

Mountaineer

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

in this issue:

A World to Explore
and a Community to Inspire

Six Months in Nine Days
Life as an Intense Basic Student



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



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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: Sandeep Nain and Imran Rahman on the summit of Mount Rainier as part of an Asha for Education charity climb. *story on page 26*

photographer: Imran Rahman

Mountaineer uses:



A Vision of Adventure from the Top



Tom and sons on Mt. Rainier

Shortly before 7 am on June 26, I stood on the summit of Mt. Rainier with my three boys, a good friend, and his son. It was my fourth time on the summit, but the first for the others. With bad weather coming in, we took a few pictures and headed back down to Camp Schurman after only ten minutes – cold and tired, yet elated.

As all Mountaineers know, safely getting up and down a mountain like Rainier requires a lot of planning, a little good fortune, and many adjustments along the way. Before hitting the trail you get your permits lined up, work through gear checklists, plan out meals, track

weather forecasts, and scour the web for the latest route conditions. But things always work out a little differently than your fine-tuned plans. Blisters appear, the weather shifts, a snow bridge collapses, or a piece of gear fails. These kind of wrinkles are only minor setbacks if you're resolute, resourceful, and flexible.

Building a strong strategic plan shares many of the same characteristics as preparing for a big climb. A good plan paints a clear and compelling vision and defines how you're going to get there and what resources will be required for success. The goal isn't to forecast every detail perfectly, but to feel empowered through a bold, thoughtful plan.

The process to build our new strategic plan, Vision 2022, is underway. We're fortunate to be constructing this new plan on a rock solid foundation. Membership has grown by 25% over the past five years, our financial house is in order, the spirit of volunteerism is alive and well, and we're receiving broad recognition for our excellent publications. We've expanded the reach and impact of our conservation programs, and have record high participation in our youth programs, many of whom are from underserved communities. We're starting this next journey from a position of strength, and are excited to reach new heights in the coming years.

A key tenet of the Vision 2022 process is to listen carefully to the needs of our community and incorporate your feedback into our plan. Our recent Town Hall listening sessions in Tacoma, Everett, and Seattle are an example of how we're making a sincere effort to gather input from our branches, volunteers, members, and others. We are committed to being transparent about our overall progress, specific priorities we're considering, and conclusions from our conversations. You can follow ongoing progress on these efforts on our website at www.mountaineers.org/vision2022.

We hope you'll join us for the second round of Town Hall meetings this fall. Our goal is to present a draft plan for consideration by the Board of Directors at our November retreat. If all goes well, the final version of Vision 2022 will be presented for approval at our January 2018 board meeting. Just like taking the first few steps from the trailhead on a climb, that's when the real fun begins. Surely we'll have course-corrections along the way, but I firmly believe that our future is bright. The priorities where we focus and invest over the coming years will ensure we've done our part to move The Mountaineers towards our long-term vision: a thriving, welcoming community for all, building deep connections to the outdoors, for another 111 years and beyond.

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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Suzanne Gerber
Publications Manager
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Mountaineer Summer Magazine correction:
p. 36: Vintage photograph caption should read, "Walt Gunnason, taken on Pinnacle Peak, near Mt Rainier, circa 1950."

Huckleberries and Puffy Jackets

Most people I know like summer the best. Not me. I like the fall, and not just because that's when my birthday is. It's my favorite time to hike and backpack – when the weather is cool enough to need a puffy at the top of small peaks and warm enough for a t-shirt on the way up. It's also when the huckleberries are ready. And that first dusting of snow at Lake Ingalls when the larches are turning gold is pretty much the closest thing we get to magic.

I'm really excited about the features in this issue. In *A World to Explore and a Community to Inspire* we learn about Sandeep Nain, a local climber and mountain rescuer who started his own adventure travel company.

Our second feature is written first-hand. Peter Dunau, our Communications Specialist, took the Intense Basic Climbing Course this summer and shares his experience.

If you're a follower of the popular column, *Trail Talk*, you'll love this issue's essay, *It's The People You Meet Along The Way*. Mountaineers guidebook author, Craig Romano, takes us on a bike journey to South America and we get an inside look at an adventure that helped shape his personality.

In *Conservation Currents*, learn more about Senator Ranker, the self-proclaimed best (and only) surfer in state legislation. If you want to hear him in person, check out our breakfast event Wednesday, September 20: www.mountaineers.org/yourmission.

We have a new column name: *Outside Insight*. This was previously known as *Leader Lines* and it highlights speakers from our annual Leadership Conference. We changed the name so it didn't get confused with a monthly email sent out to Mountaineers trip leaders. In this issue, we interviewed professional guide Josh Cole to learn more about risk management. The leadership conference this year is on Saturday, December 2, so mark your calendars.

I normally don't make a special note about our history column, *Retro Rewind*, but this particular story – about how one of the Mountaineers' books was presented to President Ford and ended up saving the Alpine Lakes Wilderness – is particularly compelling.

We close every magazine with the very special column, *Last Word*. In this issue, it received a two-page spread, which is fitting, because the word is endurance. Steve Scher, our regular columnist, shared a personal story about his recently-departed mother, who lived to be 100.

Fall is the time to start planning for winter adventures (or sign up for winter courses). I hope you enjoy this issue and find inspiration, or live vicariously through the wonderful adventurers who share their stories with us.

Thank you for reading the magazine and happy adventuring,

Suzanne Gerber, Publications Manager



Winter Trails Month - formerly Winter Trails Weekend

A club-wide event during the month of January

Escape the low-land rain and discover the fitness and social benefits that come along with cross-country skiing and snowshoeing! Activities will be offered at a variety of locations, are geared towards beginners, and may include discounted equipment rentals.

www.mountaineers.org/WinterTrails2018



photo courtesy of Christopher Ensor

Can you identify the location in the foreground?

