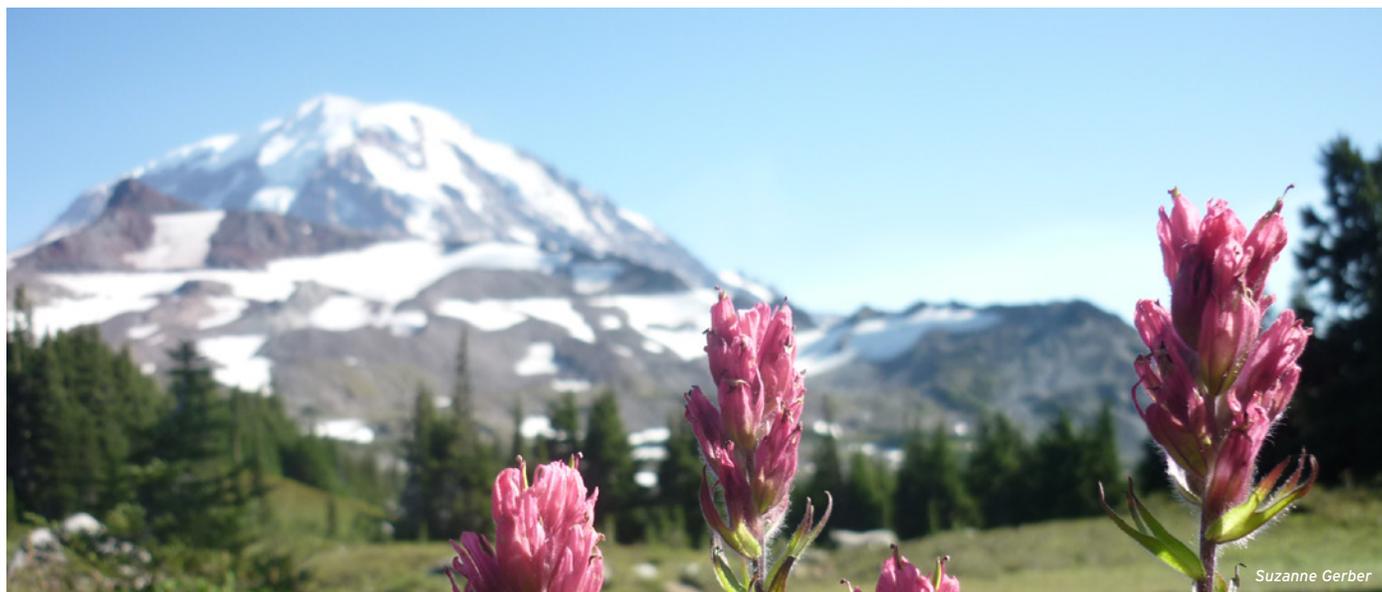
Escape to the Kitsap Forest Theater and stroll down the forested trail to our unique, breathtaking stage. Create a treasured family tradition!

Thank you all for a successful season at the Kitsap Forest Theater. Check out our facebook page (Kitsap Forest Theater) for pictures from our spring show, Narnia, and our summer show, The Secret Garden. We also had a very successful two weeks of Adventure Camp for children. Pictures from these camps are available on our web site and on our facebook page (Kitsap Forest Adventure Camp).

Join us next spring for our spring musical, Honk! (based on the Ugly Duckling story) and our summer show, the popular musical Annie. Both shows will appeal to all ages and is a perfect day trip for the whole family. Consider being a part of these productions by auditioning or becoming a part of the "behind-the-scenes" contingent. It takes many volunteers to produce the quality shows that the Kitsap Forest Theater is known for. Details about our shows and volunteer opportunities are on our website at www.ForestTheater.com.

We have work parties scheduled for the fall and winter to work on theater and property maintenance. Please volunteer your resources (time and money) to help us keep this incredible property flourishing. Contact 206-542-7815 to volunteer, donate or get further information.

The Kitsap Forest Theater and Kitsap Cabin and Kitsap Yurt are available for rental. Please see the "Kitsap Cabin" section of the Go-Guide for further information about rentals or call 206-542-7815 for more information.



Suzanne Gerber



The Mountaineers

FoothillsWinter.org

Foothills Branch Winter Education and Outings

Basic and AIARE L-1 Avalanche - Ski and Snowboard Mountaineering - Mt. Baker Ski Camp - Glacier Travel Course

Weekly Ski Lessons at the Pass - Nordic and Alpine at Meany Lodge - Trips and Outings

information and schedules FoothillsWinter.org

Trekking through History: the Peruvian Andes



By Cheryl Talbert

"The mountainous region of the Cordillera Blanca is where superlatives crash and burn in a brave attempt to capture the beauty of the place." -Lonely Planet Trekking in Peru

The Andes run 4300 miles along the western edge of South America, with 40 peaks over 19,000'. Peru contains a high percentage of these high peaks, combined with rich cultural and biological diversity, and a history of advanced civilization reaching back 5000 years including the major cities and ceremonial sites of the Incas. These cultures live on today in the

remains of intricate stonework, high-Andes shepherd huts, and remote villages with colorfully dressed Quechua and Aymara peoples practicing their traditional crafts.

Taking Roads Less-Traveled

For many, their experience of the high Andes is a crowded, highly managed trek along the Inca Trail route to the ancient citadel of Machu Picchu. The Peruvian Andes are amazing regardless of your approach, but strong experienced trekkers who join our 2014 Global Adventure can experience much more, traveling remote, less-traveled back ways combining high passes, endless vistas and remote villages eager to show visitors their unique weaving arts, farming practices and village life. We'll take advantage of Peru's excellent logistics for visitors including knowledgeable guides and supported camping, allowing trekkers to travel light, safely and comfortably. Along the way, we'll enjoy hearty local foods, visit fascinating Inca sites and local markets, and support outfitters and local businesses who are leading the way in sustainable development, environmental protection and ethical treatment of porters.

Check into our 2014 Global Adventure – combining remote, challenging trekking with amazing views, culture and history in one of the loveliest and most intriguing places on the planet.

XC ski Sun Valley, ID

Feb. 2-9, 2014

The price includes seven-night stay in rooms with two queen beds, pool, hot tub, breakfast voucher, ski trail passes for over 200 km of Nordic trails. **Price:** \$975. **Leader:** Shari Hogshead, skimntr@aol.com or by phone, 425-260-9316.

Backcountry ski B.C.

Feb. 9-18, 2014

Intermediate to advanced backcountry skiers will be thrilled by Hilda Lodge's terrain, from alpine bowls to old-growth forests. The deluxe, new lodge has private bedrooms, bedding and towels, AC power, internet access, indoor plumbing, wood-fired hot tub, and sauna! We will self-guide and self-cater exclusively for The Mountaineers. Helicopter in and out. **Price:** \$1,600 by Oct. 1. **Leader:** Craig Miller, craigmiller@comcast.net.

Ski two of B.C.'s finest

Feb. 15-22, 2014

Classic and skate skiing on exceptionally well-groomed trails at Silver Star and Sun Peaks.

