

# Mountaineer

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



The Infinity Loop  
Adventures of Ras and Gavin PAGE 11

Going Solo  
210 miles through the High Sierra PAGE 27

# tableofcontents

Fall 2016 » Volume 110 » Number 4

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* uses:



## Features

- 11 **Mount Rainier Infinity Loop**  
An interview with Ras Vaughan and Gavin Woody
- 16 **My Summer with The Mountaineers**  
A 16-year old volunteers with Mountain Workshops
- 27 **Going Solo**  
210 miles through the High Sierra

## Columns

- 6 **BOARD ELECTIONS**  
2016 candidates
- 9 **MEMBER HIGHLIGHT**  
Ben Leininger
- 10 **PEAK FITNESS**  
Lunge Step Up
- 18 **CONSERVATION CURRENTS**  
Alpine Lakes Wilderness Expansion
- 20 **SECRET RAINIER**  
The Spires of Mount Rainier
- 22 **IMPACT GIVING**  
Bill Buxton, Booklover
- 25 **OUTDOOR EDUCATION**  
Re-imagining Climbing Education
- 26 **BOOKMARKS**  
The Wild Nearby on Exhibit
- 32 **NATURE'S WAY**  
Orcas of the Salish Sea
- 34 **VOICES HEARD**  
What If I'm not White
- 42 **SAFETY FIRST**  
What to Expect when being Rescued
- 44 **RETRO REWIND**  
The Legacy of Clark Schurman
- 55 **LAST WORD**  
Adventure by Steve Scher

## 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:** Ida Vincent on the John Muir Trail. *story on page 25*  
**photographer:** Ida Vincent

## Exciting Energy of Future Climbers



Tom and James Vogl, on Mt. Shuksan

The thing I like most about working in our Seattle Program Center is the nearly constant buzz of activity. It's a vibrant hub of community, a gathering place for people inspired by the mission of The Mountaineers to connect others with the outdoors. Summer is a particularly busy time, with hundreds of kids attending camp. Learning to climb, paddle, hike, cook on backcountry stoves and how to care for nature are just a few of the skills and values they learn at The Mountaineers. The sound of kids laughing and playing and learning is heartwarming – a reminder of our commitment to creating the next generation of outdoor enthusiasts and stewards.

On a particularly busy day this summer, I helped our camp staff belay a group of underserved youth who were learning to rock climb at a Mountain Workshop. These kids were a joy to be with – they were enthusiastic, determined and attentive. Spending just a couple hours helping teach these young people to climb was a great reminder of the importance of our work here at The Mountaineers.

When I reflect on the future of The Mountaineers and the important role we will play in protecting the outdoor experience for the next generation, I often think about my own kids. Outdoor adventures have always been central to the experience I cherish most with my kids. As they've grown into young men, I'm grateful to see their love of exploring wild places and sharing outdoor experiences with others.

This summer, The Mountaineers kicked off an innovative and exciting fundraising campaign called "Our Parks | Your Adventure." The campaign was intended to inspire outdoor adventure and to celebrate the centennial of our National Parks. Funds raised from "Our Parks | Your Adventure" provide critical support for programs like our summer camps, Mountain Workshops and year-round youth programs. For my adventure, I chose to climb Mt. Shuksan's Fisher Chimneys route with my oldest son and budding mountaineer, James. He's been wanting to climb Shuksan for a couple years, and was particularly enthusiastic after seeing its stunning beauty up-close from the Squak Glacier on Mt. Baker.

James' other connection to Mt. Shuksan is through my late friend, Doug Walker, who tragically died on Granite Mountain last New Year's Eve. Shuksan was one of Doug's favorite mountains, and we'd talked about climbing it this summer with James. Doug was a friend, mentor and frequent climbing partner. He introduced me to many of my now favorite places in the Cascades and was pivotal in helping my kids develop a love of the mountains and climbing. Climbing Mt. Shuksan seemed to be a fitting way to share one of my favorite adventures with James and to honor Doug's memory.

On the day of our climb, the weather forecast called for a chance of rain but we went ahead knowing we could always turn back. Due to low visibility and high winds, James and I weren't able to summit but made it to the top of Fisher Chimneys. Despite being short of our goal, the adventure with my own son was another reminder of why it's so important to bring the outdoors to kids who may not otherwise have the opportunity. The success of this year's "Our Parks | Your Adventure" will help do just that.

Tom Vogl  
Mountaineers CEO



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

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## A season so nice they named it twice

Fall, or autumn, if you prefer, has always been my favorite season. Here in the Pacific Northwest, it could have a third name: Larches. They come at just the right time too – when the weather turns wet and we’re craving an excuse to drive over the pass for a hike or one last backpack before we give in and admit that summer activities are officially over. Larches, one of the few deciduous conifers, turn the foothills of our mountains to gold for just a couple weeks every fall, then disappear from our view (and consciousness) for an entire year.

If waiting for something you’re looking forward to isn’t your strong suit, then I have good news. The next issue of *Mountaineer* will be out one month early, in December rather than January. We’ve shifted our seasonal scheduling, moving it forward by one month. We’re still quarterly, but heard from volunteers last year that our spring issues were too late to bring you stories about spring courses to entice you to participate in some of these activities. The new seasonal scheduling becomes: Winter: Dec/Jan/Feb, Spring: Mar/Apr/May, Summer: June/July/Aug, and Fall: Sept/Oct/Nov.

Last issue, we introduced a new column: *Voices Heard*, by Glenn Nelson. In this issue, you get to read his personal story about his Japanese heritage. His articles appear in *High Country News* and his own website, *TrailPosse.com*, a news site dedicated to covering race, diversity and inclusion in the outdoors.

This issue has an interview with Gavin Woody and Ras Vaughan who completed the “Infinity Loop” this summer as part of Our Parks | Your Adventure – a fundraising campaign for Mountaineers’ youth. The infinity loop was a vision by climber Chad Kellogg to summit Mount Rainier twice in one go and running the Wonderland Trail that encircles the mountain in opposing directions. The cross of the infinity (or crazy 8 as I used to call it as a kid) being the summit of Mount Rainier itself.

Our cover story is by my favorite climb leader, Ida Vincent, about her solo backpack of the John Muir Trail.

And with fall and winter issues, you are treated to one of my favorite seasonal columns, *Nature’s Way*. Each one is an interview or story about a local naturalist who will be doing an upcoming presentation at The Mountaineers Seattle Program Center. This one is about Elizabeth Petras of NOAA Fisheries and her work with our beloved orcas.

I hope you enjoy the fall season and maybe see a larch or two. Thank you for reading this magazine and supporting The Mountaineers.

Happy adventuring.

Suzanne Gerber, Publications Manager

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Can you identify the location in the foreground (the taller peak on the left)?

Send your answer to Suzanne: [suzanneg@mountaineers.org](mailto: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 with the answer.

In case of a tie, one winner will be chosen at random.

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

The winner of last issue's *Summit Savvy* was Darren Cohen, who correctly identified Dirtyface Lookout.

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

## Last issue's summit savvy: Dirtyface Lookout

Dirtyface Lookout is a strenuous, 9-mile round trip hike with 4,000 ft in elevation gain. The trail switchbacks steeply up the south face of the mountain to an old fire lookout, passing through large stretches of fire-scorched forest.

**Activity Type:** Day hike

**Seasons:** June - November

**Length:** 9.0 mi

**Elevation Gain:** 3,950 ft

**High Point:** 5,990 ft

**Trip report by Katy Snyder:** Setting out around 9am, my two friends and I began the switchbacks up the peak, spotting a deer and numerous wildflowers. Coming across a junction not too far up the trail, we took a side trip to admire the waterfall before continuing the long trek up. As we switchbacked again and again and crawled over, under, and around the many fallen trees that posed roadblocks in our path, the mosquitoes were eating us. Nearing the top (or what we thought was the top), we came across a viewpoint where we peered down at Lake Wenatchee. Finally reaching the top, we were welcomed by a 360-degree view of Lake Wenatchee, Nason Ridge, Fish Lake, and more. It was a super fun and not too crowded hike for us!



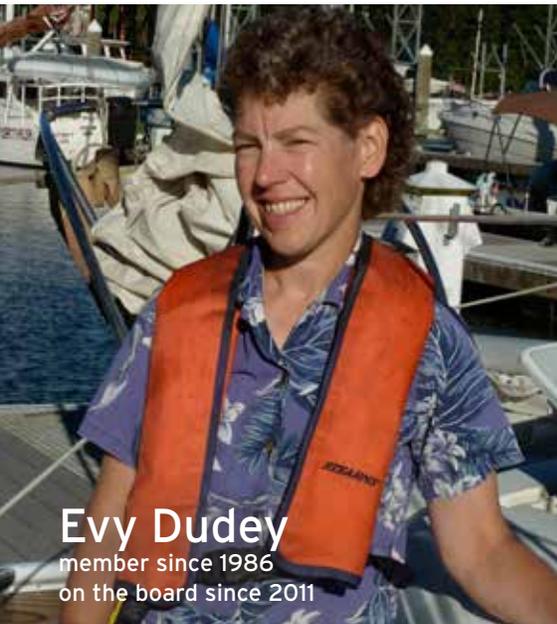
Dirtyface Lookout. Photo by Katy Snyder



## The Mountaineers 2016 Board Elections

The Mountaineers Nominating Committee is pleased to present the following board endorsed candidates to the membership for consideration in the upcoming Board of Directors elections.

The Mountaineers Seattle Program Center. Photo courtesy of The Mountaineers



**Evy Dudev**  
member since 1986  
on the board since 2011

Evy originally joined The Mountaineers in order to take the Sailing Course, after moving here from Wisconsin. She served on the Board of Directors from 2014-2016 as the Secretary, from 2011-2013 as the Everett Director, and currently serves as a Director at Large. She also volunteers with the Governance Committee, Mountaineer magazine, and Advisory Council.

As an active member of the Everett Branch, she has served on the Everett Branch's Executive Committee, Climbing Committee, Basic Climbing Committee, and Intermediate Climbing Committee, and has instructed Leading on Rock, Basic Climbing, Instructor Review, Sport Climbing, MOFA, Nordic Skiing, and Scrambling courses.

With a BS degree in Electrical Engineering from Michigan Technological University, Evy spent 23 years in the telecommunications industry, and is now the Product Certification Manager at Beanfields PBC. She's a member of the Everett Sail and Power Squadron and the Upper Edmonds Book and Cake Society. Her passions include sailing with her husband and their dog, cross-country skiing, pumpkin carving and reading Mountaineers books.

**Personal Statement:** "I believe that my professional background, my own enjoyment of the outdoors, my appreciation for the volunteers that have helped me, and my community all give me the right background to move the organization forward in the best possible manner."



**Steven Yi**  
member since 2008

Steven is a technology product marketing executive and software architect focusing on developer technologies and strategy initiatives with major technology firms. In 2009 he led Microsoft's global launch of the company's cloud computing efforts, Azure, and has since worked with top firms on their cloud, mobile, and IOT business strategy and marketing efforts. Most recently he was Head of Product of Marketing for Xamarin, a mobile startup acquired by Microsoft in 2016.

Steven is active with the Mountaineers and climbing programs. A graduate of the Basic Climbing program in 2009, he became a climb leader in 2011 - mentoring and instructing climbers in the basic, intermediate and sport climbing classes. Steven has been a member of the Advisory Council since 2011.

In addition to being an avid climber, he is also a hiker, backcountry skier, amateur photographer, and is now discovering aerial drone imagery. He keeps a blog at [blog.stevenyi.com](http://blog.stevenyi.com). Steven resides in Bellevue with his wife of 16 years and two rescue dogs.



## Steve McClure

member since 2010  
on the board since 2012

After receiving a hot-off-the-press Freedom of the Hills, 2nd Edition, from his folks in 1967 – followed by decades of good intentions – Steve finally joined The Mountaineers in 2010. A Seattle native, Steve gained a love for our wild spaces as an Eagle Scout and from growing up in a family of skiers.

Steve recently took four months off work to do the first extensive rewrite in many editions for Freedom, 9th Edition, Chapter 2 (Gear and Clothes, including an update to the Ten Essentials), Chapter 3 (Camping), as well as being a key contributor toward modernizing Chapter 5 (Navigation). He also contributed to the Mountaineers' new Crevasse Rescue Pocket Guide: A Field Reference. To conduct research for Freedom, Steve forged alliances with several national companies. He plans to work with Tom Vogl toward strengthening those and other corporate relationships further.

In 2011, Steve attended the first-ever Alpine Scrambles Intense course (established by Tab Wilkins) and has returned each year as an instructor. In 2014, Steve attended the second-ever nine-day Intense Basic Alpine Climbing course, returned in 2015 as an instructor, and in 2016 became co-chair for the course. Steve is an Intermediate Climbing student and active with the Navigation, Alpine Scrambles, and Climbing Committees.

Steve is a CPA and a partner with Tatum, a national consulting firm of CFOs. He served on the finance committee from 2010-16, and was Board Treasurer from 2012-2016. Steve missed the August 2016 board meeting (after 100% attendance to-date) to complete the second 100-mile leg of the cross-country "Sierra High Route," first publicized in the Mountaineers title of the same name.



## John Ohlson

member since 1999  
on the board since 2009

John has been on the Board since 2009, including a term as Secretary 2012-14 and was The Mountaineers Leader of the Year for 2010.

After gaining Basic Climbing Equivalency, he completed the Intermediate Climbing Course in one year, and has been a Seattle Climb Leader and Climb Committee member since 2001. He co-founded the 9-day Intense Basic Climbing course with Gene Yore in 2013. He received the Mountaineers Seattle Branch Service Award in 2013 and was a Seattle Climb Volunteer of the year for 3 years.

He recently authored the Safety chapter of Freedom of the Hills, Edition 8, and is a section editor for the in-process Edition 9. Previously he was Chair of the Magnuson Building Committee where he successfully renegotiated our lease with the City of Seattle to obtain 10 more years of free rent due to our renovation cost. He also was the Seattle Branch Safety Officer.

John grew up in Seattle. He graduated from MIT and has a PhD in Electrical Engineering from Stanford. He was an EE Professor at USC and the Naval Postgraduate School, then 20 years as a VP and Chief Technical Officer in satellite communications, followed by two years as Adjunct Professor at the University of Washington, now retired.

**Personal Statement: "Leadership is action, not a job title."**



## Martina Kozar

member since 2005

Martina is a graduate from Princeton University and received her MBA from Harvard Business School. She brings over 10 years of retail experience in product management and strategy at Amazon.com, Starbucks Coffee Company, and The Parthenon Group.

Martina has shared her passion for the outdoors by volunteering with the Peace Corps, Youth Enrichment Services (Boston), and is a past co-chair of the Sierra Club's Seattle Inner City Outings. Martina and her husband, Mike, love to explore the outdoors with their daughter, and are avid hikers, bicyclists, sailors and skiers.

**Personal Statement: "The outdoors has always been an important part of my life and my family's life. I am passionate about introducing youth to the outdoors, and ensuring we protect our natural places for future generations to enjoy. I am inspired by the Mountaineers mission, the positive impact it has on our community, and its future."**

The Mountaineers will be sending members an electronic ballot for the upcoming elections on October 1. Electronic ballots are preferred, but mail-in votes will also be accepted at 7700 Sand Point Way NE, Seattle, WA 98115, if received before October 21.

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Ben Leininger at Aasgard Pass. Photo by Luke Hølgesen

**Name** Ben Leininger

**Hometown** Dayton, Ohio

**Member Since** January 2016

**Occupation** Barista

**Favorite Activities** mountaineering, scrambling, hiking, trail running, backpacking

### How did you get involved with The Mountaineers?

I was introduced to the club a couple of years ago by my outdoorsy Aunt. She encouraged me to join and learn more about safe wilderness travel as my outdoor exploits were beginning to shift more toward alpine scrambling and climbing rather than day hiking. Having no previous navigation or mountaineering experience, a couple of really raw summit successes and long distance day hikes in the Olympics nearly pushed me over the edge. The next year I joined the Seattle branch in order to gain more of the skills necessary to continue doing what I was learning to love, only this time around more sustainably and safely, with the increased prospect of meeting new people and building friendships.

### What motivates you to get outside with us?

The reasons that put me outside now are still the same as when I began: the search for solitude and peace of mind. Learning to walk without the intense noise and societal complexity of city life around you, every ounce of your being is stripped down to its natural elements in the wild. It's about learning to begin trusting and accepting yourself, putting previous judgments behind. By thrusting myself into the task at hand, be it ocean or summit, I am very easily able to forget about any of my previous worries or petty entitlements from back home. Suddenly, everything begins to make sense. The sheer power and stunning beauty of nature draws me closer every time.

### What's your favorite Mountaineers memory?

One of my favorite moments with The Mountaineers was when I made it through the final problem of the Navigation field trip at Heybrook Ridge. I remember how pleased I was to realize I was

fully understanding the content of the course. Now, everywhere I go I know that I am always found - and that is truly empowering to this off-trail nut head.

### Who/what inspires you?

I am deeply inspired by The Mountaineers volunteers, particularly those who selflessly instruct and lead countless activities through out their adult lives. I couldn't imagine a world without lovely people like them.

I have had a lot of fun in the Mountaineers thus far. I've decided that I want to be a member forever. Even long from now, when perhaps my knees have given way, I hope to be enjoying the outdoors continually in a way that will inspire others.

### What does adventure mean to you?

To me, adventure means that no matter what your plan is, where you are going, or who's coming along, you always bring happiness, excitement, acceptance, and humility. With those kinds of qualities, I think that anything is possible!

### Lightning round

**Sunrise or sunset?** Sunset.

**Smile or game face?** Smile.

**Happy Place?** When you're nailing a traverse or climb: everything around you is going just right, and the feeling that you get looking around at all of the beauty in your midst is just awesome.

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

**11th essential?** An Aeropress coffee maker!

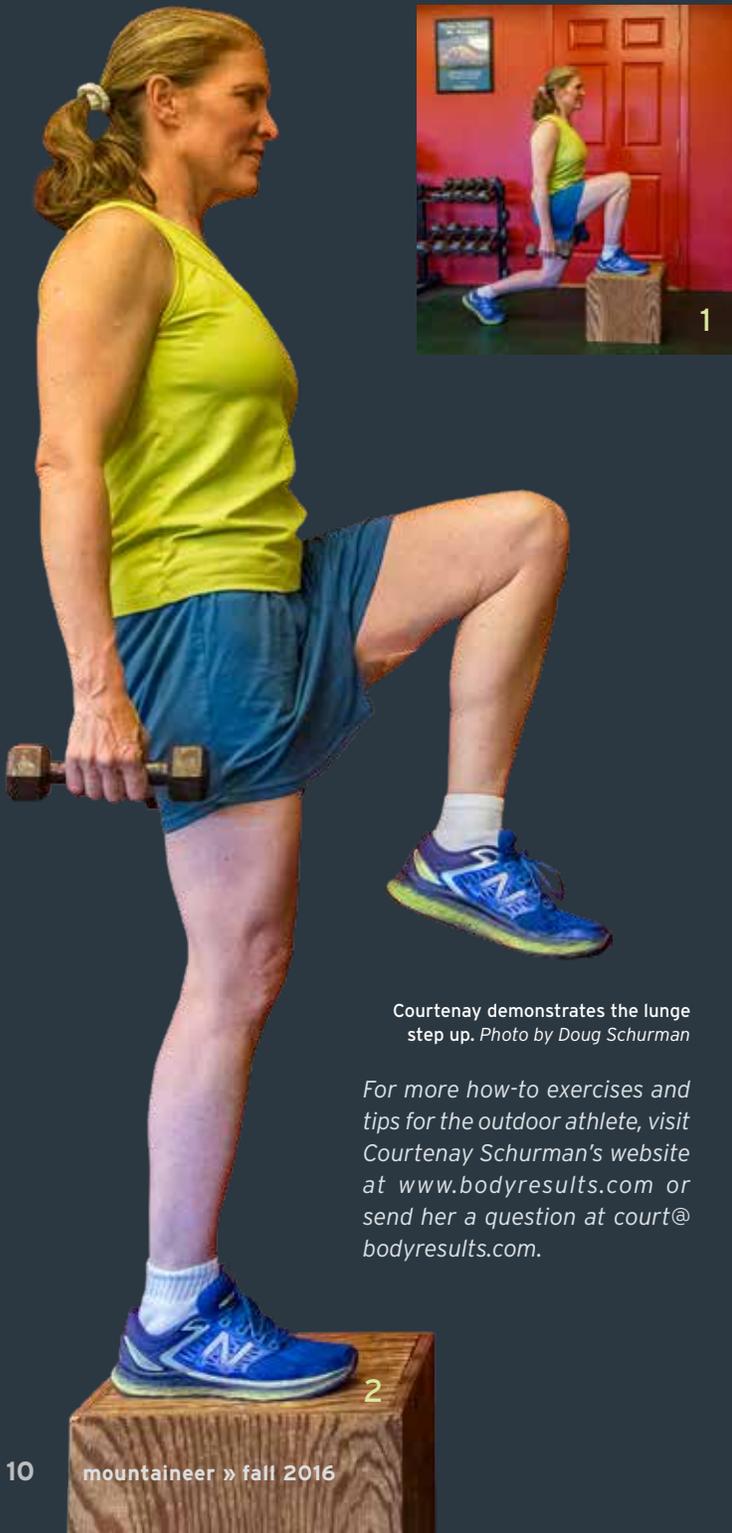
# Lunge Step Up: Strength and Stability

By Courtenay Schurman, MS, CSCS

Several months ago, I successfully rehabilitated my core and left hip stabilizer muscles, but steep steps remained awkward and tentative on my right leg. It turns out that crucial gluteal muscles were lagging behind those on the left side. It was time to even things out.