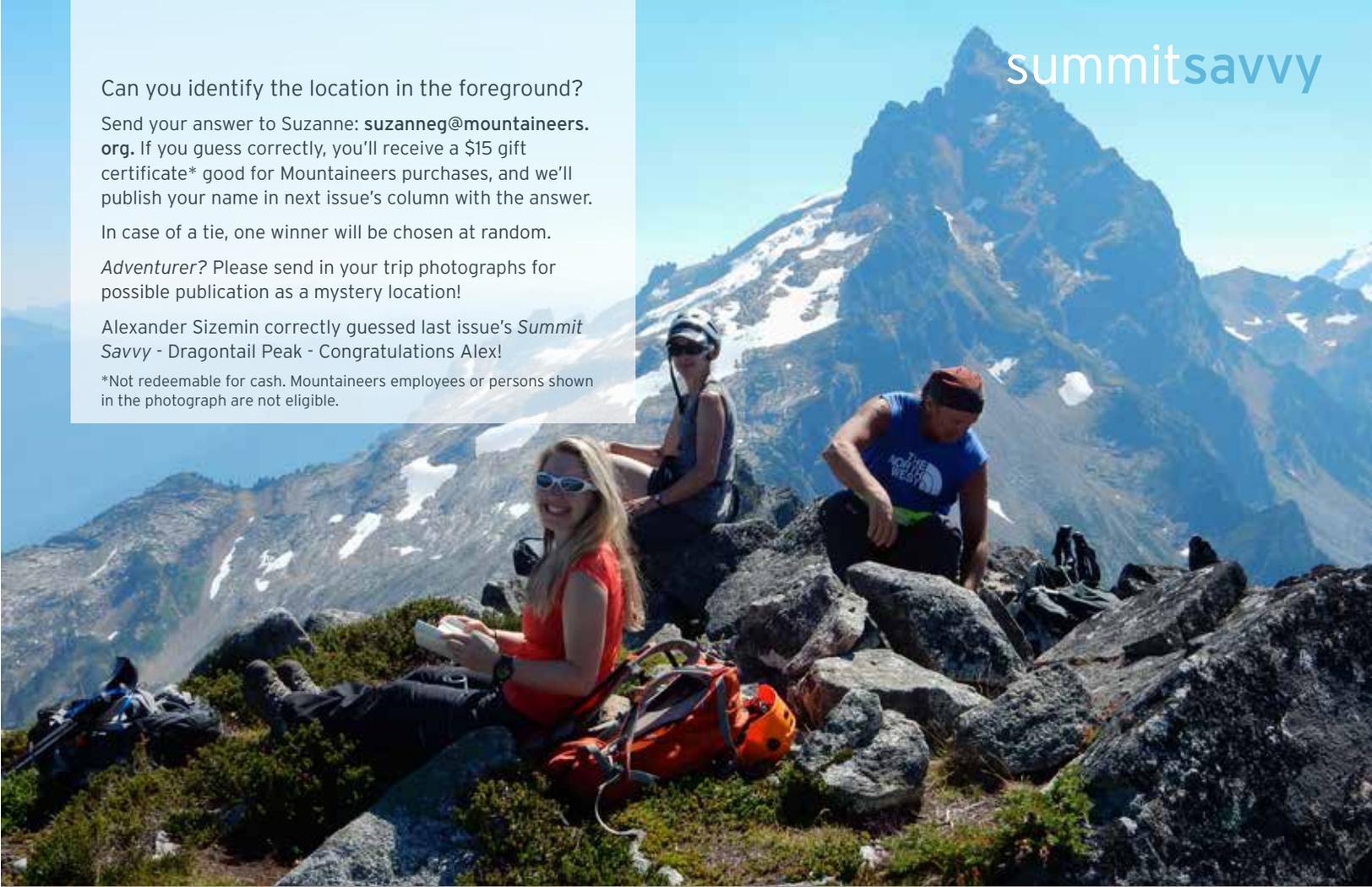
Send your answer to Suzanne: suzanneg@mountaineers.org. If you guess correctly, you'll receive a \$15 gift certificate* good for Mountaineers purchases, and we'll publish your name in next issue's column with the answer.

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!

Alexander Sizemin correctly guessed last issue's *Summit Savvy* - Dragontail Peak - Congratulations Alex!

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



Last issue's summit savvy: Dragontail Peak (scramble route)

Dragontail Peak can be summited as a scramble, climb, or intermediate climb, depending on the route. Dragontail Peak is the highest peak in the Enchantments basin and the 5th highest scramble peak in the state.

Activity Type: Scrambling

Seasons: May, June, July

Length: 16.0 mi RT

Difficulty: Strenuous 5, Technical 5

Elevation Gain: 5,300 ft

High Point: 8,840 ft

APPROACH and ASCENT

Begin at the Lake Stuart-Colchuck Lake Trail (No. 1599). At about 2.5 mi (4,500 ft) there is a fork. The left goes to Colchuck Lake, right goes to Lake Stuart. Take the left fork and shortly you will cross Mountaineer Creek and begin the many switchbacks to Colchuck Lake. Stay on the west (right) side of the Lake and proceed to the south end where the trail ends and there are campsites.

Ascend southeast on a broad, steep slope to Aasgard Pass. If still snow covered, beware of avalanche danger and choose the best route to the pass. If snow free, there is a climber's trail in the scree on the left side of the slope (look for cairns). From Aasgard Pass (7,800 ft), ascend southwest up the slope to the saddle at 8,500 ft. From the saddle, ascend northwest about



Dragontail Peak. Photo by Ida Vincent

300 ft to the summit (8,840 ft). The summit is a small bedrock clump that drops on the north. The time from Colchuck Lake to the summit is 3-4 hours.

Notes: The slope below the 8,500 ft saddle is often snow-covered through the end of July, after which the bare ice makes it too dangerous as a scramble. If you choose to glissade from the pass, please ensure there is good run out – this has been the location of a number of fatalities over the years.

There is an alternate approach from the Snow Lakes Trail off of Icicle Road. See Routes and Places for Dragontail/Aasgard Pass on www.mountaineers.org/explore/routes-places for more.

Every great journey begins with a single step...and a Hilleberg tent.



