

Mountaineer

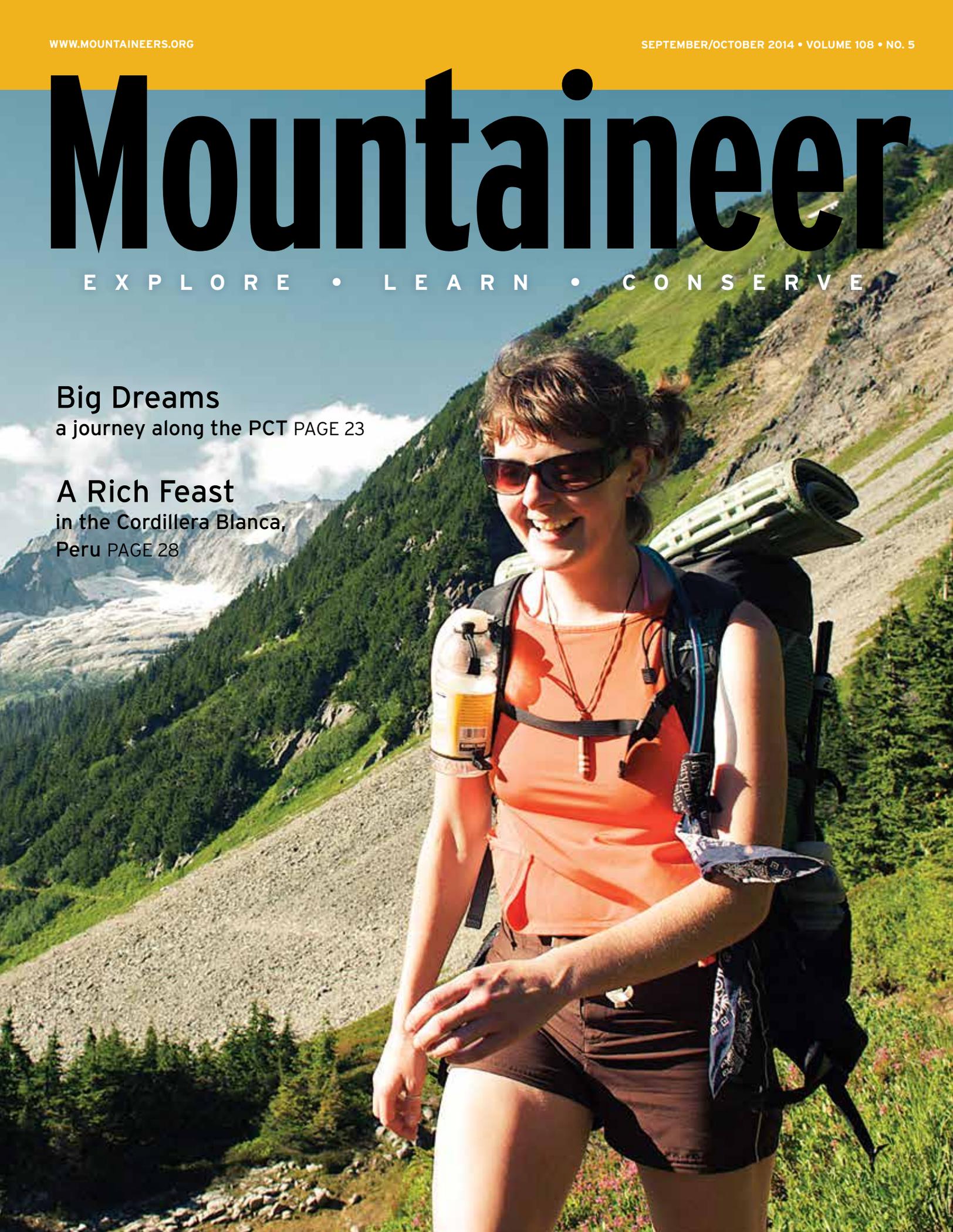
E X P L O R E • L E A R N • C O N S E R V E

Big Dreams

a journey along the PCT PAGE 23

A Rich Feast

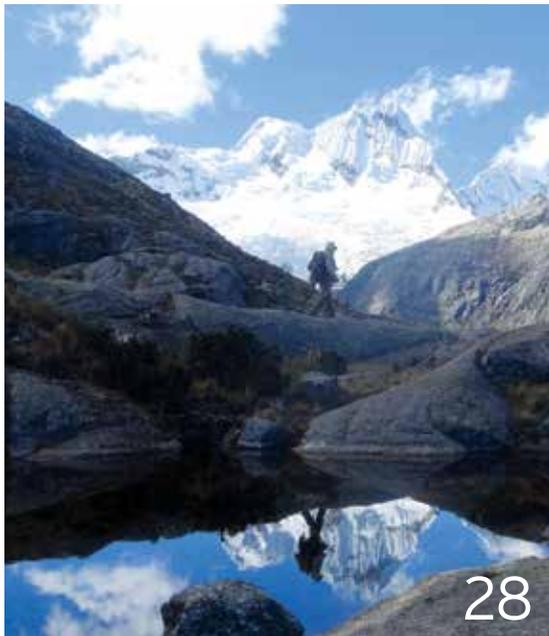
in the Cordillera Blanca,
Peru PAGE 28



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



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

Mountaineer uses:



DISCOVER THE MOUNTAINEERS

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

on the cover: Heather Anderson hikes along the Pacific Crest Trail. Story on page 23.

photographer: Sean Fields

The Tradition of Volunteerism



If you've been a member of The Mountaineers for more than a couple of years, you've most likely been involved as a volunteer. Recent surveys find that being asked to volunteer actually increases the odds of continued membership. This is not surprising as people tell me all the time about the appreciation they've gained for the quality of instruction and dedication of volunteers who give so much time and care to sharing their knowledge and providing great outdoor experiences. Who wouldn't want to pay that back by helping out in some way?

For many, it begins in the climbing course, where intermediate students are required to

teach skills to basic students and assist at field trips. As a volunteer develops his or her skills and gains experience, opportunities to assist on more challenging trips follow – and the next thing you know, you're leading your own trips and passing on valuable knowledge and skills to the next generation of climbers. You're also inspiring future volunteers. And because leadership opportunities abound at every level of the organization, a volunteer could be asked to step inside and share business or management skills as a member of a committee or council or even as chair of a branch.

This is what my own volunteer journey has looked like over the years. Today, I log 400 to 500 hours a year across several activities with The Mountaineers. When I'm asked about the most rewarding volunteer work that I've done, whether it's leading a trip, trail maintenance, or even chairing a board meeting, I point to developing and mentoring new climb leaders. Three times over the last couple of years, I've had the privilege of mentoring the final climb a hopeful volunteer has needed to complete in order to become a climb leader. It's always thrilling to see their accomplishment and know I've played a part in launching a successful leader and continuing the tradition of volunteerism at The Mountaineers. What's even more rewarding now is that I've been at this long enough to witness the development of several generations of leaders. Those I've mentored have mentored others who I believe will go on to mentor more.

Recognizing that our tradition of volunteer-led activities is what makes us unique among our sister nonprofit organizations, and that providing structure and support for volunteers, particularly those involved in administration, is critical to maintaining and growing our volunteer culture, the board created the position of Leadership Development Manager. We're fortunate to bring on Chris Williams. In addition to gaining an understanding of our volunteer culture – opportunities and challenges – Chris is tasked with helping to put structure around leadership transition, sharing of best practices, and facilitating volunteer recruitment, development and recognition.

As you can see, I've been involved at many levels as a volunteer over the years. I'm excited to grow our tradition of volunteerism and develop the next generation of leaders and volunteers.

Dan Lauren, Board President



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

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Mountaineer July/August 2014 corrections and comments:

Impact Giving, page 8: Jim Lea received his Engineering degree from UW, not PLU.

Mountain Workshops feature, page 12 and Last Word, page 47: The Mountain Workshop participants mentioned and interviewed attended Seattle World School, not Interagency High School.

Around the Sun with The Mountaineers

September marks my one-year anniversary as the Publications Manager with The Mountaineers. Of course, I've been part of the community a few years longer than that. Last year, I completed my scrambling, first aid and navigation courses. The year before, I completed the naturalist course. Now, I've nearly finished Basic Climbing (just my stewardship requirement to go) and look forward to other courses in the future. Perhaps a crag course, or maybe it's time get out on the water with sailing or sea kayaking? Or possibly take part in something more exotic – like a Global Adventure – where I can practice the outdoor skills I've been learning, while traveling around the world with fellow Mountaineers.

In this issue, find out about Cheryl Talbert's recent Global Adventure trip to the mountains of Peru (p.28). Her off-the-beaten-path trek through the Andes will take you there in your mind, and make you want to visit in person – to experience the culture, cuisine and landscape for yourself.

If you're inspired by fellow hikers, you'll love the feature story written by Heather Anderson (p. 23). Her journey started as a bookworm, who rarely exercised but dreamed of adventures – and now, she proudly gives motivational presentations to others, as she became the fastest unassisted thru-hiker of the Pacific Crest Trail in 2013.

The member highlight in this issue is on Isabel Suhr (p. 7) – a dedicated volunteer who helped out in my own basic SIG this year.

Isabel follows the footsteps of many longterm members in transitioning from student to teacher and leader. It's the same path that dedicated donors, like Rich Draves, have taken – who you can read about on page 10.

In Craig Romano's sometimes controversial, but always thought-provoking column, *Trail Talk* (p. 14), he brings up the topic of trail running – and racing. Does competition belong where so many traditional hikers and backpackers go to escape? Read the column and decide for yourself – then write in and let us know your thoughts.

And for an update on what's happening with conservation at the capitol, check out *Conservation Currents* (p.8).

In this issue, we also welcome back *Nature's Way* (p. 17) – a column by Joan Miller who reminds us of the natural joys of autumn – complete with hiking destination recommendations to best enjoy the season.

Watching the seasons change

is one of the most beautiful parts of enjoying nature. Most people prefer the spring, but autumn has always been my favorite. It's when the bugs have died down, the crisp air smells of snow and the larches identify themselves in golden hues. Just perfect for backpacking.

Hope to see you out there,

Suzanne Gerber, Publications Manager

An Update on the Snoqualmie Property

In October 2013, the Mountaineers' Board established a sub-committee to examine the future use and disposition of the Snoqualmie property that the organization currently owns. The property was purchased in 1948 and originally hosted a lodge which, unfortunately, burned down in 2006.

The sub-committee presented its preliminary ideas to the board in August and is going to hold three "town hall" meetings with membership to discuss the preliminary thinking. The meeting will be held in Seattle on September 18th, Tacoma (date TBD), and online, via a webcast. Please plan on attending one of these meetings if you have a comment, question or insight about the future disposition of the Snoqualmie Property. If you have any additional questions, or would like to sign up for the webcast, please let Tab Wilkins know by emailing him at tabmountaineers@hotmail.com.



Winter Trails day 2013, Snoqualmie Property.



Can you identify the location in the foreground?

Send your answer to Suzanne by the first of October: suzanneg@mountaineers.org. If you guess correctly, you'll receive a \$15 gift certificate* good for Mountaineers purchases, and we'll publish your name in next issue's column.

*Not redeemable for cash. Mountaineers employees or persons shown in the photograph are not eligible.

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.

Adventurer? Please send in your trip photographs for possible publication as a mystery location! (see email address above)

The winner of last issue's *I'm Where* was Dan Anderson. He was one of seven who correctly identified Unicorn Peak.

Last issue's *I'm where?* Trip Report: Unicorn Peak



Unicorn Peak. Photos by Ida Vincent

Another view of the same peak:



by Ida Vincent, Climb Leader

Unicorn Peak is an alpine climb with a short low 5th class rock pitch to the summit. It's on the south boundary of Mount Rainier National Park.

Trip Report: (May 22, 2014) Climbing route was in good condition, did not need to use our snowshoes or crampons. Signs of previous avalanches but no recent activity and no signs for concern. On the summit block we set up a hand-line for students to prusik up and we rappelled off the old tree. Most of the route out we glissaded. Cars to TH: 1 h, TH to summit block: 3.5 h, Summit block climb and rappel: 3 h (you could speed this up by having students rappel and prusik up simultaneously, but we wanted a summit photo with the whole group). Base of summit block to TH: 2 h.

Activity Type: Climbing, Basic Alpine

Seasons: May - October

Distance (round trip): 5 miles

Elevation Gain: 2,600 feet

High Point: 6,917 feet

Land Manager: Mount Rainier National Park

Parking Permit Required: National Park Entrance Fee

contributorpage

Thank you to the generous writers and photographers who donate their time, work and love to *The Mountaineer*. A special thanks to Sean Fields, whose professional-quality photography made this issue's feature on Heather Anderson possible.



Joan Miller is a Seattle writer, photographer and avid birder with a background in natural history. She has written about topics ranging from ice-age landscapes and deep-sea worms to cicadas and radon for the *Mountaineer*, *The Washington Post*, *Great Rivers*, *AAA Potomac*, *Audubon Naturalist*, and *Federal Times*, among others. She is passionate about conservation and the outdoors and knew she would move from the east coast to the Pacific Northwest once she discovered cooler summers, no humidity and incredible mountain and water views. In her day job, she helps fundraise for a wildlands organization. *Joan contributed the column, Nature's Way on pages 17-19 in this issue.*



Andy Porter is a photographer who began his love of the outdoors when, at the age of 16, he completed a month-long Outward Bound Program in the Sawtooth Wilderness of Idaho. Since then, he has hitchhiked many miles, criss-crossing the US. He's trekked in the Andes, lived in the steppes of Siberia and now makes his home in the northwestern corner of Washington. You can see more of Andy's images on his website, and blog, which includes many of his stories of travel and adventure. *Andy contributed the beautiful centerfold and the autumn panorama of Maple Pass on pages 18-19.*

Andy's website: www.northwesternimages.com,
and blog: www.northwesternimages.wordpress.com



Craig Romano is an avid hiker, runner, paddler, and cyclist, and has written about these passions for over two dozen publications, including; *Seattle Met*, *Backpacker*, *Northwest Runner*, *AMC Outdoors*, *Northwest Travel*, and *Outdoors NW*. He is the content provider for Hikeoftheweek.com, and author of nine books and co-author of three others including the just released *Day Hiking the San Juans* and *Gulf Islands*; and is currently working on *Day Hiking Mount St Helens* (with Aaron Theisen and scheduled for release in 2015). He lives with his wife Heather, and two cats in Skagit County. *Craig contributed the column, Trail Talk on pages 14-15 in this issue.*

Craig's websites: craigromano.com, hikeoftheweek.com



Cheryl Talbert is a writer and photographer who is inspired by travel – especially trekking in foreign lands and extended backpacking in high mountains. These places fill her with joy and wonder, shakes her out of her comfort zone and sharpens her mind. It also leaves her full of words that she simply has to put on paper (or screen, as the case may be). For the past several years, Cheryl has enjoyed scribbling about her adventures, plus a little about backpacking food prep, in her blog – along with *Seattle Backpackers Magazine*, and the *WTA* magazine. We are excited to have a feature article by her in this issue of the *Mountaineer*. *Cheryl contributed the feature, A Rich Feast in the Cordillera Blanca, Peru on pages 28-31.*

Cheryl's blog: happytramper.wordpress.com

Name Isabel Suhr

Hometown Seattle, WA

Member Since 2008

Occupation Student, Computer Science - Lewis & Clark College, OR

Favorite Activities Alpine climbing, hiking, and backpacking

memberhighlight

ten essential questions

How did you first get involved with The Mountaineers?

In the fall of 2009, my aunt Louise asked if I wanted to take the Basic Climbing course with her. I thought "Okay. This should be fun! How hard could it be?" Obviously, I had no idea what I was getting into!

What motivates you to volunteer?

I like being part of the community and keeping in contact with people I met in the Basic course. For example, I recently climbed Kangaroo Temple with Cebe Wallace and was one of the rope leads! It's nice to pass on what I learned to the next group of students. You learn a lot better when you have to teach, and it's fun to talk to other people about my passions. I had a great time taking courses because instructors were knowledgeable and dedicated, and I want to be that for someone else.

Favorite Mountaineers Memory:

After graduating from high school, I went on an eight-day trip to the North Cascades with MAC (Mountaineers Adventure Club). It was our first trip longer than a few days and I had spent several months organizing it. Even though it rained SO MUCH and all did not go as planned, we all had a great time.

Who inspires you?

Two people. The first is Cebe Wallace. He was my SIG leader and has been a fantastic teacher and mentor. Watching him helped me learn the best ways to teach climbing techniques. He made everything a teachable moment, without hovering or being overly critical. And he always treats his students with respect – I was 16 when I took the Basic course, but he didn't treat me like a kid.

Becca Polglase is the other one. She's a great leader and mentor who works very well with kids and teenagers, which is something I'm interested in doing. She treats everyone with respect and treats teens like adults, not children, which

always inspires me to live up to her expectations.

What does adventure mean to you?

Doing something fun, challenging and outside, with cool people.

Lightning round!

Sunrise or sunset? **Sunrise**

Superpower? **To stop time**

Smile or game face? **Definitely, smile**

Post-adventure meal of choice?

Chocolate milkshakes

If you could be a rock star at any outdoor activity overnight, what would it be?

Trad climbing





Protecting the Outdoor Experience from Washington state to Washington D.C.

By Katherine Hollis, Conservation & Responsible Recreation Manager

Pictured above, left to right: TWS Washington State Director Ben Greuel, Katherine Hollis, Washington Trails Association Advocacy Director Andrea Elmer, TWS Washington State Deputy Director Kitty Craig, and Washington Wild Conservation Director Tom Uniack in front of the US Capitol. *Photo courtesy of Katherine Hollis*

This past June, The Wilderness Society (TWS) funded both Executive Director Martinique Grigg and my travel to Washington D.C. to participate in Great Outdoors America Week. We met with Washington Senators and members of Congress and their staffers to champion nonprofit access work we are involved in and conservation initiatives, like the Wild Olympics and Alpine Lakes campaigns, that we support. In these meetings, we were reminded of how recognized and respected our organization is.

We were also in our nation's capital to work with the Outdoor Alliance (OA), a D.C. based nonprofit that protects and promotes the human powered recreation experience by conserving American's public lands. Its mission is ensuring the conservation and human powered enjoyment of the outdoors. Currently, OA is made up of five national human powered membership organizations: Access Fund, American Canoe Association, American Whitewater, International Mountain Bicycling Association and Winter Wildlands Alliance. These five organizations have a collective membership of approximately 100,000 individuals and a national network of 1,100 local clubs. While we have worked with OA for a number of years now, we are gratified to be joining these founding organizations as the 6th official member. Partnering with OA increases our capacity for understanding and engaging on federal issues, and allows us to better lend our regional voice to national issues.

We are thrilled to continue to strengthen and leverage these relationships as we continue to be a regional – and national – player in conservation and recreation work.