The Lunge Step Up turned out to be a great movement for retraining balance and regaining strength specific to pack

carrying. If you need more stability and strength for uphill travel, this compound movement will help you build all the smaller muscles from the ankles and feet upward through the knees to the glutes, quadriceps, and hamstrings.



Courtenay demonstrates the lunge step up. Photo by Doug Schurman

For more how-to exercises and tips for the outdoor athlete, visit Courtenay Schurman's website at [www.bodyresults.com](http://www.bodyresults.com) or send her a question at [court@bodyresults.com](mailto:court@bodyresults.com).

## PERFORMANCE

**Set up:** Place a secure step (6-15" - height will depend on your height, leg length, and balance) a stride distance in front of you. Stand with feet parallel and hands holding dumbbells or on your hips.

**Movement:** Lunge forward onto the step with your right foot and lower your torso until your knee is at a right angle to the step. Your back (left) knee can be straight or bent. (Picture 1) In one smooth move, swing the back (left) knee up over the step and ahead of you (Picture 2). It might help to imagine another high step in front of you.

**Balance:** Pause on top of the step for 1-2 seconds with your left knee elevated, abdominals engaged, and right leg straight. Reverse the movement, returning to the bottom lunge position and then to standing. Complete the sequence for desired number of repetitions on one leg, then repeat so left foot is lunging onto the step and right knee is thrusting in front of you.

## CHECK

Keep abdominals tight, ribs drawn down, lower back in neutral position, shoulders and hips squared forward and posture tall, not collapsed forward.

Keep weight in the heel of the forward leg in order to activate the gluteal (buttocks) muscles.

## TIPS

- Start with the leg you feel will be more challenging and complete the same number of repetitions on both legs.
- If it is hard to balance with hands on your hips, hold them out for balance or try the exercise with no step. You may also hold onto a dowel or pole at your side, or set the step next to a wall.
- Make sure the forward knee remains behind your laces. Your front shin (in both the step and floor phases of the lunge) should be perpendicular to the floor.
- Increase step height, hold a dumbbell in two hands in front of your chest, or hold one in each hand for more challenge. You can also complete the movement with a pack on your back.
- Begin with a low step, bodyweight resistance, and few repetitions. Work up to higher repetitions, increased weight, and a higher step as you master the movement. Complete 5-8 repetitions per side, then repeat with the other leg. Do 2-3 sets, twice a week.

# Mount Rainier Infinity Loop

## Bringing a Vision to Life

by Ada Love, Mountaineers Development Associate



Ras Vaughan and Gavin Woody set out to complete the infinity loop of Mt. Rainier. Photo courtesy of Gavin Woody



**"Y**ou're doing what?!" I gasped. It was a typical Monday evening in July and we were sitting at the Elliot Bay Brewery for the launch party of The Mountaineers first peer-to-peer adventure based fundraising campaign, Our Parks | Your Adventure. Being the year of the National Park Centennial, we hoped our campaign would inspire individuals to seek an adventure of their choosing in a National Park while fundraising for The Mountaineers youth programs.

We sat, patiently waiting for the adventure unveiling chosen by the faces of our campaign: "UltraPedestrian" Ras Vaughan, a long-time Mountaineers member, and Gavin Woody, a former Mountaineers Board president. Beside them sat Richard Kresser who was gearing up to complete the R.A.S.H.; a consecutive climb and circumnavigation of Mt. Rainier, Mt. Adams, Mt. Saint Helens, and Mt. Hood. I couldn't help but feel like I was sitting among super humans. "The Mt. Rainier Infinity Loop!" they exclaimed. My head spun its own infinity loops thinking about what this meant. Their announcement came only days before they planned to complete it.

### Chad Kellogg's Vision

Departing paradise on July 23, 2016 at 5:02 pm, Gavin and Ras set out to bring to life the vision of legendary Seattle climber Chad Kellogg: the Mt. Rainier Infinity Loop. Unfortunately, Kellogg could not complete his vision due to his untimely passing in a climbing accident in Patagonia in 2014.

Kellogg coined the route the "Infinity Loop" because of the figure eight, or infinity sign, trail it would make on Mt. Rainier. Here's the breakdown of his vision: start with a summit on one side, run the Wonderland trail back to the starting point in one direction, carry on to traverse the summit again, and end with running the Wonderland trail the opposite direction back to the starting point. Oh, and do all of this unsupported, meaning carry your gear, food, and trash from beginning to end, only taking water from natural sources. Seems doable, right?

On July 27, 2016, 99 hours and 7 minutes and over 120 miles and 40,000 feet of elevation gain later, Gavin and Ras proved that it was, and successfully completed the first and only attempt of the Mt. Rainier Infinity Loop.

### Redefining What's Possible

"I keep a quote from Chad Kellogg on my mirror: 'The story you tell yourself becomes your reality.' I think that we as humans are far more capable than we might think - we just have to keep telling ourselves the right story," Gavin said.

Ras and Gavin are no strangers to Mt. Rainier. Gavin has summited the mountain eight times and successfully completed the Rainier Triple Threat, riding his bike from Seattle to Mt. Rainier, summitting, then running around the Wonderland Trail. Ras has run the 93-mile Wonderland Trail ten times and became the first person to run it twice in a single push. The Infinity Loop, however, was a first for both of them.

Gavin and Ras's Infinity Loop consisted of climbing the Disappointment Cleaver route to the summit, descending the Emmons Glacier and Inter Glacier to White River campground, and running and hiking the Wonderland Trail clockwise back to Paradise. After a very brief rest and resupply of food in Paradise they went on to again climb the Disappointment Cleaver,

descend the Emmons back White River, and run and hike the Wonderland Trail counterclockwise to Paradise.

“When we began our second summit climb the reality of it began to sink in and I realized that we were going to be able to do it,” Ras says. “It wasn’t going to be fast and it wasn’t going to be pretty; it was going to be a sufferfest, but from that point on I knew we had it and all we had to do was grind it out.”

With the successful completion of the Infinity Loop, Gavin and Ras officially redefined what was possible on Mt. Rainier. “I find that I have a continuing fascination with the Infinity Loop paradigm,” Ras said. “I see it as a way of having the most complete experience of a mountain possible.”

## Ultraneering

Gavin and Ras would have made Kellogg proud.

“I believe we completed the Infinity Loop in the style Kellogg would appreciate and just as he intended,” Gavin said. “Adhering to the principles of alpinism and minimalism, we moved quickly and efficiently through the mountains with all of our gear and without a support system.”

Gavin describes the carefully calculated preparation as one of the most challenging aspects of the Mt. Rainier Infinity loop. “You really have to think about what gear to bring, specifically footwear. We needed to find a shoe that we could both summit and run in.” Gavin and Ras each succeeded in using one type of shoe for the entire Infinity Loop. Gavin in La Sportiva Crossover GTX, a waterproof shoe with an integrated gaiter, a fairly stiff sole, and deep outsole lugs for traction, and Ras in Altra NeoShell Lone Peak insulated, waterproof trail running shoes. They carried 20-liter packs weighing 24lbs at the start of the

first loop, 20lb at the second, and finishing at 15lbs. Their kits were a mix of minimalist, light-weight, multi-functional gear – much smaller and lighter than what is carried by most climbers for the push from Camp Muir to the summit. However, it was important for them to not compromise safety, thus they used full glacier travel gear including a lightweight rope, harnesses, and crevasse rescue equipment.

“We are living in exciting times: enabled by lighter and more functional gear. Humans are blurring the boundaries of ultrarunning, fastpacking, mountaineering, and skiing into what could best be described as ‘ultraneering,’” said Gavin.

## Overwhelming Support

Establishing the fastest and only known time for the Infinity Loop required transparency. Gavin and Ras provided a link to a satellite transponder page where their progress could be tracked in real time.

“We recorded GPS tracks during the trip, photographed and filmed our adventure extensively, updated our social media accounts en route when possible and told numerous people we saw on and around Mt. Rainier what we were attempting,” Gavin said.

They received overwhelmingly positive support from MRNP Climbing Rangers, friends and loved ones of Chad Kellogg, climbers and backpackers on the trail, and the general public, though not without a bit of confusion.

“The climbing ranger, who issued our climbing permits, as friendly and helpful as he was, took a few run-throughs to fully understand what we were doing,” Ras said.

[story continues on next page >>](#)



Ras and Gavin on Rainier at sunset. Photo by Gavin Woody

## Inspiration For The Next Generation

Inspiration was an ongoing theme throughout Gavin and Ras's challenge. "The Infinity Loop project was all about inspiration. Chad had the dream that inspired Gavin and me. And we want to forward and amplify that inspiration out to the next generation of adventurers, not just by bringing Chad's vision to life, but by helping fund and train that new generation by working with The Mountaineers' Our Parks | Your Adventure fundraising initiative for their youth programs," Ras explained.

When asked about their most inspiring moment of the Mt. Rainier Infinity Loop, both Gavin and Ras agreed whole heartedly. Near the beginning of their second summit traverse while climbing up to Camp Muir they met Hakim Ali and his two daughters, 8-year-old Aisha and 5-year-old Anisah. Seattle-based Hakim, originally from Tanzania and raised at the base of Mt. Kilimanjaro, was taking his daughters to Camp Muir. Amazed to see these two little girls trekking up ambitiously, Gavin asked to take their photograph. Hakim recognized Ras from the Washington Climbers and Hikers Facebook group and they ended up chatting for a bit.

"Happening upon a father who was introducing his daughters to the world of adventuring really struck a chord with me on so many levels," Ras explained. "Not only was our meeting a perfect portent in light of our goals with The Mountaineers Youth Programs, but it brought to mind so many memories of my own daughter, Angela, and our family thru-hike of the Wonderland Trail when she was 7 years old. I thought of Hakim and his daughters many times throughout the second loop and drew inspiration from our chance encounter."

The feeling was mutual. For the past five years, Hakim has been taking his two daughters to Mt. Rainier, along with many other popular hiking spots in Washington. This was Aisha and Anisah's first attempt at Camp Muir and they were successful.

"After hearing Gavin and Ras's story of what they were doing and why, my girls were really motivated to continue on. They could not believe that Gavin and Ras were doing Camp Muir twice," Hakim said. It wasn't until the following week that Aisha and Anisah really understood what Gavin and Ras has completed. "I showed them the website and links that Gavin gave me. They thought it was amazing. Aisha wanted to be a part of it, and immediately asked when she could go hiking with them."

## Adventure Never Ends

Gavin and Ras don't intend on ending their adventure here. Ras is plotting other Infinity Loops routes that could be completed on notable volcanoes in Washington and Oregon. He's also planned adventures with his wife Kathy to yo-yo the Grand Enchantment Trail, The Oregon Desert Trail and the Hayduke Trail. Gavin is traveling to Italy to compete in the Tor de Geants, a 205 mile trail race through 25 mountain passes with a total elevation gain of 80,000 feet. The Mt. Rainier Infinity Loop raised the bar.

"By completing this adventure with Ras, I hope we can inspire others to seek their own adventure outside," says Gavin. "As a father of two young kids, I want our next generation to experience the same wonder, peace, and challenge in the outdoors that I did during my own upbringing. And, in turn, they will protect the outdoors too – because when you love and experience it, you want to make sure it's around for future generations." ▲▲



Ras and Gavin with Aisha and Anisah en route to Camp Muir.  
Photo courtesy of Gavin Woody

# gearlist

What to bring on such a big adventure?



## Ras Vaughan's Gear List for Mount Rainier Infinity Loop

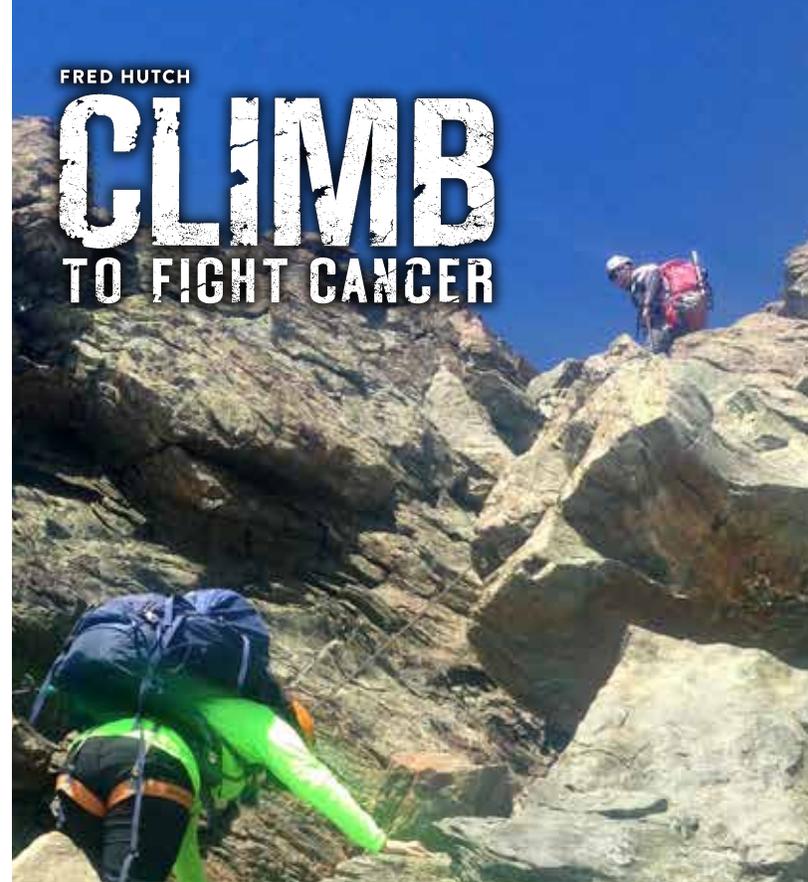
by Ras Vaughan

One of the challenges about hard-to-define, multi-disciplinary adventures is gearing up and kitting out. And when there's a serious mountaineering element combined with high-mileage travel, it's of the utmost importance to carry a minimal kit which is flexible enough to do everything you need it to do.

Starting pack weight, Loop #1: 24 lbs, Loop #2: 20 lbs  
Ending pack weight: 15 lbs

- |                                |                         |
|--------------------------------|-------------------------|
| Fastpack                       | Headlamp                |
| Insulated 750 ml bottles (2)   | Gloves and glove liners |
| 2-liter bladder                | Climbing Harness        |
| Waterproof trail running shoes | Carabiners (4)          |
| Half Zip long sleeve shell     | Prussiks (2)            |
| Racer Shorts                   | Webbing                 |
| Running shirts (2)             | Ice Axe                 |
| Synthetic puffy jacket         | Buff                    |
| Insulated running tights       | Fleece hat              |
| Midweight toe socks            | Carbon Z poles          |
| Wool socks (3)                 | Helmet                  |
| Arm Warmers                    | SPOT transponder        |
| Steel Crampons                 | Sony Walkman mp3 player |
| Glacier Glasses                | Altimeter watch         |
| Gaiters                        | Stove                   |
|                                | 750ml titanium pot      |

\*for the complete list, with brand names, check out Ras's blog: [ultrapedestrian.blogspot.com](http://ultrapedestrian.blogspot.com)



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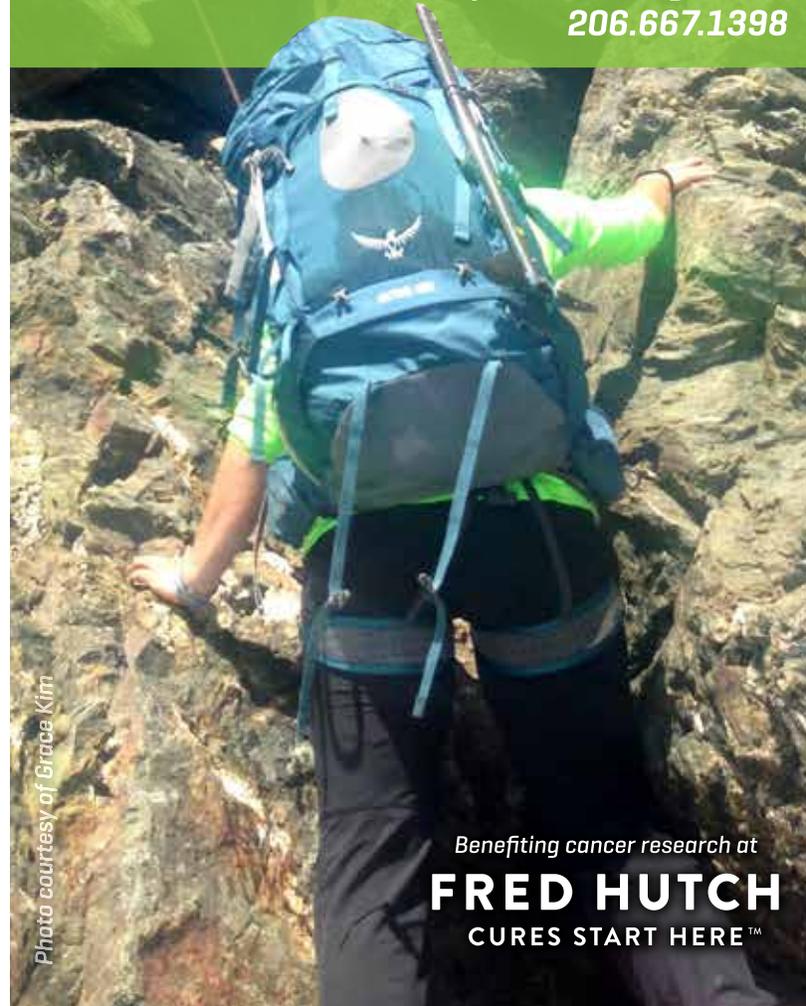


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# My Summer with The Mountaineers

by Dana Berejka, Mountaineers Summer Intern



Dana shows Mekedes her videos on the hike to Rattlesnake Ledge. Photo by Suzanne Gerber

**T**his summer, I interned with The Mountaineers Mountain Workshop youth program. It taught me a lot about what it means to help a community. Getting people outdoors – especially those who don’t usually have the opportunity – can make all the difference in their day, week and even life. While I am still trying to figure out what I want to do with my own life, one thing I know for certain is that I want to help others. Luckily, I’m just entering my junior year of high school and have two summers to choose a college and major.