Peter Schön/ps-photo.net

Hilleberg offers over 35 models of three- and all-season tents, including the two-person, all-season Jannu from our Red Label line, seen here in the Tien Shan mountains. All are well-suited to the adventurous mountain traveler!

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memberhighlight

ten essential questions

Name Craig Romano
Hometown Windham, New Hampshire
Member Since January 1990
Occupation Guidebook Author and Outdoors Writer
Favorite Activities Hiking, running, paddling, cycling, camping, backpacking

Craig at Forgotten Meadows, North Cascades. Photo by Suzanne Gerber

How did you get involved with The Mountaineers?

I thought it was the right thing to do when I moved here. I wanted to be a part of the local outdoors community and support an organization that encourages conservation and responsible outdoors recreation.

What motivates you to get outside?

It's in my blood. I am motivated to get outdoors everyday whether on my own or with other like-minded souls. Being outside is like breathing to me – it's automatic – I do it all the time and it sustains my life. And of course my work requires me to be outdoors!

What's your favorite Mountaineers memory?

Definitely the time my wife and I took the Mountaineers MOFA class. We were enrolled with such a wonderful, passionate, and good-natured bunch – and our instructors were great as well. The weekend at Meany is etched into my mind – I got to break out my acting skills and ham it up, but boy did we learn some useful skills – and hopefully some of those lessons ended up helping out a distressed hiker.

Who/what inspires you?

The Natural World and all of its beauty, mystery, and creations. Being outside in nature is my tonic and the world makes sense when I am in a natural setting. I feel alive, validated, and content when I am outdoors.

What does adventure mean to you?

Discovery. An adventure to me is any act small or large that involves engagement, motivation, and a willingness to go outside of your comfort level. I need to discover, push my body and mind to their limits, and not be afraid to learn more about the world around me and the person within me.

Lightning round

Sunrise or sunset? Sunrise.

Smile or game face? Smile.

Post-adventure meal of choice? Pasta.

Happy place? Public lands and trails from sea to shining sea.

If you could be a rock star at any activity, what would it be? Time Travel. I would love to be part of Lewis and Clark's Corp of Discovery or the first Italian-American voyageur.

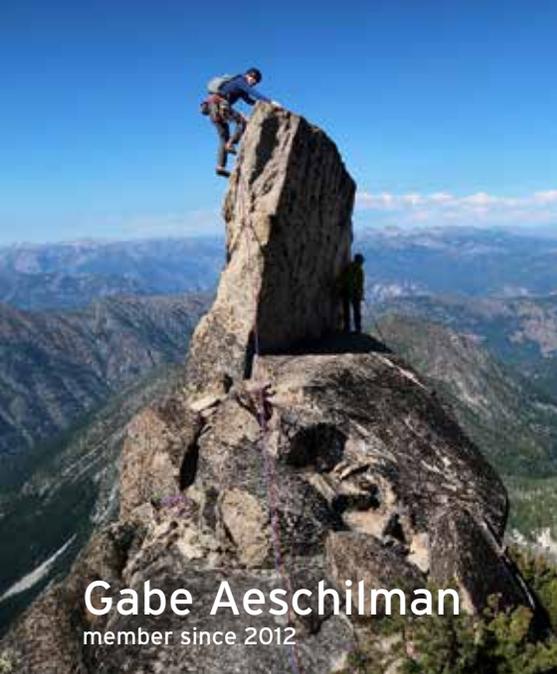


The Mountaineers 2017 Board Elections

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

Please mark your calendar for September 26, 2017 6pm for The Mountaineers Annual Meeting where we will present the candidates for Directors at Large positions on the Board of Directors, and members will have an opportunity to nominate Directors at Large from the floor per our bylaws.

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 end of business on Oct 18.



Gabe Aeschilman
member since 2012

Gabe joined The Mountaineers after being encouraged to take the Crag Course back in 2012. After a few years of mountaineering in the Pacific Northwest, taking the Crag Course was a natural next step in unlocking many of the rugged peaks of the North Cascades. Gabe joined The Mountaineers Advisory Council in 2013 after working with the club on a number of issues helping get kids connected to nature. He became a Crag Leader in 2016 and is helping to lead the Crag Course that initially brought him to The Mountaineers.

His love of wild places has overlapped into his professional career. Gabe is currently a Philanthropy Officer with The Wilderness Society helping develop relationships between people and their public lands. Previously, he was the Sr. Philanthropic Advisor with Seattle Foundation advising individuals, families and groups on effective philanthropic strategies, and leading the environmental grant making work. He received a BA in History from California State University, Sacramento.

With strong ties to California, he often finds himself climbing at destinations along the West Coast with a special affinity for the North Cascades and High Sierra.



Martina Kozar
member since 2005

Martina has served on the board since 2016, and serves on the Vision 2022 Committee. Prior to joining the board she was a member of the Advisory Council and Peak Society. She works at Amazon.com and is a graduate of Princeton University and Harvard Business School.

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 Sierra Club's Seattle Inspiring Connections Outdoors (ICO). Martina and her husband, Mike, love to explore the outdoors with their daughter and son, 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."



Chris Spanton
member since 2015

Chris is a Seattle native and long-time climber, who believes strongly in giving back to The Mountaineers community through leadership and volunteerism. A 2016 Super Volunteer, he currently serves on the Advisory Council and has instructed, lead trips, and served on committees for Climbing, Scrambling, Leadership, Hiking, and Youth. Chris has also served as an advocate for The Mountaineers through his work on the American Alpine Club's (AAC) National Standards Committee. As an avid outdoorsman, Chris loves climbing and skiing big mountains, and has further explored that passion by taking courses including Wilderness First Responder (WFR), AIARE Level I and II, Ski & Snowboard Mountaineering, and Rescue Climbing.