Price: \$775 if 12 participate; \$890 if 10 participate (includes accommodation and ski trail passes). **Leader:** Cindy Hoover, cyn@zipcon.com, 206-783-4032.

Backpack N. Zealand

Feb. 16-March 3, 2014

Enjoy three, 2-3 day, strenuous backpacks on the South Island's striking Routeburn, Kepler and Hump Ridge tracks, with day hikes among glaciers and high peaks, a boat trip on Milford Sound and hotel stays in vibrant, small towns. On the tracks, you'll carry only food, clothing, sleeping bag and cookpot while staying in huts. **Price:** \$3,000 (main), \$550 (an Abel Tasman extension), \$500 (a Tongariro extension). Application and \$1,000 deposit due by June 1. **Leader:** Cheryl Talbert, cascadehiker@earthlink.net.

Ski or walk Austria and Switzerland

Feb 27-Mar 16, 2014

Walk or ski in Davos/Klosters, Switzerland and Serfaus, Austria, with elevations from 3,000-9,600 ft. Winterwanderwegs are over 100 km in each resort. There is unlimited powder slopes and

wide, groomed slopes for skiers. Dinners will be prepared by a five-star chef in a 200-year-old, charming, small hotel for this group of 12. **Price:** \$2,960. **Leader:** Patti Polinsky, Meanysports@me.com, 206-525-7464.

Trek the high Andes

May 17-28; May 30-Jun 11, 2014

Experience village culture, ancient Inca ruins and strenuous high-altitude trekking. Two linked 12-day segments start in Cusco and Huaraz, Peru. Day hike to ruins and colorful markets, and trek remote high country with guides to Machu Picchu and through the Cordillera Blanca around 19,511 ft. Cerro Alpamayo. **Prices:** \$2,700 and \$1,900, respectively. **Leader:** Cheryl Talbert, cascadehiker@earthlink.net.

Trek Switzerland's Via Alpina

Sept. 1-25, 2014

Slide show: Friday, January 17, at 7 pm in The Mountaineers Seattle Program Center. **Summary:** Backpacker magazine rated Switzerland's Via Alpina

"The World's Best Hike." The Alpine Pass Route is the classic long hike across Switzerland. This outing combines very strenuous hiking, spectacular Alpine scenery, European culture, and delicious food. You carry only a daypack and sleep in beds. **Price:** \$4,000. **Leader:** Craig Miller, craigmiller@comcast.net.

Trek or climb Nepal's Khumbu

Trek Oct. 8-28, 2014 or Climb Oct. 8-Nov. 9, 2014

Slide Show: Friday, January 24, at 7 pm in The Mountaineers Seattle Program Center. **Summary:** We all trek to Kala Patar viewpoint and Mt. Everest base camp, sleeping in lodges. Climbers continue to Makalu, camping. Trek is strenuous; climb is very strenuous. You carry only a daypack. **Price:** Trek, \$3,000; or climb, \$4,000. **Leader:** Craig Miller, craigmiller@comcast.net.

See mountaineers.org for all details on Global Adventures

Welcome to our lodges and outdoor centers

The Mountaineers Outdoor Properties are open year-round for members and guests. Reservations for all lodges are made through Brown Paper Tickets (except for Kitsap Forest Theater) which accepts payment by credit card. BPT links are listed with each lodge below. Sales tax will be added to lodge prices. We ask that people register by noon of the Thursday prior to the weekend so the cooks can be fully prepared! Cancellations: All cancellations, which must be made through BPT before noon of the Thursday prior to the weekend will be refunded minus a small service fee. Any of the lodges and properties can be rented for group events, Mountaineers classes, mid-week activities or other special events, just contact the property directly.

Baker Lodge

The Mountaineers Mt. Baker Lodge is nestled in the spectacular beauty of the North Cascades and just a short walk from the upper access to eight ski lifts of the Mt. Baker Ski Area (www.mtbaker.us). Within a short distance from the lodge there are a number of snowshoe routes and cross-country ski trails (www.nooksacknordicclub.org/overview.php). Visit the Baker Lodge website at www.mountaineers.org/bakerlodge/ for details on the lodge and call Judy Sterry 206-366-2750 or Bill Woodcock, 206-725-7750 if you have additional questions.

Thanksgiving Weekend Nov. 29-Dec 1: Baker Lodge may be open contingent on favorable weather, adequate signup and the availability of hosts. Check the Baker website for current information.

Dec 26-Jan 5: Bring your family and join us for a wonderful week & a half of winter outdoor recreation. The first meal served will be dinner on Wednesday, Dec 26 and the last meal will be breakfast on Sunday, Jan 5. NOTE: on-line sign up will be divided into two events so if you are staying multiple days you may need to sign up for both events.

Reservations open mid to late November and will close Thursday, 11/20 at noon. Cancellations must be made by the reservation closing date/time to obtain a refund.

Schedule & Rates: Baker Lodge is open all weekends from Thanksgiving through early April provided there is adequate snow and sign-up. On the Baker Lodge website (mountaineers.org/bakerlodge/) click on "Calendar and Reservations" for our current schedule of openings and rates. Groups may be listed on the schedule for specific weekends. However, unless it's listed as exclusive the lodge is open to non-group members and we welcome the public of all ages and abilities. If you wish to bring young children (3 and under), please call the weekend host prior to registering to learn about accommodations, hazards, diapers, etc.

Reservations & Cancellation: To make a reservation click on "Calendar and Reservations" on the Baker Lodge website. Payments are made at time of reservation with credit card. For most weekend events reservations close at noon on Thursday before the

weekend. Cancellations must be made by the reservation closing date/time to obtain a refund.

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

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

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

Driving directions: N. on I-5 to Bellingham, take Exit 255, the Mt. Baker Highway, and go E. on SR-542 about 54 mi. to the ski area. At the Firs Lodge, turn right onto the one-way loop road that leads 0.3 mi. to our lodge on the right side of the road. We are about 1-1/2 hours from Bellingham and 3 hours from Seattle.

Kitsap Cabin

Kitsap Cabin, built mostly by Mountaineers women in 1918, is the social "hub" of the Kitsap Forest Theater, the Kitsap property and Kitsap Branch. It is the spring and summer home base for The Mountaineers Players as they rehearse and perform at the beautiful Kitsap Forest Theater. It is also the "home base" of the Kitsap Forest Adventure Camp and The Mountaineers Kitsap Branch. The Kitsap yurt was installed on the property several years ago and is a perfect meeting and gathering space.

Kitsap Cabin and yurt are surrounded by the Rhododendron Preserve, a 460-acre private reserve operated by The Mountaineers Foundation. The preserve is one of the largest remaining parcels of Puget Sound Lowland old growth forest in the Puget Sound Basin, and acts as a buffer protecting the Kitsap Forest Theater and salmon spawning creeks from encroaching development.

Rent the Kitsap Forest Theater, Kitsap Cabin and/or the Kitsap Yurt

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

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

There are hikes available on the property (20 acres) and on the adjacent Rhododendron Preserve. „Big Tree“ is a popular destination and is one of the largest old growth firs on the Kitsap peninsula.