From first through seventh grade, my deepest passion was rock climbing. My devoted parents would drive me through an hour of grueling traffic out to Vertical World three times a week to climb with their youth program. My dinners often consisted of Vertical World snack offerings (where I found the best vegan cookies). I remember the tiresome car rides home, doing my homework in the passenger seat by flashlight, with hands barely functioning – sore from climbing and covered in rough calluses. But my strongest memories are of the feelings of peace and joy. On several occasions I would make my dad stay longer with me so I could complete a bouldering route I had been working on all week, and then not being able to stop talking about it until my head hit the pillow that night. The joy of completing a challenging climbing route was like nothing else I have ever experienced.

The mental and physical challenge that climbing provides is extremely rewarding. I set very high standards for myself both in and out of school; unfortunately, this leads to me feeling

stressed about 75 percent of the time. However, for the other 25 percent of the time, I was climbing. When you climb, all you worry about is the next hold, not the next math test or history paper; this aspect of climbing was huge for me. Climbing was for me like yoga is to a lot of people – a great way to relax while still feeling the burn.

I was very excited that this summer I was able to share my passion for climbing with other kids. But not just any kids. These kids have been through more than most their age, let alone any age.

The kids I belayed, hiked with, and got to know this summer were from Brettler Family Place, an organization that provides housing and support for families that have been without a home. By just looking at the campers you would never be able to tell. They were filled with so much joy and energy – even a little too much energy at times! When I talked to some of the kids individually, the way they described their home life seemed pretty normal – they might as well have been my next door neighbor.

I was able to relate to their stories, from enjoying playing sports, spending time with family and friends, to the occasional unwanted chores. The fact that I did not hear any tales that pulled at my heartstrings comes as a huge positive, but I was still moved by my time spent with the campers. The lengths to which Brettler Family Place goes to bring these kids as typical a childhood as possible is outstanding. I’m so glad I got to

contribute to their joy and adventures this summer. I hope that at least some of the kids were able to get the same rewards out of climbing that I treasure – to forget about the troubles in life and build confidence when succeeding at a climb.

While on a hike to Rattlesnake Ridge with the group, I got to have more personal conversations with some of the Brettler kids. I had my camera with me because I was filming a short video about Leave No Trace and wanted the campers to be the leading actors and actresses. This started many conversations with kids wanting to see the film and learning more about Leave No Trace. At the top of the hike, while enjoying snacks and overcast but still very pleasant views, I quizzed participants about how long it takes for different items you might take with you while hiking to degrade. At first the kids were hesitant to be filmed but as soon as one of their friends could not figure out the correct answer, many more joined in. Very quickly a competitive, fun environment was formed around protecting the outdoors.

In particular I had a great conversation with a camper named Mekedes. She's just one year younger than I am, and we bonded over our interest in algebra and our dislike of geometry. She studied Spanish and I studied French, and we both agreed languages are very hard. I could just tell if we went to the same school, we would have been great friends.

Back at The Mountaineers Seattle Program Center, the campers organized races up the climbing walls. They competed with one another until each of them had gotten to the top at least once. In the beginning, many were scared to climb all the way up the wall, but as the weeks went on, more and more of them were reaching the summit. Even those who were extremely uncomfortable with heights learned to climb to the top.

Everyone was eager to learn the different aspects of climbing, and most learned how to belay. Soon there were more belayers than climbers. Many were excited to belay their friends, but understandably their fellow climbers were much more hesitant at first. As more time passed, their trust in one another grew, and campers had little to no hesitation to be belayed by a friend. Many kids were terrified to be lowered, but by the end they felt and looked like Spider Man. One boy only climbed the same route every time, but each time he got better and better. On the first day, one girl refused to climb the wall and strictly stuck to bouldering. But on my last day, she had completed more climbs

than anyone else in the group.

Reflecting back on my summer, not only did these kids' climbing skills improve, but their confidence, attitude and perseverance took massive leaps in the right direction. And most important of all, they learned to trust in each other: to be there and support each other in challenging situations. It's so important for these kids to learn that they can count on friends. It became very clear to me that climbing had helped them grow, just how I hoped it would. Climbing was their distraction from life's troubles and a natural confidence booster, just like it was and is for me. Even though I have had a very different life than these kids, we can relate to each other through climbing. I might not have all the answers to life's curve balls, but if I am belaying you, you can be sure I will have advice on where to go next. ▲▲



Dana belaying a climber from Brettler Place at The Mountaineers Seattle Program Center. Photo by Suzanne Gerber



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## Alpine Lakes Wilderness Expansion

by Katherine Hollis, Mountaineers Director of Conservation

From left to right: Bill Shecket, Ann Dalton, Mary Hsue, Leah Schulz, Heidi Mathisen, Katherine Hollis at Talapus Lake. Photo by Martinique Grigg

Last summer, I went on a hike with a group of Mountaineers staff and supporters to experience an example of the wild places we, as an organization, work to protect. We started out as so many Mountaineers trips do: meeting at a central location in Seattle, then carpooling to the mountains.

Upon arriving at the Talapus Lake Trailhead we pulled out maps to go over the plan for the day. As I looked at the map I realized we were going to hike through a part of the newly expanded Alpine Lakes Wilderness. The updated Wilderness boundary lines weren't on any of our maps – the expansion only occurred six months prior.

The Alpine Lakes Wilderness lies between Snoqualmie and Stevens Passes and includes numerous hiking trails, including a long section of the Pacific Crest Trail, climbing objectives like Mt. Stuart, and the awe-inspiring Enchantment Peaks, and lots of, well... alpine lakes!

Much of this area is a relatively short drive from the greater Seattle area, making it incredibly popular, especially for dips in the lakes it's named for, in the summer season. We planned appropriately for the hike by keeping our total group size under 12 people (or 'heart-beats' if traveling with animals in approved areas) per Wilderness and Mountaineers requirements, and implemented Leave No Trace skills, like making sure to pack out all food scraps, and staying on the trail to reduce our group's impact on plants and soils.

The Alpine Lakes has been a favorite teaching-ground for The Mountaineers' trips and courses for decades.

In 1971, we published *The Alpine Lakes*, a coffee-table book of photos of the Alpine Lakes. This book led directly to the establishment of the wilderness area, when Norm Winn testified on behalf of The Mountaineers in the nation's capital and presented copies of the book to every member of the Senate committee. When the bill was passed on to President Ford in 1976, significant pressure to veto it came his way from many government agencies. Washington's Governor at the time, Dan Evans, borrowed the book from a friend, took it to DC, and showed it to the President. Ford was persuaded to set aside the nearly 40,000 acres of Forest Service land as designated Wilderness after seeing the stunning images in our book.

More recently, we were part of the working group that set out to expand the Wilderness boundaries. In December 2014, after years of legislative work, we celebrated the 22,000 acres of designated Wilderness, as well as the Wild and Scenic designation of the Middle Fork Snoqualmie and Pratt Rivers, and Illabot Creek – important arteries to this landscape – that our work created. These additions, including what we hiked through on the trail to Talapus Lake, provide meaningful human-powered recreational opportunities that appeal to a wide range of residents and visitors alike, while also protecting lower-elevation ecosystems as Wilderness. In short, Wilderness means permanent protection of wildlife habitat and places to experience our great outdoors, strengthens local economies and enhances quality of life for all of us.

As a Mountaineers member, you helped make these 22,000

acres of Wilderness happen. Your membership supports our conservation program, which focuses on issues like protecting landscapes and ecosystems that are integral to the outdoor experience. The Mountaineers is nationally recognized for the impact we have in protecting and stewarding our public lands – from our stunning book publications to advocacy work on issues where human-powered recreation and conservation intersect. This work is a critical part of our mission and has been integral in our organization ever since we worked to establish Olympic National Park in 1909.

## Building Bridges

I consider myself one of the lucky ones: my parents had my sister and me out hiking and backpacking, playing in mountain streams and cooking mac and cheese over a camp stove, from very young ages. This means that so many of the skills needed to take a hike have simply been part of my consciousness. I don't remember having to learn them. These early experiences also ensured that my body instinctively 'knows' how to move on uneven terrain and through nature.

Having these skills makes for much more enjoyable time outdoors, and Mountaineers courses teach people these skills and get folks outside and into our wild places. I think that's what makes our conservation work so unique. Our organization builds bridges – bridges to experiencing the outdoors, and then, to caring for these places through trail stewardship, and lastly through giving one's voice to protecting our natural world.

We continue to speak out for the Alpine Lakes landscape today. A recent example of Mountaineers members lending their voices to protecting our public lands and the outdoor experience they provide is our work to securing National Heritage Area

designation for the Mountains to Sound Greenway.

This greenway is the watershed for the 1.5-million acre corridor stretching from the Seattle waterfront to Ellensburg, WA, and includes large chunks of the Alpine Lakes Wilderness, along with many other types of public and private lands. Over 1,600 miles of trails, whitewater runs, back-country skiing and snowshoeing areas, rock climbing routes, and mountain biking opportunities make up the outdoor experience this landscape provides. The National Heritage Area designation would help the different land agencies in the area to better collaborate on management – from trail maintenance to trailhead parking and educational resources.

In the spring of 2015, we asked our members to sign a petition supporting a National Heritage Designation for the Mountains to Sound Greenway. Over 3,000 of you lent your voice to this issue and your signatures helped to more than double individual support for this designation! A year later, we encouraged members to send letters to the bill's champion, Senator Cantwell, asking for a hearing – the important next step for this legislation. Her office received more than 500 letters from Mountaineers that included specific stories on why this landscape is important to our community. This encouragement resulted in a hearing for the bill last June.

It is The Mountaineers' voice and influence on conservation issues we celebrated on that hike to Talapus Lake last summer, when we pulled out maps and realized we'd be hiking through some newly designated Wilderness. Our hike allowed us to talk about the importance of this work going forward – legislation like the National Heritage Area designation is just a piece in stewarding this landscape into the future. ▲▲



# The Spires of Mount Rainier

by Mickey Eisenberg, Gene Yore,  
and Steve McClure

This installment of Our Secret Rainier takes you to the two spires of Mount Rainier - K Spire and Tokaloo Spire. We have visited both but have not climbed them, and we know only one individual who has climbed Tokaloo Spire. Fred Becky in his *Cascade Alpine Climb, Volume 1*, describes both as class 4 climbs. We include them in this installment of Our Secret Rainier because they are unique formations within the park and worthy of a visit - regardless of whether you stand on the top or not. Anyone contemplating climbing the spires should be an experienced climber and consult the Becky reference though details are sparse.



	Tokaloo	K Spire
<b>Skill</b>	alpine climb	alpine climb
<b>Beauty</b>	10/10	10/10
<b>Effort</b>	max - consider an overnight for both	
<b>Distance RT</b>	12 miles (+ 8 on road)	8 miles
<b>Elevation</b>	4,000 feet	4,000 feet
<b>Time RT</b>	can be done in a day, but an overnight is recommended for both	
<b>Season</b>	mid-July until first snow for both	
<b>Equipment</b>	scramble Gear	Glacier gear (for crossing Fryingpan Glacier)

## Tokaloo Spire

**Route:** Travel by bike on the decommissioned Westside Road for approximately 3.6 miles to Round Pass. Stow your bike and start on the Round Pass Trail (the trailhead sign is on the east side of the road approximately 100 yards south of the Marine Memorial sign). In 0.6 mile the Round Pass Trail meets the South Puyallup River Trail. Hike east on the South Puyallup River Trail for 1.6 miles until it intersects the Wonderland Trail at 4200'. Turn left (north) on the Wonderland Trail and immediately cross the South Puyallup River. Continue northward. At around 6000' (before you begin to descend on the trail), leave the trail, heading east and then northeast on a gentle ridge. There is a footpath on the ridge and the path continues past Andrew. Staying to the south of Andrew (or staying on the path), continue northeasterly toward Tokaloo Rock. The Spire prominently pokes up from the ridge leading to Tokaloo Rock.

**Notes:** Even with a bike this trip is long. We recommend visiting on a clear day as the Spire is in a spectacular part of the park. The Spire is very close to Tokaloo Rock, one of the 100 Peaks at Mount Rainier. To reach Tokaloo Rock pass the Spire and travel on the south side of Tokaloo Rock going past the summit and doubling back on the ridge to the summit.

We recommend August or September as perfect months to visit Tokaloo Spire. We also recommend an ice ax and traction devices. Snow is present on part of the route (and can be hard in the mornings) almost year round. And don't forget the bug repellent. Andrew could easily be climbed on the way to Tokaloo Rock. The andesite columns, just before reaching the South Puyallup Camp, are awesome and remarkable - truly a geological gem. It would also be possible to bike the Westside Road to the South Puyallup River and climb Aurora, Andrew, and Tokaloo Rock all in a (very long!) day. A more relaxing way to climb these three peaks would be to obtain a back-country camping permit and camp overnight in the Andrew area.

**Driving Directions:** From the Nisqually Entrance, drive 1 mile and turn left on the Westside Road. Drive 3.2 miles until you reach the parking area at the road closure. The road was closed at this spot owing to large rock fall just beyond. A sign urges you to proceed quickly through the rock fall area.

## K Spire

**Route:** Hike the Summerland Trail to the shelter at 5960'. From the shelter, head southwest at a bearing of approximately 220 degrees, ascending the best terrain. Stay to the right of a rocky cliff band. We suggest going up a grassy treed rib on the right of the rocky cliff band. There are climber paths heading up. At about 6800' bear slightly to the left at an approximate bearing of 170 until gaining a low point on the ridge (elevation 7000'). Once over the ridge you will be in a large basin (snow-filled until late summer). Continue south (bearing approximately 150) to the low point on the next ridge, which connects Meany Crest to Peak 7573'. From the ridge, turn right until reaching the flat plateau (labeled 7573' on the USGS map). When snow is present it is also possible to kick step up the snow directly to the plateau. Once on the plateau head west onto the Fryingpan Glacier and continue westerly to K Spire.

**Notes:** K Spire can be visited in a very long day. Better would be to camp on the plateau by Meany Crest. Glacier gear (ice ax, crampons, harness, ropes, etc.) is needed for crossing the Fryingpan Glacier, which often has glare ice in late summer. We suggest mid-late July as an optimal time to visit. K Spire is in the vicinity of Meany Crest (a scramble), Whitman Crest (a climb), and of course Little Tahoma (a climb).

K Spire was named in honor Cornelius "K" Molenaar who along with Dave Bodenbure were the first to climb the spire in 1951.

**Driving Directions:** Drive SR 410 4.5 miles south of the Crystal Mountain ski area turnoff and turn right on Sunrise Park Road. Drive 4.5 miles, until you cross the Fryingpan River Bridge. Park just beyond the bridge on the right side of the road. The Summerland trailhead is on the west side of the road. The road to the Summerland trailhead generally opens sometime in June.



*K Spire by Mickey Eisenberg*

## Want to learn more?

Mount Rainier National Park has over 100 climbable peaks (not counting Mount Rainier itself) either within or immediately adjacent to the Park boundary. While most are scrambles (and a few are climbs) there are 15 peaks that are reachable as hikes.

*Guide to 100 Peaks at Mount Rainier National Park* is available as an enhanced eBook for the iPad on iTunes and in tablet eBook and smartphone eBook by Mountaineers Books. All royalties donated to The Mountaineers.



## Bill Buxton, Booklover

by Lace Thornberg, Director of Development and Communications, Mountaineers Books Braided River

Bill Buxton (and Hope Maltz) with Tom Hornbein following his Legends and Lore presentation at Microsoft. Photo by Stephen Spickard

**W**hen asked “How many books are there in your mountaineering library?,” Bill Buxton replies in feet, not number of volumes. His collection of mountaineering books takes up “65 linear feet” of his Toronto home.

Canadian computer scientist and designer Bill Buxton is a pioneer in the field of human-computer interaction. In 1970s, he began making his own digital musical instruments, work that led him to his first career role at Xerox PARC. As Chief Scientist of SGI and Alias|Wavefront, he worked with some of the top film makers and industrial designers in the world. After serving as a professor at the University of Toronto and the Ontario College of Art and Design, and principal of his own boutique design firm, he was named Principal Researcher at Microsoft Research in 2005, and has split his time between Redmond, Washington and Toronto, Ontario since then. The Mountaineers are proud to count Bill, who holds four doctorates, as a supporter.

Human-computer interaction may be Bill's core passion, but his admiration for mountains runs nearly as deep. “When I was 11, our family moved to Victoria, BC, to a part of town called Oak Bay. On my first day going to my new school, I remember riding my bicycle down a hill and seeing the Olympic Mountains.” He recalls being awestruck by the sight as he pedaled on.

“When I returned home from school that day, I told my father, ‘This weekend I am going to go over and climb those mountains.’ My father commented that it would be a fairly long ride to reach

them, and that the Strait of Juan de Fuca might prove difficult to cross by bicycle.”

Although Bill caught the mountain bug early, he never lived close enough to the mountains to make climbing a regular activity as a young adult. “Back then, I was more interested in music and running anyway. I wanted to go to the Olympics [the games, not the mountains] and I wanted to be a professional musician.”

When he could get into the mountains, hiking, scrambling, and skiing were his main outdoor pursuits. Though he had begun reading voraciously about climbing expeditions, he didn't go on expeditions himself. “I became an armchair mountaineer,” he says. It wasn't until he entered his fifties that he started rock climbing and mountaineering.

Bill feels fortunate to have roped up with a number of talented climbers since then, including Pat Morrow (the first person to climb the Carstensz-Pyramid version of the Seven Summits) and Barry Blanchard (an elite alpinist known for highly technical, high-risk alpine climbing in the Canadian Rockies and the Himalayas). As he says, “My time in the mountains has been dominated by time with people so out of my league, it's not even funny.”

“For whatever reason, they have tolerated me,” Bill says humbly, adding, “The people I climbed with didn't care how hard you climbed. What they cared about was the quality of the company and the day.”

"After Barry Blanchard reminded me that the best mountaineer in the world is the one who is enjoying it the most, I realized I could be 'world-class' just by having fun."

Avid mountaineering literature collector that he is, it was only a matter of time before Bill crossed paths with Mountaineers Books. Publisher Helen Cherullo met him in 2005 at the Banff Mountain Book and Film Festival, where Bill was on the book jury. On meeting, Bill immediately turned the conversation to why The Mountaineers should publish a translation of Ang Tharkay's autobiography. A few years later, Mary Metz, editor of Legends and Lore series by the Mountaineers Books, also encountered Bill, in her case, online by way of his web pages on the mountaineering and exploration.

As Mary puts it, "The day I discovered Bill Buxton's website I felt like I'd discovered a gold mine."

Bill's website includes a comprehensive "Dramatis Personae of the History and Exploration of the Greater Himalaya, Karakoram, Pamirs, Hindu-Kush, Tibet, the Indian Sub-Continent, Afghanistan, High Tartary and Surrounding Territories, up to 1921." Bill describes this annotated list as "a snapshot of my mental model" of all the relationships between the explorers of that era. He made the list for his personal use, but decided that once he had compiled it, he might as well share it publicly.

[If you are near a computer at this moment, go ahead and pay a quick visit to [www.billBill.com/climbing.html](http://www.billBill.com/climbing.html). Just take a quick scroll through it, though, because if you dive in, you'll forget to come back and finish reading this issue of *Mountaineer*.]

Some years after Mary had discovered Bill's treasure trove of information online, Bernadette McDonald, author of *Brotherhood of the Rope and Freedom Climbers*, and friend of Bill's, connected him with Mary personally.

Mary had established a team of knowledgeable climbers and authors to serve as an advisory council for her Legends and Lore series, and she invited Bill to join in 2014.

Bill appreciates our Legends and Lore series because it makes mountaineering literature accessible and more easily shared. "With the first [Legend and Lore] books, I didn't register that they were part of a series. I just knew that I'd found books that had been hard to find before, or that had been too expensive," says Bill. With Legends and Lore series books readily available, Bill can lend books out to friends, jot notes in the margins, and travel with books all without worrying about losing or ruining a collector's edition.

After joining the council, Bill helped Mountaineers Books promote the Legends and Lore series by arranging a presentation by fellow advisor Tom Hornbein (author of *Everest: The West Ridge*) on the Microsoft campus.