Outside of The Mountaineers Chris is an expert in the field of IT Cyber Security. With a BAS in Informatics and 15 years of experience, he has found success in his career by applying a practical "real-world" lens to a data-driven and analytic approach. Chris has previously served on the Board of Directors for non-profits such as HIMSS (Health Information Management and Systems Society) of Washington, and gained recognition in his current role at T-Mobile where he leads the security side of the Cloud Strategy team. In his spare time, Chris has enjoyed traveling the world to experience diverse places and cultures. He's worked to save sea turtles in Malaysia, surfed Australia's great breaks, and enjoyed local foods from around the globe.

Personal Statement: I'm passionate about our outdoor places, and hope that through service on The Mountaineers board I can help share that passion with future generations.



Preventing Stiffness Post Outings

By Courtenay Schurman, MS, CSCS, PN2

Courtenay stretches her glutes, Mount Rainier
Photo by Doug Schurman



Courtenay stretches her hips and lower back, Mount Rainier
Photo by Doug Schurman

Imagine returning to the car after hiking double-digit miles into triple-digit temperatures, finally pitching your heavy pack into the back of the car. Before you take off to the local pub that serves nachos, pizza, and beer, consider how you'll feel after an hour or more in the car.

If you're like most hikers, backpackers, and climbers, the last thing on your mind is stretching. But spending a few minutes targeting those muscles that just worked so hard for you, you can help prevent what's known as DOMS, or Delayed Onset Muscle Soreness – the soreness and stiffness that can occur following unaccustomed or strenuous exercise.

STRETCHES AT THE TRAILHEAD

HIPS - To stretch your glutes, while you change out of your boots, in a seated or standing position, simply cross one ankle over the knee and gently bend forward.

HAMSTRINGS - Lean over with hands on your thighs, gradually reaching to the knees, shins, toes, ground.

BACK - Hang forward with arms crossed at the elbows and relaxed down toward the ground to elongate the entire upper back side of your body.

CHEST - Especially important following time spent carrying a heavy pack. Simply place your hands at the small of your back, draw elbows back and look up toward the sky.

CALVES - Elevate your toes against the tire well with heel dropped down to relieve calves and Achilles tendon from any steep terrain.

ON THE DRIVE HOME

If you are a passenger, consider bringing a baseball or tennis ball with you for the drive home. You can sit on it to work out trigger points in your glutes and hips, or roll the bottom of your foot over the surface if your feet are tired or tight. If you are driving, consider making a few stops (gas, snacks, water breaks) if your drive will be longer than 60-75 minutes home. One of the tricks my husband and I use is challenging each other to a "squat off" where we stand facing each other and drop to the ground in as full a range of motion squat as we can. It's not unusual to have several slow and painful squats until the blood gets moving again, but with each one we feel progressively looser. Moving in full range of motion helps the tissues stay limber so we're not as sore when we get home.

WITHIN 2 HOURS OF GETTING HOME

About the worst thing you can do when you get home is plop onto the couch to veg. Try a soak in a hot tub (a hot bath or shower will work well, too). Go for an easy walk to help your muscles recover more quickly. A short nap can help, especially if you got up early to start your trip. And don't forget to rehydrate to replenish all the fluids and electrolytes you lost on the trail.

So even though your trip is done, spending some time on recovery will help you be better prepared, sooner, for your next objective. Happy training!

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



Damien Scott and Dandelion Dilluvio-Scott
Met in basic, engaged on the summit of Mt. Rainier, and married at Colchuck Lake.

Dandelion and Damien. Photo courtesy of Dandelion Dillubio-Scott

Long story long, how did you two meet?

Dandelion: We first met through The Mountaineers in 2012 when I was a basic climbing student and he was instructing. I got to know him a little better when he was instructing for the sport climbing class later that year. However, we didn't see each other again until several years later after tragedies struck us both in the fall of 2014. Damien went through a difficult divorce and my then-husband died in a climbing accident. Several months after our perspective losses, Damien led a winter ascent of Eldorado. He invited me to be part of the team and we ended up as tent-mates. We instantly connected and talked well into the night.

Damien: After my divorce, I was getting back in climbing and posted a winter trip to Eldorado. I asked if Dandelion wanted to come along to the climb, and when we were laying in the tent we just kept talking. We'd say "time to go to sleep" then one of us would start talking again. That probably happened a dozen times. Then the next weekend I couldn't wait to see her and hang out with her again, even if it was going to be just a friendship.

Dandelion: After a week of constant text messaging, Damien and I decided to go on a backpack to Snow Lakes in heavy, freezing rain. We had a great time and this ended up being our first date. Trips in inclement weather have continued to be a specialty for us!

Rainier Proposal

Damien: I knew I wanted to propose in the mountains, but I didn't know what to say. I thought I'd figure it out on the way up, and I still can't remember what I said.

Dandelion: You said you loved me even when I was grumpy! And I said yes! I've never seen him climb that fast at such a high altitude. We got to the crater rim where I thought we were going to take a break, but he belined to the summit and proposed at sunrise.

Colchuck Lake Ceremony

Dandelion: Originally we wanted to get married on a mountain top, but logistically that was really difficult. Instead, we skinned and hiked to Colchuck Lake in March 2017 with a few close friends including Nick Mayo and, Ian and Rodica, the couple from the Eldorado climb. Our friend Ivan officiated the ceremony 15 minutes after we arrived while it was nice and sunny. Then it turned into a whiteout blizzard. We sat under a tarp and had cheesecake, brandy, and truffles. Our first climb as a married couple was Triple Couloirs on Dragontail Peak.

What's next?

Dandelion: Every year we try to choose a theme to work on and plan all of our climbs accordingly around that, then we have one big objective that fits into what we're working on. Last year our objective was South, Middle, and Grand Teton, so we spent the season working on technical, high-elevation skills. This year it is mental fortitude and doing carry-overs. Since Snow Lakes we've spent every spare moment backpacking or climbing together - we average 120 days/year in the mountains.

Damien: We're also really enjoying our condo we bought last year. We've built an entire gear room and we have two climbing walls! The living room has a 9x16" climbing wall and we have a 45-degree inverted wall in the garage, plus a campus board and three hangboards spread throughout the condo.