During our show season (spring and summer) we have limited weekend availability, but there are several available summer weekends, and the fall is a great time to visit this unique and special place.

During the week we have much more availability. Get away from the city and stress and enjoy our peaceful and magical venue. You can also make a reservation online: <http://www.foresttheater.com/rentals>

Please contact us for details and pricing:
206-542-7815

We are looking for volunteers to help with property maintenance—Please contact us to volunteer your time. The cabin, yurt and theater are available for private rentals. For rental information, call 206-542-7815.

Kitsap Branch:
www.kitsapmountaineers.org

Mountaineers Foundation:
www.mountaineersfoundation.org

Meany Lodge

To keep everyone up to date as to what is happening at Meany, we send out 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 and other big events). So, if you are interested in anything Meany has to offer, visit our website at www.meanylodge.org and fill out the request information.

MEANY WINTER SPORTS SCHOOL

Downhill, Snowboarding, Classic Nordic, Ski-skate, Snow Shoe - Various schedules to fit your busy schedule.

New this year: Ski-Skating weekend. Join a level III coach for a great two days of skating on over 13 miles of prepared trails on hills and flats with coaching and lessons for all abilities. Jan 11-12 and Feb 1-2. **Detailed information:** www.meanylodge.org

Meany Winter Sports Season—Did you know that of all The Mountaineers Outdoor Centers, Meany Lodge is the only one with

its own winter sports facilities and school. We offer a wide variety of winter sports. Visit www.meanylodge.org/winter/ski_program.html to see our many options. And if you don't think you need lessons, come up and try our hill.

There is a saying at Meany: "If you can ski Meany, you can ski anywhere. And once you have skied Meany, you will never want to ski anywhere else!"

Come and give us a try. For the price of a full day pass at Snoqualmie, you get a weekend with meals, a place to sleep and as many and as much winter sports as you want.

Meany Winter Season Pass—So, you think you want to spend all your winter weekends playing in the snow—well, do we have a deal for you. The Meany Season Pass entitles you to come to Meany, get fed, have a place to sleep and play in the snow whenever Meany is open. Of course, you also get the Meany camaraderie, which is priceless. Visit www.brownpapertickets.com/event to purchase a pass.

Meany Rentals—Meany is available for private rentals and Mountaineers events. If you want a nice secluded cabin for a retreat or seminar, visit our website at www.meanylodge.org. Go to "Contacts" and send the chair an email telling him that you are interested; we will check the Meany calendar. You can also make a reservation online through Brown Paper Tickets: <http://www.brownpapertickets.com/producer/5822>

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

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

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

Guests are asked to contribute to the running of the lodge by picking up at least one "chore" a day, which can be shoveling snow, serving dinner or hauling firewood. This community effort is what keeps the lodge ticking.

It's easy to make a reservation to stay at Stevens Lodge during the season. Visit The Mountaineers website and click through to Stevens Lodge, then register under "Lodges and Centers." You can also make a reservation online through Brown Paper Tickets: <http://www.brownpapertickets.com/profile/248152>

We welcome individuals as well as group reservations for birthday parties, youth groups, etc. Please call Member Services at 206-521-6001 if you have any questions about visiting Stevens Lodge. We hope to see you at the cabin!



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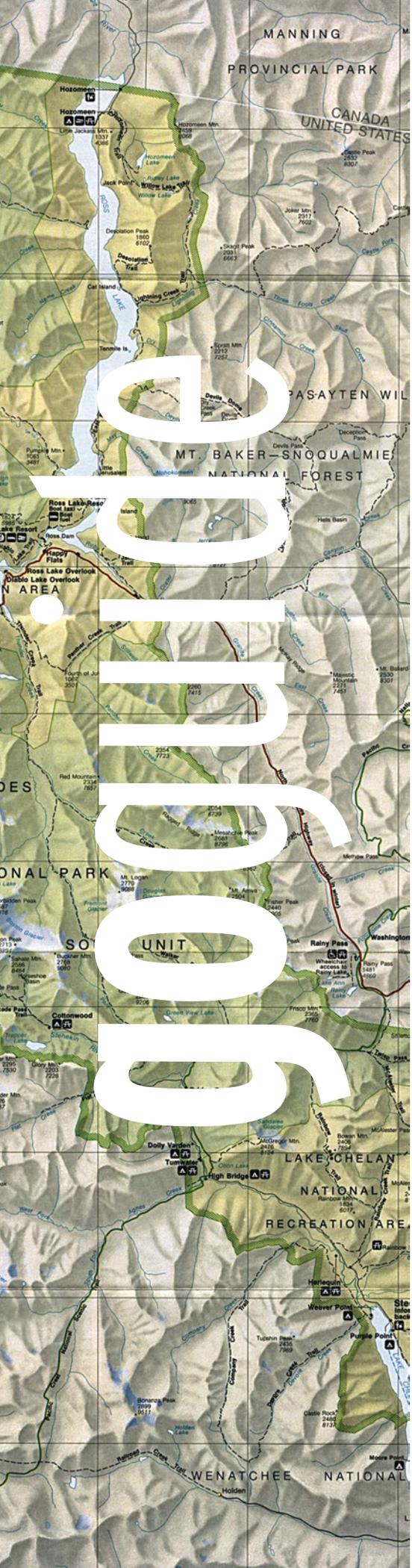
The Patrol Race Revisited

In 1930 adventurous Mountaineers inaugurated a race over an 18-mile ski route between their two mountain lodges, one at Snoqualmie Pass and the other near Stampede Pass.

This race has not been run since 1941, but that is about to change.

On **Feb 8th 2014**, for the first time since 1941, the Patrol Race will be reborn to test the prowess of those in our time on this classic route between the two passes.

Registration for this historic event will be available in early December. More information can be found at www.facebook.com/patrolrace



READY FOR ADVENTURE?

The Go Guide offers **just a sampling** of the thousands of Mountaineers trips, outings and events each year. Go online to www.mountaineers.org to gain a fully-detailed view of all up-to-the-minute listings. A bulk of our trips open their arms to the general public as an introduction to Mountaineers activities. Listings with the words **"GETTING STARTED SERIES"** immediately following the destination are designed specifically to introduce the greater outdoors community to our community of Mountaineers, one that has enjoyed and preserved the great Northwest since 1906. Otherwise, the name of the committee that organizes and provides leaders for the trip or event immediately follows the destination.

If you are looking for camaraderie with a particular branch of The Mountaineers, check out the color-designated abbreviations at the end of each listing: **BEL** = Bellingham, **EVT** = Everett, **FH** = Foothills, **KIT** = Kitsap, **OLY** = Olympia, **SEA** = Seattle, **TAC** = Tacoma. **SIGN UP** for the trip or event of your choice and remember that if you are a Mountaineers member you may register for an event or course in any branch of your choice.

Events and trips marked **OPEN TO ALL** don't require that a course be taken before participating. But keep in mind that they **REQUIRE REGISTRATION** unless otherwise noted. You will also need a current **WAIVER** on file with The Mountaineers to participate. Those marked **PREREQUISITES** mean a course or equivalent skills are required. Following are guides and keys to interpreting the trip listings.