At-home advocacy

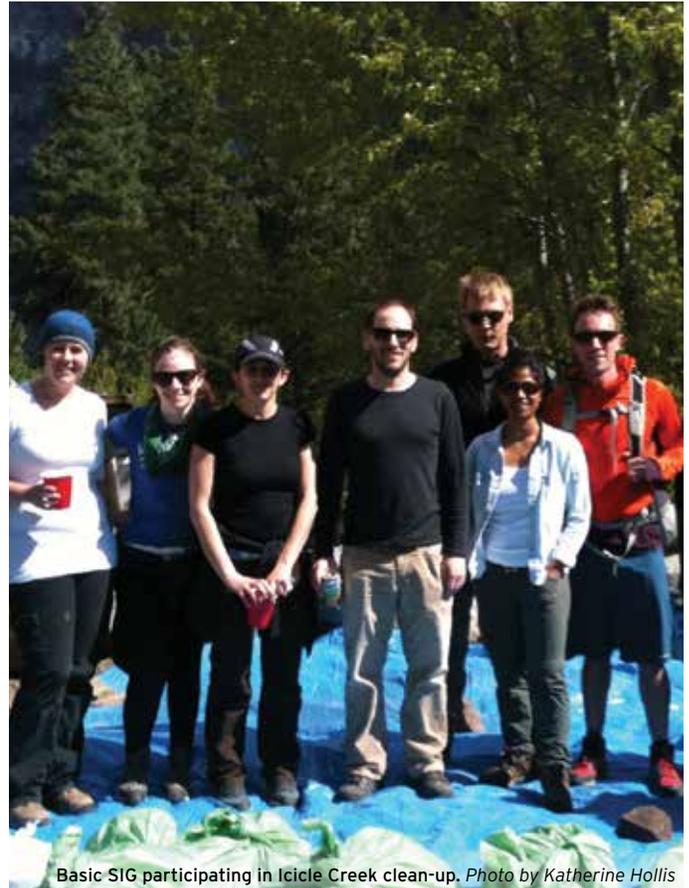
The Mountaineers undertakes our conservation and responsible recreation work through a three-pronged approach of stewardship, education and advocacy initiatives. We leverage our strong volunteer leadership with the skills and the support of a professional staff to develop and execute innovative programs, engage the public and build strategic partnerships throughout the broader recreation and conservation community. In short, *we work to protect the outdoor experience.*

In many ways, Stewardship, Education and Advocacy overlap, and one of the Seattle Basic Alpine course's SIGs (Small Instructional Groups) is a great example of this. As Basic students, these folks all participated in the Backcountry Impact Skills training I gave the entire class. These trainings translate principles of Leave No Trace into discipline-specific skills. For the Basic Alpine courses, we focus on how to minimize our impacts as alpine climbers who travel through many different types of environments. After this presentation, this SIG group chose to participate in a climbing-area focused stewardship event in Leavenworth that The Mountaineers partnered on – fulfilling their stewardship

requirement for course graduation and participating in two ways we work to undertake conservation work as an organization. Conservation education is a fundamental part of Mountaineers programming, as is building bridges between this knowledge and action.

Advocacy, the third pillar of our approach to conservation work, is the piece I have placed significant focus on since coming onboard as a staff member here. The Mountaineers is uniquely positioned to move the needle in conservation and recreation work because as 10,000+ members strong, we have strong ties to our public lands and wild places. We are passionate about getting outdoors. To do this, we need to continue to have access to our public lands and to be able to continue to experience their beauty - for ourselves and for future generations. Outdoor recreationists have an integral role to play in the future of conservation, and we empower our members to engage in conservation work - by providing quality opportunities to experience the wonder of our public lands, opportunities to give back through stewardship work, and engagement opportunities on conservation and recreation issues relevant to our organization.

Based on our strong history of conservation work in the Pacific Northwest and the unique space we occupy at the intersection of recreation and conservation, The Mountaineers are well-positioned to lead on issues at the intersection of conservation and recreation. We work to protect the outdoor experience.



Basic SIG participating in Icicle Creek clean-up. Photo by Katherine Hollis

membershipmatters
did you know

Renew your membership early to save \$2 on another year of adventure

the last time we increased membership dues was in 2006, while the cost of living has increased 2-3% annually

In October, we will be increasing dues for individual memberships from \$73 to \$75 annually (All other membership dues remain the same)

we eliminated our \$35 initiation fee for new members. in May

In the next few years, we hope to introduce 2-year memberships as another way to renew your commitment to exploration and conservation with added savings

2011 we gained 501(c)(3) nonprofit status making your dues and donations 100% tax-deductible



Donor Profile Rich Draves
Hometown Born in Bogata, Columbia and raised in Pittsburgh, PA
Member since 1993
Occupation Partner Architect, Microsoft
Favorite activities Climbing, hiking, skiing, ski-mountaineering, paddling

Rich on his April 2014 birthday ski tour of the Haute Route. Photo courtesy of Rich Draves

Peak Society support at a higher level

by Mary Hsue, Director of Development

Those of us who work in the nonprofit sector believe what we do for a living supports a mission to make a difference in the world. In the nine years I've spent working in development for nonprofits, I've come to appreciate that it's actually partnerships with donors that truly advance an organization's vision to make the world a better place.

Nowhere have I seen this play out more effectively than in my three years with The Mountaineers. It's here I've witnessed the extraordinary tradition of giving time to share outdoor passions evolve into a generous culture of philanthropy to provide thousands of transformative outdoor experiences for people - young and young at heart - that result in meaningful connections to the natural world.

Generous contributions from members of the Peak Society, The Mountaineers major donor giving club, have been central

to the success of these efforts. Leading this extraordinary group of supporters is Rich Draves, board member, Basic and Intermediate course graduate, and chair of the Peak Society.

"I've been interested in climbing mountains since I was a kid, but had no opportunity until I moved out to Seattle for a job with Microsoft and heard about the climbing course at The Mountaineers," Rich said when I asked him how he became involved with The Mountaineers.

It's at The Mountaineers where Rich developed a passion for mountaineering and conservation that sparked his evolution from student to volunteer to donor. "I see The Mountaineers as an important part of the Pacific Northwest community and my life," Rich explained when I asked him what inspired him to make his first gift. "I wanted to support the community around us and I had the capacity to help,"

An opportunity for leadership

Help is an understatement. Not only is Rich chair of the Peak Society, he can be credited for dreaming up the giving club just over three years ago. "It all started when I sat down to brainstorm about leadership giving levels with your predecessor.

I considered my experience giving to other organizations and how these organizations recognized leadership giving. After making the case, it was hard not to be involved," he said.

Since then, Peak Society membership has grown from 25 to 95 members and counts a dozen donors giving at newly launched \$2,500 to \$10,000 levels. "I'm proud of the success of the program and gratified to see so many people willing to step forward and support The Mountaineers. Considering how much time people give, it's remarkable so many give so generously."

I wholly agree and add that, considering how new fundraising is to The Mountaineers, it's remarkable that so many people make unrestricted donations that allow the board and executive leaders of the organization to invest in launching or sustaining mission-critical programs and initiatives. "As a board member, I appreciate that unrestricted dollars are the lifeblood of any nonprofit organization. Certain programs can have traction but so much more is needed to ensure the success and impact of mission-based programs."

At a recent event hosted by Rich and his wife, Martha, he announced a matching gift opportunity to attract new members to the giving club. "We're trying to grow Peak Society and want to give everyone a chance to see what it feels like to be part of a group of like-minded people who believe it's important to share the benefits of being in the outdoors." They hope to inspire members to make \$500 contributions. Every \$500 gift donated before September 30th will be matched dollar for dollar up to \$25,000. When asked about the matching gift, he said "A few Peak Society members agreed to join me and make larger gifts so that we could present this match for new Peak Society members."

This is not the first time Rich has contributed to a matching gift effort to inspire members to donate at the Peak Society-level. "I've noticed that folks are motivated to increase their donation from \$500 to \$1,000 when they hear about the impact of their support, meet others who support these programs, and see the way The Mountaineers invests their donations," he explained.

The Mountaineers is such an important part of Rich's life that he and Martha decided to leave a bequest for The Mountaineers. "With my Peak Society annual giving it's all about participating and sustaining operations of an organization that's doing great things," he said. "We wanted to continue to make an impact on the community and leave a lasting legacy which you can do with a larger gift. And it's easy to make larger gifts with a bequest." Rich sees a bequest as a way to have a more significant impact. He says, "With bequests it's about changing something in a way that's more transformative - like building a building or even a program."

At the end of our interview I asked, "Who inspires you?" Rich replies, "This is not easy for me to answer. I'm not someone who reads biographies, but I guess I can say that I'm inspired by my friends and climbing partners. Every time I go out with Gavin, Dave or Brian I'm inspired by their enthusiasm, athleticism, or skills. I'm inspired to live up to what they are capable of."

I'm truly grateful to Rich and Martha, and Peak Society members for giving so generously to The Mountaineers. They inspire me by their generosity and the many ways they work to make this world a better place.



Rich Drave and friends. Photo courtesy of Gavin Woody

Peak Society matching gift challenge

Now is the time to give! Become a Peak Society member for only \$500 during our matching gifts pledge.

Thanks to our matching gift donors, Rich Draves, John Goodman, Steve McClure and John Ohlson, every \$500 donated to the annual fund before September 30, 2014 will be matched dollar for dollar up to \$25,000. Make a gift today and join become a member of the Peak Society.

Peak Society members provide critical, aggregate funding to sustain programs vital to The Mountaineers mission and to support emerging programs vital to its vision. The Peak Society is comprised of individuals and families who make annual gifts of \$1,000 or more to The Mountaineers Annual Fund. We offer members the opportunity to be inspired and expand their knowledge of key issues through periodic, complimentary, Peak Society-hosted occasions to engage with influential leaders and fellow members.

If you want to share the love of the outdoors and conserve the lands and waters you care about, but cannot make a gift today, you can still leave a legacy that reflects your values by including The Mountaineers in your will or estate plan. Charitable bequests let you retain control of your assets during your lifetime. And like Rich, when you make a gift through your estate to The Mountaineers, and let us know about your gift, you become a member of the Summit Society – a group of visionary supporters who have chosen to further The Mountaineers mission and make a lasting impact on the outdoor community and natural world. For more information or to share your donor story, contact Mary at maryh@mountaineers.org.



Explorers at Cougar Rock in Mount Rainier National Park. Photo by Caitlin O'Brien

A Mountain for All Ages

By Becca Polglase, Education Director

As a group of 6-year-old **Junior Mountaineers** campers were walking toward the waterfront at Magnuson Park, the volunteer counselor pointed out, "Look! There's Mount Rainier!" To which one camper replied, "Hey that's like us! We're the Junior MountRainiers!" It was a cute play on words and a great metaphor for the awe the mountain inspires and the way our volunteers can use it to encourage kids to dream of big goals.

In mid-July, our **Explorers** (a program for kids ages 10-13 and their parents) spent two nights camping at Cougar Rock in MRNP. This group does activities together once a month throughout the year from skiing to kayaking to climbing, and most of these are single day events. Camping at Cougar Rock, the kids got to experience changing weather patterns, the stillness of the night, the mind-blowing effect of the Mountain staring you in the face and the joy of spending time together outside. The kids hiked to a waterfall and to a lookout, and at camp, spent hours in imaginary play - an important developmental need that is lacking in most kids' busy lives.

"The best part," according to Caitlin O'Brien, Youth Education Manager, "was watching the kids look up and dream of someday climbing the mountain."

On July 26, five members of our teen **Mountaineers Adventure Club** attempted a summit of Mt. Rainier for the first time, along with three volunteer leaders and one parent. Three of the kids had been training and practicing skills for four years leading up to this opportunity. Two had been training for two years. The youth, ages 16-18, had all summited other peaks, had practiced crevasse rescue and snow travel so much they now teach it to others, had slept in snow caves, and went on a training hike to Camp Muir with the leaders in preparation for this. In the end, six of the party summited, three turned back. One of the kids turned back to accompany a team member suffering from altitude sickness.

I asked the kids and volunteers what the climb was like for them. Here are some of their answers:

It was amazing to watch the sunrise and realize how far up we had come even though in the dark it was hard to tell if we had actually made any progress. I brought all of my warm clothes layers like the gear list said, but I wasn't really anticipating using all of them. I was totally wrong! I learned that in the future an alpine harness would be beneficial, I should get up earlier, I need a way to keep dehydrated dinners warm while they rehydrate,

pump water filters are better than squeeze ones in this situation, regular tent stakes don't work in the snow, having a down jacket/puffy makes it way easier to stay warm during breaks, gummy bears are awesome, and you can get a gps app for your iPhone which does elevation and has all of the USGS maps on it. Overall this climb was a great learning experience because the leaders were open to teaching us new skills and giving us tips throughout the climb. (Youth Participant)

Climbing Mt. Rainier helps you realize how small you are and is very humbling which I think more young people need these days. (Youth Participant)

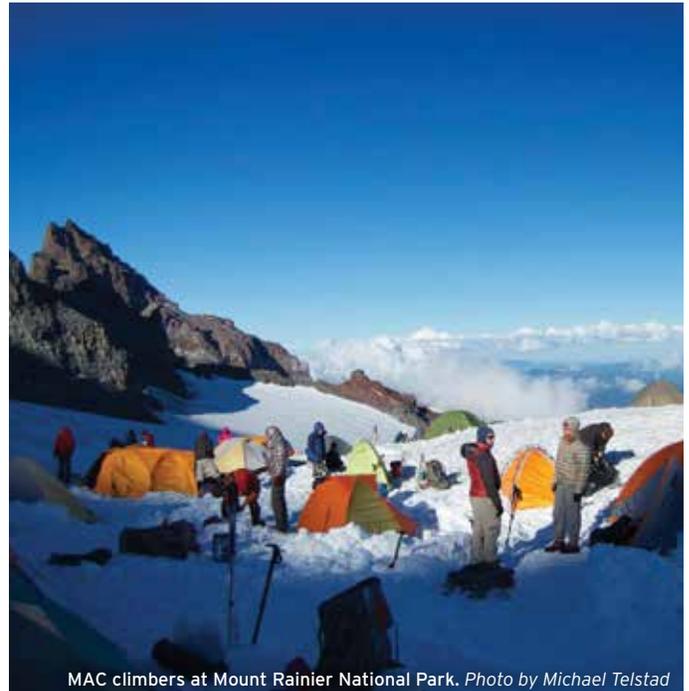
The kids were able to see defeat and victory and came to realize that sometimes reaching the summit isn't always the mark of a successful climb, it is what you do leading up to the attempt that matters. These kids were extremely competent and diligent in their preparation for the climb, both mentally and physically. I came away from the climb hoping I would see any of them in a leadership role someday (Volunteer Leader)

I hope they learned how fun and challenging climbing can be. I'm sure they feel more confident in themselves and their skills. They all did extremely well. (Volunteer Leader)

As Education Director, the most inspiring part of all of these stories is that these are not simply isolated experiences. What The Mountaineers provides are skills - both technical and life skills - that will benefit youth throughout their lives. In an email to the climb leader, one of the kids' fathers who was on the Rainier Climb shared this: "One of the really fun conversations I got to overhear in the car was the discussion about the impact that activities like this have on young women. They talked with great passion about the personal confidence and emotional strength that is developed in girls through experiences like this - and how shallow girl's lives can be when they are molded by Barbie, teen romance book/movies, painted nails, gossip, and fashion pressure. The time you spent with them on this climb helped to develop a lot more than just physical endurance." This is the beauty of outdoor education. Kids and Adults have the space to learn skills, experientially, in a supportive and inspiring setting, that will transfer to the rest of their lives.

All of these experiences are made possible through the generosity and passion of our volunteers who pass on their wisdom to others and give the invaluable gift of time. There may

be no greater reward than to see that gift passed on by those you've mentored. While two of the five youths on the Rainier climb have graduated and are moving on the college, the other three have been elected by their peers and are volunteering their time as officers for 2014 - 2015 Mountaineers Adventure Club. In their roles as officers, they will be teaching skills to new members, organizing trips and helping to ensure that each member has an opportunity to reach their goals, learn leadership and become a valued member of a community of outdoor enthusiasts.



Congratulations to Nick Randolph, Noah Holmes, Karin Knighton and Rebecca Walton on your summit! Congratulations to Michael Telstad for turning around to accompany a teammate, putting the safety of the team first - the sign of a true Mountaineer.

Many thanks to Carry Porter for volunteering to lead this climb, to her rope leads Liana Robertshaw and Matt McElroy and to ALL of the volunteers who've taught skills to our MAC members or who've worked with younger youth, helping to prepare them for future outdoor adventures.



Mountaineers Adventure Club

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Questions? Email Caitlin O'Brien: caitlino@mountaineers.org
or check out www.mountaineers.org/youth



High Speed Wilderness

by Craig Romano, Guidebook author

Craig running the Loowit Trail at Mount St Helens National Volcanic Monument. Photo by Wendy Wheeler-Jacobs

I vividly remember the first time I encountered runners on a backcountry trail. It was during the summer of 1985 and I was hiking in New Hampshire's Pemigewasset Wilderness; New England's largest wilderness area. I was wearing heavy boots and schlepping a pack complete with the 10 essentials-plus. The runners were carrying practically nothing – and their footwear and clothing were minimal too. My initial reactions were, those guys are crazy traveling through the backcountry with not much more than a water bottle – and how dare they breeze through this trail disrupting my wilderness experience!

Well, a lot has changed for me in the past 30 years. Trail running and ultra running has grown exponentially since the 1980s and you'd be hard pressed to hike just about anywhere in the Appalachians, Rockies, Cascades and Sierras and not encounter a trail runner – or pack of them. I've taken up trail running too; venturing into the backcountry and covering ground at speeds and distances I never would have imagined myself capable of back in my nascent hiking days.

I cherish my newfound pursuit of trail and ultra running and my accelerated fitness level that, in my 50s, puts my 20s' level to shame. However, I realize that some folks in the hiking

community are a little unwelcoming to those of us who like to travel through the wilderness at fast speeds with light loads. Why? I can guess these folks feel like I did during my initial encounter with trail runners. That traveling fast and light cheapens the backcountry experience. Isn't it supposed to be hard and take time? Running down a trail somehow cheapens or detracts from a true wilderness experience.

I have even encountered a few hikers on the trail who were incredulous that I covered in one day what took them many. I've gotten looks of disapproval that seem to say I can't possibly enjoy or see anything when I am traveling through places like the Enchantments in a day. I understand these sentiments. Pioneer guidebook author and Northwest conservationist Harvey Manning was fond of saying, "If you want to make the world bigger, slow down." He detested the intrusions of the modern world on the backcountry and had no tolerance for motorcyclists or mountain bikers on trails.

Harvey probably wouldn't be too happy with the proliferation of speed or endurance hikers. He was a person that insisted you spend days in places – places that sometimes were just a few miles into the backcountry, and places that can easily and

rapidly be reached by trail runners. And the idea of turning the Pacific Crest Trail (which he often referred to as a hiker highway) into an aerobic autobahn – a trail that more and more folks are competing to hike in record time – I imagine he would only welcome with pure disdain. But, should it matter what Harvey, you, me, or that hiker over there thinks about those who want to move about trails at the pace of a sprinting cheetah?