By then, Mary and Bill were deep into discussions about Ang Tharkay's biography. Once he'd learned that Mountaineers Books was finally able to publish an English version of Ang Tharkay's biography, he says, "There was no way that I wasn't going to engage, full on!"

"In the many books about the Himalayas, the voice of the people who actually lived there is silent," explains Bill, "The stories that populate the literature are all from the 'tourists'."

Guided by extensive research into the subject over the past two

decades, Bill believes that out of the hundreds of books on early Himalayan exploration, only four books contain the firsthand perspective of a local resident: two "as told to" autobiographies from Tenzig Norgay (*Tiger of the Snow* and *After Everest: An Autobiography*), Rassul Galwan's *Servant of Sahibs*, and *Mémoires d'un Sherpa* by Ang Tharkay. Of these four mere books that will ever exist, only three were available in English.

Born in 1908, Ang Tharkay was one of the leading Sherpas of the exploration period of the Himalaya. He was a regular on expeditions by Eric Shipton as well as sirdar for the successful French ascent of Annapurna, the first ascent of an 8000-meter peak. He was also on the 1951 Everest Reconnaissance – the trip on which Shipton met Edmund Hillary that in turn led to Hillary's place on the historic 1953 first-ascent team. Ang Tharkay opened his own guiding service in 1954, taking trekkers up Kangchenjunga, although he also continued to work for some high-level mountaineering expeditions. His memoirs recount his exceptional life with candor.

Like Bill, independently, Mary had searched high and low for an English language translation of Tharkay's book, but couldn't turn one up.

There was no doubt that Tharkay's voice would be a worthy addition to the Legends and Lore series, but, with limited funds available, the cost of translating the original text from French would put it beyond our reach to publish. When Metz broke this news to Bill, he offered to make the translation possible



Bill Buxton climbing in Strathcona Park, Vancouver Island, July 2002.  
Photo by David Baar

by making a personal donation to Mountaineers Books that covered most of the translation fee.

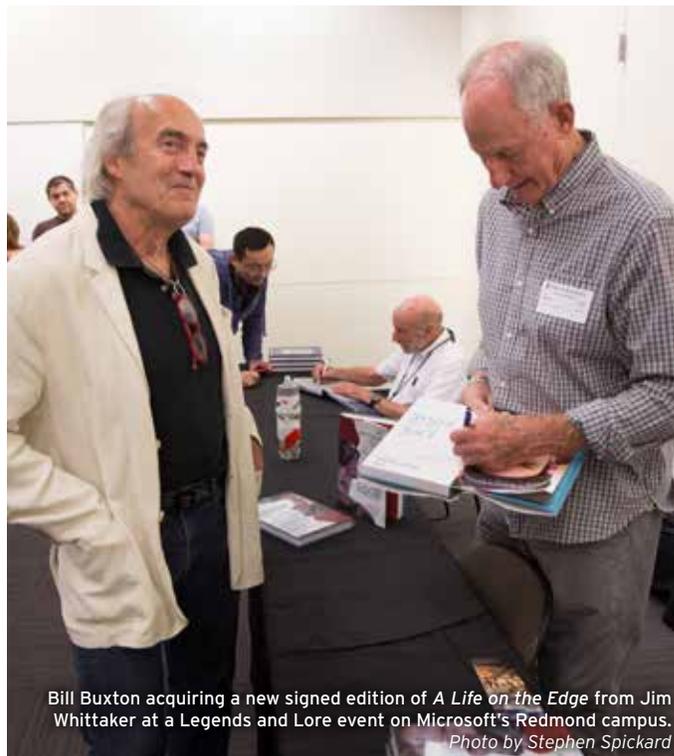
Bill describes his deep motivation for making that gift in this way: "It wasn't voluntary. It was compulsory. It was absolutely the right thing to do."

Ang Tharkay's biography represents "one quarter of the literature that gives the perspective from the other side," Bill noted, "It's so critical that these perspectives be shared."

Bill further aided in the process of publishing the first English language version of Ang Tharkay's biography by reviewing the translation and, with the able assistance of his friend Bob A. Schelfhout Aubertijn, providing explanatory endnotes for many of the details in the original that would otherwise have been perplexing for modern readers, compiling a time-line of expeditions, and extending and annotating the brief bibliography of the original. "The two were like kids allowed the run of a candy store," notes Metz. "A couple of incredibly knowledgeable and insanely generous kids."

And, when the Mountaineers Books long-awaited English language version was published in March 2016, Bill, who has given hundreds of presentations about design and technology in venues around the world, came to Seattle to speak at our official book launch party for *Sherpa: The Memoirs of Ang Tharkay*.

At that event, more than fifty Mountaineers members and climbing history buffs were treated to an intimate presentation by Bill, held in a bookcase-lined room at Folio. At this event, Bill and Tashi Sherpa shared their thoughts on Ang Tharkay's biography – Bill spoke from a historian's perspective, while



Bill Buxton acquiring a new signed edition of *A Life on the Edge* from Jim Whittaker at a Legends and Lore event on Microsoft's Redmond campus. Photo by Stephen Spickard

Sherpa shared anecdotes and opinions as a family member. Tharkay, a legendary figure much revered by the younger generation, was Sherpa's uncle.

Presenting Sherpa to an appreciative audience, which included Jim Whittaker and Dianne Roberts, was a joyful step in a journey that had begun many years before. ▲▲

# THE MOUNTAINEERS 2016 LEADERSHIP CONFERENCE

SATURDAY, DECEMBER 3, 2016

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Mountaineers group on the summit of Mount St. Helens. Photo by Ida Vincent



# Re-imagining Climbing Education

by Becca Polglase, Mountaineers Director of Education

Intense Basic Climbing Course session, Mount Baker. Photo by Steve McClure

**W**hen a 110-year old, volunteer-led organization with close to 12,000 active members decides to simplify and standardize that which they are most known for, it takes a community.

The Mountaineers recently put together a Climbing Education Advisory Council (CEAC). On this council, we have climb leaders from several of The Mountaineers branches, as well as notable members from the greater climbing community such as AMGA, Access Fund, Vertical World, Outward Bound, Washington Climbers Coalition and the Seattle Bouldering Project.

The CEAC is working with the Board and Executive leadership to re-imagine The Mountaineers' climbing program. Now, I know what you're thinking, 'We're The Mountaineers. We wrote the book on climbing!' The Mountaineers' *Mountaineering: Freedom of the Hills* has sold over a million copies worldwide and often called "the bible of mountaineering." People look to us for expertise and instruction. And that's why this is so important.

We've come up with three main goals when asking ourselves, "How can we re-design our climbing program to meet the changing needs of today's climbing community?"

**1. Develop Safe Climbers** - Educate as many climbers as possible, striving not to turn away potential students. Teach current techniques, while matching our standards with other organizations, teaching good decision-making skills, and helping climbers grow and develop at all levels, including leadership.

**2. Develop Good Stewards** - Reach as many climbers as possible, holding our leaders and instructors to high standards for modeling stewardship, while teaching climbers to minimize their impact, and promoting small party size.

**3. Create a Welcoming Community** - welcome new climbers and climbers new to the area, facilitating mentorship at all levels, and helping all climbers enter the community regardless of their climbing background. We will also welcome new techniques and new perspectives on climbing.

This is part of our Progressive Climbing Education Initiative. The more involvement from the community the better. If you have ideas, questions or concerns, please share them or attend one of the listening sessions below.

## Join the Conversation

Three evening sessions (with pizza and snacks) are scheduled from 6:30-8:30 pm on the following dates:

**North Sound - Tuesday, October 11**

Silver Hall at Thornton A. Sullivan Park (at Silver Lake) in Everett

**South Sound - Wednesday, October 12**

The Mountaineers Tacoma Program Center

**Seattle - Thursday, October 13**

The Mountaineers Seattle Program Center

Learn more and follow along: [www.mountaineers.org/PCEblog](http://www.mountaineers.org/PCEblog)

## The Wild Nearby On Exhibit at The Burke

by Lace Thornberg, Director of Development  
and Communications for Mountaineers Books

**A**s a member of The Mountaineers, you know that few places on earth rival the rugged beauty and biological diversity of Washington state's North Cascades mountain range.

The Burke Museum makes that clear through a new exhibit which opened this past June. Their "Wild Nearby" exhibit invites museum visitors, who may or may not have ever visited the North Cascades before, to immerse themselves in the sights, sounds and stories of one of the largest wildlands in the United States.

The exhibit drew its inspiration and central themes from *The North Cascades: Finding Beauty and Renewal in the Wild Nearby*, a book published under the Braided River imprint of Mountaineers Books in 2014, and then the Burke added its own layer, inviting visitors to see the North Cascades through the eyes of a scientific researcher.

"The exhibit shows you why the wilderness matters, why it is important, and highlights some research relating to plants and animals that is being done by academics associated with the Burke," noted Dale Flynn, a member of the Mountaineers Foundation's Board of Directors, after the opening event.

Photographs from Steph Abegg, Ethan Welty, Benj Drummond, Thomas Bancroft and Bart Smith (also featured in Braided River's book) are central to the exhibit experience. You can also step into a full-scale replica of fire lookout and imagine yourself living the life of a forest service ranger, or as Jack Kerouac, Gary Snyder, or Phillip Whalen, the Beat Generation poets who manned lookouts in the North Cascades in the 1960s. Ancient artifacts from the Upper Skagit Tribe are available for close examination, and resources from The Mountaineers and other local recreation clubs are on hand to help you map out your next, or first, outdoor adventure in the North Cascades.

Mountaineers Books and the Burke have a history of working collaboratively on exhibits that started with *Yellowstone to Yukon: Freedom to Roam* with photographer Florian Schulz. "Wild Nearby" marks the seventh Burke exhibit to be built from a Braided River or Mountaineers Books title.

*Mountaineers Books publisher and Braided River Executive Director Helen Cherullo, and Development and Communications director Lace Thornberg served on the exhibit's advisory council, helping the Burke team to connect themes from Braided River's book with Burke-led research projects. Their participation in the exhibit planning process was supported by a grant from the Mountaineers Foundation.*

### Visiting the Wild Nearby

The "Wild Nearby" will be on display at the Burke Museum of Natural History and Culture until February 5, 2017.

The Burke Museum is located on the University of Washington campus, at the corner of 17th Ave NE and NE 45th St. The museum is open daily from 10 am to 5 pm, and from 10 am to 8 pm on the first Thursday of each month. For admission prices and directions to reach the museum by bike, bus, train or car, see [burkemuseum.org/visit](http://burkemuseum.org/visit).

### Upcoming Special Events

This winter, the Burke will host a free speaker series inspired by the "Wild Nearby" exhibit:

- November 3: "10,000 Years of Trade in the Northwest"
- November 17: "Glaciers of the North Cascades"
- December 1: "Wolverines, Wolves, Grizzlies and Fishers" with photographer Steven Gnam



# Going Solo

## 210 miles through the High Sierra

by Ida Vincent

Ida's tent on the John Muir Trail. Photo by Ida Vincent

**W**et snow was hitting my face as I, yet again, drew a deep labored breath. "Hurry up and over this pass, Ida," I urged myself as rain, hail, snow and wind was penetrating my Gore-Tex jacket. I was almost at 12,000 feet; it was cold, and nighttime was creeping closer.

It was six months earlier that I had the harebrained idea of applying for a permit to hike the John Muir Trail in California. It's a 210-mile long trail, which climbs 10 mountain passes before culminating on the summit of Mt Whitney, making the elevation gain more than 50,000 feet over the course of the hike. It was in 1884 that Theodore Solomons had the vision for a high-elevation trail connecting Yosemite Valley to Kings Canyon. Building of the trail, however, did not start until 1915, a year after John Muir's death, and it was finally completed in 1938. I had decided to do the hike solo. I like my own company and am an avid solo traveler, so spending 18 days in the wilderness on my own seemed like an excellent idea... until the storm hit.

I hadn't seen people for two days and the urge to be camped by another human being was so strong that I almost ran down the wet slick rock from Muir Pass. "Just get a little lower," I whispered to myself. "There will be people there." But as the light shifted from gray to pitch black, I had to admit defeat. I set up my tent in the dark that wet and windy night – alone. I cooked dinner inside my tent and then layed awake wondering if the

bears could smell my chicken and rice rehydrating inside my sleeping bag. All night the wind ripped at my tent and before first light, while rain was still pounding down, I packed up. I was out of there.

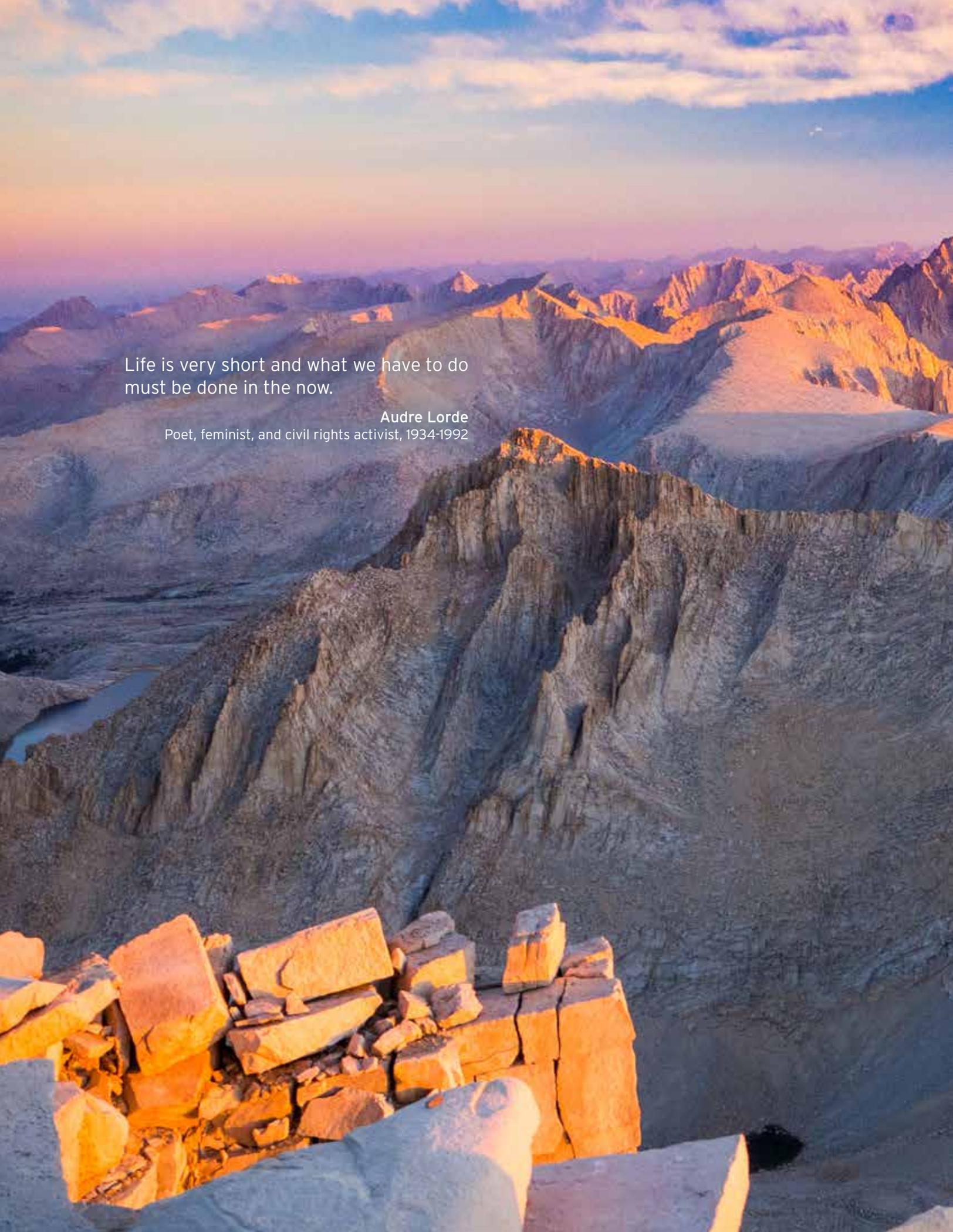
**Journal entry, DAY 10: Lake Helen - Bishop. 17 miles, 3200 ft.** *Terrible night's sleep. So windy, wet, and cold. I felt terribly lonely all night, no one else is camped here. Packed up camp at 5.30am, didn't bother with breakfast.*

A couple of miles down the trail I ran into the first people I've seen in two days and almost burst into tears, barely holding it together as a friendly face asked me how I was doing. They encouraged me not to abandon the trail, but instead hike out to Bishop to dry out for a day. I instantly feel better. Despite the long hike out, my legs are happy to be moving, each step bringing me a little closer to burgers and beers.

All my gear dried out and with a belly full of "real" food, I was ready to tackle the rest of the trail. While I was hiking back in, the weather did a full 180°. The sun was burning my skin and making me stop to filter more water time and time again. I was excited to be back on track, and started running into people I'd seen earlier on the trail. Happy smiles abounded as we shared our stories of sitting out the storm.

"There is another one coming in Monday afternoon" says Matt.

story continues on p. 26 >>  
[www.mountaineers.org](http://www.mountaineers.org)

A wide-angle photograph of a mountain range at sunset. The sky is a mix of soft pinks, oranges, and blues. The mountains are rugged and layered, with some peaks catching the low sun. In the foreground, a stone wall made of large, rectangular blocks is visible, partially obscuring the view of the mountains.

Life is very short and what we have to do  
must be done in the now.

**Audre Lorde**

Poet, feminist, and civil rights activist, 1934-1992



A view along the John Muir Trail at sunset. Photo by Ida Vincent

Oh no, not another storm. I joined in the discussion of how best to avoid it, and was agreeable to the idea of hiking long days to get out before the next storm hits. I hiked at my own pace, slow on the uphill when it felt like gravity was pulling my 45-pound backpack downwards, fast on the downhill when the same force gave me a helping hand. I hiked mostly on my own.

The beauty of going solo is that there's no one else's pace to consider. No running to keep up, or going slowly to accommodate someone else's speed. But each night I camped by the little band of hikers who by then, had become my friends, and were also racing to get out before the storm. It felt good to know someone else was close by, even if I had been sleeping well all on my own. I had worried before I left that I wouldn't be able to sleep because of the fear of bears. Turns out, I'm way more rational than I gave myself credit for. I did, however, sleep with one of my hiking poles in my tent, to fend off any would be bear visitors, just in case...

The last night, camped by Guitar Lake, I only got a few hours of fitful sleep before I detected the light from head lamps dancing on my tent fabric. 2 am, time to get up. In the dark it was impossible to tell how far I'd come, and each time I checked my altimeter I just get disappointed. The elevation seemed to creep up so slowly it's as if I was barely moving. But all of a sudden I spot a sign and backpacks and I realize I'm already at Hills Crest! Here

I can drop my big pack and hike the last few miles to the summit of Mount Whitney, burden free.

I got to the top in the dark and was greeted by my hiking friends. We huddle together to keep warm while watching the sky go from black to pink, then purple, and finally a brilliant yellow. I've now completed the task I set for myself with two days to spare. Watching the sunrise on top of Mount Whitney with friends made on the trail was definitely the highlight of my hike. While I enjoyed the solo adventure, I had not anticipated how much the company of other human beings would impact my journey. I guess adventure is best when shared.

**Journal entry, DAY 16: Guitar Lake - Whitney Portal. 14.5 miles, 3400 ft.** *Got up in the dark to start up Mt Whitney. Got to the top at the crack of dawn. Watched sunrise with friends. Trail to Whitney portal was hellish. But had a burger and beer once I got there! Can't believe my adventure is already over.* ▲▲



Ida Vincent is a Mountaineers climb leader and helps teach The Mountaineers' Seattle Basic Alpine Climbing Course. Ida just self-published her first novel, *Mountain Murder* – a mystery set in Seattle and Pakistan, inspired by her worldly climbing and travel adventures. It features many local icons including the Mountaineers.