TRIP RATINGS

Ratings are based on mileage, elevation gain and difficulty of terrain. They assume optimal conditions. Bad weather, getting off route or very soft snow, for example, can change the severity of a rating.

Climbs: BR=Basic Rock; B=Basic Alpine; BG=Basic Glacier; IR=Intermediate Rock; IM=Intermediate Mountaineering; II=Intermediate Ice; CRG=Crag Climbing; AID=Aid Climbing; WI=Water Ice

Hikes: E=Easy (up to 8 mi. RT, up to 1200' elevation gain). M=Moderate (up to 12 mi., 1200'-2500' gain). S=Strenuous (up to 14 mi., 2500'-3500' gain). VS=Very Strenuous (over 14 mi. and/or more than 3500' gain).

Scrambles: (non-technical, off-trail trips to a summit, often on snow and/or rock.) Difficulty (first digit) is rated from 1 (easiest) to 5 (toughest). The second digit=technical difficulty, rated from 1 (least technical, least exposed) to 5 (most technical and most exposed).

Sea Kayak (approximate): SKI=wind under 6 knots, ripple. SKII=wind under 10 knots, up to 1' chop crossing up to 1 nm. SKIII=wind under 15 knots, up to 2' chop (whitecaps), crossing up to 2 nm. SKIV=wind up to 20 knots, 3-4' breaking waves, crossing up to 5 nm. SKV=wind up to 20 knots, 4' breaking waves and surf, crossing up to 5 nm. See respective branch websites for details on ratings and prerequisites.

Ski: N=Nordic; M=Mountain; I*=Instructional (beginner). I=Easy for N (4-6 mi. RT, 500' gain);

Intermediate for M (5-15 mi. RT, 1,500' plus gain). 2=Moderate for N (6-10 mi. RT, 1,000' plus gain); Advanced for M (6-20 mi. RT, 2,500' plus gain). 3=Intermediate/Harder for N (7-12 mi. RT, 1,500' plus gain); Expert for M (8-20 mi. RT, 2,500' plus gain). See respective branch websites for details on ratings and prerequisites.

Snowshoe: E = Easy (up to 500' elevation gain, up to 6 mi. RT). M = Moderate (500-2,000' elevation gain, up to 10 mi. RT). S= Strenuous (over 2,000' elevation gain, no distance limit).

ABBREVIATIONS

CG—Campground	E, W, N, S—East . . .
USGS—US Geological Survey	GT—Green Trails
Hwy—Highway	I—Interstate
ITC—Issaquah Trail Cntr	Jct—Junction
MRNP—Mt. Rainier	NP—National Park
NWFP—NW Forest Pass (fee)	mi—miles
FS—Forest Service	P&R—P&R
Rd—Road	RS—Ranger Station
RT—Round Trip	SP—State Park
SR—State Route	TH—Trailhead

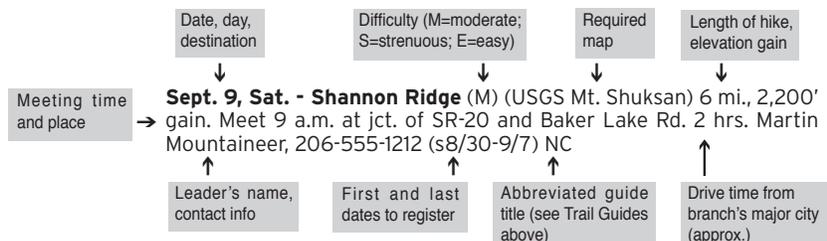
MOUNTAINEERS TEN ESSENTIAL SYSTEMS: REQUIRED ON ALL MOUNTAINEERS TRIPS

1. Navigation
2. Sun protection
3. Insulation
4. Illumination
5. First-aid supplies
6. Fire starter
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

SEA KAYAK, SAILING ESSENTIALS

Please see respective branch websites for details.

TRIP LISTING KEY



activities open to all (via activities registration)

Listings below include those built online through October 7. See www.mountaineers.org for up-to-date listings

dancing

11/5 - 12/10, Tue - Folkdance - Seattle Dance. No Registration Required, Leader: Johnny Jeans, (425) 746-2328, jmntnjoys@yahoo.com **SEA**

hiking

11/1, Fri - Barclay Lake Midweek Hikes. (E) Green Trails Monte Cristo No. 143, USGS Baring. 4.4 mi, 225'. Meet at Trailhead, see leader notes at 10:00 AM. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s10/22-10/31) **SEA**

11/2, Sat - Beckler Peak Hiking. (M) Green Trails Skykomish No. 175, USGS Skykomish. 8 mi, 2350'. Meet at Brickyard P & R at 7:00 AM. Leader: Brian Carpenter, (206) 403-3004, fleasgach@gmail.com (s10/9-10/30) **SEA**

11/3, Sun - Lake Serene Hiking. (MS) Green Trails Index No. 142, USGS Index. 8 mi, 2400'. Meet at tibbets park and ride issaquah at 10:00 AM. Leader: Barbara Price, trekenbarb@yahoo.com (s10/24-10/31) **SEA**

11/3, Sun - Fall Potluck - Tacoma Hiking/Backpacking Committee - New Members Welcome! Hiking. Leader: Amy Mann, (253) 759-2796, agmann@comcast.net (s9/1-11/3) **TAC**

11/7, Thu - White River Trail Midweek Hikes. (EM) Green Trails Enumclaw No. 237. 8 mi, minimal gain'. Meet at Enumclaw Ranger Station at 9:00 AM. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s10/28-11/6) **SEA**

11/13, Wed - Kirkland Bays & Birds Midweek Hikes. 8.25 mi, 800'. Meet at Juanita's Michael's

parking lot at 9:15 AM. Leader: Barb Umphenour, (425) 822-7133, alvinandbarbara@aol.com (s10/30-11/11) **SEA**

11/14, Thu - Grand Ridge Midweek Hikes. (M) 8 mi, 1000'. Meet at Tibbetts Park & Ride at 8:30 AM. Leader: Kirt Lenard, (425) 894-7790, kirlen2000@yahoo.com (s10/30-11/12) **SEA**

11/17, Sun - Lime Kiln Trail Singles/Social. (E) Green Trails Granite Falls No. 109, USGS Granite Falls. 6 mi, 500'. Meet at Trail head at 10:00 AM. Leader: Bob Pankl, (206) 729-0162, pankl@earthlink.net (s11/8-11/14) **SEA**

11/19, Tue - Indian & Moonlight trails, Burien Midweek Hikes. (E) 3 mi, 320'. Meet at 16715 32nd Ave. SW, Burien, WA 98166 at 10:00 AM. Leader: Chris Ensor, (206) 794-5198, ctrails@comcast.net (s11/3-11/17) **SEA**