Let's face it, times are different now and there's a whole new generation of people taking to the trails these days. Some folks want more than a walk in the wilderness – they love the thrill of challenging themselves at levels they never thought were physically possible. What better place to challenge the human body and psyche than on the trail? The accomplishments of Heather Anderson, Jennifer Phar, Joe McConaughy, and Scott Williamson are truly amazing, and these folks should be congratulated for such stunning physical feats. And each one of them, and those who aspire to be just like them, has their own reasons for doing what they do. But are they getting a wilderness experience? Most would say yes – it's just not the same wilderness experience that traditional hikers are seeking.

A few years back, I interviewed a Triple-Crown Hiker (someone who has hiked the Pacific Crest Trail (PCT), Appalachian Trail (AT), and Continental Divide Trail – end-to-end). While he wasn't a record holder, he did cover these long distance trails within remarkable time periods. I asked him about highlights along the way. He never described the mountains, forests, lakes, wildflowers, morning mist, or wildlife he encountered. Instead he waxed about internal things – what it took to keep going and the logistics of how to make it all happen.

From contemplative to competitive

I competed in the White River 50-Mile Endurance Run a few years ago, and it was one of my most challenging runs. I trained hard for it and I successfully completed it and I am proud of that accomplishment. And while the terrain the race course incorporates includes stunning views of Mount Rainier and large tracks of beautiful old-growth forest, the race was indeed more about what was going on internally. I just don't recall the Mountain that much as I do fighting my demons and pushing my body to where it has never been before. There was some great human bonding on the trail with some of my fellow competitors – but, it wasn't a wilderness experience, nor a transformative journey through nature. Or was it?

I know plenty of trail and ultra runners that absolutely love the wilderness and are proponents for its protection. Wendy Wheeler-Jacobs (who I have had the pleasure of trail running at Mount St Helens with) is the Board President of the Washington Trails Association. Gavin Woody (who I met along with Wendy at the White River 50) is a past president of the Mountaineers. Both are incredible ultra runners and care deeply about our trails and wilderness – and are proponents for their protection.

But could there be harm done to our wilderness areas and trails by allowing and/or promoting ultra trail running events and speed hiking through them? And what about other trail users? Can our pursuit to run as far and hike as fast as we can impede on other's enjoyment of the backcountry? Many folks who are tired of competitive lifestyles seek trails and the backcountry for a respite from our modern fast-paced world. Is there a danger that hiking and backpacking could become corrupted by

morphing into a competitive sport? Could the thought of record-breaking hikers and celebrity trail personalities bring about a commercialization to our backcountry? Best sellers about folks on the AT and PCT have been expanding interest in others for long distance hiking. And a couple of big Hollywood movies coming out this year about those trails will be introducing even more folks to the backcountry. Are reality TV programs next? If so, is that a bad thing?

The Appalachian Trail Conference has a policy of not officially acknowledging or recording AT speed records. Everyone who completes the trail as an end-to-ender either in sections over many years, or all in once in a couple of months is acknowledged equally for completing the trail. And to be an end-to-ender in any capacity is indeed a worthy accomplishment. But is there anything wrong with doing it in record time?

Ideals to discuss

Should competitive trail running be discouraged on our national scenic trails and wilderness areas? Certainly, big events are not allowed in wilderness areas, and many national parks discourage them too. The National Park Service has stopped allowing the Badwater Endurance Run from being held in Death Valley National Park – and that race was on roads, not trails. The park service's concern? It was taking away from the park experience of other visitors and wasn't compatible with national park values.

So, is trail and ultra running compatible with wilderness values and ethics? Should we encourage distance challenges? Does it diminish the wilderness? Does it detract from the experience of hikers who want to travel slower in the woods? As long as everyone practices Leave No Trace ethics and if all trail users are willing to protect backcountry areas – what should it matter if they are plodding or pulsing through the woods? I'm off soon for another big trail run at Mount St Helens. There's nothing like covering 25 miles of rugged challenging terrain in a day. But there's also nothing like spending a day lounging around a quiet backcountry lake.



Trail runners take a break by Hozomeen Lake. Photo by Craig Romano

Strength and Balance: supported one-legged squat

by Courtenay Schurman, MS, CSCS

The one-legged squat is one of the primary exercises we use for our clients who are in the advanced stages of trip preparation, folks who need to increase strength for carrying heavy packs. It is also great for increasing balance, from the ankles and feet on up through the knees to the glutes, quadriceps, and hamstrings.



Courtenay demonstrates the supported one-legged squat. Photo by Doug Schurman

For increased difficulty:

1. Pause at the bottom for several seconds so the muscles have to contract longer and harder at the deepest range of motion.
2. To maximize the contraction at the bottom, perform a "1.5" which means lower to the bottom, come up half way, lower to the bottom and raise all the way to the top. That's one repetition.
3. As you ascend, propel yourself off the floor one-legged (hop with light or no weight) then land with control.

Performance

Descent: Place your rear foot, laces down, on a standard height (17 inches high) bench. Hold a dumbbell in each hand. Hop forward so that as you lower your back knee toward the floor, you can keep your front knee at a right angle (slightly forward of your ankle). Inhale as you lower until your rear kneecap is an inch above the ground. Torso should remain vertical throughout, with abdominals tight, shoulders and hips squared forward.

Ascent: Exhale as you drive the forward heel into the floor, activating the large gluteal (buttocks) muscles. Press back up to a fully upright position.

Complete the desired number of repetitions, then repeat with the other leg. Do 2-3 sets, and increase 1) the weight for greater strength challenge or 2) the repetitions for greater strength endurance.

Beginner Tips

Start on the leg you feel will have the most difficulty and only do on the second leg as many repetitions as you did successfully on the first.

If you feel any discomfort in the forward knee, make sure the knee is not jutting forward of the laces. Your shin should be nearly perpendicular to the floor.

For an outside variation:

If you wish to do this exercise outside, you can do so while wearing a backpack. Elevate your rear leg on a park bench or two to three steps.

For more how-to exercises and tips for the outdoor athlete, visit Courtenay Schurman's website at www.bodyresults.com or send her a question at court@bodyresults.com.

The Subtle Joys of Autumn

By Joan Miller

The Fly Amanita. Photo by Marian Maxwell

Autumn in the Pacific Northwest can be a circle of sun and ice. Mornings of frost-coated leaves melt into blazing sunny days. You may start the day piling on layers of fleece and down, only to find yourself in one short-sleeve shirt by mid-afternoon.

It's a time to switch gears; focus your eyes and ears more acutely. Wildflowers are pretty much over; shorebirds have left or are dwindling, and the spring-summer birdsong has transitioned into silence. But there are different pleasures of the season. Now you can get out to those places that were too darn hot or crowded in summer. The forests may be quieter, but the moisture is returning and while some parts of the natural world are dialing down, others are springing back to life.

For sure, there are colors to be relished; vine maples turn to red, cottonwoods to yellow. You can't beat a drive along North Cascades Scenic Byway, also known as State Highway 20. Last October I drove the route out to Winthrop for the first time. Yes, I expected nice scenery, but I wasn't prepared for what I found. As I wound my way along the byway, I became the stereotypical wide-eyed, gawking tourist. An azure sky served as the backdrop for brilliant yellows and oranges, but the peaks stole the show. I made several stops along the way to drink in the views and crisp air, on my maiden voyage through Washington Pass. The hillsides were dotted with golden glowing subalpine larches, our native deciduous conifer, and I was pleased to find that I could climb a very short distance to get up close to them.

I was far from alone on my journey, and I suspect that even jaded locals were getting out to celebrate not only the incredible bounty of nature we enjoy in our state, but the fact that someone had

the wisdom to preserve it. There's nothing better than hitting the trail, drinking in the views, breathing the sweet air and leaving our cares behind. But while we're gawking and lollygagging, other creatures are anything but relaxed; fall is a busy time of intense focus for them. They're obeying their instincts, chowing down, heading for their southern homes and preparing for harder times ahead.

Autumn signals major changes in behavior for bears and elk, among others. Black bears vary their diets with the season. In late summer and fall, they shift from plants and bugs to berries, tree fruits and nuts. Bears pile on the fat during the fall, foraging up to 20 hours a day and increasing body weight by a third before winter.

Bull elk too are busy, getting ready for the rut. Since late summer, males have been gathering females into harems, and by late September, the action heats up. That's when you could hear the bulls bugling.

Where to go: Fall foliage Highway 20 to Washington Pass or beyond; Highway 542, Mount Baker Scenic Byway winds along the Nooksack River and takes you to Artists Point at 5,000 feet. From there, trails go to Ptarmigan Ridge, where you can, indeed, look for white-tailed ptarmigan, in addition to rosy finches, pikas, marmots and possible mountain goats.

Birds on the move

The trees and sky hold migrating birds, big and small. Songbirds are quieter and more secretive at this time of year. They're con-

continued on following page >>



centrating on eating and not being eaten. You can look for birds almost anywhere, any time, and patience and binoculars will make it all the more rewarding.

Birding and patience are inseparable. Imagine yourself sitting, perhaps not too comfortably, on a rocky outcrop, body, head and hands clothed against the cold and wind, scanning the ridge top for moving specks. That's the joy of fall hawk migration! All over the country, official hawk watch sites collect data on migrating raptors. Visitors are always welcome and birders are usually happy to help newbies learn about hawks. Although finding a good spot for hawk watching in Washington is challenging, a good place to try your luck is Chelan Ridge, Washington's only official counting station. On a good day, you could see red-tailed, sharp-shinned, and Cooper's, hawks, and golden eagles. An excellent resource about hawk watch sites and data is the Hawk Migration Association of America's website, www.hmana.org.

Later in fall and winter, the Skagit Valley is unbeatable for watching hawks and owls. Although some raptors are migrating now, others will stay in the area and can always be observed. Species regularly seen include red-tailed and rough-legged hawks, bald eagles, and short-eared owls.

Where to go: Hawk watching Chelan Ridge is located about 13 miles north-northwest of the village of Chelan. Counts at the hawk watch typically range between 2,000-3,000 migrants of up to 17 species per season. The nearby community of Pateros holds its annual Chelan Ridge Hawk Migration Festival on September 14, with shuttles to the ridge and a host of activities and other trips. Head for Memorial Park to find the event. More details can be found at the North Central Washington Audubon Society website, www.ncwaudubon.org.

Small Things

On a smaller scale, there's plenty happening closer to earth. You won't hear them, but spiders are busy spinning their webs. We Pacific Northwesterners are blessed (or cursed?) with a healthy

population of spiders. According to the Burke Museum, it's a myth that "they come indoors in the fall to get out of the cold." OK, outdoor spiders may stay outdoors, but does that make us feel better? Who among us has not suddenly become encased in the sticky strands of a spider web stretched across a wooded path? Even if you aren't arachnophobic, the experience can make you squirm just thinking about it.

But you have to appreciate the genius of the web. For spider webs, form follows function. All spider species spin silk, but not all build webs. Web-building spiders depend on their webs for survival, and they can rebuild them daily, so you need not feel too guilty if you break one. In fact, spiders are champion recyclers: they eat their used webs before spinning a new one. Spiders are present year-round, but in the fall, young ones often disperse by "ballooning" on silk strands. It's also mating time for spiders, with females leaving behind their egg sacs to overwinter. Spiders can live for a year or less, and many of the cold-blooded adults die when winter sets in.

Another creature active in the fall has no legs and leaves a telltale iridescent trail wherever it goes. As moisture returns in the fall, you may see more banana slugs out and about. Though their name would make you think they're all yellow, some are brown, some are greenish, and many have spots. Our Pacific banana slug is the second largest in the world, reaching up to 10 inches in length. They move by a muscular foot, and they have two pairs of tentacles that sense light and smells. Their slimy mucus serves many purposes: protection against dehydration and predators, and attraction of mates. In times of drought, they estivate under leaves and soil. They mate throughout the year and abandon the eggs after they are laid. Slow-moving slugs are preyed upon by raccoons, snakes, salamanders, ducks, foxes, crows, shrews and other creatures.

Why should we care about slugs? Like all things in nature, they play an important role within their ecosystems. These lowly creatures are among nature's decomposers, humbly cleaning



Autumn at Maple Pass, North Cascades, Washington. Photo by Andy Porter

up the forest floor by consuming dead plant material and animal droppings and turning them into humus, which cycles nutrients back to ecosystem. They also help distribute seeds and spores.

Speaking of spores, fall is prime time for mushrooms, and our northwest climate supports a multitude of species. Forest floors and logs flush with moisture coax fungi to emerge after the dry season. If you've never paid much attention to fungi, you might be surprised by the assorted shapes and colors. Beyond the stereotypical umbrella shape, mushrooms can be "shaped like heads of lettuce, cones, gelatin cups, coral, fingers and oozy blobs," note authors Stephen Whitney and Rob Sandelin of the "Field Guide to the Cascades & Olympics," published by The Mountaineers Books.

Fungi are decomposers in the ecosystem, recycling energy and nutrients. Mushrooms are just the fruiting bodies that we see above ground. But below the soil, a web of mycelium is the heart of a fungus. This web can extend far from its mushrooms and plays a vital role in the health of the forest. Not all fungi fruit at the same time; each has its season. Marian Maxwell, president of the Puget Sound Mycological Society, noted some of the most common mushrooms to be seen on hikes (and you've got to love the names): shaggy parasol (*Cholorphyllum olivieri*, *Cholorphyllum rachodes*, or *Cholorphyllum brunneum*), The Prince (*Agaricus augustus*), The Spring King (*Boletus rex-veris*), *Gymnopus peronatus* (Wood woolyfoot mushroom), white russula (*Russula brevipes* or *Russula cascadenis*), Witch's butter (*Dacrymyces chrysospermus*), shaggy manes (*Coprinus comatus*), Inky caps (*Coprinopsis atramentaria*), Red Banded Polypore (*Fomitopsis pinicola*), the fly amanita (*Amanita A. muscaria* var. *flavivolvata*), and the questionable stropharia (*Stopharia ambigua*).

It's not advisable to collect mushrooms for consumption, unless you are extremely knowledgable – and even then, it can be risky. One mistake can cost you your life. Maxwell adds that you should first know the harvesting regulations for the area, and avoid collecting in any place that's contaminated because mushrooms concentrate toxins in their environment.

Mosses and Lichens

Rains also bring desiccated mosses and lichens back to their glorious colors. Don't dismiss these oft-overlooked residents of the woods. They're complex organisms: lichens are a combination of a fungus and green algae, and sometimes also cyanobacteria. Like fungi and slugs, the northwest is blessed with an abundance of lichens and mosses. A 2005 survey by the U.S. Geological Service found more than 13,000 species of lichens and bryophytes (mosses, liverworts and hornworts) in Olympic National Park alone. Even though they are miniscule, you won't have trouble finding them; they live on soil, trees, stumps, logs and rocks.

Lichens are not only interesting and sometimes beautiful, they are a vital source of food, shelter and nest material for many creatures. Even mammals as large as elk, deer, bighorn sheep, and mountain goats eat lichens. Lichens are sensitive to pollutants and so are good indicators of air quality. The best way to enter this hidden miniature world is with a hand lens. Like Alice through the looking glass, you'll spy British soldiers and pixie cups. You might also see rosettes, strands of hair, or snowflakes. To start your journey, visit www.lichen.com, which features not only photos of North American lichens but also information about lichens and their importance to people and wildlife. But once you go down this rabbit hole, you might find it hard to return.

Where to go: Mosses, lichens, fungi Almost any natural area is a good place to look for this group, but less disturbed places, especially those with old growth and well-developed understories offer more variety. Some suggestions: any national park, and state and local parks including Twin Falls, Swauk and Cougar Mountain, Seward, Discovery, Carkeek and Schmitz.

To learn about mushrooms from the experts, visit the Wild Mushroom show, October 26, 10 am - 7 pm at The Mountaineers Seattle Program Center, sponsored by Puget Sound Mycological Society. ▲▲



Our Secret Rainier part 8: a monument and some columns

by Mickey Eisenberg and Gene Yore

Mount Rainier basalt columns. Photo by Mickey Eisenberg

Mount Rainier National Park has over 100 climbable peaks, not counting Mount Rainier itself. While most are scrambles, and a few are climbs, there are 15 peaks that are reachable as hikes. Information about all 100 may be found in *Guide to 100 Peaks at Mount Rainier National Park*, second edition, published as an electronic book (for tablets and phones) by Mountaineers Books. It is also available as an iBook through the Apple bookstore.

Round Pass to a monument and basalt columns

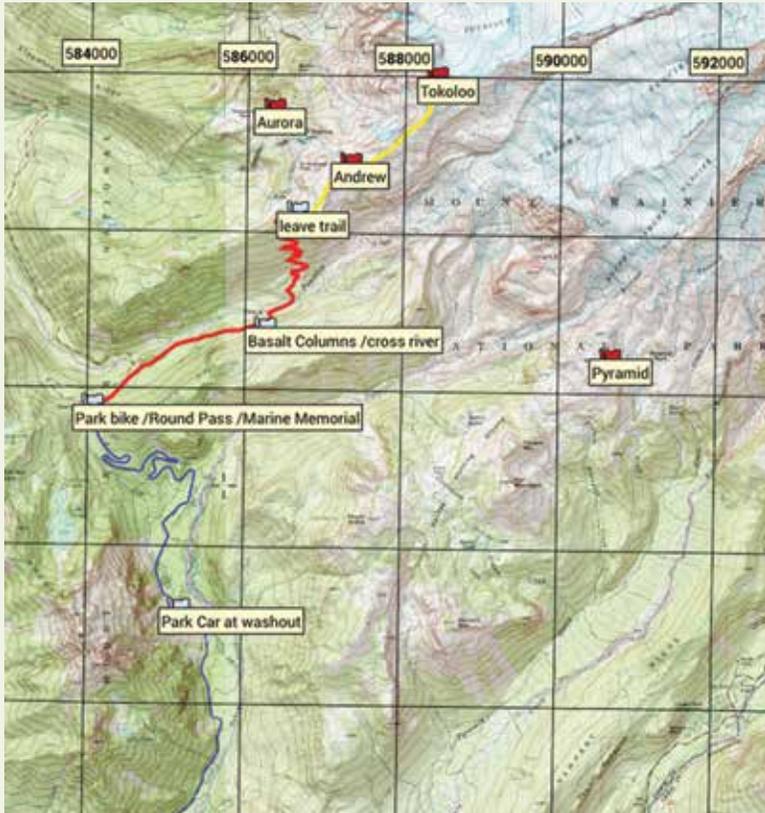
This installment of Our Secret Rainier guides you to a monument and some amazing basalt columns in the national park. With extra effort, one can continue on to two scrambles in a remote part of the park.

Directions to trailhead: Though this hike can be done on foot, we suggest taking a bike for the first portion of the trip. A bike is especially useful if you plan to go on to scramble Andrew or Tokaloo Rock.

Enter the park at the Nisqually entrance and drive a short distance to the West Side Road. Turn left onto the West Side Road and continue until the barricade. Due to danger from rock fall, vehicles must park south of the barricade at Dry Creek. Hikers and bicyclists should travel through the area with caution and avoid lingering in the hazard zone.