Ida Vincent, sunrise on the summit of Mt Whitney. Photo courtesy of Ida Vincent

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'Camped Under the Milky Way 3'  
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# Orcas of the Salish Sea

by Joan E. Miller

Orca playing in the Salish Sea. Photo by Doug Schurman

**R**esident orcas of the Salish Sea may be wild creatures, but satellite tags, drone images and individual health profiles are making them as familiar as family to researchers. The distinctively marked, largest members of the dolphin family that comprise the J, K, and L pods, also known as killer whales, are being studied inside and out. While scientists monitor the whales' whereabouts, new babies, and what's happening with food sources, they're also analyzing the whales' feces and blubber to better understand the health of individuals.

The three pods number 84 at the moment, though "it depends on when you count," says Elizabeth Petras, a marine policy analyst with NOAA Fisheries, "It's a dynamic population." This orca population has had its ups and downs. Several births over the past year and a half have been good news, though at least one is believed to have died.

Orcas swim all the world's oceans, with the global population estimated at 50,000. In the Pacific Northwest, they're icons, deeply intertwined with natural and cultural history. Also known as blackfish among coastal tribes, they're powerful and strong in legends. Killer whales are clan animals for the Tlingit, Tsimshian, and Kwakiutl tribes. Orcas are represented on totem poles and in native art. Various legends say that orcas are the transformed spirits of hunters or fishermen lost at sea, or of chiefs reincarnated, and that when whales are near shore, they are trying to communicate with their former families.

Killer whales have long called Puget Sound home, but compared to their historical numbers, the low number of individuals considered "resident" in our waters since the mid-1990s has raised alarms. What is happening and what sets our orcas apart from the rest?

The world's orcas vary by type, based on their food choices. Transients eat marine mammals like seals and sea lions. But the J, K and L killer whale pods don't live up to their vicious name, preferring to dine on Chinook salmon, the largest of the Pacific salmon. This can spell disaster as salmon can be scarce.

Combine picky eating with exposure to a soup of toxics and hazards from vessel traffic, and you have an orca population living on the edge. In 2005, the Southern Resident killer whales received protection under the Endangered Species Act (ESA), meaning the government was required to create a recovery plan, which it finalized in 2008.

The result of the listing is a flurry of studies being conducted by several partner organizations, including the Puget Sound Partnership and the San Juan Islands-based SeaDoc Society, which conducts research on marine life of the Salish Sea and provides veterinary services to marine mammals.

Among those analyzing data are Elizabeth Petras and Lynne Barre of NOAA Fisheries. Barre was principal author of the recovery plan, which has a goal of restoring populations to the point where they no longer needed ESA protection.

Locating the orcas in order to study them can be tricky. Though the J, K, and L pods spend much of their time between Puget Sound, the San Juans and Georgia Strait, K and L are known to head to coastal waters from southeast Alaska down to Monterey Bay, California, while J pod stays around inland waters. "We've had fewer sightings this year," Elizabeth said of the southern residents in mid-summer. "We saw a lot more transients." The theory is that southern residents leave inland waters in search of food.



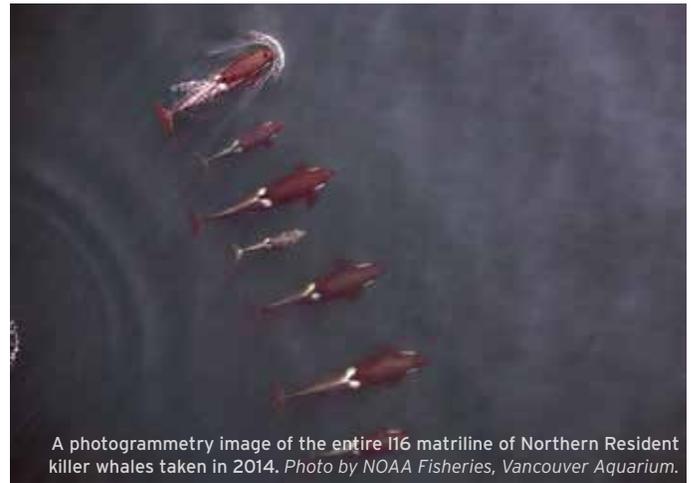
An adult female Southern Resident killer whale (L94) nursing her calf. Photo by NOAA Fisheries, Vancouver Aquarium.

Scientists are compiling data for the endangered whales into personal health profiles. Researchers use a range of methods to collect information about Salish Sea orcas. Biopsies have been taken from blubber of all individuals in the J, K, and L pods. Such samples have revealed many toxic residues, including DDT, which persists in the global environment. "If there are fewer salmon around," explains Lynne, "they're using their blubber stores, where the contaminants can be sequestered. But when they're actively using that blubber, that's when they circulate systemically and cause immune or reproductive problems."

What health profile would be complete without a fecal sample? University of Washington researchers are using dogs trained to detect whale poop. Scientists go out in a boat with a dog, typically a Labrador retriever, who can sniff the water and detect whale feces on the surface. Then, the boat heads to the spot and researchers scoop it up. These outings take place in the San Juan Islands, notes Elizabeth, one of the most reliable places to find orcas. The dogs are part of Conservation Canines, a program of the Center for Conservation Biology at the university.

Drones are supplying aerial photographs that are revealing the condition of the whales, while keeping a safe distance that doesn't disturb them. The NOAA team is excited about using this technology. "This can help us see when and where the whales might be food-limited and that will help me target recovery of key salmon stocks for the whales," Lynne says. Scientists can also tell whether whales are thin, fat or looking pregnant.

All these efforts are yielding a clearer picture of how our orcas



A photogrammetry image of the entire 116 matriline of Northern Resident killer whales taken in 2014. Photo by NOAA Fisheries, Vancouver Aquarium.

live and what they need to survive. There are simple things we can do to help protect orca habitat, says Elizabeth: conserve water, clean up after your pets, reduce pesticide use, reduce stormwater runoff, reduce auto emissions, and be aware of where your seafood comes from.

Orcas have made a journey through millions of years. With our help, they can continue to enrich our spirits for thousands more.

*Learn more about orcas directly from Elizabeth Petras of NOAA Fisheries on November 9, 2016 at The Seattle Program Center at 7pm. \$5 at the door or free for The Mountaineers Naturalist Study Group members.*



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voicesheard

# What If I'm Not White

by Glenn Nelson, founder of The Trail Posse





**D**uring my previous life as a sportswriter, an NBA player once made me wait for an arranged interview while he horsed around with ball boys in front of his locker. After a long spell of this, he grew bored and finally turned to me.

"I don't talk to no f\*\*\*ing white boys," the player said.

"What if I'm not white?" I replied.

"Then what are you?" he asked.

"Japanese," I answered.

"I don't talk to no f\*\*\*ing Japs neither," he said.

I wouldn't have admitted it to that player, but there is a part of me that is white. But I rejected most of it long ago. Except for the place my father fills, my whiteness has been replaced by the rest of me: The son of a Japanese immigrant, the father of two daughters more multiracial than I am, the husband of a daughter of South American immigrants, the uncle of a Korean adoptee. I'm also a journalist who has received death threats - among them: "If you love Japan so much, we're happy to send you back in a pine box." That's because in the 1990s I supported a Muslim basketball player who refused to stand for the national anthem because of the way his people, and mine, were oppressed in this country.

I'm also male and a Baby Boomer. I have a white name. When I tell people I have a Japanese parent, you'd be surprised by how many ask me which one.

Being multiracial has given me a chameleonic nature, making it mostly easy to move between races. Still, sometimes I feel like I'm perpetually stuck between here and there, my in-betweenness both my paradox and my identity. Sometimes people don't know what to make of me, or in what language to address me; occasionally, they think they know me because I look like a bit like everybody. Sometimes I get let in on unpleasant secrets, as when I inquired at city hall in the coal-mining town of Benham, Kentucky, about the childhood neighborhood of its most prominent citizen, Bernie Bickerstaff, an African American NBA coach. "You're looking for N\*\*\*\*\*town," I was told with staggering nonchalance.

Ted Turner once hired me to write his autobiography and flew me to his ranch in Montana. There, I stood in the middle of the continent's largest bison herd as it wandered through what was essentially Turner's front yard. Turner screamed at me to run for the house: "Those f\*\*\*ers will kill you!" But what I remember most was what he told Jane Fonda, whom he'd recently started dating. Although I was at the opposite end of Turner's ranch house, I could hear him, in full Mouth of the South mode, tell her on the phone, "I have Glenn Nelson over here. You'd love him; he's *eth-neek*."

**I'VE ALWAYS IDENTIFIED AS JAPANESE OR ASIAN AMERICAN.** For most of my life, I thought I did so because of my mother. And when Samurai movies or sushi or even reliable, fuel-efficient cars became vogue in the U.S., it was cool to be Japanese. But the gritty core of my identity was forged long before that, when my parents, Chiyoko Abe and Scott Nelson, started courting in Niigata, in snow country on the northern part of the Japanese main island of Honshu. My father was stationed there with the U.S. Air Force during the Korean War.

[story continues >>](#)



Florangela Davila, Glenn's wife with their dog Santana on Washington coast. Photo by Glenn Nelson

When my parents decided to marry, my father had to secure permission from the Air Force. That meant my mother had to undergo a background check. There also were medical exams and meetings with a chaplain. The process became even more protracted when my father wrote his mother to reveal his plans to marry a Japanese woman. Alarmed - this was the '50s, remember - she telegraphed my father's commanding officer. That's how my father came to be re-assigned to Sado Island for seven months, to "think things over." Sado is so remote that, throughout Japanese history, it was a place to which the

enemies of ruling clans were exiled. My father emerged from his own exile still resolute. This year, my parents celebrated their 60th wedding anniversary.

Early in those 60 years, people called my mother a "dirty Jap" in public. More than once I tried to scrub the "dirty" color out of my own skin. I remember the underlying hostility with which the other women in my father's life treated my mother. She endured it, per cultural prescription, and eventually forgave my grandmother and aunt, both of whom have since passed. I never came to grips with that. If you're Asian, you have a dichotomous outlook that maybe only your Catholic and Jewish friends recognize: The guilt you feel about doing something wrong, but the shame you feel when it is you who have been wronged. It's often hard to distinguish the two. So I've come to understand that, even as I have embraced being Japanese, I have deliberately rejected being white because of the guilt over what my white family did to my Japanese mother, and the shame I still feel over watching it happen.

**SOMETIMES I IMAGINE TEDDY ROOSEVELT AND JOHN MUIR** at the top of Glacier Point in Yosemite National Park, discussing the preservation of wild places, but never imagining someone like me at any of them. I imagine a different Roosevelt signing Executive Order 9066, sending people like me to wild places for the preservation of a national identity - an identity that, well past World War II, dealt people of Japanese descent out of the equation. I imagine another president signing another law that excludes the Chinese in my daughters.



Glenn Nelson with his mother and siblings, Mike and baby Linda. Photo courtesy of Glenn Nelson

I also imagine, in two or so decades, belonging to a nonwhite majority whose ancestors were hanged from trees, forced to labor in fields, or, if not slaughtered outright, forcibly relocated from the best wild lands to the worst. I imagine that nonwhite majority deciding that it doesn't give a frack about fracking, a crap about climate change, or even rubbing two sticks together to spark an environmental revolution. I imagine "the planet" appearing as an alien construct, the white man's conceit, and not ours to save.

Then I imagine my children and my children's children - those multiracial, multicultural generations - not understanding why we allowed it all to just burn, baby, burn.

And so I imagine changing the picture, before it's too late.

If I rewind to my youth, the picture improves in some ways. I think of early mornings fishing with my mom and dad, days on trails and shores, and nights in sleeping bags under stars. My father was my scoutmaster at Troop 14 in Seattle. That is where I met one of my oldest friends, Gordon McHenry, Jr., who is African American and now the head of a prominent anti-poverty organization. Our fathers liked to walk and take pictures, and I now follow in their footsteps. My brother, Mike, also was a Boy Scout, as was Gordon's brother, Eric. And there were other black, Asian and Native kids in Troop 14. Being a person of color in the outdoors seemed perfectly normal.

College was where I first began to understand that people like us were outliers. At Seattle University, Gordon and I practically dragged our classmates of color outside. We abided the nervous tension in car rides to what our friends called "the woods," whether or not trees were present. Someone inevitably joked

about being lynched. David Black, who actually is black, would hum the theme from *Deliverance*, which instantly registered as the racist national anthem. This outlook was alien to me - the fear and loathing expressed by brothers from another planet. But I came to understand that the planet where race is such a persistent touchstone is my planet, too. I did my graduate work in American government at Columbia University, where I studied under Charles V. Hamilton, co-author of the seminal 1967 book *Black Power: The Politics of Liberation*. I frequently went to Harlem, to do research at the *Amsterdam News* offices and election archives. And I stayed connected to one of my life's passions - basketball. Some would say I double-majored in hoops because I spent so much time in the gym with cats from Harlem like my buddy, Jesus (who, when I asked his last name, told me, "the Messiah"). I went to Madison Square Garden to watch an all-black NBA team that was pretty overtly referred to as the "N\*\*\*\*\*bockers." On a student's budget, I bought upper-level tickets, with plans to move closer to the court as the arena's crowd inevitably thinned. In the upper reaches, drugs were hawked like sodas and hot dogs. A dealer once thrust a joint in my face and claimed, "I got the shit that killed Bruce Lee" - an attention-grabbing declaration to someone who hails from Seattle, where Lee is buried.

Then I got an offer to work for *The Seattle Times*, a newspaper I once delivered to finance tickets for the SuperSonics. It was a no-brainer; my high-school yearbook contains entries like, "Looking forward to reading your Sonic stories in *The Seattle Times*." And, as much as my Columbia classmates gave me the Bronx cheer for "selling out," my study of race in America actually accelerated in the sports arena.

story continues >>



Glenn Nelson with Gordon McHenry, Jr., now the head of a prominent anti-poverty organization, during their days with Boy Scout Troop 14 in Seattle. Photo courtesy of Glenn Nelson



Glenn Nelson presents for Forterra at *Ampersand Live* at Town Hall, Seattle, November 2015. Photo courtesy of Glenn Nelson

In sports, it rarely mattered that I wasn't white. At times, it was a virtue. Then considered too black and a "drug league," the NBA served my interests by opening up to the media and reshaping itself as the purview of captivating individuals. In the back of team buses, I talked to Dale Ellis, Xavier McDaniel and Nate McMillan about growing up in the South, or Sam Perkins and Kevin Williams about life in East Coast inner cities. Sometimes discussions of black conservative politics took place in the front of the bus, over the *Wall Street Journal*, with people like the late Maurice Lucas, with his Enforcer persona and teddy bear personality. I once toured East Oakland's ironically named gang- and drug-infested High Street with one of its favorite sons, Gary Payton, then barely an NBA rookie. A few years later, we toured Payton's multimillion-dollar home in the tony hills above Oakland, replete with a bowling alley and Asian-styled spa with a retractable roof.

"Glenn knows what time it is," Payton once told a journalist competitor of mine, a reference to my "being down" with athletes of color and their culture.

I also knew the time in South Korea, one of the only places I've visited, besides Japan, where my ancestry was instantly recognized. I'd fretted about that when I covered the Summer Olympics there, given the strained historical relationship between the two countries. So I brought gifts and a cool pair of sunglasses, both of which delighted the young soldiers who, in plain clothes, secured the Olympic Village.

"You are our favorite journalist, even if you are a Japanese," one of them told me, cheerfully.

"But if we ever find a Korean girl in your room," he added ominously, "we will not hesitate to shoot you."

**MY GLOBETROTTING ABATED** when, in the late 1990s, I left newspapering for a thing called the internet. The web was liberating. I was a words guy at *The Seattle Times*, but soon began using audio, video and, most of all, photography to expand my storytelling repertoire. Developing *HoopGurlz*, a national website dedicated to empowering young women through basketball, I believed that women relate to sports more visually than men do, so I began carrying cameras in addition to pads and pens.

I left ESPN, to which I sold *HoopGurlz* in 2008, with a nagging feeling that my success as a photographer was due more to my basketball acumen than skill: I knew where to point the camera. A friend, Paul Bannick, who is an owl expert, turned me on to wildlife photography. Soon I was regularly hiking and photographing, mostly in national parks. When my knee got repaired, I had to temporarily forego dragging big lenses into the field, so I took smaller ones and got hooked on landscape photography. This revived my love for the outdoors, which had been sparingly nurtured by birding forays and outings with my daughters, Sassia and Mika.

Two years ago I read a story in *The New York Times* about the lack of diversity in National Park Service visitation. "You're always talking about that!" said my wife, Florangela, whom I married in Tofino, just outside Pacific Rim National Park in British Columbia. She suggested I write an op-ed piece about it for the Times. It was a good idea, but I reminded her that those pieces always end with a biographical line regarding current projects - and I didn't have one yet. Researching the op-ed, I found that diversity was a major problem not just for national parks, but for the whole outdoors sector, which was overwhelmingly white and aging out as the nation's demographics changed. The issue dovetailed neatly with my growing concern for the state of the planet I was leaving my girls. I started *The Trail Posse* to document and encourage diversity and inclusiveness in the outdoors.

My piece, "Why are our parks so white," published by *The New York Times* last summer, was a booster rocket for *The Trail Posse*. Thousands of comments, both pro and (some very nasty) con, were posted on every web platform of the Times, as well as on other social-media channels. My inbox overflowed, and it hasn't stopped since.

My life changed dramatically. I've had to surmount other barriers - psychological ones. I am afraid of heights, but a little over a year ago, I drove myself for the first time ever to Paradise in Mount Rainier National Park, elevation 5,400 feet, something I would never have done even as a passenger a year earlier. Recently I drove and hiked all over Rocky Mountain National Park, though I was glad that Trail Ridge Road, at 12,183 feet, still was closed. Last fall, I overcame another fear: public

speaking. I presented before an almost all-white banquet crowd at the National Wilderness Workshop in Missoula, Montana, and did another talk for a large nonprofit called Forterra at Town Hall in Seattle. A few months ago, I partnered with an otherwise all-white staff at *High Country News*, which has become the first major media outlet to commit to regularly covering race, diversity and inclusion in the outdoors.

I've discovered that I'm not alone. I've met dozens of people who are focused in some way on the connection between diversity in the outdoors and the mounting environmental crisis. This nascent movement inspired us to create the Next 100 Coalition. It's composed of diverse leaders from civil rights, environmental justice, conservation and community organizations that has called on the Obama administration to take tangible steps toward creating an inclusive system of national parks and other public lands that reflects, honors and engages all Americans.

This whirlwind period of my life has reinforced the idea that I don't have to be white to be green. Race and the outdoors are tethered concepts for most of my generation; the Civil Rights Act and the Wilderness Act both were signed in 1964. It's difficult to comprehend how we ended up in a place so disconnected.

**I'VE MET WHITE SENIORS ON TRAILS** who've patted me on the head for "doing a good job of assimilating," in essence thanking me and other nonwhites not for joining their ranks, but for becoming invisible. "Inclusion isn't about assimilation," according to my friend Carolyn Finney, author of *Black Faces, White Places*. In the natural world, we call it checking our

identities at the trailhead. Which means we get questioned for hiking in groups, something white people apparently find intimidating, though many of us do it to feel safer around them. It means having trouble getting a permit for a big-enough camping spot because our outdoors party, especially if we're Latino, might comprise all of our familia, including our abuelos and other extended members. It means getting shushed for socializing on the trail, something I've never heard anyone do to, say, a chatty group of white female hikers. Shoot, inclusion isn't even about inclusion, which is by definition adding something different to an otherwise sameness. It's about embracing - and recognizing - who already belongs.

Growing up, we chided each other to "act your race," and, ever so slowly, we're giving ourselves permission to do just that. It's been a struggle. One of the more traumatizing incidents of my youth was going back to Japan for the first time with my mother when I was 16. I was allowed to return to the U.S. only if I first renounced my Japanese citizenship, to which I was entitled because I was born on a U.S. Air Force base in Tokyo. How do you renounce part of yourself? It's like cutting off a body part. Yet people of color have been asked to perform cultural amputation for centuries. I was taught, largely by white educators, that being American was celebrating differences - which feels in retrospect like celebrating shades of (male) whiteness, from St. Patrick to Columbus and all the presidents who have their day. Pride - in country, flag and the majority culture, whatever that is - is encouraged, unless it's associated with ethnicity, sexual orientation or gender. If we have to keep checking all of that

story continues >>



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at the trailheads, there won't be space for restrooms, drinking fountains, or parking.