11/27, Wed - Shilshole Loop Midweek Hikes. (MS) 12 mi, 500'. Meet at Jock 'n' Jill @7210 E. Greenlake Drive N. at 9:00 AM. Leader: Kathy Bieber, (206) 283-9047, eskay39@comcast.net (s11/11-11/25) **SEA**

11/28, Thu - Thanksgiving Morning Appetizer Hike Midweek Hikes. Green Trails Mt Si NRCA No. 206S. 3 mi, minimum gain'. Meet at High Point, I-90 Exit 20 at 8:30 AM. Leader: Joe Toynbee, (425) 228-6118, toynbee@comcast.net (s11/18-11/27) **SEA**

11/29, Fri - Green Lake at Rainier NP Singles/Social. (M) Green Trails Mt Rainier West No. 269, USGS Mowich Lake. 10 mi, 1650'. Meet at Grady Way Park & Ride at 7:00 AM. Leader: Brian Carpenter, (206) 403-3004, fleasgach@gmail.com (s11/1-11/26) **SEA**

12/2, Mon - Midweek Mountaineers Christmas Party Midweek Hikes. Meet at See leader notes at 11:00 AM. Sign up with

Leader: Jan Miller, (425) 746-7870, lvs2garden@earthlink.net (s11/16-11/30) **SEA**

12/4, Wed - Island Series Hikes - Kellogg Island Midweek Hikes. (E) 6 mi, 150''. Meet at Jack Block Park - 2130 Harbor Avenue SW at 10:00 AM. Leader: Kathy Bieber, (206) 283-9047, eskay39@comcast.net (s11/18-12/2) **SEA**

12/6, Fri - Almost Christmas Kirkland Waterfront & Art Walk Midweek Hikes. (E) 6 mi, 200'. Meet at Juanita Bay Park, Kirkland at 9:00 AM. Leader: Ron McConnell, (425) 451-2142, ronmccconnell@msn.com (s11/24-12/5) **SEA**

12/12, Thu - Soos Creek Trail to Lake Meridian Park Midweek Hikes. (M) 8 mi, minimal'. Meet at Parking lot on SE 208th, see leader notes at 9:00 AM. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s12/1-12/11) **SEA**

12/30, Mon - Bellevue Mercer Slough Midweek Hikes. (E) 5-6 mi, minimal'. Meet at See leader notes at 9:30 AM. Leader: Jan Miller, (425) 746-7870, lvs2garden@earthlink.net (s12/16-12/28) **SEA**

photography

11/20, Wed - Potluck and Image Presentation Photography. (E) Meet at Seattle Program Center at 6:00 PM. No Registration Required, Leader: Herb Johnson, (206) 523-4544, wherbjohn@msn.com **SEA**

12/18, Wed - Potluck and Image Presentation Photography. (E) Meet at Seattle Program Center at 6:00 PM. No Registration Required, Leader: Herb Johnson, (206) 523-4544, wherbjohn@msn.com **SEA**



retired rovers

11/7, Thu - Museum of History and Industry (E) Retired Rovers. Meet at MOHAI: 860 Terry Ave. North, at 10AM. First Thursday - Free Admission No Registration Required, Leader: Storm Yanicks, (206) 232-8096, syanicks@earthlink.net **SEA**

11/11, Mon - Discovery Park (E) Retired Rovers. 2 mi, Meet at park's East entrance, Learning Center parking lot, 3801 Discovery Park Blvd at 10:00 AM. Sign up with leader: Malinda Peters, (206) 526-8732 **SEA**

11/12, Tue - Magnuson Park Retired Rovers. Meet at Mountaineers Program Center at 12:00 PM. No Registration Required, Leader: Muriel Stoker, (206) 723-5039 **SEA**

11/19, Tue - Green Lake Walk (E) Retired Rovers. 3 mi, Meet at Green Lake Community Center, 7201 E. Green Lake Dr. N. at 10:30 AM. No Registration Required, Leader: June Skidmore, (206) 524-7371 **SEA**

12/10, Tue - Holiday Potluck and Social Meeting Retired Rovers. Meet at Mountaineers Program Center at 11:00 AM. Bring a favorite dish to share Paper plates, cups, coffee, tea, utensils and napkins will be provided. No Registration Required. **SEA**

sea kayaking

11/3, Sun - Gig Harbor Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com **TAC**

11/10, Sun - Gig Harbor Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com **TAC**

11/17, Sun - Gig Harbor Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com **TAC**

11/24, Sun - Gig Harbor Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com **TAC**

singles/social

11/1, 11/8, 11/15, 11/22, Fri - Eastside Indoor Tennis Singles/Social. Meet at Robinswood Tennis Center at 7:15 PM. Activity Fee: \$10.00, Leader: Fay Weaver, (206) 930-7762, seattlefay@hotmail.com **SEA**

11/2 - 12/28, Sat - Green Lake Walk Singles/Social. Meet at Urban Bakery, 7850 E Green Lake Dr N at 11:00 AM. No Registration Required, Leader: Karen Munn, (206) 366-2736, kjmunn@mac.com **SEA**

11/6-11/27 & 12/4-12/18, Wed - Evening Outdoor Inline Skate Singles/Social. Skate the Alki Beach smooth paved trail with beautiful views of downtown across Elliott Bay. Take the Harbor Ave. exit off the West Seattle Freeway and go about 1 mi. north to meet at 7 PM on the sidewalk just north of Salty's Restaurant. No Registration. Leader: Mark Olsoe, (206) 937-7454, markolsoe@comcast.net **SEA**

11-8 & 12-13-13, Fri - Games Night & Snacks Singles 7 PM at Phinney Neighborhood Center, 6532 Phinney Ave N. #3. Bring a snack or beverage (with cups) to share, as well as a game if you wish. No Registration. Eldon Ball, eldonball@juno.com, 206-366-8405. **SEA**

This is just a sampling. See mountaineers.org for all trip and course listings.

ski/snowboard

12/19, Thu - Beyond Lost Lake Skiing. (N3) Green Trails Snoqualmie Pass No. 207. 13 mi, 1000'. Meet at Preston P&R at 8:30 AM. Leader: Jon Struss, (206) 244-2669, jonstruss@comcast.net (s12/3-12/17) **SEA**

snowshoeing

12/31-1/1, Tue-Wed - Grace Lakes Snowshoeing. (EM) Green Trails Stevens Pass No. 176, USGS Stevens Pass. 4 mi, 500'. Meet at Stevens Pass Lodge at 9:00 AM. Leader: Rich Lawrence, (425) 502-2152, richlawrence77@yahoo.com (s11/1-12/27) **SEA**

youth outreach

12/3, Tue - John Muir Elementary School - Climbing Youth Outreach. Meet at The Lobby at 9:45 AM. Leader: Caitlin O'Brien, (206) 521-6026, caitlino@mountaineers.org (s8/14-12/2) **SEA**

12/9, Mon - John Muir Elementary School - Climbing Youth Outreach. Meet at The Lobby at 9:45 AM. Leader: Caitlin O'Brien, (206) 521-6026, caitlino@mountaineers.org (s8/14-12/8) **SEA**