Mickey points out the Round Pass Sign. Photo courtesy of Mickey Eisenberg



Columns, Andrew and Tokaloo

- Skill level:** Easy hike (unless scrambling to Andrew or Tokaloo Rock)
- Beauty:** 6 (on a scale of 10) to Round Pass and basalt columns
8 to Andrew
10 to Tolaloo Rock
- Distance (RT):** (includes 7.2 miles on bike)
10 miles for basalt columns
17 miles for Andrew
18.4 miles for Tokaloo Rock
- Elevation gain:** 1500' to basalt columns
4300' to Andrew
5200' to Tolaloo Rock
- Total time:** 5 hours for basalt columns
11 for Andrew
12.5 for Tokaloo Rock
- Best season:** Summer into fall
- Maps:** USGS Mt. Rainier West, Mt. Wow
Green Trails Mt. Rainier West
- Equipment:** Hiking gear (unless scrambling to Andrew or Tokaloo Rock)

Route Description to the monument: Bike or hike approximately 3.6 miles to Round Pass. Park the bike at the large turnout at the Pass. The Marine Monument is located approximately 100 yards beyond the pass. The monument memorializes 32 Marines who died in a plane crash on December 10, 1946. The plane was en route from San Diego to Seattle and, owing to bad weather, flew off route and crashed into the South Tahoma Glacier.

Route description to the basalt columns: To reach the basalt columns, take the trail at Round Pass on the east side of the road. This trail joins the South Puyallup Trail in approximately half a mile. In another mile you will come to the basalt columns on the right, just before the South Puyallup River Campground.

Route Description to Andrew and Tokaloo Rock (these are scrambles and require route finding): From the South Puyallup River Campground, cross the river heading north and stay on the Wonderland Trail. At around 6000' (before you begin to descend on the trail) leave the trail heading east and then northeast. Stay to the south of Andrew Peak and continue northeasterly toward Tokaloo Spire staying to the south of the ridge. Go beyond Tokaloo Spire, heading

north and on the west of Tokaloo Peak. Go beyond the peak and double back, approaching the peak from the north. Andrew can be scrambled either on the way to or from Tokaloo Rock. From the south side of Andrew, head up an easy gully immediately east of the peak. Bear northwesterly toward the col and then counterclockwise until reaching the flat summit.

Notes: Andrew and Tokaloo Rock are scrambles and should only be done by Mountaineers with these skills. One can have a great day even without undertaking the scrambles. A wonderful outing would be to hike the Wonderland Trail heading north and continue as far as time and energy permit. This part of the park is particularly scenic.

Want to learn more?

Guide to 100 Peaks at Mount Rainier National Park is available on iTunes and as an electronic book (for tablets and phones). It is also available as an iBook through the Apple bookstore. The new, second edition was published in the summer of 2014. All royalties are donated to The Mountaineers.

WHEN SELECTING A TENT FOR YOUR NEXT TRIP... **CHOOSE WISELY.**

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ALLAK

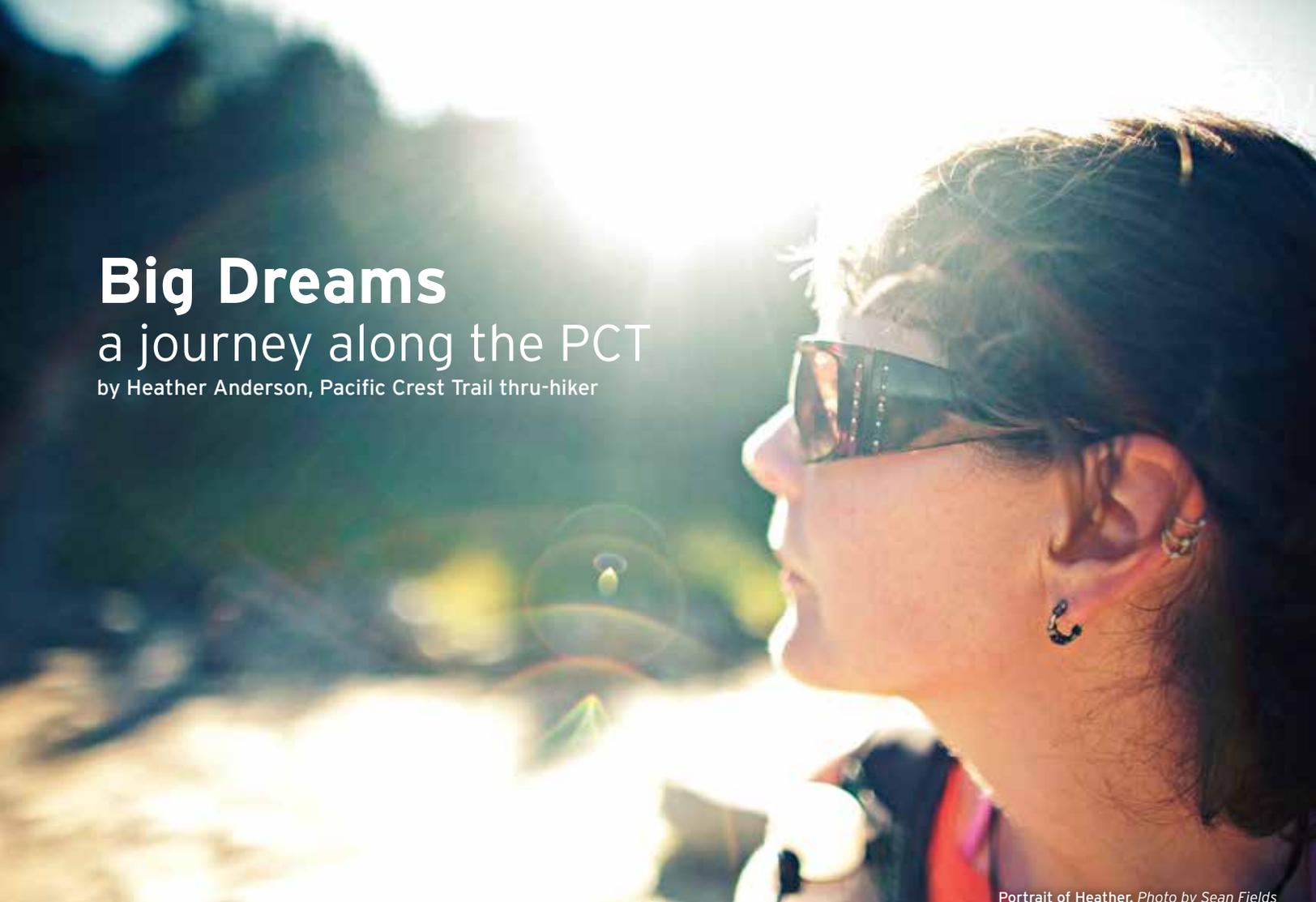
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Big Dreams

a journey along the PCT

by Heather Anderson, Pacific Crest Trail thru-hiker

Portrait of Heather. Photo by Sean Fields

Heather Anderson, whose trail name is "Anish," has inspired many and filled rooms of people eager to learn about her journey. I met her in person after one of her presentations back in January and had to wait in line nearly 40 minutes just to talk with her. I wanted to see if she would be willing to share her story in the Mountaineer – and here it is. -Suzanne Gerber, Publications Manager

June 6, 2013: As the plane swooped over brown hillsides and stucco homes with tile roofs, I realized how very far from Washington State I was. I stared east, where clouds and ridges loomed faint and low on the horizon. I remembered the last time I was here, eight years younger and vastly inexperienced. I had faced the same distance, but this time I knew the extent of the land that sprawled between me and Washington, which had become my home. I already felt the pull of the mountains I knew like friends, and the people I loved.

All that was left to do was walk

Two days later, I would leave the southern terminus of the Pacific Crest Trail (PCT) near San Diego and begin my venture north. So began my journey, whose purpose was not just covering miles, but covering them faster than anyone – man or woman – had ever done before. I had hiked the entirety of the trail once already, but there was something deep inside me that had to know: how hard could I push my body and for how long?

I had not always been this way. The first 20 years of my life were spent in sedentary fashion. Perhaps that's why the past 13 have

been so intense, as I moved from one physical challenge to the next, seeking harder and harder endeavors, making up for lost time. Along my PCT journey I wrote these words:

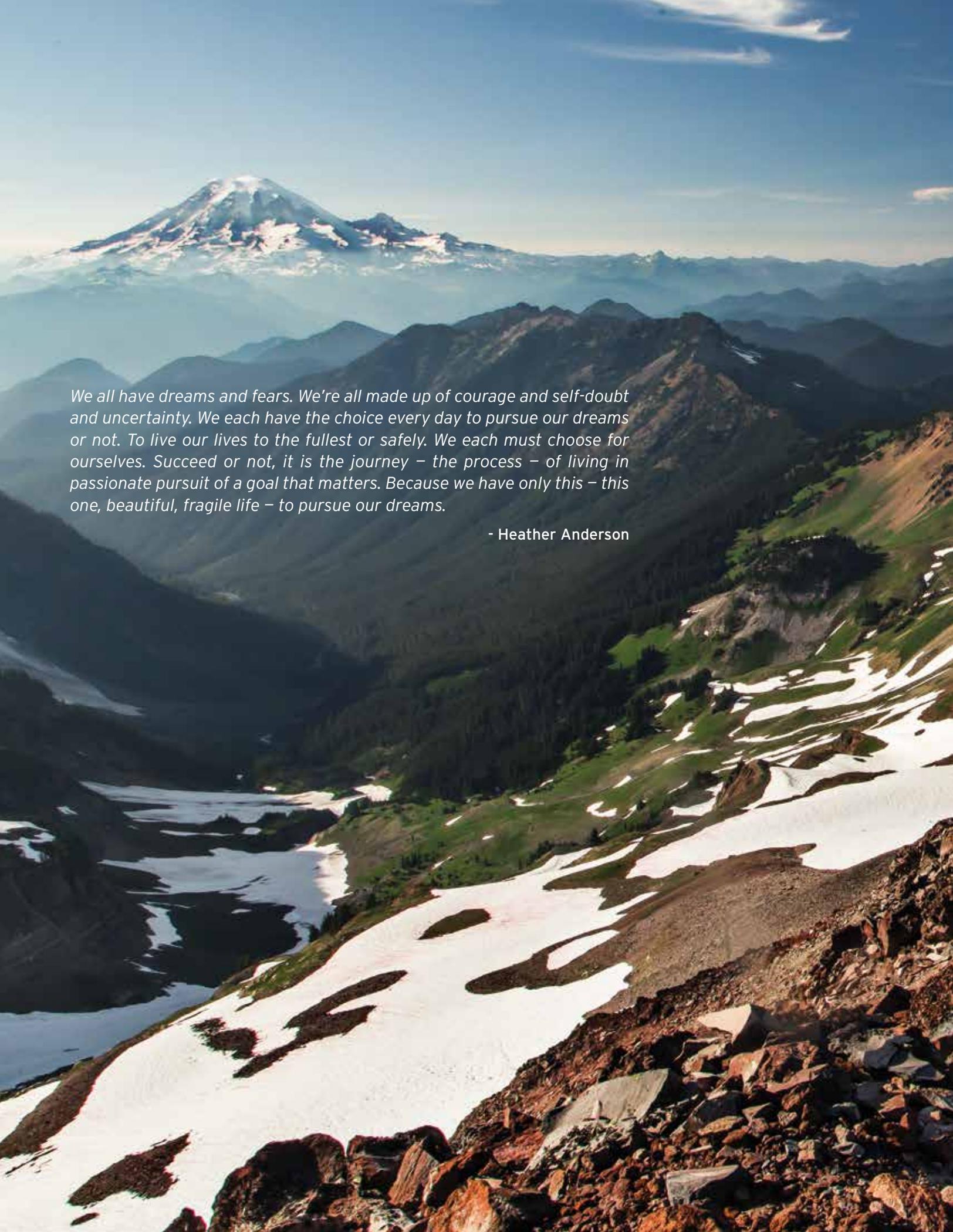
I imagine people may think I am a natural athlete, the girl who played sports all through school. The exact opposite is true. I was an overweight child, a bookworm who sat with her nose in an adventure book and daydreamed. I never exercised and couldn't make it around the track without walking. When I graduated high school, I weighed 200 pounds.

I daydreamed of adventure, but the thing I daydreamed the most was that I would someday set a record. Not just any record – an athletic record. I wanted so desperately to not be what I was. I hated my body and myself. I consoled myself by eating a bowl full of Oreos and milk as though they were cereal. But somewhere deep inside I knew I was capable of doing something more.

When I was 20 I met something that would forever change my life: a trail. Though my first few hikes were miserable as I forced my body to work, I was enthralled. Trails took me on the adventures I craved and to beautiful, wondrous, wild places. I lost my heart and soul... and eventually 70 pounds... to the trails.

Now, I am a few short days away from fulfilling my oldest daydream: setting an athletic record. I cry when I think about all the things I have overcome to get here, both on this hike and off. It makes me ever so grateful to that chubby girl who dared to dream big, audacious dreams. I am even more thankful that she

continued on page 26 >>

A high-angle, wide shot of a mountain range. In the foreground, a rocky, reddish-brown slope descends towards a valley. Patches of snow are scattered across the slope and in the valley. The middle ground shows a dense forest of evergreen trees. In the background, a large, snow-capped mountain peak rises against a clear blue sky with a few wispy clouds. The overall scene is bright and clear, suggesting a sunny day.

We all have dreams and fears. We're all made up of courage and self-doubt and uncertainty. We each have the choice every day to pursue our dreams or not. To live our lives to the fullest or safely. We each must choose for ourselves. Succeed or not, it is the journey – the process – of living in passionate pursuit of a goal that matters. Because we have only this – this one, beautiful, fragile life – to pursue our dreams.

- Heather Anderson



Pacific Crest Trail in the Goat Rocks Wilderness, Washington. Photo by Andy Porter. >>

grew up to be a woman courageous enough to make those dreams reality.

As a child, I spent countless hours immersed in the journals of Lewis and Clark, the adventures of Huckleberry Finn, the fantastic world of Madeline L'Engle. It was escapism from the mundane, rural flatlands that surrounded me. I dreamed that someday I'd do something exciting too. As I dealt with the depression and the self-hate of being overweight, I would fervently dream of doing something adventurous – and that my body would be capable of going these amazing places.

I would sneak into the brushy Midwestern woods with my dog. I was drawn to them, but terrified at the same time. It was thrilling to step past the grassy border of the yard and disappear down the deer trails and out of sight. The thought of what could be in the woods had me on edge with adrenaline. I would often sneak a hammer from my dad's toolbox and carry it for protection, even though the biggest things in those woods were docile whitetails.

Somehow I just knew I was meant to go – to explore. I would be 20 before it came to fruition, but once I stepped onto the Bright Angel Trail and began my first hike – a brutal out and back in the withering summer heat of the Grand Canyon – I knew I had found home. My passion for hiking grew as the years passed and so did my desire to test my capabilities... to find out how far my once sedentary and unhealthy body could actually go. This drive would bring me to a set of white, wooden pillars driven into sun-baked earth just steps north of the Mexico-California border in mid-June of last year.

When I set out from that border, I was terrified. I wasn't sure I could do what I was there to do. In fact, I was fairly certain I couldn't. All I knew was that I had to try. I had to know and the only way to know was to go – to put one foot in front of the other until I could literally no longer do so.

Every day for two months, I awoke at 5 am – no matter when I went to sleep. I would rub the grit from my dehydrated eyes and become aware of the aching and the all-encompassing fatigue permeating my body. Then I would say aloud, "The record isn't going to break itself." That would be enough to roll me to seated. Methodically I would pack and begin another day. I walked 40-50 miles every day without taking a day off. I walked through daily nosebleeds, 120 degree heat, pulled muscles, and blisters. I faced bears, mountain lions, sleep and calorie deprivation, and dehydration. I walked through splendor so immense that I cried at the beauty. I drew my strength from the very trail that was testing me. There was nothing

I could not do when I surveyed the wilderness from the vantage point of my own two feet.

I wrote in my journal along the way:

I have been in awe of my body as it has transitioned from athlete into machine. The way it went from barely being able to do 40 miles to cranking them out before 8pm and continuing onward. Now, with only about 600 miles to go I can feel the machine beginning to break down. I sometimes get dizzy, my legs sporadically are weak, my feet have a host of problems and though the end is so close, it still seems so far away—and that makes it even harder to push through the miles... [but] nothing will stop me from reaching Canada, whether I break the record or not.

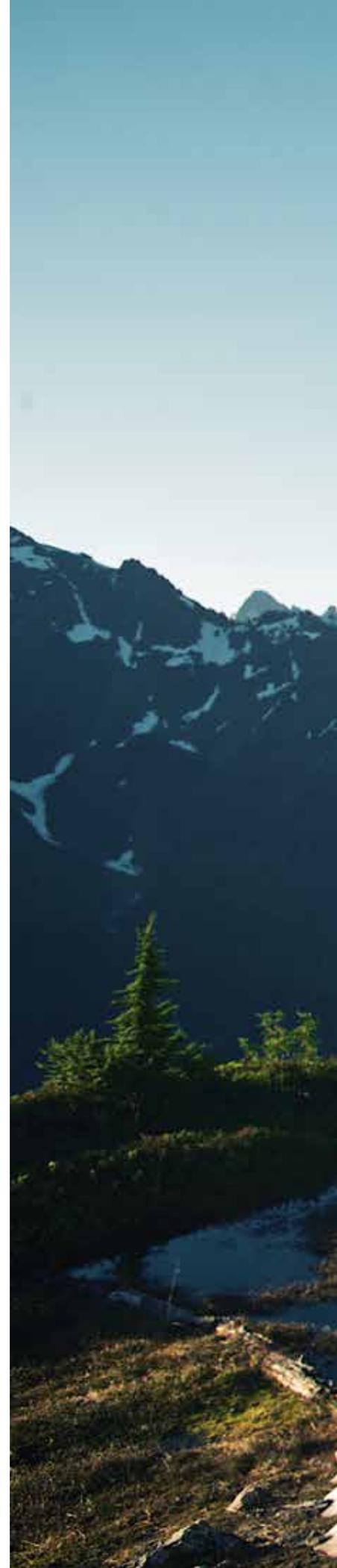
I looked back at my first hikes in the Grand Canyon and realized I made every error possible – and yet I thrived. I wanted nothing more than to be on the trail drinking in the wonder of the backcountry. Everything was fascinating. Every moment was a new adventure. I went on to thru-hike the Appalachian Trail just two years later, with nothing more than my Grand Canyon hikes and a miserable five-day trip along Lake Superior under my belt. Suffice it to say, the Appalachian Trail was also a string of mistakes and learning experiences. Yet I was in love. I don't remember ever having a bad day the entire four months. Even the most challenging moments shone with the joy of being alive. By the time I reached Mt. Katahdin, I was destined to head West. I'd heard of the PCT and though I had never seen the Sierra or the Cascades, I could feel their call on my soul.

Acceptance of paths travelled

Thru-hiking completely re-oriented my views on life and what I wanted. Life has also been a rugged trail – winding, steep, overgrown, and rocky. I've fallen plenty, but I have always arisen wiser and stronger. Just as every hike has taught me something about myself or how to live in the backcountry, so too has every twist and turn in my life. But it was on the PCT in 2013 that I finally came to accept myself for who I am.