Dandelion: We're also known for having a lot of matching clothes and gear, almost to a ridiculous level. When we help out with the Snow II fieldtrip in Everett we like to show up with matching plaid pajamas. So we'll probably continue to grow our collection of matching gear too.

If you know of a couple that met through The Mountaineers, email Kristina Ciari, Director of Communications and Membership at kristinac@mountaineers.org.



Liz Thomas tackles one of Seattle's many stair cases. Photo by Glenn Nelson.

Urban Speed Hiking with Liz Thomas

by Glenn Nelson, Founder of The Trail Posse

With the sun about to kiss the horizon, Liz Thomas, trail name: "Snorkel," has places to go and needs the last rays of the day to illuminate her path. She is ascending and descending steps in Seattle, one of the hilliest and most publicly staircased cities in the country. This is not a task to be executed, at her pace, in complete darkness.

With urgency, Liz sheds her membrane-like jacket. She hands off her pack, a maneuver known in her usual mode of transportation - thru-hiking - as "slack-packing." Unburdened, the 31-year-old Sacramento native is like a spacecraft engaging booster rockets, and it's now clear how she held the women's unsupported hiking speed record on the Appalachian Trail for five years.

Most of her entourage - a videographer recording the hike for posterity, a marketer from her footgear sponsor, and one of two local hiking groupies - fade into an afternoon memory. The only one close enough to feel Liz's tailwind is Vivian Doorn, an ultramarathon runner. But as Doorn hits the bottom of an impossibly grueling sequence of staircases, Liz nears the top, her arms pumping like a derrick.

Liz is alone, out in front, a position to which she has become accustomed. In 2011, she did 2,181 miles on the Appalachian Trail, from Georgia to Maine, in 80 days, 13 hours, cementing a reputation as a trail-blazing woman in the American hiking community. The past couple years, Liz has logged more-navigated, concrete mileage in more different places than anyone, in hopes of making a point to urban dwellers about the ease of recreating outdoors.

Liz's is a cause that has found its time. Everyone from Michelle Obama to REI has been trying to get increasingly inert Americans, particularly youth and marginalized communities, off their backsides and screens big and small, and into wide, open spaces - for their own physical and mental good. Trouble is, many of the prompts and programs for the back-to-nature movement are complicated and daunting and therefore don't have much lasting effect.

Every Kid in a Park, for example, is a federal program that depends on families of fourth graders to first recognize they are eligible for a free yearlong pass to federal public lands, then figure out how to acquire one, and finally use it, often requiring transportation and gear to which they often don't have access, not to mention understanding the various categories of public lands, their recreational possibilities, and location.

Americans planning for the start of summer vacation season need not stress about destinations or means: Urban hiking is as simple as stepping out one's front door.

Liz and others have added the dimension of thru-hiking - hiking long trails, continuously and end to end - to inspire and demonstrate with the highest ideal of their endeavor the way others might publicize marathons to promote jogging. Liz herself is a convert. She has completed hiking's "Triple Crown," which in addition to the Appalachian Trail includes the Pacific Crest Trail, which stretches 2,650 miles from the border between California and Mexico to that between Washington and Canada, and the Continental Divide Trail, which extends 3,100 miles from the border of New Mexico and Mexico to that between Montana and Canada. She just had a book about thru-hiking, *Long Trails*, published by Backpacker/Falcon. Liz estimates that she has logged some 15,000 miles on long-distance trails. Depending on when she's asked, she might say that she prefers the urbanized strolls.

"I've hiked in rainforests, in deserts, and all kinds of ecosystems around the U.S., and have pioneered routes," says Liz, who earned her Masters in environmental science from Yale. "And yet there is something appealing about a city to walk through. There is that same aspect of exploration, of not knowing what's around the next corner. Most human interactions are possible, but there's still the element of the unknown. You have to go through the same planning process as you would for going out in nature.

"I like the process of walking and seeing the world at 2-3 mph."

As an advocate of urban hiking, Liz has the further appeal of being a person of color (she's Japanese American). She also has been inventive about how she's stitched together landmarks to create themes for her thru-hikes. In Los Angeles, San Francisco, and Seattle, she followed public staircases; Pittsburgh, the city with the most communal flights, is considered urban thru-hiking's holy grail. In Chicago, Liz followed waterways. She crowd-sourced city features in Portland, Oregon. In Denver, where she used to live, she's followed Colfax, the longest boulevard in the country; an urban trail called Highline Canal, and in her latest theme hike, she visited 65 breweries (including one for kombucha) and one meadery in what she called the Brew Thru.

During the Brew Thru, Liz took a gulp at every waypoint, necessitating a "designated hiker," who made sure Liz safely navigated "urban fords" - crossing highly trafficked thoroughfares - which she considers urban thru-hiking's greatest hazard.

This kind of commitment, creativity, and public exposure is what the fathers of urban thru-hiking had in mind when in 2015 they invited Liz to take on the Inman 300, which they tout as the world's first urban thru-hiking trail, linking more than 340 public staircases over some 220 miles in Los Angeles.

Andrew Lichtman, an L.A. attorney, and his wife Ying Chen thought about an urban connection while thru-hiking the 211-mile John Muir Trail in California's Sierra Nevada. Dan Koepfel, a writer, had been tackling stairways while training for his own John Muir hike. Bob Inman had written a guidebook about public stairways in Los Angeles and, with prodding from Koepfel and Lichtman, connected the staircases into the urban route that bears his name.

Hiking in the city, they found, had many of the same appeals as trekking the backcountry, including physical exertion and elevation gain, wildlife sightings, navigational challenges; even solitude.

"You see fewer people on the Inman 300 than you do on the John Muir Trail, so you're really getting more of what you're looking for in the mountains, but you're in a city," Lichtman says. "If we're going to have a mass movement, with REI selling us the gear and crowds of people enjoying each other's companionship, you couldn't pick a better place to do it than a city, rather than

a wilderness area that's going to be destroyed by the attention."