Because the outdoors remains a largely white domain, it is up to white America to invite communities of color in, to enlist us as allies. And it needs to happen across the governmental, nonprofit and business ecosystem if we have are to have a chance at retaining our public lands and creating a sustainable planet.

To come for us, white America cannot roll out the same tactics it frequently has deployed against us. It cannot continue to portray race as purely black and white. It cannot adopt us, as if we were mascots, and, in best checkboxist fashion, isolate, tokenize, and ultimately co-opt us. We're to be activated, not neutralized. People of color need to be at the table, in workforces and budget-line items. To have real power. A group of white people can no more decide on its own how best to attract and convert people who are not like them than older people can for Millennials, or men for women, or straights for LGBTQ. And we have to break the cycle of what I call Summer Camp Syndrome, where we come together, have a "good talk," feel connected and pledge unending devotion, then go home and allow the sentiment to fade into inaction.

**WHEN DISHEARTENED**, I find inspiration from my immigrant mother and immigrant mother-in-law. As naturalized citizens, they see public lands differently, much like new members of a club with "ownership of iconic landscapes" among the benefits. My mother-in-law, Ligia, literally wants to cart off parts of "her parks" - a rock, leaf or *tronquito* (branch) - and still gets disappointed when I stop her because it's against the law. The mothers help me believe that lost passion for the outdoors is re-gainable in those much longer rooted in this country.

As new stewards, we have new outlooks, often unchained to custom and convention. Last fall, I spoke at the National Wilderness Workshop, whose organizers explained that "wilderness" is a higher, more complicated designation than,

say, national parks, where I'd done most of my work. Because the mostly beginner-level audience I am seeking does not need additional complexity, I challenged myself to plot an elementary course from urban dwelling to wilderness. My own home provided a starting point.

My wife, Florangela, is a Latina from Los Angeles, whose mother is from Colombia and father from Peru. She long has loved the sea, but I have encouraged her growing enchantment with forests, mountains, rivers and lakes. When we bought our first house, I hung a bird feeder from our balcony. We soon had regulars, primarily northern flickers. We delighted in them, even named them. We took classes to learn how to create native habitat, as well as identify other species. We bought a pair of binoculars and ventured into local parks, then into state and national parks and wildlife refuges. I bought a spotting scope to entice my youngest daughter, Mika, who has special needs that preclude the use of other optics. We took her older sister, Sassia, to Canada to look at snowy owls.

When we left that first house, Florangela wept, distressed about the fate of "Flicky" and its family. But we've attracted northern flickers and many other birds to every place we've moved. Now, her mother has a vast network of feeders in the backyard of her house.

All of that unfolded from a simple act: Stepping outside our home and looking into the sky, seeing creatures and patterns that now cannot be unseen, the life connecting us thousands of miles away to places, even wilderness, and people who share our outlook and maybe even look like us.

It's not a cure for this ailing world. It may not even be a saving grace. But it's something - something that makes me believe it doesn't matter if I'm not white. I still count, and will have my say.

Glenn Nelson is the Seattle-based founder of The Trail Posse, which in partnership with High Country News covers race, diversity and inclusion in the outdoors. [trailposse.com](http://trailposse.com) ▲▲



Glenn Nelson and his daughter Sassia on Cadillac Mountain in Maine's Acadia National Park. Photo courtesy of Glenn Nelson



still from the Lunafest short film, 'Honeys and Bears'

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



photo courtesy of Christopher Ensor

# Rescue in the Mountains

## What to Expect

By Tony Tsuboi, Mountaineers Safety Committee,  
Climb Leader, and AIARE Level 1 Instructor



**A**s much as we plan and prepare for a trip, sometimes things go sideways. It just takes a twisted ankle in the backcountry to throw a monkey wrench into our travel plans. Our own safety report records show that slips, trips and falls dominate all categories of severity of incidents reported each year. What can we expect when calling for help?

First, it's going to take a while. As alpine enthusiasts, we purposely escape civilization, place ourselves in harm's way, and wander out of cell range. So hunker down, stay put, stay warm, and protect the patient (and yourself) in the meantime.

Then there's the call itself. This could be the team's emergency contact reporting the team overdue, or it may be you running down the trail to call for help. Do you have a concise summary of the relevant information? This would be one reason to have a detailed trip plan and to carry it with you when dialing 911. It should contain the full names and contacts of the party, the planned route and approach detail, relevant maps, and specify the county of jurisdiction.

Be prepared to clarify that this is a mountain rescue incident, and you are requesting routing to a specific county's sheriff department or a particular National Park Service's SAR unit. Know this in advance and include this in the trip plan you carry. Knowing whether or not the team is equipped with FRS radios tuned to a specific channel, a stove, shovel and overnight gear would be helpful information. Specifying tent colors may aid identification from the air. Knowing vehicle descriptions and where cars are parked will help law enforcement confirm you are still out there. A detailed trip plan is a useful summary of this detail and a valuable part of an emergency response plan. As a best practice, this should be carried with the party and left with a responsible person on the ground who is tasked to dial 911 if you are overdue and have not checked in by a designated time.

Once you make the call and are routed to the appropriate agency of jurisdiction, several decisions behind the scene will be made based on the time of day, location, weather and the circumstances of the incident. The quality of information you provide can have a dramatic effect on who would be mobilized, whether additional help is requested, and whether a helicopter would be considered. Even if a helicopter is dispatched, it could be several hours from your initial call before a helicopter is in the air. A ground response that requires dozens of responders to assist may not have you packaged up and ready to move until the following morning when support arrives.

If the situation warrants a helicopter, that does not mean there is one is on the way. A lot of factors go into the decision to deploy a helicopter. One may simply not be available, or weather conditions may not permit. If a helicopter is dispatched, your particular circumstances outweighed the risks weighed. Be aware, helicopters are dangerous, they kick up a lot of turbulence, and the flight crew is putting their lives at risk when they fly. Be deliberate and signal to them in distress as they fly over. Follow any instructions they give. You may be trying to be helpful, but to them, you are a wild card whose intentions they do not know. Be attentive and let the rescue technician direct you. Never grab at the aircraft or anything being lowered unless directed to. Often the air team will lower a rescue technician well away from where you are to mitigate any chance of you doing something that could put the helicopter or the team at risk. We are often on steep and unstable terrain. Take no action that puts you or your party at greater risk. Stay put unless directed otherwise.

When you talk to the dispatcher, be prepared to describe the nature of the incident, the condition of the injured party, and what care is in place. Location detail is critical. UTM coordinates are extremely useful, but naming specific trails, peaks and any identifying terrain will help to locate you efficiently. Does the party have whistles, flashing beacons common in modern head lamps or any communication devices, like a two-way PLB or FRS radios? Often the last half mile is the most challenging when the party is traveling cross country or located off trail. With FRS radios, specify the channels and a planned alternate channel in your trip plan. Is your team equipped to protect the patient from the elements and to treat for shock? While help is on the way, it will likely be several hours before it arrives. Lastly, any acute medical conditions should be relayed to the 911 operator when making this call. Have a copy of the trip plan and document any incident detail before you run to the cars. You will need this when you call.

Lastly, do not hesitate to call for help if you need it. There are no fees charged for mountain rescue and mission deployment. Everyone I spoke with in preparation for this article mentioned that they would prefer to respond to a false alarm than fail to deploy when help is really needed.

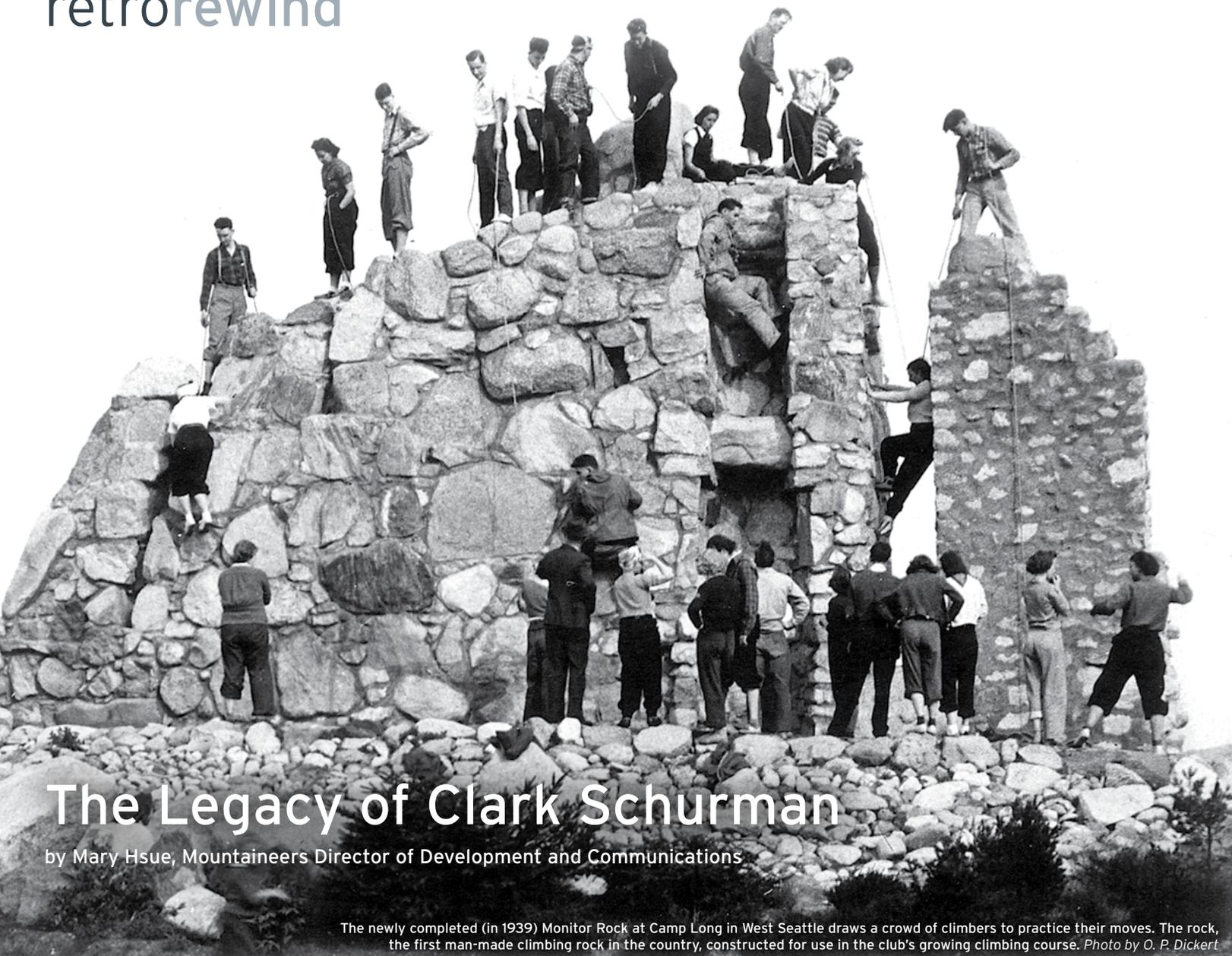
*I want to thank the many members of Snohomish County Volunteer Search and Rescue that I've met over the years and partnered with in teaching climbing and avalanche education courses. Special thanks to John Morton, Jon Schwegler and Ernie Zeller for sharing their insights on what to expect in a mountain rescue. ▲▲*

**M** The Mountaineers

FoothillsWinter.org

Winter is coming to the backcountry soon ...  
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AIARE Level One and Ski and Snowboard Mountaineering courses begin in November  
We will offer many more courses , trips and technique seminars as the season unfolds  
for information and schedules please visit FoothillsWinter.org



## The Legacy of Clark Schurman

by Mary Hsue, Mountaineers Director of Development and Communications

The newly completed (in 1939) Monitor Rock at Camp Long in West Seattle draws a crowd of climbers to practice their moves. The rock, the first man-made climbing rock in the country, constructed for use in the club's growing climbing course. Photo by O. P. Dickert

**W**hen you find yourself with a day off in the middle of the work week in August, you do what any able-bodied Mountaineer is compelled to do – go out to the mountains. And that's exactly what I did. But that day was not any old day. It was August 25th and the National Parks Centennial, so I set off at dawn to hike the Muir snowfield and honor Mt. Rainier National Park on its 100th birthday.

As a native Washingtonian growing up in the in the South Sound, Mt. Rainier has always been a part of my story. Ever in the distance, it was the mysterious big mountain my family visited when I was a child. Back then, my parents never let us venture far from the safety of our car because the outdoors was a foreign place. It wasn't until 2009, when I climbed the great peak, that I got to know Mt. Rainier and truly appreciate both the strength and fragility of the mountain and the surrounding landscape.

On my hike that bluebird day, I felt history as I took in the view. From my vantage point at Pebble Creek, Mt. Adams, Mt. St. Helens and Mt. Hood were all out – just as they were over 100

years ago when the first Mountaineers ascended Mt. Rainier, gazed at the same peaks, and develop their own love affair with mountaineering and the natural landscape. A few of these pioneers became the earliest keepers of the mountain, both protecting this precious resource and introducing people to its wonders and joys.

Dee Molenaar, 74-year member of The Mountaineers, is one of these pioneers. Author, artist, geologist, and former Mt. Rainier ranger and guide, Molenaar is widely regarded as a Rainier icon. He authored a classic, considered the definitive work on the climbing history of Mt. Rainier, *The Challenge of Rainier* published by Mountaineers Books.

But this story is not about Dee Molenaar, it's about an earlier Rainier pioneer who significantly altered Molenaar's life when he convinced the young Molenaar to give up milking cows to enroll in college and guide on Rainer during the summers. A leading figure in Northwest mountaineering and scouting in the 1930's, Clark E. Schurman was chief guide and ranger at Mt. Rainier from 1939 through 1942.



In front of the guide house at paradise on Mount Rainier in 1939: George Mayle, Dee Molenaar, Ken Spangenberg, Clark Schurman, and Cornelius "K" Molenaar. The Molenaar brothers were touring the United States in a 1928 Model A and this was their first meeting with Clark Schurman, chief guide at Mount Rainier. Photo: Dee Molenaar collection.

A widower most of his life, Schurman joined The Mountaineers in 1936 and devoted his abundant energy and talent to developing mountaineering techniques and a philosophy oriented to safety. In his book, Molenaar called Schurman "An intense, brusque little man with the military way, he had a soul highly sensitive to the beauties of the mountain and to the dreams of youth. Visitors to the small, musty auditorium in the basement of the Guide House long remembered Schurman's evening program of tinted lantern slides (and the first Kodachrome slides) which revealed the beauties of the mountain and its surrounding parklands. Schurman's poetic interpretation of the great natural forces at work helped bring the mountain close to the hearts of his guests."

Schurman also brought the mountains close to the hearts of Mountaineers members. From 1937 – 1939 he served on the editorial board of The Mountaineer Annual. It's in these annuals where Schurman's love of the mountains, talent and creativity, perhaps inspired by his immersion in nature while serving as a guide on Mt. Rainier, shone through.

Schurman contributed poetry and climbing illustrations in 1937, an illustration of the six majors – a significant club-wide award pin, 2 poems and a playful description of his first ascent of Monitor Rock at Camp Long in 1938, and in the 1939 Mountaineers annual, A Mountaineer's Sketchbook, Schurman's illustrations of 71 peaks representing club-wide and branch specific award pins complemented the images and descriptions of first ascents and club trips.

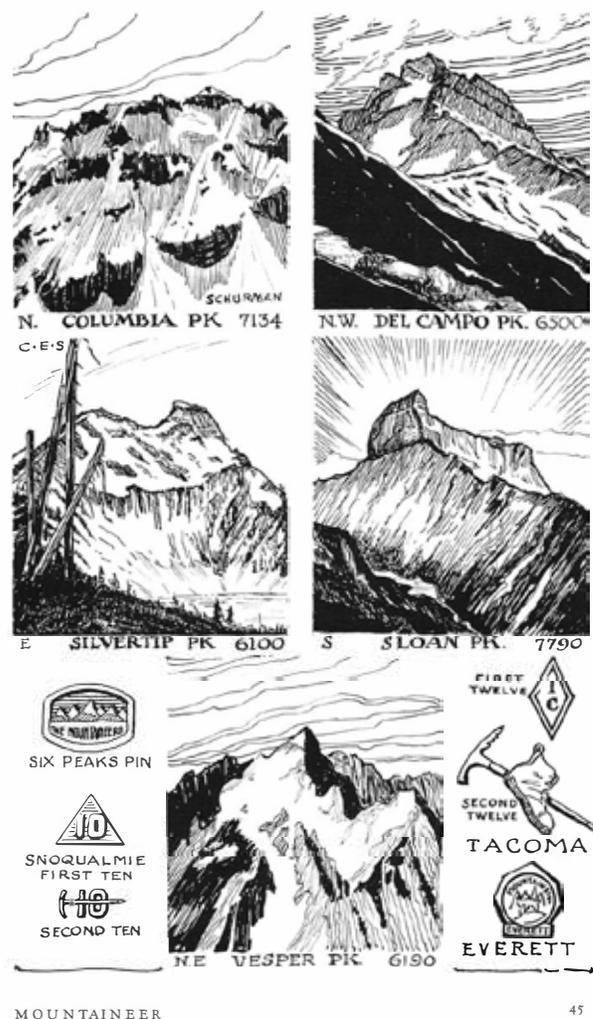
Before ending his run at the guide service at Mt. Rainier, Schurman helped plan and direct Camp Long, a city park in West Seattle designed for use by youth groups and mountaineering clubs. There he created a concrete "glacier," complete with crevasses and steps fashioned into the steep "ice face," for use in climbing instruction. It's at Camp Long where Schurman designed and constructed Monitor Rock (after his death it was renamed Schurman Rock.) A twenty-foot-high "spire" made of native stone and concrete, the rock incorporates in its various sides the features that characterize a typical rock climb: ledges, overhangs, chockstones, friction pitches. Opened to the public in 1939, the rock has served as the in-town training ground for

mountaineering classes. In the 1938 annual, Schurman proudly described the feature as having "its best corner oriented to make photographs on clear days, with Rainier in the background."

While describing the features of the rock in the Mountaineer 1938 annual, Schurman suggested the feature "may not have enough interest to serve the Club's own Climbers' Classes," but would certainly serve younger generations "if enough Mountaineers offer their services as instructors to organizations whose leaders want technical assistance."

And they have. Over the years, thousands of Mountaineers students led by dedicated volunteer instructors have climbed and traversed Camp Long's Schurman Rock. It's a key part of the curriculum for both the scrambling course and basic climbing. Schurman's award pin illustrations have also been passed down as a legacy. They've since been translated into badges which can be awarded online.

Several years after his death, in 1955 Clark Schurman's long-expressed dream materialized in the construction of a shelter cabin at 9,500 Steamboat Prow. Named Camp Schurman in memory of "the chief," the cabin was constructed by volunteer labor, with material purchased by donations from numerous former Boy Scouts, guides, Mountaineers and outdoor lovers who knew him over many years, and by money raised from a sale of oil paintings done by Schurman in his later years. ▲▲



A page from the 1938 Mountaineers Annual with illustrations by Schurman. All Mountaineer Annuals are available online: [www.mountaineers.org/about/history](http://www.mountaineers.org/about/history)

## Adventure Location Matching Game

Match the photos of the following Mountaineer Global Adventures to their location names below.