I often think about the path I have traveled. I started life a flatlander in rural Michigan: a sedentary dreamer who knew nothing of mountains and trails aside from what I'd read. Yet, somehow I found my way to the mountains. Through many miles and days and weeks of explorations I finally found the answer I was seeking. ▲▲

In 2013, Heather hiked from Mexico to Canada in just 60 days, 17 hours and 12 minutes – completing her goal of thru-hiking the 2,700-mile Pacific Crest Trail, unassisted, faster than anyone before her.





Heather hiking through the Cascade Mountains, Washington. Photo by Sean Fields



A Rich Feast in the Cordillera Blanca, Peru

story and photos by Cheryl Talbert, Global Adventures Leader

A young Quechua mother and child cross a meadow in the early morning under Nevado Pucajirca.

Snapping awake sometime before dawn, I extracted myself from sleeping bag and tent as quietly as possible so as not to awaken my tentmate. Snuggling in down parka, alpaca cap and mittens, I found a perch on a rock in the front row of the sunrise light show over the Cordillera across the deep gorge below. A faint glow was already dimensioning the snow caps and ridges looming high around our camp, as if painted smoky grey and dark purple on black velvet. I could hear our cooking crew laughing and singing in the cook tent, and our donkey drivers whistling and whooping from a far distance as they herded our burros back into camp from a gully where they had grazed overnight. Omnipresent cows mooed from the periphery. Soon David and Maximo (horsemen and all-purpose camp helpers) would begin making their way from tent to tent with the red thermos jug and tin cups: "Good morning! Coca tea? Coffee?" After nine days, the rhythm of our mornings was well established.

Our group of eight was waking to our tenth day of a Mountaineers Global Adventure on the remote Alpamayo Northern Circuit trek in the Cordillera Blanca of Peru, well into our fourth week in the country after touring and trekking for two weeks around Cusco, the Sacred Valley and Machu Picchu. Over the next two days we'd climb our last and highest pass of the trek (at nearly 16,000 feet), pass a much-anticipated high lake, and descend to the small town of Hualcayan where we'd meet our bus for the three-hour ride back to our base in the northern city of Huaraz. After nearly a month away from home, the knowledge of the impending end to our adventure was bittersweet. The Peruvian Andes had proven to be a rich multi-course feast, and we were savoring our last delectable bites.

Dramatic cultural and physical landscapes

As much as this was a trek among the stunning peaks and glaciers of the central Andes, it proved even more to be an unforgettable glimpse into the lives of the hardy Quechua farming and herding families who people the remote valleys between them. Vivid images come to mind: a tiny church with bright blue shutters in the little village of Vaqueria, vigorous singing from the unseen congregation spilling through the open door. In the open-air attic of one two-story wooden dwelling, dozens of cuy (guinea pigs) running about squealing, a sign by the road reading "Cuy Production Area" (yes, guinea pigs are a staple food in the Andes). Small stone houses with thatch roofs and fields outlined in hand-built stone walls, miles (and days of walking) from any town. A shepherd and his young son clattering past us down the path with their herd of sheep. A young woman with her baby in bright native dress sitting on the ground by a stone wall, weaving on a long narrow loom while overseeing her flock of llamas on the hillside. A man guiding a wooden plow behind two yoked oxen, working up his field; others stooping to unearth potatoes from small patches perched improbably on the slopes, piles of their harvest alongside the path. A line of women in native clothing gathered by our camp to spin wool and sell beer to the gringos; nearby, two young girls laughing and batting a ball between them, and older boys and girls flirting and playing an impromptu game of futbol in the afternoon sun. A starkly beautiful teenage girl and her toddler brother (son?) minding their alpacas in a high valley days from civilization, stopping at our approach to watch us, shy and solemn, hoping we'd have something to give them.

One cannot pass through this human landscape without absorbing



Sunset from our camp at 15,000', end of day nine.

a strong sense of timelessness, of incredible dignity and fortitude, of color and joy and pride of culture and family ties held tightly in the face of incredible hardship.

And yes, the physical landscape was all the imagination could conjure and then some. The peaks in this part of the Cordillera Blanca, most between 18,000 and 22,000 feet and heavily blanketed with snow and glacier, form massive nearly parallel spines boxed between eastward- and northwest-flowing river valleys. Some rounded, many sharply craggy, all rising in steep cliffs beribboned with cataratas (waterfalls) and glistening with snow and ice, their visage was massive, powerful, forbidding. In dramatic contrast, like a lush shawl tucked around their laps, the river valleys wrapped vivid green between the massifs. Like jewels on the shawl were dozens of tarns and lakes in vivid emerald, turquoise and azure, stretching down the long glacial valleys or perched on benches stepping up the sides of the peaks, reflecting the crags above.

A glorious path, seldom traveled

Our 65-mile journey circled counterclockwise over nine high passes through several of these river valleys, revealing exceptional views of the prominent peaks of the range from multiple angles. We chose a less traveled, more challenging route through the Cordillera, and a different starting point (from the village of Vaqueria), thereby having the incredible scenery mostly to ourselves. Our days unfolded like the best mystery novel, dramatic vistas and indelible experiences earned with steady toil, enriched with laughter and camaraderie.

From the first hour the landscape began to reveal its special story of drama and contrast. Soon after leaving the highway, our narrow mountain road skimmed the shore of the steely blue Llanganuco Lakes under the massive hulk of Huascarán. Our first trail miles - a day hike on the way to the starting point of the trek - wound gradually, then steeply, through meadows spotted with iridescent blue lupine shrubs, up and over two high moraine benches to sparkling turquoise-blue Laguna 69 at 14,365', the imposing wall and glaciers of Nevado Chacaraju rising sheer on the opposite

[continued on next page >>](#)



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side. Our cooks served a gourmet lunch on the meadow out of their backpacks, the first of many on this journey, complete with hot tea and watchful cows. From there, our bus crawled over an improbable, incredible, dirt road that switchbacked tightly on the cliff wall over a 14,500-foot pass with vertiginous views west to Huascarán and the lakes below, before dropping in teeth-jarring fashion to deposit us at our first night's camp.

The rhythm of the journey

In the first of many crystal blue dawns, we met our burros and support crew and started our trek in earnest. Walking the dirt road between the houses of Vaqueria village, daily village life bustled around us. Chickens pecking in dirt yards. Wool drying on clotheslines. A flock of sheep on the road, a sheep being sheared in a yard below. Village kids running up to stand, shy and grinning, hoping for candy from the gringos. Above the village we climbed the lush valley of the Huaripampa river, sharp-toothed snowy peaks framing the horizon. Our row of bright tents awaited in a verdant valley with ridges rising all around, a waterfall feeding tall marsh grass around still, clear reflecting pools.

Our next several days brought a soon-familiar rhythm. Every day, before first light, the whistles of the donkey drivers brought our burros from the far hills back to camp where they'd gather placidly to be loaded. Awakening to hot tea and a cooked breakfast, we'd climb a pass (sometimes two) to sprawl on the rocks and soak up the sun and views of the peaks behind and ahead. Our laden little burros would clatter over the rocks to join us at the pass, then on down with their drivers trotting alongside to have our camp ready when we arrived. Then we'd switch steeply down the backside of the pass, wildflowers abundant alongside tumbling streams, waterfalls catching the sun on the cliff walls above. We'd enjoy gourmet lunches every day in a meadow, or against a rock wall, or next to a tarn. As we progressed eastward, the terrain became drier, golden grass around the bright blue lupine and white granite rock. Some passes were rounded grassy knolls, some rocky spines atop giant scree slopes. Our camps often shared valley bottoms with lush tended fields, or with tiny rock-walled houses near grazing alpaca herds. On our fifth night, our little tent city sat under a headwall cliff topped by a huge hanging glacier near a small village in a cultivated valley. A line of village women had gathered on blankets next to our camp and were spinning wool as they waited for us, bottled beer and soda for sale. Several village kids engaged in a vigorous soccer game under the snowy peaks. We enjoyed the warm afternoon watching the game from a line of folding chairs.

And finally, Alpamayo

Our seventh day took us over Cara Cara pass at 15,800', a much anticipated gateway to a cluster of the highest and most renowned peaks in the range including our trek's namesake, the perfect pyramid of Alpamayo at 19,500'. At the pass, a narrow ridge atop a rocky headwall, the wind blasted furiously, and we quickly sheltered in the lee of boulders to survey the incredible views now arrayed before us: vast moraines wrapped around turquoise and deep blue tarns and lakes, under the broad snowy massif of Quitaraju (19,800'), Abasraju (19,000'), Alpamayo, and the three summits of Santa Cruz (the highest at 20,470'). Periodically staggering in the gusts, we hurried down the scree to our cluster of tents in the broad meadow below Laguna Jancarurish at the foot of Alpamayo. This was our home for

A burro grazing near our camp in the remote Huaripampa valley.



Reflections of Nevado Santa Cruz in tarns near Laguna Cullícocha.

two nights, brilliant sunsets painting the snowfields a glowing peach, icefall rumbling constantly down the near-vertical sides of the nearby massif. We took a day here to wander the ridges and moraines, condors circling overhead, and perched wordless soaking up the view of lakes below and the circle of immense peaks above. From there it was a gradual descent on our ninth day past pre-Inca structures, and more rocky switchbacks over yet another nearly-16,000' pass, to a camp clinging to the side of a deep gorge. A bright orange-pink sunset reflected fog rolling up the gorge from the Pacific, the ghostly Cordillera Negra on the other side.

Journey's end

So here I sat at sunrise on day 10, listening to the bustle of our early morning camp, regret and anticipation intermixed as we approached journey's end. Our group traversed the side of the steep gorge, a little ice crunching and giving a sparkle to the moss underfoot. Crossing a narrow rock-cleft pass with Buddhist prayer flags (our highest at 15,900'), we quickly encountered stunning turquoise-blue Laguna Cullícocha, wind rippling brilliant reflections from Nevado Santa Cruz. Rounding the lake past a dam, we followed sturdy aqueducts along the ever-steepening canyon walls striped with black and caramel rock. As the sun set over our last night's camp on a bluff over the tidy fields of Hualcayan, our cooks presented us with pisco sours (a local cocktail made from pisco brandy, lime juice and frothy egg whites) and a cake carefully lettered "Congratulations for trek!"

All too suddenly we were on our bus, trundling down the switchbacks to the highway and back to Huaraz, lost in our

individual thoughts. We had come for a trek, for physical challenge and mountain views; we were leaving fundamentally changed by a place and a people of stark beauty, fortitude and bright color, a multi-course feast eaten with our fingers, flavors not soon to be forgotten. ▲▲



Happy hour under Nevado Pucajirca.

The Mountaineers leads many international trips a year, with knowledgeable and experienced leaders like Cheryl. To check out our current listings, turn to page 40, or go online to www.mountaineers.org, click on the Explore tab and filter your results by Global Adventures.

The North Cascades

a new title pays homage to the 1964 trailblazing Mountaineers book

by Emily White, Mountaineers Books Publicist



From the book, *The North Cascades: Finding Beauty and Renewal in the Wild Nearby*, page 103. Photo by Jason Hummel: www.AlpineStateOfMind.com

Breathe. The atmosphere seems tangible. Blue haze emphasizes the protective envelope of gases keeping us alive. Clouds slide overhead as if blown along a sheet of glass. The sun is brassy, and at night Kerouac's "sizzling stars" are almost touchable.

—William Dietrich

In the North Cascades ecosystem you will find some of the most magnificent mountains, lowland old growth forests, and pristine rivers on Earth.

Home to rare birds and Pacific salmon, the North Cascades feel remote, and yet dozens of trailheads lie within a two-hour drive from Puget Sound's major cities, encouraging frequent visits. Climbers challenge themselves on the North Cascades' rocky

faces, while skiers break free of the tyranny of lift tickets and discover miles of virgin powder deep in the backcountry. Hikers explore its river valleys and ascend its summits.

Millions of people depend on this "wild nearby" to meet their needs for exercise, spiritual renewal, education, and more. And the waters that flow through the North Cascades provide more than a fifth of Seattle's electricity.

While much of the North Cascades is safely contained within national park boundaries or federally designated wilderness areas, many of its glories remain unprotected. *The North Cascades: Finding Beauty and Renewal in the Wild Nearby*, published 50 years after the original *The North Cascades* by Mountaineer

Tom Miller, brings this region into focus, highlighting its beauties and its fragility.

Pulitzer Prize-winning author William Dietrich takes an imaginary hike through the region, explaining the rich history and future challenges facing this remote yet accessible ecosystem, while guidebook author Craig Romano encourages a more practical approach, detailing day hikes, bicycle rides, paddling expeditions, ski outings, and car-camping options in the region. Gary Snyder shares a piece from his North Cascades journals –with personal insights that pierce the imagination. Profiles of people who characterize the landscape, written by the North Cascade Institute’s Christian Martin, an inspirational foreword by Richard Louv, and inspiring color photographs by the likes of Steph Abegg, Paul Bannick, Ed Cooper, Ethan Welty, and Art Wolfe, among others, bring the region to life.

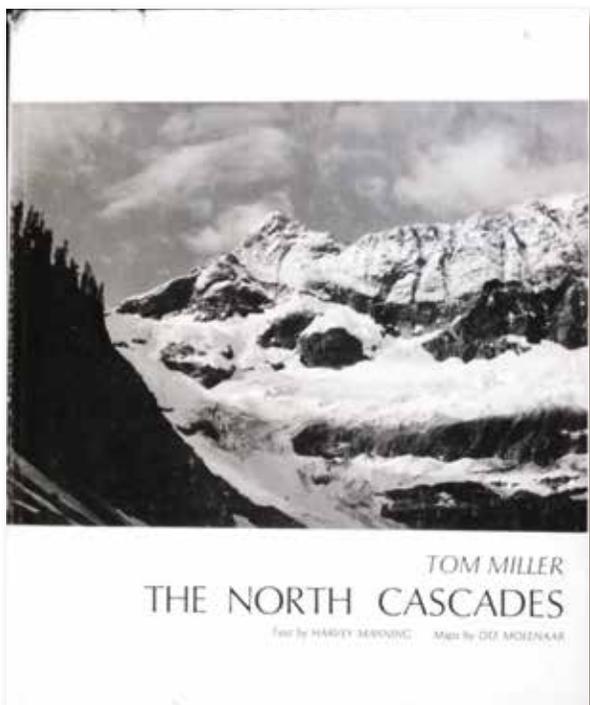
The Northwest is a “purposeful place” because so many parts of it remain so brilliantly, even brutally authentic. It demands a sense of attachment; it has the power to shape dreams.

–Richard Louv

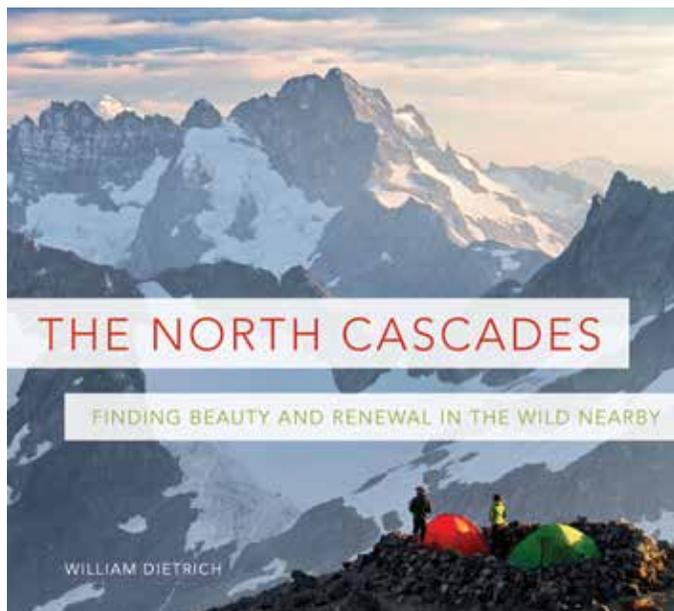


In 1953, five climbers attempted and successfully completed the “Ptarmigan Traverse,” traveling from Cascade Pass to Dome Peak. This was only the second time the traverse had ever been completed, and the black and white photographs taken by climber Tom Miller were the first images to capture and share the astonishing beauty of the peaks and glaciers of this stretch of the North Cascades from a climber’s perspective.

Miller provided these fine photographs for the celebrated *The North Cascades*, published by The Mountaineers in 1964. Also offering prose by Harvey Manning and maps by Dee Molenaar, the book proved instrumental in establishing North Cascades National Park in 1968. Today, nearly all of the Ptarmigan Traverse is protected within North Cascades National Park and the Glacier Peak Wilderness Area.



original 1964 cover



Upcoming Events

“The Wild Nearby” Book Launch Party and Auction

October 10, 6 - 9 pm | Mountaineers Program Center, Seattle

Celebrate the release of *The North Cascades: Finding Beauty and Renewal in the Wild Nearby*. The event will be held in Seattle, but the inspiring speakers, stirring photography and a silent auction will transport you into the majestic peaks and lush river valleys of Washington’s North Cascades.

Tickets: wildnearby.eventbrite.com

Sourdough Speaker Series #4: Finding Beauty and Renewal in the Wild Nearby

October 11 - 12 | North Cascades Environmental Learning Center, Diablo, WA

Authors Bill Dietrich, Craig Romano and Christian Martin will talk about creative and strategic process that went into the making of this new book that explores the natural and cultural history of the North Cascades through lyrical words, informative maps and awesome photographs. Participation cost includes a delicious organic dinner and overnight accommodation at North Cascade Institute’s Environmental Learning Center.

Tickets: ncascades.org/speakerseries

“First Tuesday” program: “The North Cascades: Wilderness, Renewal, and Communities on the Edge”

November 4, 7:00 - 8:30pm | Twisp River Pub, Twisp, WA

Stories about people and wild places usually take a familiar shape: a person enters a deep forest, say, or climbs a high mountain, or hikes a very long trail, and returns home to the city renewed. But not everyone returns to the city. Some people choose to settle full-time in small communities like Carlton, Twisp, Winthrop, Mazama, and Stehekin where wildness is close enough to see and touch every day. Stehekin author Ana Maria Spagna will read excerpts from the new book *The North Cascades: Finding Beauty and Renewal in the Wild* to explore crucial questions and spur discussion.

Details: www.methowconservancy.org/events.html

For more activities and events, go to www.wildnearby.org

Lloyd and Mary Anderson's Legacy

a Mountaineers' search for the perfect ice ax

adapted from *The Mountaineers – A History*, by Jim Kjeldsen

Lloyd Anderson graduated from the University of Washington in 1926 with a degree in electrical engineering, only to find that jobs in his chosen profession had evaporated during his student years. In 1928, he finally landed a job with Seattle Transit, where he would remain for thirty-two years, but with little professional reward. He was chronically bored by the time he joined The Mountaineers in 1929. The climbing course would rescue him from that boredom. Both he and his wife, Mary enrolled in the first course in 1935.

All of Lloyd's previous climbing, including Mount Rainier, had been done with an alpenstock. But the type of climbing being taught by Wolf Bauer was more technical, and an ice ax had great advantages over an alpenstock.