The city is not without its backcountry-like challenges. Liz discovered urban "cliffing out," which in nature means following a route to a ledge or drop-off where the only alternative appears to be turning around and back-tracking. In a city, that can mean unmapped dead ends or re-routes due to constructions. She and videographer Miguel "VirGo" Aguilar were attacked near one of the Portland's many bridges by a man who didn't appear to be homeless or stoned. "Not unlike a bear encounter in the wilderness, a person asserted his dominance," Aguilar explains. In Seattle, Liz received a lesson in navigational redundancy after relying solely on the GPS on her mobile phone, which got wet and blinked out as evening began to fall.

I caught up with Liz in Seattle, during her 200-mile, 65-staircase, 7-hill urban expedition. I spent parts of two days on the municipal march, so technically I only was section-hiking. That, plus her presentation to The Mountaineers in mid-trek, was enough to get a sense of the ease and the allure, as well as experience some of the problem solving that rang familiar from my backcountry experiences.

On an afternoon during which we slip-slided along a boardwalk slickened by decomposing leaves, huffed up and puffed down staircases near the floating bridge across Lake Washington, and detoured for hand-crafted ice cream, we emerged from a slim, muddy alleyway into a tony neighborhood called Madison Park. We exalted as if we'd just punched our way into Yosemite Valley and were hailing Half Dome for the first time.

It was a sight just as glorious: A remodel job big enough to require the presence of what they call in these parts a Honey Bucket, or portable restroom. When you are on an urban hike, it's not like you can duck behind a bush for a restroom break. In Seattle, that bush is likely to sprout the Washington state flower, the Coast Rhododendron, and sit in front of someone's picture window.

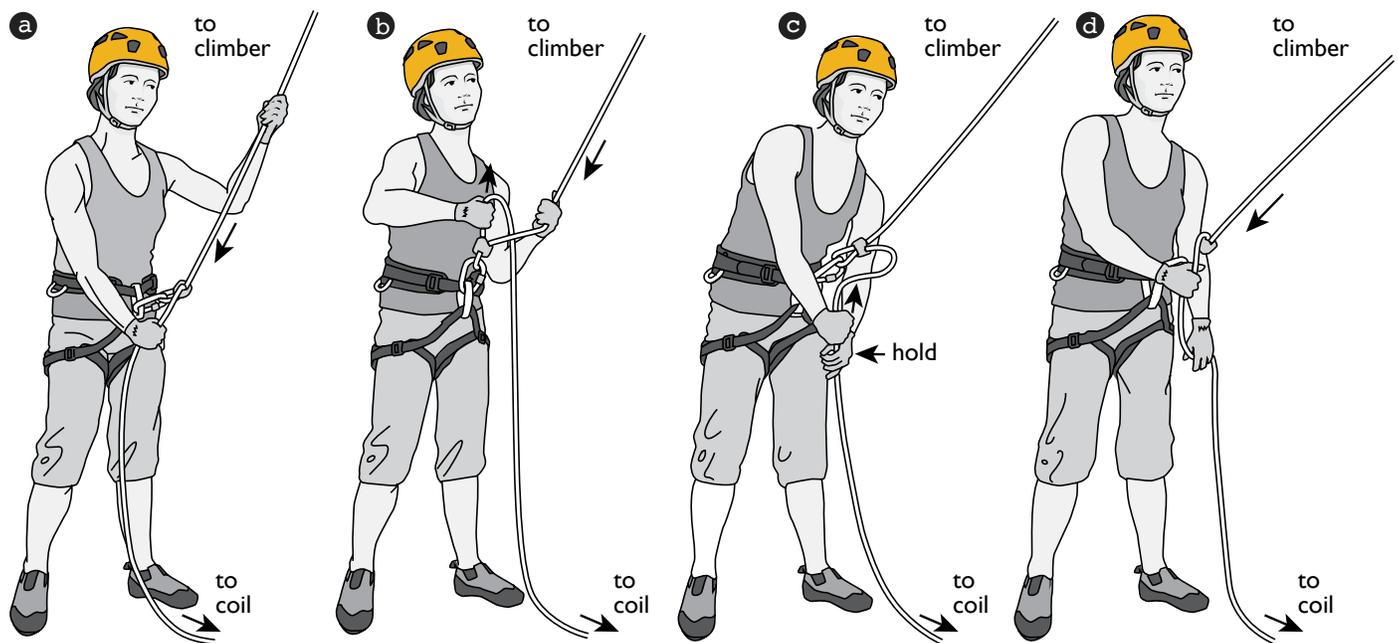
Relieved - or about to be, Liz swung open the door to paradise and declared, "The trail provides."

Couch potatoes everywhere, take heed. ▲▲

Glenn Nelson founded The Trail Posse (trailposse.com) to regularly cover race and equity in the outdoors.



Liz Thomas (turquoise skirt) with her entourage including Vivian Doorn (red hat). Photo by Glenn Nelson.



An illustration from the ninth edition of *Mountaineering: Freedom of the Hills*. (book illustration not in color)

Freedom 9: By Climbers, For Climbers

By Julie Briselden, Senior Publicist, Mountaineers Books

A nearly three-year collaboration of Mountaineers volunteers with Mountaineers Books delivers the all-new *Freedom of the Hills, 9th Edition*. Beloved by generations of new climbers and with an astounding 720,000 copies sold in a dozen languages worldwide, *Mountaineering: The Freedom of the Hills* is the global standard for climbing education. Myriad climbers and mountaineers have counted on *Freedom* as a critical part of their outdoor education; for nearly seventy years, it has helped them competently develop the skills to adventure safely in the backcountry. Yet, few people outside The Mountaineers realize the exceptional combination of tradition, wisdom, expertise, and effort devoted to updating “the bible” of mountaineering education.

Over the course of its 110-year history, The Mountaineers has taken pride in getting people outside through both exploration and education. Since its first edition in 1960, *Freedom* has been the product of a concerted effort of volunteer leaders – the very best the organization has to offer. With iconic mountaineers and outdoors people, like Harvey Manning, Dee Molenaar, Jim and Lou Whittaker, Wolf Bauer, and others participating in its creation and revision over the years, the book embodies the collective knowledge, of thousands of climbers and mountaineers. It has always been an honor for members to work on this project.