12/11, Wed - John Muir Elementary School - Climbing Youth Outreach. Meet at The Lobby at 9:45 AM. Leader: Caitlin O'Brien, (206) 521-6026, caitlino@mountaineers.org (s8/14-12/10) **SEA**

activities with prerequisites (or must be in course)

climbing

12/8, Sun - Meet 'n Greet Preliminary Meeting Climbing. Meet at Seattle Program Center at 5PM. Leader: Cebe Wallace, (206) 842-3409, cebe.wallace@gmail.com **SEA**

navigation

11/14, Thu - Committee Meeting - Seattle Navigation Navigation. Meet at Seattle Program Center at 7PM. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s4/21-11/14) **SEA**

scrambling

11/4, Mon - Committee meeting - Seattle Scrambling Alpine Scrambling. Meet at Seattle Program Center at 7pm. No Registration Required, Leader: Jerry Lockwood, (425) 290-6174, lockwood.jerry@gmail.com **SEA**

11/18, Mon - Course Graduation & Reunion - Seattle Scrambling Alpine Scrambling. No Registration Required, Leader: Jerry Lockwood, (425) 290-6174, lockwood.jerry@gmail.com **SEA**

sea kayaking

11/10, Sun - McAllister Creek Sea Kayaking. Sign up with Leader: Lisa Johnson, (206) 439-7029, lajbkayak@yahoo.com (s9/2-11/6) **OLY**

11/17, Sun - Boston Harbor to Hope Island - Students Only Sea Kayaking. (III) ~8nm mi, Meet at Boston Harbor Marine at 9:00 AM. Leader: Melinda Moree, (206) 324-4111, melinda@melindamoree.com (s9/30-11/13) **SEA**

12/25, Wed - Commencement Bay Sea Kayaking. (II-III) SeaTrails Vashon Island, Tacoma Narrows to Elliot Bay WA203. 10 mi, Meet at Owen Beach at 10:30 AM. Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s9/30-12/22) **KIT**

1/4, Sat - Port Madison / Miller Bay Sea Kayaking. (II-III) SeaTrails Seattle, Bainbridge Island, Bremerton and Liberty Bay WA202. 8 mi, Meet at TBD at 9:00 AM. Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s10/3-1/1) **KIT**

ski/snowboard

12/15, Sun - Kendall Second Knob, M1 Route Skiing. (M1) Green Trails Snoqualmie Pass No. 207. 10 mi, 2100'. Meet at Issaquah P&R at 7:00 AM. Leader: Randy Oakley, (425) 736-6493, randyoa@microsoft.com (s11/14-12/12) **FH**

1/5, Sun - Little Lundin Skiing. (M1) Green Trails Snoqualmie Pass No. 207. Meet at Issaquah P&R at 7:00 AM. Leader: Randy Oakley, (425) 736-6493, randyoa@microsoft.com (s12/5-1/2) **FH**

This is just a sampling. See mountaineers.org for all trip and course listings.

courses open to all (via course registration)

climbing

11/4, Mon - Mental Side of Lead Climbing Climbing. Members: \$35. Leader's Permission Required: Mindy Roberts, (253) 752-3547, jefacita@gmail.com (s2/4-11/3) **TAC**

11/12, Tue - AFA Scenarios - Seattle (Responder) Climbing. Meet at Mountaineers Program Center at 6:30 PM. Leader: Miles McDonough, milesmcdonough@gmail.com (s10/3-11/8) **SEA**

11/13, Wed - Intermediate Overview Lecture - Students Only Climbing. Meet at Program Center at 7:00 PM. Leader: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s11/1-11/13) **SEA**

11/26, Tue - Self-Rescue Practice

Climbing. Meet at Program Center at 6:30 PM. Leader's Permission Required: Stefanie Schiller, (206) 552-6293, stef67@gmail.com (s10/21-11/22) **SEA**

12/8, Sun - Intermediate Evaluation Field Trip Climbing. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s11/14-12/7) **SEA**

12/14, Sat - Intermediate Evaluation Field Trip Climbing. Leader: Jeff Panza, (206) 755-9962, scramblebear@gmail.com (s11/14-12/13) **SEA**

This is just a sampling. See mountaineers.org for all trip and course listings.

family activity

11/16, Sat - Explorers - Stewardship outing Family Activities. Meet at The Mountaineers at 8:30 AM. Leader: Caitlin O'Brien, (206) 521-6026, caitlino@mountaineers.org (s8/28-11/15) **SEA**

hiking

11/14, Thu - Beginning Hiking Seminar Hiking. Meet at Mountaineers Program Center at 6:30 PM. Leader: Michael Arriaga, evtmountaineer@yahoo.com (s10/18-11/14) **SEA**



12/12, Thu - Beginning Hiking Seminar Hiking. Meet at Mountaineers Program Center at 6:30 PM. Leader: Michael Arriaga, evtmountaineer@yahoo.com (s11/14-12/12) **SEA**

naturalists

11/14, Thu - Marbled Murrelet: A Bird on the Brink by Maria Rudd Ruth Naturalists. Meet at Program Center at 7:00 PM. No Registration Required, Leader: Vicki King, (206) 525-7099, vkbirder@gmail.com **SEA**

navigation

11/9, Sat - Basic Navigation Field Trip - INSTRUCTORS Navigation. USGS Baring, USGS Index. 6 mi, 1800'. Meet at Near Heybrook Ridge TH (mile marker ~38) at 6:30am. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s5/20-11/6) **SEA**

sea kayaking

11/10-11/23, Sun-Sat - Kayak Roll Class, Shoreline Pool Sea Kayaking. Meet at Shoreline Pool at 3:00 PM. Members: \$150, Non-members: \$300. Leader: Keith Doorenbos, (206) 965-9471, keith.doorenbos@pacpar.com (s9/23-11/2) **SEA**

11/10-11/24, Sun-Sun - kayak roll class -Tacoma Sea Kayaking. Meet at Peninsula High School, Gig Harbor at 1:00 PM. Members: \$90, Non-members: \$105. Sign up with Leader: Gary Peniston, (253) 851-8348, ghpghp@earthlink.net (s9/16-11/9) **TAC**

1/4, Sat - Sea Kayak Roll Class Sea Kayaking. Meet at TBD at 4:00 PM. Members: \$90, Non-members: \$125. Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s10/1-12/23) **KIT**

1/5, Sun - Sea Kayak Roll Class Sea Kayaking. Meet at Bremerton YMCA Pool at 07:45 AM. Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s10/1-12/23) **KIT**

ski/snowboard

11/12-3/23, Tue-Sun - Ski and Snowboard Mountaineering - Foothills Winter Skiing. Members: \$325, Non-members: \$375. Leader: Jerry White, (206) 769-5319, ssm@foothillswinter.org (s8/19-11/8) **FH**

12/4-1/12, Wed-Sun - Avalanche AIARE Level 1 - Everett Skiing. (M) USGS Shuksan Arm. Members: \$250, Non-members: \$300. Leader: Oyvind Henningsen, (425) 486-2857, telemarkski@comcast.net (s8/10-12/11) **EVT**