The problem was, ice axes were expensive and the selection was limited. "We had a few dinky little stores that sold stuff," Lloyd said in 1996 of the outdoor recreation selection available in 1935. But they didn't sell much, and what they did sell was at exorbitant cost. He found an Austrian-made ice ax at the OutDoor Store, the traditional Mountaineers supply outlet, but he found the twenty-dollar price tag outrageous.

Lloyd kept hunting and was told at another small shop, Cunningham's, that he could get an Austrian-made ice ax for seven dollars. Even that was a good deal of money in the days when many workers earned fifty cents an hour, but he relented and ordered the ice ax. However, when he went in to pick it up just before the climbing course began, what was handed to him was not an Austrian-made work of art but a Japanese knockoff, and the price had gone up to twelve dollars.

Lloyd couldn't help but feel he'd been slickered, and his prominent jaw turned rock hard as he dug deep into his wallet. It was either that or go without, and he had already determined that the testing grounds of human character were on mountain rock and snow.

Lloyd kept grumbling about the incident until a fellow climber, Swiss-born Rudy Amsler, informed him of European magazines that carried ads for climbing equipment the way Pacific Northwest magazines carried ads for hunting rifles. A catalog from Sporthaus Peterlongo in Innsbruck, Austria, was soon delivered to the Andersons' front door.

Mary knew enough German to be able to translate the equipment descriptions and convert schillings to dollars. But to Lloyd, with his crummy twelve-dollar ice ax, her translation seemed all wrong. Mary insisted she was right, and so they sent off for the genuine Austrian ice ax Lloyd longed for. When it arrived, delivered to their doorstep by the postman, it turned out to be a superb example of European mountaineering technology. The cost: three dollars and fifty cents, postage-paid.

Lloyd's jaw set up rock hard once again as he realized just how much money the middlemen were making with their monopoly on mountain gear.



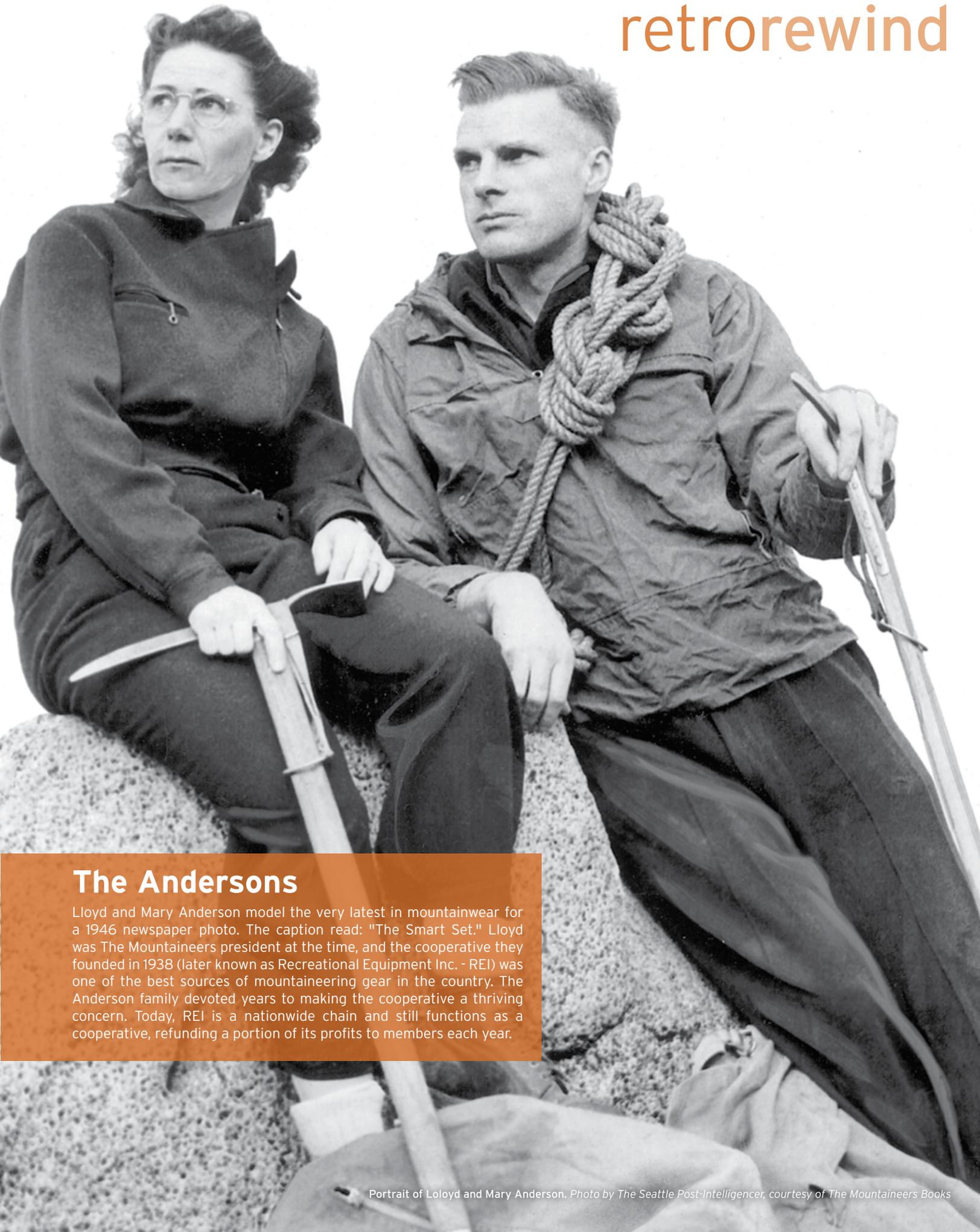
A Mountaineers trip to McClellan's Butte, early 1930's. Mary and Lloyd stand 3rd and 4th from the right. Photo by O. P. Dickert

Fellow climbers who saw Lloyd's new ice ax quite naturally wanted one of their own, and it wasn't long before a visit to the Anderson home meant you were liable to be seated on a crate, bearing a European postmark, that had arrived filled with ice axes, crampons, pitons, and carabiners. Lloyd and Mary's living room business was launched. Lloyd didn't see himself in competition with established outdoor stores. In fact, he didn't see himself in business at all. It was a pastime for him, something to take his mind off his job. He would import the gear for himself and his friends, charge precisely what he had paid plus a tiny cushion to cover unforeseen costs, and turn the goods over with a handshake.

But this could not go on forever since Lloyd had too many friends and was making more fast as word spread. The venture had to be formalized. So with the help of Seattle attorney Ed Rombauer, who believed in the Depression-era cooperative movement to the extent that he charged no fees for helping people set up cooperatives, Lloyd hatched his plan.

On June 23, 1938, five Mountaineers met at Rombauer's office, and each paid one dollar to join Recreational Equipment Cooperative. Lloyd and Mary were issued cards No. 1 and 2; Rombauer himself joined, taking card No. 3. The idea was that the members themselves would be the owners, receiving a dividend each year according to what they had spent at the co-op, rather than how much stock they had purchased in the company.

During the first year, Recreational Equipment was nothing more than a shelf at the Puget Sound Cooperative Store, situated just north of the Pike Place Market in Seattle. Today, REI is a multi-billion dollar corporation with 135 retail stores in 35 states, and growing – with over 11,000 employees. However, the original premise of the co-op remains intact. It still refunds about 10 percent of its members' annual purchases each year in the form of dividends. What began as a community of climbers in search of quality outdoor gear has grown nationally to serve more than five million active members and customers seventy-five years later.



The Andersons

Lloyd and Mary Anderson model the very latest in mountainwear for a 1946 newspaper photo. The caption read: "The Smart Set." Lloyd was The Mountaineers president at the time, and the cooperative they founded in 1938 (later known as Recreational Equipment Inc. - REI) was one of the best sources of mountaineering gear in the country. The Anderson family devoted years to making the cooperative a thriving concern. Today, REI is a nationwide chain and still functions as a cooperative, refunding a portion of its profits to members each year.



Ready for Adventure?

The Go Guide offers **just a sampling** of the thousands of Mountaineers trips, outings and events each year. Please go online to www.mountaineers.org to gain a fully-detailed view of all up-to-the-minute listings. Many of our activities - especially day hikes and urban adventures - are open to the general public who sign up as guests, as an introduction to Mountaineers activities.

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 online, and remember that you may register for an event or course in any branch, regardless of the one you belong to.

note: Events and trips require registration unless otherwise noted. You will also need a current waiver on file with The Mountaineers to participate. Following are guides and keys to interpreting the trip listings.

Mountaineers Ten Essential System

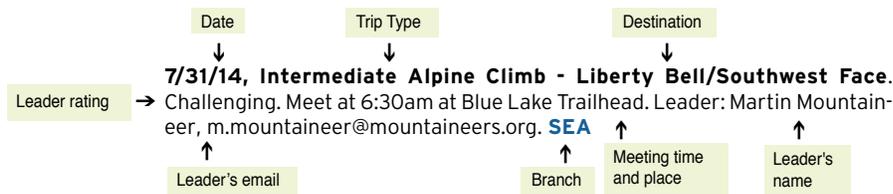
required on all Mountaineers trips:

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

List of potential 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—Park and Ride
Rd—Road	RS—Ranger Station
RT—Round Trip	SP—State Park
SR—State Route	TH—Trailhead

ACTIVITY LISTING KEY



COURSE LISTING KEY



A note about this issue's Go Guide:

There are a few differences in this Go Guide that we hope will make it easier for you to find activities and courses online to sign up. We are using the same category names as online, so if you find an activity or course you would like to sign up for, just go to our website and click on the *Explore* or *Learn* tab. You can then filter your search by category (for example, *Day Hiking*). We've also updated our privacy guidelines and will no longer be listing the volunteer leaders' phone numbers in this public format unless requested.

The reason this issue's Go Guide is in a different format than past issues is because we have a new content management system with new and different abilities. We are working to make sure those that are most requested are incorporated as we make updates. To follow our progress, check out our blog online at www.mountaineers.org/blog and look for website update reports. Since the last issue, we were able to incorporate the leader rating (easy, moderate, challenging), but we do not have the sign-up dates listed or the mileage and elevation or the listings divided by which have required prerequisites.

How do you use the Go Guide and what is important to you?

If you have any suggestions, questions or feedback on the Go Guide, please send an email to Suzanne Gerber, publications manager at suzanne@mountaineers.org.

activities

Listings below include activities built online through August 1. See www.mountaineers.org for up-to-date listings.

backpacking

9/2/14 - 9/5/14, Seven Lakes Basin/High Divide. Challenging. Meet at Edmonds Ferry Terminal, Time to be decided. Foothills Backpacking Committee. Leader: Ken Willis, kjwillis325@yahoo.com. **FH**

9/12/14 - 9/15/14, Pacific Crest Trail: Harts Pass to Rainy Pass. Moderate. Meet at 8AM at the Marblemount Wilderness Information Center (or earlier based on everyone's carpooling plans) and ride up to Rainy Pass. To eliminate the very long car shuttle to Harts Pass (4 hours one-way), the leader has arranged a van to take the group from Rainy to Harts, which will cost \$50 per person if the 8 person roster fills. Foothills Backpacking Committee. Leader: Cheryl Talbert, cascadehiker@earthlink.net. **FH**

9/13/14 - 9/14/14, Yellow Aster Butte (Mt Baker Wilderness). Easy. Meet at 8am - Glacier Ranger Station. Seattle Backpacking Committee. Leader: Linda Moore, abenteuerbc@yahoo.com. **SEA**

9/18/14 - 9/22/14, Lake Lacrosse - O Neil Pass. Challenging. Meeting time & place TBD. Foothills Backpacking Committee. Leader: Dick Lambe, dicklambe@hotmail.com. **FH**

climbing

9/5/14 - 9/8/14, Basic Alpine Climb - Johannesburg Mountain/Southeast Arête. Meet at 8:00 AM at Marblemount ranger station. Seattle Climbing Committee. Leader: Dave Morgan, go.climbing@gmail.com. **SEA**

9/6/14 - 9/7/14, Glacier Climb - Mount Adams/Mazama Glacier. Moderate. Meet at TBD. Seattle Climbing Committee. Leader: Bill Ashby, wsashby@earthlink.net. **SEA**

9/6/14 - 9/7/14, Basic Alpine Climb - Horseshoe Peak/Standard. For Beginners (Getting Started Series). Meet at 5:30 AM at Ash Way P&R. Everett Climbing Committee. Leader: Stephen Bobick, sbobick2@gmail.com. **EVT**

9/12/14 - 9/13/14, Intermediate Alpine Climb - Eldorado Peak/Northeast Face. Meet at 6:00 AM at Tacoma area Park & Ride TBD. Tacoma Climbing Committee. Leader: Brian Johnston, mrbsjohnston@earthlink.net. **TAC**

9/13/14 - 9/14/14, Intermediate Alpine Climb - Mount Baker/North Ridge. Challenging. Meet at 7:00 AM at 65th P&R, north lot. Seattle Climbing Committee. Leader: Edward Palushock, ed.palushock@yahoo.com. **SEA**

9/13/14 - 9/14/14, Intermediate Alpine Climb - Observation Rock/North Face. Moderate. Meet at TBA. Everett Climbing Committee. Leader: Ivan Breen, ivanbreen@yahoo.com. **EVT**

9/20/14 - 9/21/14, Intermediate Alpine Climb - Sloan Peak/Southeast Face. For Beginners (Getting Started Series). Meet at TBD. Seattle Climbing Committee. Leader: Jim Pitts, jim@pitts.org. **SEA**

9/21/14, Water Ice Climb - Mount Baker/Coleman Glacier. Moderate. Meet at Heliotrope Trailhead at 7am. Seattle Climbing Committee. Leader: Katrina Hilpert, katrinahilpert@hotmail.com. **SEA**

9/21/14, Basic Alpine Climb - Cathedral Rock/Southwest Face. For Beginners (Getting Started Series). Meet at TBD. Olympia Climbing Subcommittee - Basic Climbing. Leader: Bob Keranen, keranen@hcc.net. **OLY**

9/26/14 - 9/27/14, Intermediate Alpine Climb - Black Peak/Northeast Ridge. Meet at 6am at Tacoma area Park & Ride. Tacoma Climbing Committee. Leader: Brian Johnston, mrbsjohnston@earthlink.net. **TAC**

9/27/14 - 9/27/14, Intermediate Alpine Climb - Observation Rock/North Face. Meet at 7am at Mowich Lake TH. Seattle Climbing Committee. Leader: Colt de Wolf, colt0045@gmail.com. **SEA**

9/27/14, Basic Alpine Climb - Tomyhoi Peak/Southeast Route. Easy. Meet at 6:00 AM at trailhead. Seattle Climbing Committee. Leader: Jerome Velosky, climb@velosky.net. **SEA**

10/18/14, Basic Alpine Climb - Unicorn Peak/South Side. For Beginners (Getting Started Series). Meet at 5:30 AM at Newcastle P&R. Everett Climbing Committee. Leader: Stephen Bobick, sbobick2@gmail.com. **EVT**

dancing

9/2/14 - 11/28/14, Every Tuesday - Folkdance - Kirkland. No Registration Required. Meet at Peter Kirk Community Center (downtown Kirkland) at 7:30pm. Cost: \$10, includes lesson. Leader: Johnny Jeans, jjmtjnjoys@yahoo.com **SEA**

day hiking

9/4/14, Day Hike - McDonald Mountain. Moderate. Meet at 8:30 am Maple Valley P&R. Seattle Midweek Hiking Committee. Leader: Chris Ensor, ctrails@comcast.net. **SEA**

9/6/14, Day Hike - Lake Janus and Grizzly Peak. Challenging. Meet at Monroe Park and Ride 6AM. Everett Hiking Committee. Leader: Ken Willis, kjwillis325@yahoo.com. **EVT**

9/13/14, Day Hike - Trappers Peak/Thornton Lake. Challenging. Meet at 7AM Everett Station, Parking Lot A, South West corner. Everett Hiking Committee. Leader: Ken Willis, kjwillis325@yahoo.com. **EVT**

9/18/14 - 9/18/14, Day Hike - Snow Lake (Snoqualmie Pass). Moderate. Meet at Our designated meeting place is Preston P&R off I-90 exit 22 at 8:00 am.. Seattle Midweek Hiking Committee. Leader: Chris Ensor, ctrails@comcast.net. **SEA**

9/20/14 - 9/20/14, Day Hike - Cascade Pass/Sahale Arm. Challenging. Meet at Meet at the Everett Station Park and Ride, southwest corner, at 6AM.. Everett Hiking Committee. Leader: Ken Willis, kjwillis325@yahoo.com. **EVT**

9/27/14 - 9/27/14, Day Hike - Lake Mary. Challenging. Meet at To be provided by email from co-leaders... Seattle Hiking Committee. Leader: Rosty Cisyk, rcisyk@gmail.com. **SEA**

9/27/14 - 9/27/14, Day Hike - Scorpion Mountain. Moderate. Meet at Monroe Park & Ride, 7AM. Everett Hiking Committee. Leader: Ken Willis, kjwillis325@yahoo.com. **EVT**

9/30/14 - 9/30/14, Day Hike - Guemes Island & Mountain. Moderate. Meet at Meet at Islands Inn at 9am - 3401 Commercial Avenue in Anacortes - for us to carpool to the ferry. Buy lunch in Anacortes or bring own to eat on the island. Seattle Midweek Hiking Committee. Leader: Sally Boyce, sallyb43wa@yahoo.com. **SEA**

10/4/14 - 10/4/14, Day Hike - Ingalls Lake. Challenging. Meet at 6:30 am at Issaquah Transit Center. Seattle Singles Activities Committee. Leader: Brian Carpenter, fleasgach@gmail.com. **SEA**

10/5/14 - 10/5/14, Day Hike - Kendall Katwalk. Challenging. Meet at Meet 8:15am at Tibbets P&R, I-90, exit 15, turn right, go south about 1/2 mi., turn on Newport Way, then right into P&R. Seattle Singles Activities Committee. Leader: Eldon Ball, eldonball@juno.com. **SEA**

10/11/14 - 10/11/14, Day Hike - Colchuck Lake. Moderate. Meet at 6am at Brickyard P&R. Seattle Hiking Committee. Leader: Brian Carpenter, fleasgach@gmail.com. **SEA**

10/25/14 - 10/25/14, Day Hike - Mount Lillian. Moderate. Meet at Meet at 6:00am at the southwest section of Ash Way Park & Ride.. Everett Hiking Committee. Leader: Bern Lamarca, mountain_babe@comcast.net. **EVT**

exploring nature

10/11/14 - 10/12/14, Day Hike - Adams River (British Columbia). Easy. Meet at 8:00am at entrance to Roderick Haig-Brown Provincial Park, near Squilax/Lee Creek, BC. Seattle Naturalists Committee. Leader: Linda Moore, abenteuerbc@yahoo.com. **SEA**

Go to www.mountaineers.org for all trip and course listings.