“Since our inception, The Mountaineers has been committed to getting people outside safely, sharing the lessons of our adventures.” says Eric Linxweiler, Mountaineers board member and co-chair of the ninth edition. “*Freedom* presents the overall wisdom of our organization and more than a century of experience of getting people up mountains. Our incredibly knowledgeable and dedicated volunteer authors and professional editors have come together to make this edition the best mountaineering textbook ever.”

What's New in the Ninth Edition?

Composed of active climbers and climbing educators, the ninth edition committee reviewed, revised, and where necessary, expanded each topic. Achieving a new level of oversight and vetting, volunteer contributors discussed updates with staff from the American Alpine Club (AAC), the American Institute for Avalanche Research and Education (AIARE), and the Access Fund. They also worked with professional members of the American Mountain Guides Association (AMGA) to review their work and ensure that the updated textbook includes current best practices for both alpine and rock climbing instruction. From gear selection to belay and rappel techniques, from glacier travel to rope work, and—above all—safety, there is no more comprehensive and thoroughly vetted training manual for climbing than the standard set by this new edition.

Improving upon the previous version, this edition includes significant updates such as: expanded and more detailed avalanche safety information, covering how to better understand avalanches, evaluate hazards, travel safely in avalanche terrain, and rescue a fellow climber should an avalanche occur; alignment with AAC’s nationwide universal belay standard; a fresh approach to the Ten Essentials, making the iconic list easier to recall; revamped chapters on clothing and camping; and all-new technical illustrations, created by artist John McMullen, former art director of *Climbing* magazine, reflecting the latest gear and techniques.

We heartily thank the ninth edition volunteers and editors, who gave of their time, intellect, and expertise for nearly three years.

Mountaineering: The Freedom of the Hills, 9th Edition is available for pre-order from www.mountaineers.org and will be in stores everywhere beginning in late October.

9TH EDITION



MOUNTAINEERING

The Freedom of the Hills



MOUNTAINEERS BOOKS

"Freedom is truly the Everest of mountaineering texts and a great preparation for a life wandering among high hills, including the big one itself." –Tom Hornbein

It's The People You Meet Along The Way

by Craig Romano, Mountaineers Guidebook Author



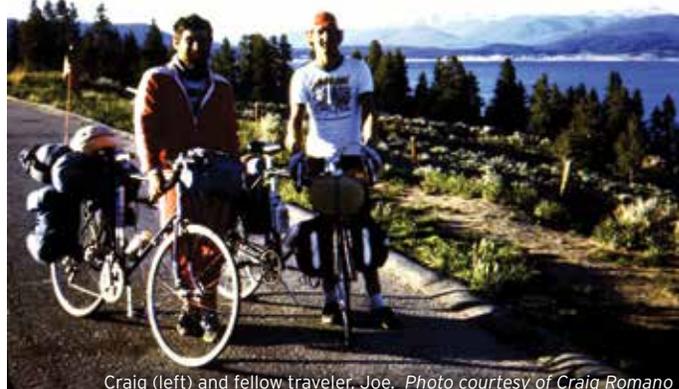
Craig in the Torres del Paine region of Southern Patagonia, 1988. Photo courtesy of Craig Romano

I've hiked in some of the world's most beautiful and awe-inspiring places. I've logged miles in the Andes, Alps, Apennines, and the Appalachians. The Rockies, Sierras, Peninsula Ranges, and escarpments of the upper Midwest, too. I've trekked in the Pyrenees, England's Lakes District, the Scottish Highlands, and Bulgaria's Pirin Mountains. I've snowshoed and skied in Japan's Ishikari range, the Austrian Alps, and Bolivia's Cordillera Real. I've hiked deserts in the American West and in Northern Chile. Explored Patagonia, the Peruvian Amazon, and Ybycui National Park in Paraguay. I've hiked national parks in the Yukon Territory, Quebec and a whole lot in between. And I have logged thousands of miles in the Pacific Northwest. I've seen amazing landscapes and amassed incredible backcountry experiences. But my fondest, most vivid, and most heartwarming memories involve the people I have encountered along the way.

While I usually shun crowded trails, I don't shun human contact in the backcountry. And I always welcome friendly fellow travelers. I mostly hike alone, but find as I have gotten older I'm spending more time on the trail with hiking partners. I usually don't hike in groups, preferring instead to be with one or two close friends or family members. I always greet fellow hikers and try to keep my demeanor warm and welcoming. Many times a hello or wave has turned into a friendly conversation – sometimes developing into a friendship – fleeting or lasting, but always memorable. And always part of my bigger path; my path in life.

Many of my solo journeys didn't end solo. And I don't believe in happenstance; people coming into my life at certain points are all part of the plan. I've often met kindred souls on day hikes, backpacking trips, and multi-day cycling trips where a simple salutation turned into a bond and new hiking or cycling partner. Long distance travelers know this best as the small fraternity of through hikers, globe trotters, and long distance cyclists instantly understand each other regardless of reasons why we're out there.

At 19 years-old I planned my second great cross-country bike trip. It was a sequel to the one I did just months before with my best friend, which had us peddling just shy of 13,000 miles on an



Craig (left) and fellow traveler, Joe. Photo courtesy of Craig Romano



Joe posing on a Kansas road sign. Photo by Craig Romano

around-the-country bike tour. My second trip was to Alaska via Arkansas – touching upon the states I missed on my first trip. A friend of mine was supposed to accompany me but he ended up getting cold feet a month before we were to depart. Evidently, the idea of the trip was more alluring to him than the trip itself, which involved incredible discipline, determination, and energy. His defection left me with a choice – bag it, or continue on a challenging, grueling, and long trip alone. With some anxiety and lots of soul searching, I left the comforts of my parent's home in a small town New Hampshire and hit the road, solo.