12/8, Sun - Avalanche Awareness/Companion Rescue-Foothills Skiing. (E) Members: \$60, Non-members: \$75. Leader: Gerry Haugen, (425) 603-1492, Gerryindaskit@msn.com (s9/28-12/7) **FH**

1/5, Sun - Hills Hills Hills - Mastering Hills on XC Skis - Seattle Skiing. Meet at Crystal Springs Sno Park at 12:15 PM. Members: \$90, Non-members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/5, Sun - Introduction to Cross Country Skiing - Seattle Skiing. Meet at Crystal Springs Sno Park at 9:15 AM. Members: \$90, Non-members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/5, Sun - Introduction to Cross Country Skiing - Seattle Skiing. Meet at Crystal Springs Sno Park at 12:15 AM. Members: \$90, Non-members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/5, Sun - Intermediate Cross Country Skiing - Seattle Skiing. Meet at Crystal Springs Sno Park at 9:15 AM. Members: \$90, Non-

members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/5, Sun - Intermediate Cross Country Skiing - Seattle Skiing. Meet at Crystal Springs Sno Park at 12:15 AM. Members: \$90, Non-members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/5, Sun - Introduction to Skate Skiing - Seattle Skiing. Meet at Crystal Springs Sno Park at 9:15 AM. Members: \$90, Non-members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/5, Sun - Intermediate Skate Skiing - Seattle Skiing. Meet at Crystal Springs Sno Park at 12:15 PM. Members: \$90, Non-members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

leadership

11/9, Sat - Outdoor Leadership Seminar - Seattle - Students Leadership. Meet at Seattle Program Center at 8:30 AM. Members: \$50, Non-members: \$60. Leader: Lawrence Landauer, (425) 0-0, lawrenceglennlandauer@yahoo.com (s9/23-10/31) **SEA**

11/9, Sat - Outdoor Leadership - Seattle - Instructors and Volunteers Leadership. Meet at Program Center at 7:30 AM. Leader: Lawrence Landauer, (425) 0-0, lawrenceglennlandauer@yahoo.com (s9/26-10/31) **SEA**

youth outreach

11/23, Sat - Bailey Gatzert Elementary School Youth Outreach. Meet at The Mountaineers at 8:45 AM. Leader: Caitlin O'Brien, (206) 521-6026, caitlino@mountaineers.org (s8/26-11/20) **SEA**

courses with prerequisites (courses & seminars)

navigation

11/7, Thu - Mentor Session for Basic Navigation Workshop Navigation. USGS Baring, USGS Index. Meet at TBD at TBD (in the evening). Sign up with Leader: Tim Lawson, (206) 914-7387, timlawsonwild@msn.com (s5/23-11/7) **SEA**

11/9, Sat - Basic Navigation Field Trip - STUDENTS Navigation. USGS Baring, USGS Index. 1800'. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s8/27-11/6) **SEA**

sea kayaking

11/9, Sat - Deception Pass Clinic/ Intro to currents Sea Kayaking. (IV) Meet at TBD at 11:30 AM. Members: \$40. Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s9/11-10/31) **KIT**

11/9, Sat - Seattle Roll Instructor Training Sea Kayaking. Meet at Spartan Recreation Center at 12:30 PM. Leader: Keith Doorenbos, (206) 965-9471, keith.doorenbos@paccar.com (s9/23-11/2) **SEA**

This is just a sampling. See mountaineers.org for all trip and course listings.

Naturalists Lecture Series, 2013-2014

- November 14, 2013** Maria Rudd Ruth, Marbled Murrelet: A Bird on the Brink
- January 9, 2014** Martyn Stewart, Nature Sounds (Title to be announced)
- January 30, 2014** Jeffrey Nystuen, Underwater Ambient Sound in the Ocean: Uses and Conservation Concerns
- February 13, 2014** Evan Sugden, The Importance and Conservation of Bees
- March 20, 2014** Joseph Gaydos, Bears to Barnacles: Way Cool Creatures of the Salish Sea
- April 10, 2014** Andy Stepniewski, An Introduction to the Mosaic of Plant Communities in the Semi-Arid Columbia Basin and the Characteristic Birds Associated with Them



Gary Luhm



Patrick Goldsworthy 1919-2013

Patrick Goldsworthy was an Irish-born outdoorsman and conservationist who became an honorary member of The Mountaineers in 1969 for his exceptional work with Washington's National Parks.

Patrick moved to Seattle in 1952 and worked as a professor at the UW after service in the U.S. Army and Air Force. He served on the board of Olympic Park Associates, was a trustee of the National Parks and Conservation Association and received the Sierra Club's William E. Colby Award for outstanding leadership, dedication and service to the Sierra Club.

In 1969, he was appointed to the North Cascades National Park Master Plan Team, the sole citizen member of the team that planned the Ross Lake and Lake Chelan National Recreation Areas. Patrick also helped plan for the Pasayten and Glacier Peak Wilderness areas, was involved in preventing construction of the High Ross Dam, and was instrumental in establishing countless Wilderness areas in Washington State. He is survived by his wife of 35 years, Christine, and his children and step-children.

Evelyn Nickerson 1915-2013

Evelyn Nanette Nickerson, 98, was born in Victoria, BC, but spent her childhood in Seattle. She joined The Mountaineers in 1967 and enjoyed a very happy life skiing, boating, hiking, gardening, and traveling. She visited most of the US in a motorhome with her husband Donald and enjoyed cruises to countries worldwide.

In addition to The Mountaineers, Evelyn belonged to the Puget Sound Yacht Club, Parkview Guild of The Seattle Children's Hospital, Edmonds Welcomers and the Shoreline-Lake Forest Park Senior Center. She leaves behind her daughter Carol, and will be missed by her many friends and family.

Morris Moen 1925-2013

Morris Moen died peacefully in September at the age of 88. An active member of The Mountaineers, Morris met his wife Lynn through the Players. He served as President of the Mountaineers in 1966-67 and continued to champion conservation through the Mountaineers Foundation.

A native of Washington State, Morris lived his entire life in Ballard, save for nine years spent Toledo where he earned a degree in Chemistry and served in the US Army during WWII. Morris was an active volunteer in the Seattle community, giving time to the 44th District Democrats, the Ballard Historical Society, the Seattle Genealogical Society, the Nordic Heritage Museum, and the Boy Scouts.

A celebration of his life was held in October at the Nordic Heritage Museum where his many surviving friends and family, including his wife Lynn, shared their memories. His many relatives and friends will miss him greatly and we thank him for his many years of conservation efforts.

Robert R. Sexauer 1933-2013

Robert "Bob" Sexauer was born and raised in Seattle, graduated from UW, and worked at Boeing as a physicist for 37 years. He joined The Mountaineers in 1953 and was a lifetime member and strong supporter of The Mountaineers Foundation. He was a graduate from the Basic Climbing and Ski Mountaineering courses.

Bob lived a long and active life. He enjoyed spending time with family, skiing, boating, and reading. In a final show of devotion to The Mountaineers, he asked that donations be made to The Mountaineers Foundation in lieu of sending flowers. We thank him for his 60 years of services, and our condolences are with his surviving wife of 50 years, Barbara, and their children and grandchildren.