photography

9/26/14 - 9/28/14, Day Hike - Baker Lodge. Easy. Meet at Baker Lodge Friday after 4pm. Seattle Photography Committee. Leader: Rich Lawrence, richlawrence77@yahoo.com. **SEA**

scrambling

9/6/14 - 9/7/14, Alpine Scramble - Tatoosh Range/Traverse. Challenging. Meet at TBD, but will be an early start at reflection lakes - likely 6am. Seattle Alpine Scrambling Committee. Leader: Manisha Powar, manishap@live.com. **SEA**

9/7/14, Alpine Scramble - Guye Peak. Challenging. Meet at TBD. Olympia Alpine Scrambling Committee. Leader: Nancy Lloyd, nanlloy@gmail.com. **OLY**

9/20/14, Alpine Scramble - McGregor Mountain. Challenging. Meet at At trail head - see leader notes.. Seattle Alpine Scrambling Committee. Leader: Mary Aulet, mraulet@comcast.net. **SEA**

9/27/14, Alpine Scramble - Mount Teneriffe/Serendipity Ridge. Moderate. Meet at End of the Mt Si road (around 1 mile beyond the Mt Si parking area); 8am. Seattle Alpine Scrambling Committee. Leader: Peter Clitherow, peter.clitherow@gmail.com. **SEA**

sea kayaking

9/3/14, Sea Kayak - Sinclair Inlet. Moderate. Meet at Downtown Bremerton 2nd Street. Go to the far east end of the road, which ends in a circle turn-around, at 9am. Address for GPS is 108 2 nd St. Kitsap Sea Kayaking Committee. Leader: Charlie Michel, michel99@btopenworld.com. **KIT**

9/20/14 - 9/21/14, Sea Kayak - Washington Park to Friday Harbor. Meet at 8am at Washington Park. Everett Sea Kayaking Committee. Leader: Bill Coady, coadybill@gmail.com. **EVT**

stewardship

10/4/14, Stewardship - Elwha River Restoration Project. Moderate. Meet at Meet at 9am in the parking lot in front of the Longmire Museum. Olympia Climbing Subcommittee - Basic Climbing. Leader: Bonnie Betts, bonbetts@msn.com. **OLY**

urban adventure

9/1-11/3, Each Sat - Green Lake Walk Singles Meet 11 AM at Urban Bakery, 7850 E Green Lake Dr N. No registration. Singles Activities Committee. Leader: Bob Feldman, (206) 528-1467, bobzf@yahoo.com **SEA**

9/3 - 10/29, Each Wednesday 7pm - Evening Outdoor Inline Skate. NO SIGN UP. Meet on the sidewalk just north of Salty's Restaurant. If it rains we'll do an interesting loop walk. Restaurant stop after. Singles Activities Committee. Leader: Mark Olsoe, 206-937-7454, markolsoe@comcast.net. **SEA**

9/5-9/26, Each Fri - Eastside Outdoor Tennis Intermediate Doubles Singles (M) Meet at Robinswood Tennis Center at 7:15 pm. Activity Fee: \$10.00. Singles Activities Committee. Leader: Fay Weaver, (206) 930-7762, seattlefay@hotmail.com **SEA**

September 4 - 25, Thurs. - Green Lake volleyball Meet at 6pm. every Thur., 'till Sept.25, near 5800 block E. Green Lake Way N. & Kenwood Pl. Members \$1, others \$2. Optional food stop nearby later. Singles Activities Committee. Leader: Eldon Ball, 206-366-8405 or eldonball@juno.com. **SEA**

Sept. 14 & Oct. 12, Fri - Games Night and Snacks. NO SIGN UP. Meet at 7pm at the Phinney Neighborhood Center, 6532 Phinney Ave. N., #3. Bring a snack or beverage (with cups) to share & a game if you want. Singles Activities Committee. Leader: Eldon Ball, eldonball@juno.com, 206-366-8405. **SEA**

9/29/14, Urban Adventure - Tommy Thompson Trail. Moderate. Meet at Meet at 11:00 am at Islands Inn. 3401 Commercial Avenue in Anacortes. We'll eat lunch at a restaurant or bring own. Seattle Midweek Hiking Committee. Leader: Kathy Biever, eskay39@comcast.net. **SEA**

Oct. 17, Fri - Sing-a-Long Limit 30. Meet at Karen & John's Home at 7pm. Singles, couples, partners: all are welcome to join us for a pot luck and sing along at Karen and John's home in Shoreline. Bring drinks and a pot luck item to share. Song books are provided. Feel free to bring an instrument if you play one. Fragrance free please. Singles Activities Committee. Sign up with Karen Schaper, (206) 368-7547, kaschaper7@hotmail.com. **SEA**

youth

10/31/14 - 11/2/14, Explorers Day Hike - Meany Lodge. Easy. Meet at Meany Lodge Campus 47.2802 -121.3206167 Where TomCat stops on Campus From WP 6 ~ .35 miles. Meany Lodge Committee. Leader: Patti Polinsky, meanysports@me.com.

This listing includes activities posted online by August 1. For the most up-to-date activities, go to www.mountaineers.org and click on the Explore tab.



The Pacific Ocean is Our Backyard!

Come paint a rock to add to our collection!



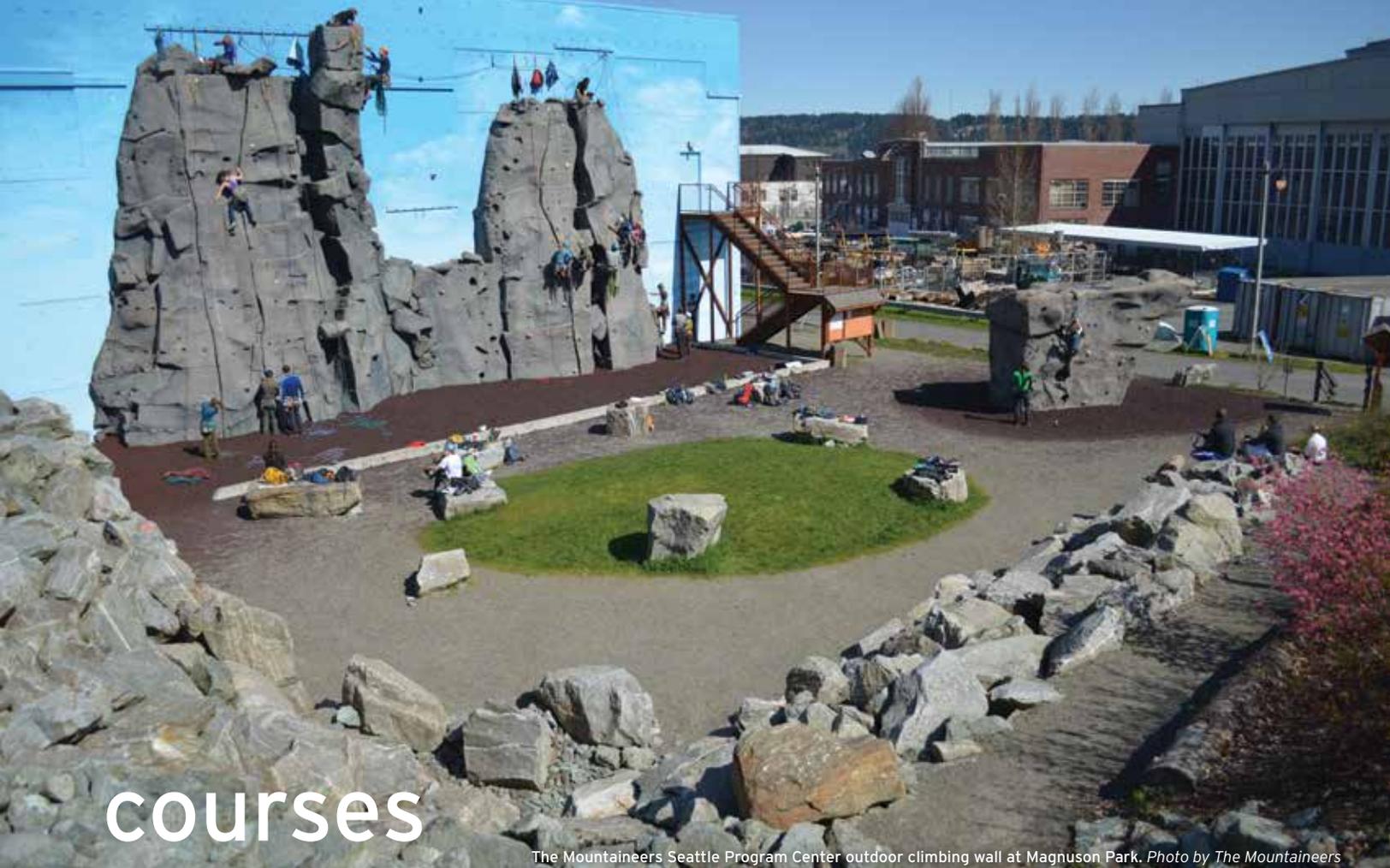
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courses

The Mountaineers Seattle Program Center outdoor climbing wall at Magnuson Park. Photo by The Mountaineers

Listings below include courses built online through August 1. See www.mountaineers.org for up-to-date listings.

climbing

9/1/14 - 10/31/14, Sport Climbing Course - Everett - 2014. Members: \$50, Non-members: \$50. Contact: Patrick Gray, patrickg99@gmail.com **EVT**

9/6/14 - 9/7/14, Introduction to Aid Climbing Seminar - 2014. Members: \$120, Non-members: \$150. Contact: Takeo Kuraishi, takeo.kuraishi@gmail.com **SEA**

9/8/14 - 10/4/14, Introduction to Leading Bolted Routes - Seattle - 2014. Members: \$125, Non-members: \$200. Contact: RORY HOLLINS, roryh@psbc.org **SEA**

9/8/14 - 12/31/19, Intermediate Alpine Climbing Course - Seattle - 2014. Members: \$300. Contact: Stan Hummel, shummel@nwlink.com **SEA**

9/8/14 - 12/31/19, Intermediate Alpine Climbing Course - Seattle - 2014. Members: \$300. Contact: Randi Simmons, b_boilermaker@yahoo.com **SEA**

10/1/14 - 12/31/19, Intermediate Climbing Course - Everett - 2015. Members: \$550, Non-members: \$700. Contact: Stephen Bobick, sbobick2@gmail.com **EVT**

day hiking

9/18/14, 11/13/14 Beginning Hiking Seminar - Seattle - 2014. Free. Contact: Michael Arriaga, evtmountaineer@yahoo.com **SEA**

11/5/14 - 11/9/14, Wilderness Survival Skills Training with Field Trip - Tacoma - 2014.

Wilderness Survival Skills. Free. Contact: Amy Mann, agmann@comcast.net **TAC**

first aid

10/4/14 - 10/19/14, MOFA - Olympia - 2014. Members: \$150, Non-members: \$275. Contact: Bob Keranen, keranen@hcc.net **OLY**

navigation

9/17/14, Introduction to Map & Compass - Seattle - 2014. Members: \$10, Non-members: \$15. Contact: Greg Testa, gtesta48@hotmail.com **SEA**

10/14/14, Introduction to Map & Compass - Seattle - 2014. Members: \$10, Non-members: \$15. Contact: Greg Testa, gtesta48@hotmail.com **SEA**

outdoor leadership

9/13/14, Fostering Leadership Conference - The Mountaineers - 2014. One day professional development for leadership skills. Speakers with outdoor leadership expertise will share their skills and guidance with a focus on developing our collective leadership expertise. Members: \$257, Non-members: \$385. Contact: Chris Williams, chrisw@mountaineers.org **SEA**

snowshoeing

11/1/14 - 1/28/15, Basic Snowshoeing Course - Seattle - 2015. Members: \$60, Non-members: \$80. Contact: Larry Metzger, snowdog.48@hotmail.com **SEA**

11/1/14 - 4/30/15, Backcountry Snowshoe Skills Course - Seattle - 2015. Backcountry Snowshoe Skills Course - Seattle. Members: \$65. Contact: Larry Metzger, snowdog.48@hotmail.com **SEA**

youth

9/1/14 - 8/30/15, Explorers - Seattle - 2014. For youth ages 10-13 who are interested in spending time outdoors. Members: \$300, Non-members: \$300. Contact: Caitlin O'Brien, caitlino@mountaineers.org **SEA**

10/1/14 - 8/31/15, Mountaineers Adventure Club - Seattle - 2014. The Adventure Club is a year-round outdoor adventure program for youth of ages 14-20. Members: \$950, Non-members: \$950. Contact: Caitlin O'Brien, caitlino@mountaineers.org **SEA**

This listing includes courses posted online by August 1. For the most up-to-date courses, go to www.mountaineers.org and click on the Learn tab.

At Home in an Icefield Chalet

By Craig Miller, Global Adventures co-chair

Cream and sugar (and cranberries). Photo by Patti Polinsky

There's one thing that all travelers miss after some time on the road: home-cooked meals. So, during our week of backcountry skiing at British Columbia's Campbell Icefield Chalet, we self-catered – taking turns preparing dinner for one another. When it was my turn, I prepared vegetable soup, sockeye salmon fillets, brown rice, broccoli, and of course, dessert: powder snow ice cream sundaes.

For the sundaes, I searched the kitchen for a large mixing bowl, and finally found a bucket that would do. To make this specialty ice cream, I mixed together sweetened condensed milk and powder snow. It was served with warm caramel or hot fudge sauce and peanuts, so people could make their own sundaes. After I finished and put it out on the table, someone noticed a dim label "Slop" on the bucket; it was an

old dry slop bucket used to carry gray water from the sink drain to outside! Not too many people ate my ice cream, which was OK because it was delicious and I had a lot for myself. *note: I never got sick from the "slop."*

Our Global Adventure Leaders

The Mountaineers' global adventure leaders have many years of experience leading international and domestic outings. They work hard to plan, propose, market, finance, organize, communicate about, and lead world-class outings for you (our fellow travelers). Our current global adventure leaders include Lisa Berntsen, Shari Hogshead, Cindy Hoover, Steve Johnson, Craig Miller, Patti Polinsky, Stephanie Schiller, Cheryl Talbert, and Loni Uchytill.

Current Global Adventures Trip Listings:

Climb Red Rocks, NV

Oct. 16-20, 2014

Join the Seattle Crag Chair for a Red Rocks outing near Las Vegas. Spend three days climbing some of Red Rocks' classic moderate multi-pitch routes graded from 5.6 to 5.8. Climbers must be a crag course or intermediate graduate OR have comparable Trad climbing and leading skills. **Price:** \$510. **Leader:** Loni Uchytill, loniuchytill@msn.com

Backcountry Ski British Columbia's Ymir Lodge

February 14-21, 2015

Advanced backcountry skiers will love the Kootenay Range terrain, powder snow, and skiing, eh? New Ymir Lodge has private bedrooms, linen/duvets, indoor toilets, sauna, huge kitchen, dining room, living room, wood fireplace heat, and beautiful post and beam 10-foot ceilings on the main floor. We will self-guide and self-cater exclusively for The Mountaineers. Helicopter in and out. **Price:** \$1,100; catering option. Register online by September 1. **Leader:** Craig Miller, craigmiller@comcast.net

XC ski or Snowshoe Maine

Feb. 15-21, 2015

Spend winter break in Maine XC skiing, snowshoeing, ice-skating, dog-sledding, enjoying wood-fired saunas, log-cabins with wood stoves and rocking chairs. Travel with a day pack on groomed trails. You are likely to see moose, deer, red fox or signs of these animals left in the snow. Gear is shuttled. **Price:** \$855 **Leader:** Patti Polinsky, MeanySports@me.com or 206-525-7464

Ski or Winter Walk Austria and France

March 5-22, 2015

For a European potpourri of experiences, tour walled cities of Munich, Regensburg, a UNESCO World Heritage site and Geneva. Lunch in Lucerne. Ski/walk in Sölden, Austria (36 lifts, including glacier skiing) stay at a ski-in, ski-out pension. Ski/walk in Les Carroz, France for a second week (68 lifts, the Grand Massif links 6 resorts). **Price:** \$3,060. **Leader:** Patti Polinsky, meanySports@mac.com or 206-525-7464

Trek Turkey's Lycian Way

April 23-May 8, 2015 (optional extensions April 17-23 and May 9-14, 2015)

Trek 115 miles of southwest Turkey's striking mountains and coast, among ancient tombs and ruins of Lycia. Stay in village homes, small hotels or supported camps and enjoy village food and hospitality, carrying only a daypack. Extensions include rock monasteries, fairy chimneys and a volcano trek in Cappadocia, and exploration of Istanbul and ancient Greek sites along the Aegean coast. **Price:** \$2,800 (main), \$1,800 & \$1,100 (pre and post extensions). **Leader:** Cheryl Talbert, cascadehiker@earthlink.net

Trek France's GR5 from Geneva to Chamonix

Aug 15-30, 2015

Slide Show: Friday January 16 at 7pm in The Mountaineers' Seattle Program Center.

Summary: Trek France's Grand

Randonnée 5 (GR5), the classic trail across the Alps, from Lake Geneva to Chamonix. This outing combines spectacular Alpine scenery, European culture, and strenuous hiking. You carry only a daypack and sleep in beds. **Price:** \$3,000. Application and deposit by February 1. **Leader:** Craig Miller, craigmiller@comcast.net

Trek Nepal's Upper Dolpo

Oct. 7 - Nov. 6, 2015

Slide Show: Friday January 23 at 7pm in The Mountaineers' Seattle Program Center.

Summary: Traverse across remote spectacular Himalayan Mountains, through ancient Tibetan Buddhist culture, in search of blue sheep and snow leopards. This is one of the world's great treks, in a restricted area, done by only a few lucky people. The trek is strenuous because of the altitude. Porters haul your overnight camping gear; you carry only a light daypack. **Price:** \$6,000. Application and deposit by March 1. **Leader:** Craig Miller, craigmiller@comcast.net

Go to www.mountaineers.org and click on the Explore tab, then search "Global Adventures" for additional trips and details.

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.

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

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

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

LEGAL SERVICES

Justin Elder (Joined 2014)
Justin Elder Law Office PLLC
www.justinelderlaw.com
justin@justinelderlaw.com
206-818-2406

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

MAPS

Coburn Family (Joined 2008)
Green Trails Maps
www.GreenTrailsMaps.com
alan@greentrailsmaps.com
206-546-6277

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)
Chiropractic Sports 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

OUTDOOR RECREATION

Jennifer Robinson (Joined 2014)
Deep Forest Challenge LLC®
www.deepforestchallenge.com
jenniferrobinson@deepforestchallenge.com
253-970-0807

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

TRAVEL

Ambrose Bittner (Joined 2009)
Red Lantern Journeys -
Asia tours and treks
www.redlanternjourneys.com
ambrose@redlanternjourneys.com
206-568-0710

Want to become a Mountaineers Business Member?

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: since The Mountaineers is a mission-based and volunteer-driven 501(c)(3) non-profit, your membership dues are tax-deductible.

In recognition for their increased level of support, Business Members - in addition to all the regular benefits of Mountaineers membership - receive the following:

- 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



Welcome to our Lodges and Outdoor Centers

Baker Lodge, August 2014. Photo by Rich Lawrence

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. You can find the reservation link by going to the website at www.mountaineers.org and clicking on locations and reservations under the about tab. Sales tax will be added to lodge prices. Please register by noon of the Thursday prior to the weekend so the cooks can be fully prepared.