A. Alakalise, Lycian Way, Turkey; B. Alpamayo Circuit Trek, Peru; C. Colorado Trail, San Juan Mountains, Colorado; D. Gorman Chairback Lodge, Maine; E. Lakes District, England; F. Na Pali Coast, Hawaii; G. Nahuel Huapi National Park, Argentina; H. Paine Circuit Trek, Chilean Patagonia; I. Rota Vicentina, Portugal

Answers: 1-G; 2-I; 3-B; 4-E; 5-A; 6-D; 7-H; 8-C; 9-F

## Explore the World with The Mountaineers Global Adventures

### Nordic Ski Glacier National Park and Schweitzer Resort

February 19 - 25, 2017

Intermediate Nordic Skiers will enjoy the variety and beauty offered by the groomed trails outside our door at both the Isaak Walton Lodge (West Glacier, MT) and Schweitzer Resort (ID) as well as the ungroomed trails inside of Glacier National Park. The trip is designed to take advantage of overnight train travel roundtrip, but the train costs are not included so that participants may choose to drive. **Price:** \$675 Deposit Amount and due date: \$500 upon registering; balance due Jan 2, 2017. **Leader:** Cindy Hoover, cyn@zipcon.com

### Backpack New Zealand's Best "Great Walks" and Tramping Trails

February 19 - March 8, 2017

Our 18-day main itinerary will explore the striking alpine ridges, peaks and waterfalls of the Milford, Kepler and Routeburn "Great Walks", the waterfalls and green cliffs of the awesome Milford Sound, and the massive glaciers and towering peaks of Aoraki/Mount Cook National Park, walking 6-13 strenuous miles per day between backcountry huts with light packs (tents and stoves not required). An optional 6-day pre-trip excursion Feb 13-19 offers backpacking along sparkling remote white-sand beaches between secluded camps on the

Abel Tasman Coast Track, carrying our own tents, stoves and other overnight gear. **Price:** \$3000 for main itinerary, \$650 for Abel Tasman. **Leader:** Cheryl Talbert, cascadehiker@earthlink.net.

### Ski/winter walk in Austria

March 3 - 19, 2017

**Slideshow preview: Sun. Oct. 9, 6:30 pm, Seattle Program Center** Enjoy a potpourri of experiences on this tour including touring Munich, Innsbruck and Bavarian villages, skiing and winter walking in Austrian Alps ski resorts of Sölden, Hochgurgl, Ischgl, Wirl, and the Swiss resort of Samnau with elevations up to 10,500 ft. **Price:** \$3,100 **Leader:** Patti Polinsky, MeanySports@me.com, 206 525 7464.

### Trek Portugal's Rota Vicentina

April 15-May 2, 2017

Explore historic Lisbon and Sintra, trek 12 days village-to-village, 8-12 sometimes rugged miles per day, with a knowledgeable local guide along the spectacular, unspoiled southwest coast of Portugal on the Rota Vicentina, and bask on the beaches of Lagos on the Algarve. Enjoy great rural culture, food and wine; sleep in a bed every night; carry only a daypack. **Price:** \$3,500. \$1500 deposit required to register. **Leader:** Cheryl Talbert, cascadehiker@earthlink.net.

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

Click on the Explore tab, then search "Global Adventures."

# Ready for Adventure?

The Go Guide offers 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, branches are named at the end of each listing. **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.*

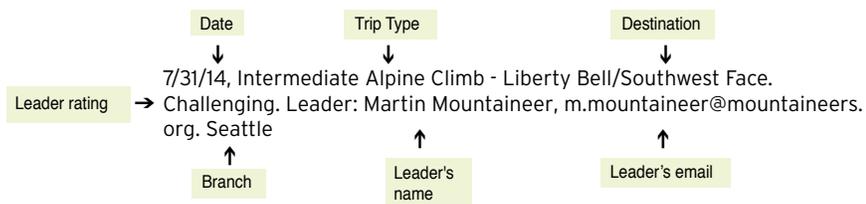
## Mountaineers Ten Essential System required on all Mountaineers trips:

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



### How to use the Go Guide:

We use the same category names 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* (for activities) or *Learn* (for courses) tab. You can then filter your search by category (for example, *Day Hiking*).

If you don't see what you're looking for, don't hesitate to call Member Services! We're here to help: 206-521-6001 or email: [info@mountaineers.org](mailto:info@mountaineers.org).

### Quarterly Update

We recently switched to a quarterly publication - with winter, spring, summer and fall issues. We started January 2016, with each issue covering three months. Based on feedback from course leaders, we are adjusting the schedule to better accommodate course dates starting with the next issue, in time to advertise spring courses (the winter issue will start December).

If you have any suggestions, questions or feedback, please send an email to Suzanne Gerber, publications manager, at [suzanneg@mountaineers.org](mailto:suzanneg@mountaineers.org).



# activities

Below is a sampling of The Mountaineers activities. To see the full listing, go to [www.mountaineers.org](http://www.mountaineers.org).

## backpacking

10/1/16-10/2/16, Backpack - South Pass & McAlester High Camp (Challenging) Leader: Deborah Fisher, gearsbearings@gmail.com. Foothills

## climbing

10/1/16, Intermediate Alpine Climb - Eldorado Peak/Northeast Face (Challenging) Leader: John Leo, leo@halfaya.org. Seattle

10/1/16, Intermediate Alpine Climb - Observation Rock/North Face (For Beginners (Getting Started Series)) Leader: Mark Scheffer, mark\_scheffer@yahoo.com. Seattle

10/1/16-10/2/16, Basic Alpine Climb - West McMillan Spire/West Ridge (Challenging) Leader: Ida Vincent, ida@ourecoplanet.com. Seattle

10/1/16-10/2/16, Basic Alpine Climb - Whitman Crest/Fryingpan Glacier (For Beginners (Getting Started Series)) Leader: Ralph Wessels, ralphwessels@comcast.net. Kitsap

10/1/16, Basic Alpine Climb - Kangaroo Temple/North Face (For Beginners (Getting Started Series)) Leader: Elaina Jorgensen, elaina.jorgensen@gmail.com. Everett

Climbing 10/1/16-10/2/16, Basic Alpine Climb - Mount Fernow/Southwest Slope (Moderate) Leader: Curtis Stock, cstock34@msn.com. Tacoma

10/2/16, Intermediate Alpine Climb - Eldorado Peak/Northeast Face (Challenging) Leader: Joe Petersen, jspeter@gmail.com. Tacoma

10/8/16, Basic Alpine Climb - North Twin Sister/West Ridge (Challenging) Leader: William Ashby, wsashby@earthlink.net. Seattle

10/8/16-10/9/16, Intermediate Alpine Climb - Eldorado Peak/Northeast Face (Moderate) Leader: Fred Luck, f-luck@hotmail.com. Seattle

10/15/16, Basic Alpine Climb - Ingalls Peak/South Ridge (Moderate) Leader: Mark Scheffer, mark\_scheffer@yahoo.com. Seattle

10/15/16-10/16/16, Basic Alpine Climb - Tomyhoi Peak/Southeast Route (Moderate) Leader: Curtis Stock, cstock34@msn.com. Tacoma

10/16/16, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Jill Uthoff, jilluthoff@gmail.com. Tacoma

## day hiking

10/1/16, Day Hike - Panhandle Gap (For Beginners (Getting Started Series)) Leader: Michael Silverstein, rhody1171@comcast.net. Olympia

10/1/16, Day Hike - Tubal Cain Mine & Buckhorn Lake (Moderate) Leader: Bill McCoy, whmccoy@gmail.com. Kitsap

10/2/16, Day Hike - Hood Head (Easy) Leader: Bill McCoy, whmccoy@gmail.com. Kitsap

10/7/16, Day Hike - Ira Spring Memorial Trail (Mason Lake) (Moderate) Leader: Christopher Ensor, ctraills@comcast.net. Foothills

10/8/16, Day Hike - Mount Ellinor (Challenging) Leader: Brian Carpenter, fleasgach@gmail.com. Seattle

10/9/16, Day Hike - Van Trump Park (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

10/16/16, Day Hike - Kendall Katwalk (For Beginners (Getting Started Series)) Leader: Michael Mellors, beta618@gmail.com. Olympia

10/22/16, Day Hike - Royal Basin (Moderate) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

11/6/16, Day Hike - Lime Kiln Trail (For Beginners (Getting Started Series)) Leader: Bob Pankl, pankl@earthlink.net. Seattle

## exploring nature

10/1/16, Day Hike - Esmeralda Basin & Fortune Creek Pass (Moderate) Leader: Stewart Hougen, sehougen@comcast.net. Seattle

10/22/16, Day Hike - Barclay Lake (For Beginners (Getting Started Series)) Leader: Gordie Swartzman, g.swartzman@gmail.com. Seattle

11/19/16, Day Hike - Hansville Greenway (Easy) Leader: Gordie Swartzman, g.swartzman@gmail.com. Seattle

## navigation

10/1/16, Stewardship - Heybrook Lookout & Ridge (For Beginners (Getting Started Series)) Leader: Jeff Panza, jeff.panza.mountaineers@gmail.com. Seattle

## scrambling

10/1/16, Alpine Scramble - Marcus Peak and Grand Park (Challenging) Leader: Dave Morgan, go.climbing@gmail.com. Seattle

10/3/16, Alpine Scramble - Oval & Star Peaks (Challenging) Leader: William Ashby, wsashby@earthlink.net. Seattle

10/8/16, Alpine Scramble - Mount Washington/Standard Route (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

10/8/16, Alpine Scramble - Gothic Peak (Moderate) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

## sea kayaking

10/15/16, Sea Kayak - Pickering Passage (For Beginners (Getting Started Series)) Leader: Barney Bernhard, barneybernhard@gmail.com. Kitsap

10/19/16, Sea Kayak - Kilisut Harbor (Easy) Leader: Barney Bernhard, barneybernhard@gmail.com. Kitsap

## stewardship

10/1/16, 10/15/16, 11/5/16, 11/19/16, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

10/1/16, Stewardship - Ingalls Creek (For Beginners (Getting Started Series)) Leader: Sean Mathias, seanm@prosolve.com. Seattle

10/7/16-10/9/16, 10/18/16-10/21/16, 10/21/16-10/23/16, 10/28/16-10/30/16, Stewardship - Meany Lodge (For Beginners (Getting Started Series)) Leader: Patti Polinsky, meanysports@me.com. Outdoor Centers

10/8/16, Stewardship - Paradise Area (summer) (For Beginners (Getting Started Series)) Leader: Bonnie Betts, bonbetts@msn.com. Olympia

## urban adventures

10-2 to 12-25, Each Sat - Green Lake Walk Meet 11 AM at Urban Bakery, 7850 E Green Lake Dr N. No registration. Bob Feldman, (206) 528-1467, bobzf@yahoo.com Seattle

10/5/16 to 10/28/16, Wednesdays 7pm. Skate the Alki Beach paved trail with beautiful views of downtown across Elliott Bay. Take the Harbor Ave. exit off the West Seattle Bridge and go about 1 mi. north to meet on the sidewalk just north of Salty's Restaurant. Restaurant stop after. Questions? Mark Olsoe, 206-937-7454, markolsoe@comcast.net. NO SIGN UP

10/7/16 to 12-29, Each Fri - Eastside Outdoor Tennis Intermediate Doubles (M) Meet at Robinswood Tennis Center at 7:15 PM. Activity Fee: \$10.00. Fay Weaver, (206) 930-7762, seattlefay@hotmail.com Seattle

10-14, 11-11 & 12-9, Fri - Games Night and Snacks. 7 P.M. at the Phinney Neighborhood Center, 6532 Phinney Ave. N., #3. Bring a snack or beverage (with cups) to share & a game if you want. No sign up. Eldon Ball, eldonball@juno.com, 206-366-8405.

10-21 & 12-16, Fri - Sing-a-Long Limit 30. Meet at Karen's home at 7 PM. BYOB and a pot luck item to share. Song books are provided. Feel free to bring an instrument if you play one. Fragrance free please. Sign up with Karen Schaper, (206) 206-595-1443, kaschaper7@hotmail.com. Seattle

# courses

Below is a sampling of courses offered. See [www.mountaineers.org](http://www.mountaineers.org) for complete and up-to-date listings.

## climbing

10/11/16, Basic Alpine Climbing Equivalency Evaluation - Seattle - 2016 - A Skills evaluation for those interested in Basic Climbing Equivalency Members: \$0, Non-members: \$0. Contact: Aaron Molskness, aaron.molskness@gmail.com. Seattle

10/13/16-11/30/16, Introduction to Leading Bolted Routes - Seattle - 2016 - Introduction to Leading Bolted Routes - Seattle Members: \$125, Non-members: \$200. Contact: Helen Arntson, xylonia@gmail.com. Seattle

11/10/16-3/12/17, Self Rescue II - Everett - 2016 - Evacuating an Injured Person, Rope Soloing, Pitoncraft, Bolting, Aid Climbing, Ice Rescue, Glacier Rescue, Small Party Rescue & Scenario Reviews Members: \$50, Non-members: \$75. Contact: Pie Schwegler, jon.schwegler@outlook.com. Everett

11/18/16-12/31/21, Intermediate Alpine Climbing Course - Seattle - 2017 - 2017 Intermediate Climbing Course - Seattle Members only: \$500. Contact: Stan Hummel, shummel@nwlink.com. Seattle

12/4/16-10/23/17, Basic Alpine Climbing Course - Seattle - 2017 - Basic Alpine Climbing Course - Seattle Members: \$650, Non-members: \$800. Contact: Jim Nelson, jim@promountainssports.com. Seattle

1/17/17-2/28/17, Introduction to Leading Bolted Routes - Seattle - 2017 - Introduction to Leading Bolted Routes - Seattle Members: \$125, Non-members: \$200. Contact: Helen Arntson, xylonia@gmail.com. Seattle

1/18/17-10/31/18, Basic Climbing Course - Kitsap - 2017 - Basic Climbing Course - Kitsap 2017 Members: \$400, Non-members: \$500. Contact: Ralph Wessels, ralphwessels@comcast.net. Kitsap

## first aid

10/1/16-10/16/16, MOFA - Olympia - October 2016 - Fall Mountaineering Oriented First Aid - Olympia. Classes 8am to 4:30/ 5pm Sat/Sun Oct 1/2 and Sat/Sun Oct 15/16. 2016. Griffin Fire Dept Headquarters. 3707 Steamboat

Loop NW, Olympia, WA 98502 Members: \$150, Non-members: \$300. Contact: Bob Keranen, keranen@hcc.net. Olympia

10/1/16-10/16/16, MOFA - Olympia - October 2016 - Fall Mountaineering Oriented First Aid - Olympia. Classes 8am to 4:30/ 5pm Sat/Sun Oct 1/2 and Sat/Sun Oct 15/16. 2016. Griffin Fire Dept Headquarters. 3707 Steamboat Loop NW, Olympia, WA 98502 Members: \$150, Non-members: \$300. Contact: Dee Ann Kline, deeannk3@gmail.com. Olympia

12/9/16-12/18/16, Wilderness First Responder (WFR) - Fall - 2016 - Wilderness First Responder Members: \$575, Non-members: \$600. Contact: Mary Panza, makinanoise@hotmail.com. Seattle

## navigation

10/17/16-10/30/16, Wilderness Navigation Course - Kitsap - The wilderness navigation course provides you with the knowledge, skills and experience to competently find your way in the wilderness - on and off trail. Members: \$55, Non-members: \$75. Contact: Jerry Logan, cjtjlogan@mac.com. Kitsap

1/23/17-12/31/17, Wilderness Navigation Course - Seattle - 2017 - 2017 Wilderness Navigation Course - Seattle Members: \$55, Non-members: \$65. Contact: Brian Starlin, brian.starlin@comcast.net. Seattle

1/23/17-9/13/17, Introduction to Map & Compass - Seattle - 2017 - 2017 Introduction to Map & Compass Members: \$20, Non-members: \$30. Contact: Brian Carpenter, fleasgach@gmail.com. Seattle

## outdoor leadership

12/3/16, The Mountaineers Leadership Conference - 2016 - A day reserved for current and aspiring leaders to foster new ideas and skills. Esteemed outdoor community speakers and interactive sessions punctuate a program designed to enhance your leadership and personal growth. Please come and participate in this fun and exciting event Members: \$25, Non-members: \$200. Contact: Chris Williams, chrisw@mountaineers.org. The Mountaineers

## sea kayaking

11/6/16-11/20/16, Beginning Kayak Roll - Seattle - 2016 - Beginning Kayak Roll Class - Seattle Members: \$205, Non-members: \$400. Contact: melinda moree, melinda@melindamoree.com. Seattle

## ski/snowboard

11/29/16-3/5/17, Ski & Snowboard Mountaineering 16-17 - Ski and Snowboard Mountaineering Course - Foothills Winter 16-17 Members: \$200, Non-members: \$300. Contact: Jerry White, ssm@foothillswinter.org. Foothills

1/9/17-1/22/17, Basic Nordic Skiing - Olympia - 2017 - This series of four lectures will include an orientation to backcountry travel, avalanche awareness and safety, route selection, cold weather ailments, clothing, and equipment. Members: \$40, Non-members: \$50. Contact: Allison Osterberg, anatolia540@hotmail.com. Olympia

## snowshoeing

1/9/17-1/22/17, Basic Snowshoeing - Olympia - 2017 - This series of four lectures will include an orientation to backcountry travel, avalanche awareness and safety, route selection, cold weather ailments, clothing, and equipment. Members: \$40, Non-members: \$50. Contact: Bob Keranen, keranen@hcc.net. Olympia

## youth

Youth; 10/1/16-9/30/17, Young Women Empowered - Seattle - 2016/2017 - Multi Mountain Workshop series with Young Women Empowered. Funding for partnership workshops provided by NorthFace! Contact: Emily Carraux, emilyc@mountaineers.org. Seattle

Youth; 1/1/17-12/31/17, Stehekin Rugrats - Seattle - 2017 - Contact: Becca Polglase, beccap@mountaineers.org. Seattle

## 2016 - 2017 Naturalists Lecture Series Seattle Program Center, 7pm

**Nov. 9, 2016 (Wed) - Elizabeth Petras**, Natural Resources Specialist from NOAA Fisheries, will share the latest information on Puget Sound's endangered orcas.

**Jan. 11, 2017 (Wed) - Nick Zentner**, senior lecturer in geology at Central Washington University, will review the tracks of previous great earthquakes in the Pacific Northwest to separate fact from fiction regarding tsunami and ground-shaking potential.

**Feb. 9, 2017 (Thurs) Nick Bond**, state climatologist and UW research scientist and associate professor will talk about the weather and explain what is going on in the age of global warming.

**March 9, 2017 (Thurs) Janneke Hille Ris Lambers**, UW biology professor, will tell us about Meadowwatch.





Meany Lodge. Photo courtesy of The Mountaineers.

## Baker Lodge

[www.mountaineers.org/about/locations-reservations/baker-lodge](http://www.mountaineers.org/about/locations-reservations/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 all ages and abilities. Families with children 5 years or younger should call the host prior to registering.

**Schedule, Rates & Reservations:** The lodge is usually open weekends in August and September. Groups may be listed on the schedule for specific weekends. However, unless otherwise indicated the lodge is open to non-group members as well, 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](http://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 to consider using the lodge. 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](mailto: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, not on the road, and walk the trail (driveway) on your right to the lodge. Once you're in the lodge look at the parking sign on the bulletin board to make sure you're parked correctly. 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 Forest Theater & Cabin

[www.ForestTheater.com](http://www.ForestTheater.com)

### 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. Our 2016 season brings two popular musicals to life on our unique stage. These uplifting and family-friendly musicals will appeal to young and old alike - treat yourself to a "day away" in the forest and enjoy theater inspired by a magical place. Generations of theatergoers 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 1:00 pm. See our web site for all the details: [www.ForestTheater.com](http://www.ForestTheater.com)

The Mountaineers Players are excited to announce their 2017 season. Fly off to the Kitsap Forest Theater to see "The Wizard of Oz" (spring show) and "Tarzan" (summer show). Watch our web site ([foresttheater.com](http://foresttheater.com)) for notice of auditions (early March) if you would like to be on stage. Tickets will be listed on our website in the fall (perfect Holiday gifts).HELP WANTED

Do you like to cook? The Mountaineers Players are looking for cooks to prepare meals for an appreciative cast and crew during Kitsap weekend rehearsals and performances. We also need help with set building, costume sewing, prop collecting, ushering and parking for shows, and carpentry work on the property. Please contact us at [players@Foresttheater.com](mailto: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.