Tyler Barton, Tragedy on Forbidden Peak 1982-2013



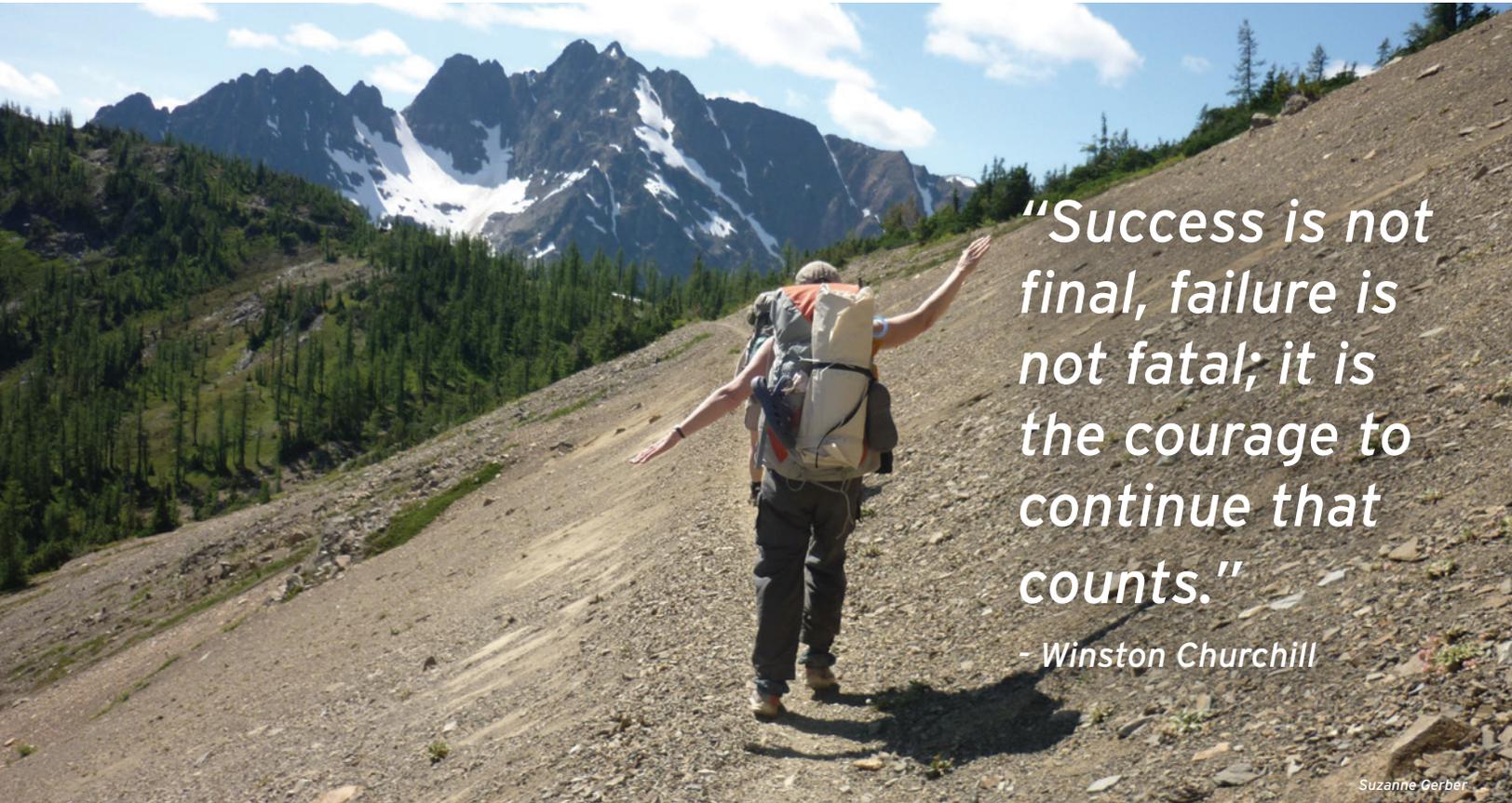
When any one of our members leaves us it's a tragedy. It is especially tragic when they're young. Tyler Barton was an accomplished climber who graduated from nearly every course offered by The Mountaineers, including basic and intermediate climbing, alpine scrambling and avalanche safety. In September, he was killed during a private climb by rockfall during his descent.

Tyler loved climbing and being in the mountains, and he was loved dearly by those who were lucky enough to know him. A wake was held at The Mountaineers center where his

friends and family shared memories and condolences.

"Tyler taught me so much about life in our short time together," said his good friend, Cory VanWoert. "The biggest of which was to enjoy what was happening at this very instant and understand that you, just by existing and being present, are adding to this world in an immeasurable way."

Our hearts go out to Tyler's friends and family at this time. He's survived by his dad, Roger Barton, his mom Patterson Fardell, and his sister Linden Barton.



"Success is not final, failure is not fatal; it is the courage to continue that counts."

- Winston Churchill

Suzanne Gerber

Courage

Courage is defined as the mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.

I see courage demonstrated in so many ways throughout The Mountaineers. Not the courage that people summon in times of war or in dangerous rescue situations, but the quiet day-to-day courage that people exhibit when facing their fears and overcoming challenges.

I think back to a class I helped teach this past spring. One student - who honestly looked like he rarely engaged in physical activity - struggled with learning the basics. Over the course of the class we would see angst in his face as he tried over and over again to learn new skills. Even with special attention and additional instruction from volunteer leaders I questioned the student's ability to complete the class, let alone pass the whole course. Did he have the ability to persevere?

In April I heard a courageous story of Steve and Sierra Schulte at The Mountaineers Everest 50 event. They shared their journey as a father and daughter suffering through a family divorce. She wondered if she could ever trust again and he hoped that her participation in The Mountaineers Teen Adventure program would help her process the pain and learn that outdoor activities could be of great comfort during troubled times. Each got their wish.

Recently, I was struck by the courageous and inspiring effort from Board President Gavin Woody's self-supported attempt to run the John Muir Trail. It was courageous for him to take on this challenge alone, but I would argue even more courageous for him to make the decision to end his quest and try again another day.

When I think about The Mountaineers community I realize it's a unique place for members to practice courage. It may be the courage to hike a longer trail, run a higher class rapid or to climb a new peak. By learning through The Mountaineers and perhaps with the help of Mountaineers members, anyone can be inspired to reach their goals.

That student I wondered about? Last time I checked he had summited 19 different peaks over the summer. Now that's courage! Each of these stories motivates me not only when I'm struggling in the outdoors but also in my personal or professional life. Courage. It's the simple act of confronting and working through day-to-day challenges that leads to success.

Thanks and see you out there.

Tab Wilkins



MAKE EVERY TRIP A ROUND TRIP.

Check the weather and
avalanche forecast at
www.nwac.us
before heading out.

Become a friend of NWAC
and support the service

Ad Space Courtesy of The Mountaineers
Photo © Grant Gunderson