Cancellations: All cancellations must be made through BPT before noon of the Thursday prior to the weekend of the reservation. They will be refunded minus a small service fee. Many 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

Summer at Mt. Baker Lodge offers wonderful hiking on a great variety of trails. Numerous trails are within walking distance or a short drive from the Lodge. Many are suitable for children. Artist Point is just 3 miles away at the end of a paved road, with panoramic views of Mt. Baker, Mt. Shuksan, and the North Cascades. Snow play opportunities usually are abundant through the summer. See the Baker Lodge web page on the club's website for information about the lodge and call Bill Woodcock, 206-457-5452 or Dale Kisker, 206-365-9508 if you have any questions.

The lodge usually is open by 7 or 8 p.m. on Fridays. Call the hosts listed on the schedule if you have questions about the lodge or opening

time. If you arrive after 10:30 p.m. be prepared with a flashlight or headlamp. Each person should bring a sleeping bag, pillow, lunches, personal gear, and a flashlight and/or headlamp. Unless otherwise indicated the lodge provides Saturday & Sunday breakfasts and Saturday dinner. Baker Lodge welcomes the public, all ages and abilities. Families with children five years or younger should call the host prior to registering.

Schedule, Rates & Reservations: The lodge will be open **all weekends in August and September** starting with a 7-day opening from Aug 1 to Aug. 8. Groups may be listed on the schedule for specific weekends. However, unless otherwise indicated the lodge is open to non-group members and the public, with

reservations on a first-call basis to the clubhouse (206) 521-6001 or online registration through Brown Paper Tickets. When registering through Brown Paper Tickets (www.brownpapertickets.com/profile/10559) you must register for each night you will be staying at the lodge. 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.

Groups at Baker: The Mt. Baker Committee encourages groups, such as scouts, school/youth, or family and friends gatherings, to consider using the lodge whether or not they are members. Not only does the area offer many options for outdoor activities, but also it is especially appropriate for experiential

classes in outdoor related skills and activities. Contact Arlene Woodcock (206-457-5452) (happyhen2000@gmail.com) for group reservations.

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

Driving directions: Drive N. on I-5 to Bellingham, take Exit 255, the Mt. Baker Highway, and go E. on SR-542 about 54.6 mi. to the ski area. At the Firs Chalet, turn right onto the one-way loop road that leads 0.3 mi. to the lodge parking lot on the right side of the road. Park in the lot and walk the driveway on your right to the lodge. The lodge is in the trees and difficult to see from the road. Driving time is approximately 1+ 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. Visit www.ForestTheater.com/rentals or call 206-542-7815 for more info.

We are looking for volunteers and donors to help with property upkeep and improvements - please contact us to volunteer your time and/or donate money. Email players@foresttheater.com or call 206-542-7815.

www.foresttheater.com
www.mountaineers.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.

Mushroom Weekend - In conjunction with the Puget Sound Mycological Society, the annual Fall Mushroom weekend will be held Oct 31st - Nov 2nd. Tickets available for purchase online.

This is a great way, not only to learn what types of fungi can grow in the Pacific Northwest, but also to go out and find them.

Cost: Friday - Sunday, \$145 +tax, Saturday-Sunday, \$110 +tax

register early - this weekend sells out quickly

Meany Winter Season Pass - Registration starts at midnight, September 1st. Cost: Adult \$450, Child (13 and under) \$300.

Remember, If you just come to Meany for 5 winter weekends, you will start saving money. If you include any other times (ie holiday week), then you make out like a bandit. Our full day access to the slopes, means full day, as long as the tows are running you can use them.

Work Parties - Weekend work Parties start Sept 6-7. If you can give a hand, please do so. Don't worry, there is something for everyone. Even if you think you don't have skills, you will be surprised as to what you can do to help.

To make the evening of the Sept. 20th workparty more enjoyable, Meany is planning on having a German night. A German-style dinner, and maybe even German Folk Dancing. So come with

your dirndls and lederhosen for a fun evening.

For more information on weekday parties, contact Ray, nelson.rp@frontier.com. For information on weekend work parties, contact Chuck, chair@meanylodge.org.

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>

Volunteers Needed - We're looking to fill committee positions such as tow operator, Meany host, first aid point, ski/snowboard instructors, CAT driver, mechanic and webmaster. Please email Emilio at webmaster@meanylodge.org if interested. Perks: any weekend you work is free for you.

Snoqualmie Campus

Snoqualmie Campus is available to rent by volunteer leaders on Saturdays and Sundays for Mountaineers courses 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 one of 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: 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!

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. 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.

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
mindapaul@hotmail.com

Website: www.bellinghammountaineers.com

The Bellingham Branch was founded in 1983 with 50 members. You will find it tucked alongside the craggy expanse of the North Cascades. It features a vital, close-knit community courses in first aid, basic and intermediate mountaineering.

It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. 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 and snowshoe tours.

BRANCH MEETINGS: Public Meetings are held on the 2nd Tuesday of each month and Branch Committee Meetings are on the 4th Tuesday of each month. See the website for time and locations.

VOLUNTEER OPPORTUNITIES: We would love to have additional hike and snowshoe leaders along with backcountry ski and youth program coordinators. We are also currently

looking for a branch treasurer and a branch chair-elect. Email Minda for details.

EVERETT

Chair: Matt Vadnal,
matthewvadnal@aol.com

Website: everettmountaineers.org

The Everett Branch of The Mountaineers was founded in 1910 by H.B. Linman, an Everett dentist. The new organization successfully sponsored over a dozen hikes that year. Its first outing was a hike to Lake Isabelle. Several hundred members of the public attended "stereopticon" presentations at the Everett High School auditorium. Dr. Linman, his wife, and seven other branch members reached the summit of Glacier Peak in August 1910 during The Mountaineers' annual outing. The branch was not "officially" founded until 1911 when The Mountaineers charter was amended to provide for branches. This anomaly allowed the branch 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.

The Everett Branch has unlimited volunteer opportunities for those who want to lead climbs, hikes, scrambles, ski tours, kayak trips and trail maintenance activities.

FOOTHILLS

Chair: Steve LeBrun,
stevelebrun@comcast.net

Website: foothillsmountaineers.org

The newest Mountaineers branch, founded ten years ago, the Foothills branch encompasses the eastside communities along the I-90 and I-405 corridors. The "little branch that could" sponsors activities and classes that focus on backcountry skiing, hiking, backpacking, first aid, navigation, and snowshoeing. Our signature programs include a comprehensive Backpacking Building Blocks (B3) backpacking course, and our Foothills Winter Program which offers Ski & Snowboard Mountaineering, Multi-Week Ski Lessons, Avalanche Awareness, AIARE Avalanche Certification and Glacier Travel & Crevasse Rescue courses.

The Foothills branch also seeks to be a vital

community presence in promoting safe and enjoyable recreation along with conservation advocacy. Among our community-based efforts are special film events, speaker presentations, outdoor leadership training, and trail-maintenance work.

Are there activities you would like to Foothills to do or do more of? More hikes or backpack or ski trips of a certain kind? Additional training in outdoor skills? Certain special events or speaker topics? Let us know, and we'll try to make it happen. Email branch chair Steve with your comments or ideas. Do you want to stay better informed about Foothills plans and activities? Then consider changing your branch affiliation to "Foothills" by accessing "Your Account" on the club website.

MEMBERSHIP MEETINGS: Branch meetings are held the last Tuesday of every other month in the Eagle Room at the Issaquah City Hall (130 East Sunset Way). The evening starts at 6:30 p.m. with time for socializing. Each meeting also always includes an outdoor-themed documentary film or presentation by a special guest speaker on October 28th. See our branch website for particular meeting details.

VOLUNTEERING: Are you looking to develop or utilize your knowledge and skills while making new friends and working with like-minded outdoor enthusiasts? The Foothills branch is always in need of activity and trip leaders, course content developers and instructors, writers, and event planners. We also need people to help with administrative tasks such as bookkeeping, publicity, website blogging scheduling - the sometimes mundane tasks vital to the success of the branch. And if you have basic bookkeeping skills and an interest in learning how a large non-profit manages its finances and budget, we are also seeking a Branch Treasurer.

The Foothills Branch - your Eastside community of outdoor friends & recreationists.

KITSAP

Chair: Jeff Schreppe,
branch@kitsapmountaineers.org

Website: kitsapmountaineers.org

Founded on March 6, 2003 the Kitsap branch counts in its backyard the trails, waters, and mountains of both the Kitsap and Olympic peninsulas. Over slightly more than a decade this branch has developed very strong climbing, hiking, and sea kayaking programs and in the past year its conservation/education and photography programs have grown significantly. Other Kitsap Branch courses and activities include snowshoe/winter travel, navigation, avalanche awareness, first aid, wilderness basics, hiking & backpacking basics, and trail running. The branch recently started an arts committee which primarily focuses on painting.

Our activity committees sponsor four or more stewardship efforts each year and recurring events include our spring and fall Salmon

Safaris and our annual Photo and Art Show. The branch hosts an Annual General Membership meeting in the Silverdale Community Center every October. A major goal of the branch is to add more family activities in 2014.

Most branch meetings and courses are held at the historic Kitsap Cabin at 3153 Seabeck Highway, which is located on the Kitsap Forest Theater/Rhododendron Reserve property between Silverdale and Bremerton. However, some meetings may be held at other locations throughout Kitsap County depending upon the activity or the audience to be reached. Branch council meetings are held on the third Thursday of the each month at 5:30 pm. To find the location of the council meetings please check the calendar on the Kitsap Mountaineers website.



OLYMPIA

Chair: Mike McIntosh, free_2_climb@yahoo.com

Website: www.olympiamountaineers.org

The Olympia branch has been offering a full range of Mountaineers programs and training to the South Sound for over 50 years.

ADVENTURE PRESENTATIONS: The adventure presentations and potluck are on vacation for the summer. The new season will start September 3 with Pat O'Connor's kayak paddle from Olympia to Skagway, Alaska.

SERVICE AWARD: Provide your nominations for the branch service award to Mike Kretzler at mkretzler@comcast.net. Be sure to include a description of why the person should receive the award.

PINS AND PATCHES: Time to pull your paperwork together to be able to receive your pin or patch at the banquet. The branch website has the requirements. Send your completed paperwork (please don't use links) by September 15 to Kerry Lowry, kerryndon@comcast.net, 360-456-2694.

EVENTS: Mark your calendar for October 25 for the annual branch banquet, to be held at St Martins again this year. Watch the branch website for details.

OFFICERS COMMITTEE ELECTIONS: Voting this summer will elect Officers Committee positions of Chair Elect, Secretary, and Director.

THE BRANCH OFFICERS meet every second Wednesday of the month at 6 p.m. at the Olympia Center, 222 Columbia St NW. Members are encouraged to attend.

BRANCH LIBRARY: The branch library is located at Maxine Dunkelman's, 5418 Lemon Rd. NE. Contact Maxine at 360-352-5027 (8 a.m. to 8 p.m.) or maxdunk@comcast.net if you'd like to come by to browse, check out or return materials, or request items for pickup at the monthly potluck. The catalog is listed and searchable on the branch website.



SEATTLE

Chair: Timmy Williams, mtnrtimmy@clearwire.net

Website: www.mountaineers.org/about/branches-committees/seattle-branch

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 seminars are free, participants are urged to register for them on line to make sure there is enough seating.

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

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



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 7pm 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 the 22 activities).



MOUNTAINEERS-WIDE Players-Kitsap Forest Theater

Theater Inspired by a Magical Place

Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater. Treat yourself to a "day away" in the forest and enjoy theater inspired by a magical place. Generations of theater-goers have enjoyed the scenic drive or ferry ride to the theater, and often come early to picnic under the firs before the trail to the theater opens at 1:00pm. **Walk on the 11:10am Bremerton ferry and take our shuttle to the theater (reservations required - call 206-542-7815).**

Volunteer Opportunities: We need help with cooking for cast members, set building and painting, costume sewing and help during shows with selling tickets, ushering and parking. We also need help in caring for this unique property. Please contact us at players@Foresttheater.com or call 206-542-7815 to join a fun and supportive community and help us produce the best outdoor theater in the area.

Rentals: Please see the Kitsap Cabin second for info on renting this Mountaineers property.

For current activities and links to branch websites, visit www.mountaineers.org.



Gene Yore
member since 1991
current at large director



Brian Young
member since 1993
new candidate



Lorna Corrigan
re-joined in 1998
current at large director

The Mountaineers 2014 Board Elections

The Mountaineers Nominating Committee is pleased to present the following board endorsed slate of candidates to the membership for consideration in the upcoming Board of Directors elections: Lorna Corrigan, Gene Yore and Brian Young. Each of these candidates is eager to serve The Mountaineers and possesses the professional skills and personal commitment needed to further The Mountaineers' mission.

Lorna Corrigan: Lorna is an attorney in Everett, Washington, where her practice involves general civil litigation, including real estate disputes. She also has experience in advising small businesses on employment matters, discrimination claims, and general contracts. Lorna grew up with the Mountaineers, and learned to ski at the Snoqualmie and Meany Lodges. She supports her life-long interest in outdoor activities through volunteer work and professional contributions. Lorna provides pro bono legal services to Snohomish County Volunteer Search and Rescue and Everett Mountain Rescue Unit. She is also an associate member of the Everett Mountain Rescue Unit. Lorna has served as Branch Chair to the Everett Branch, and volunteered in many capacities in support of branch courses and events.

Gene Yore: Gene has been VP & General Manager, VP of Operations, Director of Research, and a Research Scientist at Honeywell. He was also Deputy for Science and Technology to the Assistant Secretary of the Army. Gene has completed the basic and intermediate climbing courses, along with the water ice, and is also a climb leader.

Gene chaired The Mountaineers Technology 2.0 committee, a predecessor to the new website. He was the Mountaineers Magnuson renovation project manager and led the Friends

of Magnuson Climbing fundraising for the Boulder and was instrumental in the Basalt Columns fundraising. He served on the Mountaineers Books governance committee from 2011 to 2013 and recently coauthored and developed *Guide to 100 Peaks at Mount Rainier*. Gene is a member of The Mountaineers Peak Society.

Brian Young: Brian is a Director of Finance for AT&T Mobility. Prior to joining AT&T, he was a practicing CPA with Ernst & Young LLP for seven years. He is actively involved in mountain sports and programs supporting the special needs community. Brian has completed both the basic and intermediate climbing courses. He is a past member of the Climbing Committee and member of The Mountaineers Finance Committee and Peak Society.

In Brian's words: "I am particularly passionate about expanding our membership and our value proposition to ensure the Mountaineers' long-term financial viability. With that foundation, we have the flexibility to evolve our supported activities and how we engage with our membership as the preferences of the communities we serve change. I am grateful for the opportunity to serve on the Mountaineers' Board and support an organization that has given me excellent training, access to new experiences and numerous friendships."

The Mountaineers will be sending members an electronic ballot for the upcoming elections on October 1. Please log into your account to make sure your email address is up to date.

An annual meeting will be held at 5pm, on September 22 at The Mountaineers Seattle Program Center. Nominations from the floor will be communicated electronically and included on the ballot. For more information about the election and candidates, go to: www.mountaineers.org/about/board-of-directors/Election-2014



Transformation

by Geoff Lawrence, Mountaineers Vice President, Outdoor Centers

Geoff Lawrence and Rich Shaw atop Big Snow Mountain, July 2014. Photo courtesy of Geoff Lawrence

I'm not a joiner. I've never been drawn to participate in structured organizations to make social contacts, network, or fulfill a need to belong to a group. So how did I become fully engaged with The Mountaineers in progressively more involved and time-consuming roles? I've asked myself this question more than once, and being asked to write his column has moved me to self-reflection to distill my motivations into words.

As with many, my introduction to The Mountaineers was motivated by a desire for instruction to enable me to gain skills to be more competent in the outdoors. When I moved to Tacoma in 2003, for the first time in my adult life, I found myself in a situation where I did not have continuous travel obligations – making it difficult and impractical to commit to activities that would compromise family time. With my newfound free time I enrolled in the Basic Climbing course with the Tacoma Mountaineers and rapidly learned that I was not only gaining a vast variety of outdoor skills, but that my instructors were a cadre of talented, passionate volunteers who loved what they were doing. I completed the Basic Climbing course (OK, it took me two years) and was armed with proficiencies that not only gave me new confidence and stretched my abilities, but would enable me to go places and see things that were previously unimaginable and accessible only through photographs. I, and several of my other fellow Basic Climbing students eagerly went on to the Intermediate Climbing course, and to serving on the Basic Climbing Committee to continue to improve our skills and become part of the enthusiastic instructor base we had experienced as Basics.

I quickly came to understand that The Mountaineers needs not only volunteers who contribute their time teaching, mentoring, leading climbs, etc., but also others who contribute in less sexy roles of administrative branch leadership, and I realized that competent execution of these “back office” functions was essential to being able to offer excellent front line activities and courses. In not too long a time I determined that perhaps my aptitude in administration might be greater than that in climbing and technical instruction, so I became involved in branch

leadership, first on the branch Council, later as branch Chair, and currently as VP Outdoor Centers.

Along the way, I've had the great fortune of meeting other highly skilled people who contribute a great deal of their time, talents and even treasure. In some ways, the Mountaineers has made a profound impact on their lives, and they want to contribute to perpetuating the experiences and friendships they have gained through it. Tom Shimko, Jim Feltus, Amy Mann, Marty Babare, Julie Myer, and Mindy Roberts just to name a few, are all highly capable, busy, alive individuals who have donated untold hours and unique skills to make The Mountaineers work, and there are scores of others today and in The Mountaineers 100+ year history who have done the same. We contribute because The Mountaineers does important work. We teach people to be safe and skillful in the outdoors where everyone is equal, and where we can push the limits of our skill, courage and perseverance. And we introduce others to the world's wilderness. Without such an introduction, it is not possible to have an appreciation for why these lands should be conserved.

Invariably, when I'm with some of my Mountaineers friends on a glacier, a rock pitch, or hiking in the Grand Canyon, the topic turns not to why we contribute the hours we do to The Mountaineers, but to the great enrichment we have gained through our involvement with the organization, and how our lives have been in some way transformed and enhanced by this engagement. And yes, there is even discussion concerning how The Mountaineers will figure somehow in our estate planning. These activities elicit lots of philosophical, existential thoughts, through a desire to perpetuate it for others. Being present in the majesty of places I have had the privilege to experience, my existence is put in perspective and the value of having been introduced to the skills to reach them is validated.

I'm not a joiner, but I'm certainly glad I joined The Mountaineers 10 years ago – it's taken me places, literally and figuratively, where I have never been before – and has transformed my life.



The
Mountaineers
EXPLORE • LEARN • CONSERVE

MOUNTAIN **FILM** ON TOUR

MOUNTAINFILM.ORG

September 25 at 7pm

The Mountaineers Seattle Program Center

info & tickets: www.mountaineers.org

Eddie Bauer