### KITSAP FOREST ADVENTURE CAMP

Do you like mentoring kids in the out of doors? We are looking for staff (paid and volunteer) to work with kids grades K-4 for two weeks of outdoor day camp in July. Includes riding the ferry from Seattle. See our web site for job descriptions and applications.

### 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. There are hikes available on the property (20 acres) and on the

adjacent Rhododendron Preserve (a 460-acre private reserve operated by The Mountaineers Foundation). "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. Please contact us for details and pricing: 206-542-7815

## Meany Lodge

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

**Meany Season Pass** - If you are going to spend a lot of time at Meany, then the season pass is for you. You get to come up whenever we're open to the public. This includes all of Holiday week, and all of our winter weekends including the fantastic Carnivale Di Meany. You can't beat this. Season pricing:

**Adult - ages 14 and over: \$625 (member \$550)**

**Child - ages 6-13: \$375 (member \$325)**

**Toddler - 5 and under: \$65**

**Meany Fall Work Parties** - This is the time that the Meany committee does all the work to get Meany ready for winter. We have 2 types of workparties, mid-month, and weekend. Mid-month ones are held on a Tuesday through Thursday once a month. They are managed by the Meany retirees. Weekend workparties are held held through out the summer and fall. If you want to help out simply go to [www.brownpapertickets.com/event/806243](http://www.brownpapertickets.com/event/806243) to register. if you are not sure and want more info simply contact the Meany Webmaster at [webmaster@meanylodge.org](mailto:webmaster@meanylodge.org).

## Stevens Lodge

[www.mountaineers.org/about/locations-reservations/stevens-lodge](http://www.mountaineers.org/about/locations-reservations/stevens-lodge)

The Mountaineers has a fantastic facility at Stevens Pass. We are located adjacent to the ski area at the summit of Stevens Pass. This puts you within hiking distance of all the trails at the summit, the Pacific Crest Trail and the excellent mountain biking experiences at Stevens Pass Ski Area.

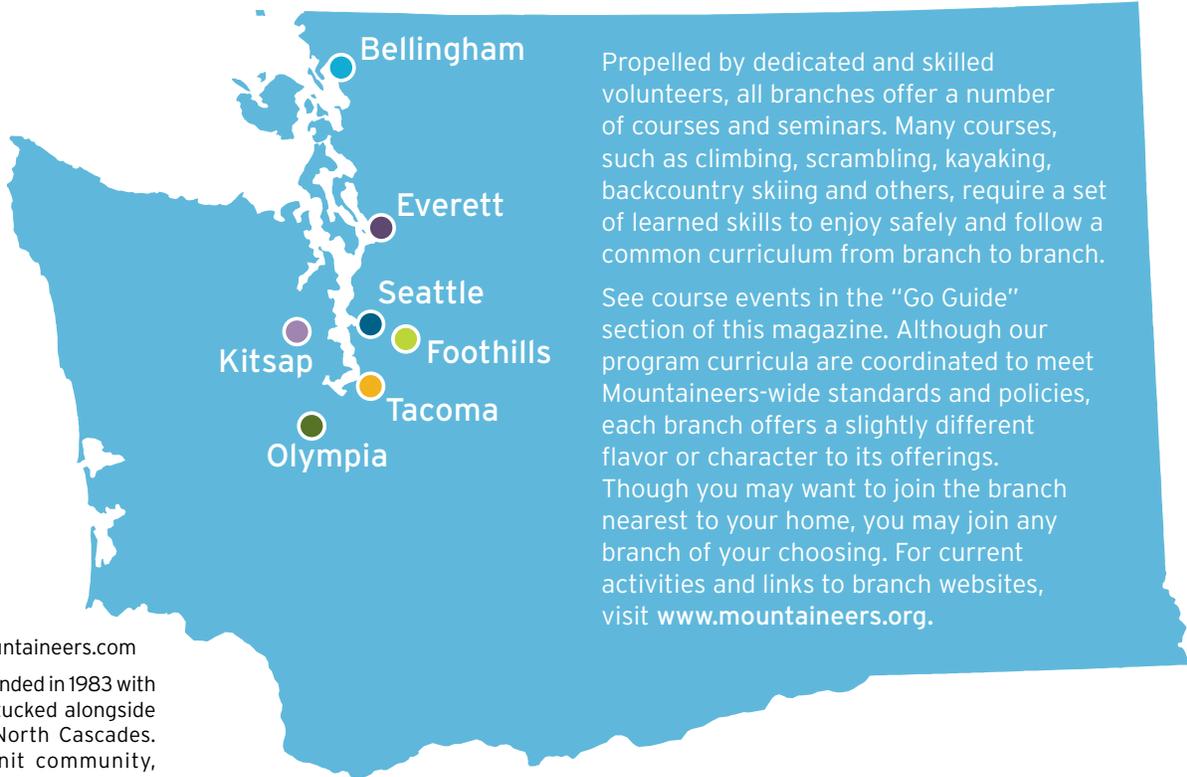
From April to December, the lodge is open for group bookings of 30 or more people. Meals can be provided or your group can provide your own cooking and food. The lodge has two dorms with 20 bunks in each dorm. Bathrooms are shared and there is a shower in each restroom. The main living area has a large dining room and a lounge area with a fireplace. The dining area can also double as a classroom for those wanting a learning environment.

You can follow us on Instagram @stevenslodge\_mountaineers, Facebook and Twitter @StevensLodge for the most updated details about lodging, events, and how to get this years Stevens Lodge swag.

*Cancellations for lodges and outdoor centers must be made before noon of the Thursday prior to the weekend of the reservation. They will be refunded minus a small service fee.*

# branchingout

Welcome to the seven branches of The Mountaineers



Propelled by dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others, require a set of learned skills to enjoy safely and follow a common curriculum from branch to branch.

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. For current activities and links to branch websites, visit [www.mountaineers.org](http://www.mountaineers.org).

## BELLINGHAM

**Vice Chair:** Minda Paul, [mindapaul@hotmail.com](mailto:mindapaul@hotmail.com)

**Website:** [www.bellinghammountaineers.com](http://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](mailto:matthewvadnal@aol.com)

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

Saturday, June 4th, was a banner day for the Everett members. An estimated forty of them celebrated National Trails Day by partnering with the National Forest Service to restore the Eight Mile Trail in the Boulder River Wilderness. At the same time, students in Everett's Basic Climbing Class were practicing glacier travel and crevasse rescue on Mount Baker. Everyone

enjoyed the fabulous weather despite the high temperatures.

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 that 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 7pm 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.

**HISTORY:** The Everett Branch of The Mountaineers was founded in 1910 by H.B. Linman, an Everett dentist. The branch was "officially" founded in 1911 when The Mountaineers charter was amended.

## KITSAP

**Chair:** Jeff Schrepple, [avdfan@aol.com](mailto:avdfan@aol.com)

**Website:** Kitsap Branch on [www.mountaineers.org](http://www.mountaineers.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 program has also grown significantly. Other Kitsap Branch courses and activities include snowshoe/winter travel, navigation, first aid, wilderness basics, hiking & backpacking basics, and trail running. The branch is currently exploring the possibility of starting a naturalist committee.

Our activity committees sponsor four or more stewardship efforts each year and recurring events include our fall Salmon Safaris. The branch hosts an Annual General Membership meeting every October. A major goal of the branch is to add more family activities in 2017.

**BRANCH MEETINGS:** 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, Jefferson, or Clallam Counties, depending upon the activity or the audience to be reached.

Branch council meetings are held quarterly on the third Thursday of the designated month at 5:45pm. To find the day and location of the council meetings please check the Kitsap Branch event calendar of The Mountaineers website.

## SEATTLE

**Chair:** Peter Hendrickson,  
p.hendrickson43@gmail.com

**Website:** [www.mountaineers.org/about/branches-committees/seattle-branch](http://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, sea kayaking, 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.

**FOLK DANCING:** Every Tuesday from 7:30 to 9:30pm (unless it is a parks or national holiday). Location: Peter Kirk Community Center (also

known as Kirkland Community Senior Center) 352 Kirkland Avenue, Kirkland, WA. For more information, check the online calendar of events for the Seattle Branch (not to be confused with the Seattle Program Center).

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

**PHOTOGRAPHY:** Each 3rd Wednesday of the month, the Seattle Photography Committee holds a potluck and photo presentation.

## FOOTHILLS

**Chair:** Steve LeBrun,  
stevelebrun@comcast.net

**Websites:** [foothillsmountaineers.org](http://foothillsmountaineers.org),  
[FoothillsWinter.org](http://FoothillsWinter.org)

The newest Mountaineers branch, founded 11 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, winter camping, sports

conditioning, and leadership training courses. Foothills leaders offered 143 different hiking, backpack and snowshoe activities in 2015 as well over a dozen different courses.

Visit the Foothills Branch web page often for information on upcoming activities, film and speaker events, trips, classes and courses.

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 a Foothills branch affiliation by accessing "Your Account" on the club website.

**MEMBERSHIP MEETINGS:** Branch Membership meetings as well as Branch Council meetings (open to all members) are held from time to time

at Issaquah, Mercer Island or Bellevue locations. See the branch website and calendar for specific events and meeting dates. Membership meeting are social in nature, and typically include a guest speaker, outdoor-themed film, or a slideshow presentation of backpacking and global adventure trips taken by members.

**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 welcomes new activity and trip leaders, course content developers and instructors, writers, and event planners. The branch offers the training and mentoring support to help those interested become confident hike and backpack trip leaders. We also appreciate volunteer support with administrative tasks such as bookkeeping, publicity, website blogging, scheduling - the sometimes mundane work vital to the success of the branch.

## TACOMA

**Chair:** Jim Paxinos,  
jim.paxinos@tacomamountaineers.org

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

The second largest of all seven branches, Tacoma maintains not only its own program center in the Old Town neighborhood of Tacoma, but a property close to Mt. Rainier, the Irish

Cabin on the Carbon River. Tacoma Branch offers an extensive list of activities and courses, including backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, bicycling, singles events, wilderness navigation, avalanche awareness, folk dancing, photography and family activities.

Learn more about us by visiting our branch website to view our activities, our events

calendar and other offerings.

**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).

## OLYMPIA

**Chair:** Brian List, [balancingdogs@gmail.com](mailto:balancingdogs@gmail.com)

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

Meet the Mountaineers at the Potluck and Adventure Speaker series on **first Wednesdays** from September through May, excluding November, at the **Friends Meeting Hall** at 3201 Boston Harbor Rd. NE. The potluck meal begins at 6 p.m. Bring a dish to share and your own plate and flatware. The adventure presentation begins at 7 p.m. Contact Carolyn Burreson at [cbburreson@q.com](mailto:cbburreson@q.com).

**OCTOBER 5 ADVENTURE PRESENTATION** by Zachary Brown (PhD, Arctic climate science), who will speak about his efforts to create an education and research institute in wild Alaska. The Inian Islands Institute brings scientists and student groups for field-based courses among the mountains, glaciers, and fjords of Alaska and is focused on environmental leadership. As part of this project, in 2014, Zachary set off on a 4-month, 2300-mile, solo trek up the

Pacific coast to Alaska on foot and by kayak. He'll share his photos and stories from that grand adventure.

**DECEMBER 7 ADVENTURE PRESENTATION** Come take a hiking tour around the Olympic Peninsula, Grays Harbor and Long Beach Peninsula with guidebook author Craig Romano. Drawing from his new, Second Edition *Day Hiking Olympic Peninsula*, Craig will introduce a diverse array of trails on the Olympic Peninsula. He has penned more than a dozen books covering the region. His *Columbia Highlands: Exploring Washington's Last Frontier* was recognized in 2010 by Secretary of State, Sam Reed and State Librarian, Jan Walsh as a *Washington Reads* book for its contribution to Washington's cultural heritage.

**BRANCH HIKING AND CLIMBING AWARDS, PINS, AND PATCHES:**

Get your paperwork in by September 15 to receive your award at the Annual Banquet. The awards are listed at the Mountaineers website. Send your completed paperwork requesting the award, following the website instructions,

to Kerry Lowry at [kerryndon@comcast.net](mailto:kerryndon@comcast.net) (360-456-2694).

**COMING EVENTS:** The **Telluride Film Festival** is on October 7. The **Banff Mountain Film Festival** is on December 10 and 11, with a different set of films each night.

**The ANNUAL BANQUET** is on October 29 and will feature Bob Kandiko, who will tell the harrowing tale of the rescue of two climbers near the summit of Denali in 1980. This year, Kandiko and Helms were awarded the prestigious David Sowles Memorial Award by the American Alpine Club. The honor is given to "mountaineers who have distinguished themselves by going to the assistance of fellow climbers in peril on the mountains."

**BE SURE YOU GET THE EMAIL BLASTS!** Each month we send out an email with just Olympia-related events. Make sure you get it by logging into your Mountaineers account profile at [mountaineers.org](http://mountaineers.org), designate Olympia as your branch, opt in to "Branch Communications" in preferences, and be sure to save.

Hey Bob! Did you see our photo on Facebook? We're famous!

We are? I only see my aunt's cat videos.

Let's fix that! We're not famous if no one sees us.



## See more of The Mountaineers on Facebook

1. Go to The Mountaineers Facebook page. If you haven't liked us, please click on the "Like" button to make our relationship official. You can do this on mobile or desktop (except it'll be a button called "Follow" on your cell phone).
2. Click on the down-pointing triangle next to 'Liked' to explore your options. It's probably set to default – but you'll want to see our information first. Select 'See First'.
3. Select the little "pencil" icon next to 'Notifications'. This will give you even more options to choose what you want to see from us (we think you should select them all just to be safe).

That's it! You get a gold star from us, and the satisfaction of knowing you will get about 28 more opportunities a week to be smarter about the outdoors than everyone you know.

## REASONS TO FOLLOW THE MOUNTAINEERS ONLINE

We spend a lot of time curating content to make your life better. We post outdoor news, community stories, trip reports, tips & tricks, pictures, and things to make you smile. Plus our latest courses, activities, events, blogs, AND adorable marmot photos.

Questions? Call: 206-521-6001 or email [info@mountaineers.org](mailto:info@mountaineers.org)

# businessdirectory

We thank the following Mountaineers business owners for their support:

### FINANCIAL SERVICES

**Mearl Bergeson** (Joined 2011)  
Merrill Lynch Wealth Management  
[www.fa.ml.com/mearl\\_bergeson](http://www.fa.ml.com/mearl_bergeson)  
[mearl\\_bergeson@ml.com](mailto:mearl_bergeson@ml.com)  
206-464-5632

### MAPS

**Coburn Family** (Joined 2008)  
Green Trails Maps  
[www.GreenTrailsMaps.com](http://www.GreenTrailsMaps.com)  
[alan@greentrailsmaps.com](mailto:alan@greentrailsmaps.com)  
206-546-6277

### REAL ESTATE

**Leah D. Schulz** (Joined 2006)  
The Force Realty  
[www.RealEstateByLeah.com](http://www.RealEstateByLeah.com)  
[leah@leahdschulz.com](mailto:leah@leahdschulz.com)  
206-523-1288

**Cisca Wery** (Joined 2003)  
Windermere Real Estate Company  
[www.LakeWA.com](http://www.LakeWA.com)  
[cisca@windermere.com](mailto:cisca@windermere.com)  
206-715-7187



"My professional business listing in the Mountaineers Magazine has resulted in over \$15,000 in commissions in 2016. My affiliation with the Mountaineers provided an immediate connection with the client. My listing in the business directory shows that I support this organization both personally and professionally. I highly recommend it!"

-Leah Schulz,  
The Force Realty

## 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, contact our Publications Manager, Suzanne Gerber [suzanneg@mountaineers.org](mailto:suzanneg@mountaineers.org) or 206-521-6013.

Business Members receive the following:

- Business Member Directory listing on the Mountaineers website, including link to business member's website and in the magazine

- A 25% discount on advertising in *Mountaineer* magazine
- Business Member Directory included in new-member packets distributed to all new members
- Opportunity to publicly showcase support of Mountaineers organization

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

# Adventure

by Steve Scher

Steve on his new bike, Magnuson Park. Photo by Suzanne Gerber

Adventure comes to us all, ready or not. We just have to be ready.

I remember taking my babies out onto the street for their first walks. They gripped my thumb and stutter-stepped along the sidewalk into a whole new world. Each crack in the pavement, each bud on a bush – new and amazing. A walk around the block could take 45 minutes.

Everything was worth exploring.

My good dog saw that world that same way, each and every day from puppyhood to old age. The nose sniffed out the most profound changes to his world. Every leaf told of some beasts' passing, every post and pole marked the start of a story.

Even in his last months that drive never ebbed. Blind, deaf, his back legs so weak a soft breeze would topple him, all he had left was his nose. He plunged his long black snout into flower heads. He burrowed into leaf piles. He rooted around boxes piled by garbage cans. He laid furrows into grass strips. He plowed the passage of time itself.

That's what an adventure does. It rewires time. An adventure remakes our sense of our place in the world. Adventure is the shock and the terror of the new. That's what we seek, isn't it? Something new, something awesome, something sublime, something that takes us away from the tediously familiar, even at the risk of our safety.

But damn the dangers, full speed ahead. The twists and turns of the ski slope, the finger numbing grip on the rock face, the wind that whips, the waves that topple – these are the very stuff of adventure. We are on the prowl, and like any predator all that matters is the hunt. Does a wildebeest herd frighten a lion? Does a wolf wonder whether tackling a moose will hurt? No more than a climber doubts her ability to conquer that peak or a bicyclist his ability to make it through an intersection. No room for doubt in that instance. The scent of the chase is thick in the nose, the body is awash in epinephrine and the mind is blank but for the wonder for something profound.

Like the taste of blood.

I felt something akin to wonder a few months back as I hurtled into the windshield of an oncoming car and flew out over the road. As I floated in the air for those few seconds, my arms heavy, my body light, I was bewilderingly giddy. The world was gray. I could have been up in the clouds. I was free from the

tethers of gravity, unbound to any concerns.

When I came to, sprawled on the street, the blood poured from my smashed nose into my eyes and blinded me. My arm throbbled, my knees crackled, my chest burned. And my head... Well that phrase, "you had your bell rung" is the truth that shapes the cliché. I was the cartoon wolf who'd had his head smashed between two cymbals. I was the coyote holding on to an anvil, plunging into the canyon. I was the guy in the wingsuit who'd just clipped the rock ledge.

But I was alive. I could wiggle my toes. My bike helmet was in pieces, but as the cops and the docs and the nurses kept telling me, it had saved my life.

My concussion eased, my bones healed, my scars will tell my tale.

I'd rather have chosen my adventure than have it crash into me, but those are the risks we run. Every step renews the world or sweeps us off.

I remember as a young boy, rushing towards the viewpoint of the Mississippi Palisades. My mother shouted, my father shouted. I ran. My dad grabbed me just at the cliff's edge. Would I have fallen? Would I have taken that next step out into the air? I don't think so. But what did I know? I was only a child, ever seeing the world anew. My father, as he grabbed my arm and yanked me back, could only see me plunging over the side.

I felt that way each time my boys went off to school. They walked off alone down the same street we had walked together discovering the new world with each step. But when they took off down that street, the adventure of independence rioting in their brains, I only saw the dangers all around. Even today, as one bicycle's off on a road trip to San Diego, and the other pedals through the heavy metal machines in San Francisco, they see adventure. I see the dangers.

That's the world we live in, a riot of dangers and challenges, of accidents around any corner, of exhilaration down any path.

On his last adventure to the wilds, my old dog could smell the elk in the field. He couldn't see them, but he knew they were near. His weak legs couldn't take him down the hill, but gravity could. Nose to the earth, he stumbled and tumbled, flopped and fell down the slope. At the bottom, he couldn't untangle himself enough to stand, so he lifted his snout instead and inhaled the ever amazing world. ▲▲



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Capitol Theater  
206 5th Av SE  
Fri., Oct. 7, 2016 - 7pm

Tickets and info: [www.mountaineers.org/mountainfilm](http://www.mountaineers.org/mountainfilm)