Traveling alone can be tough. Things you take for granted with a partner, like watching your gear as you use a bathroom, are absent. You need to rely on yourself for almost everything. But I instantly found that being alone makes it easier to meet people. And I experienced random acts of kindness and encountered travel angels on nearly a daily basis. In western Virginia, I met a kindred soul and we biked together for three days, parting ways in Kentucky. I was once again alone until I reached little Dexter, Missouri three weeks into my trip. It was there on a hot day I decided to take an ice cream break. It was that fateful ice cream break where I met Joe, a free spirit from the mountains of western North Carolina who was also taking an ice cream break on his cross country bike trip.

We rode together that afternoon and drank some beer and shared tales that evening. It was the beginning of two months of traveling together – and some incredible memories and life experiences – from our ride across a 12,183-foot pass in Rocky Mountain National Park to being among the first cyclists to ride over Chilkoot pass from Alaska to the Yukon. And while my second cross-country bike trip is one of my life's greatest achievements rife with memories of incredible places seen, it was the comradery with Joe that stands out the strongest – a person I met along the way – that amplified my journey and made the entire experience all the better.

One of my most cherished memories of people met along the way is from a two-month backpacking trip in South America. It was on this trip back in 1988 that one particular incident continues to stand out in my mind. It was in Chile (under the dictatorship of Pinochet) that my wife (at the time) and I were wrapping up a couple days of hiking and camping in beautiful Vicente Pérez

Rosales National Park, home of the Osorno Volcano, which looks like it came straight out of the Pacific Northwest.

It was here, before computers and smart phones which have made travel so much easier, that we were denied entry on a bus to leave the park. A bus ride that we had paid for a day earlier but was now full and we couldn't argue our way onto it despite having the tickets in our hands. There wouldn't be another bus for a couple days and we were out of food to stay longer. Our only hope would be to hitchhike back to Puerto Montt – 50 miles away. We started walking down the long and lonely access road. A few cars pattered by but none were inclined to pull over to pick up two scruffy hitchhikers with enormous backpacks.

We walked for hours in the heat on the dusty road until finally, a very small older model car pulled up beside us. It was a family of four on their way home from their one-week annual vacation. In my elementary Spanish, I explained to them our predicament and they immediately wanted to help us out. Their car was small. Where would we and our packs fit? We tied the packs to the top of the car and then the two of us piled into the cramped back seat, each taking one of their young children on our laps. It was an obvious inconvenience to our family of travel angels, but they didn't mind at all and insisted that they would take us to Puerto Montt.

We chatted about Chile, the United States, music, food, travel, and life. When we finally got to Puerto Montt I was intent on thanking our saviors with a gracious amount of Chilean pesos, about \$20 US worth in 1988 dollars. To us, that money would have gotten us through two more days of travel, but it wouldn't be missed. For our Chilean family who was of very modest means, it would have been the equivalent of a week's worth of wages. They refused it. They were just satisfied to have helped us and knew through God's eyes it was the right thing to do. They wanted us to have a great trip and not to have any bad feelings about Chile or its people. They would not take the money – they were rewarded enough through their act of kindness.

Thirty years later, this experience still moves me. The pure simplicity and the selflessness behind it continue to instill in me hope, optimism, and trust in the human spirit. It rings stronger in my consciousness and collective memory than any majestic glacier-covered volcano I have hiked to or upon. ▲▲



Craig with his son, Giovanni Spring 2017. Photo by Suzanne Gerber

Craig now lives in Mount Vernon, Washington with his wife and son. He is an avid hiker, runner, paddler, and cyclist - and shares those passions through his award-winning books. Craig has written or co-written 18 guidebooks. His latest release, *Urban Trails Bellingham* (Mountaineers Books) highlights the best trails for walking, running

and hiking in Bellingham, the Chuckanut Mountains, and the Skagit Valley. Some of his other titles include; *100 Classic Hikes Washington*, *Backpacking Washington*, and *Day Hiking Olympic Peninsula* (2nd edition).

Senator Ranker Talks Surfing, Bagels, and Championing Our Public Lands

An Interview by Peter Dunau, Mountaineers Communications Specialist



Orcas swim in the San Juan Islands, a special place Senator Ranker is proud to call home. Photo by Steve Smith, Mountaineers Climbing Education Manager

Fresh off a trail run behind his house on Orcas Island, Washington State Senator Kevin Ranker hopped on the phone with The Mountaineers, exclaiming “I got outside this morning; everything’s good!” The senator joined us on the heels of a grueling legislative session in Olympia and was recharging as he always has: with a healthy dose of nature.

Ranker has been bridging passion (for the outdoors) and policy, since taking office in 2008. He was instrumental in bringing our state its first policy advisor on outdoor recreation, implementing No Child Left Inside legislation, and establishing the San Juan Islands National Monument – all important issues to The Mountaineers.

What made you fall in love with the outdoors?

I grew up surfing with my father and grandfather. Some of my youngest memories are on the water watching bat rays swim under my feet. I just remember being in awe of these magical animals, swimming right through the kelp forest beneath me. Then I’d turn around and paddle into a beautiful wave. Getting to share that with my father and grandfather was so special. I was learning to surf at the same time I was learning to walk.

Then, my Grandma moved to Orcas Island in 1969, so I spent every summer on the island and just fell in love with it. I asked my mom if I could move there and live with my Grandma for a time, and she agreed. I lived on Orcas Island in fourth and fifth grade, and that’s when I really fell in love with the Northwest and everything about it.

You’re clearly passionate about our public lands. How has that passion influenced you professionally?

It doesn’t matter what title I’ve had, whether it’s senator or director of a nonprofit. I’ve pretty much done the same thing, which is look at the convergence between a thriving natural environment and thriving communities. Some of that comes from a conservation angle and some of that comes from a community and economic development angle.

As an elected official in Washington State, I recognized that out-

door recreation is one of our largest economic drivers. It generates \$21.6 billion in annual spending and 198,000 jobs. Part of my mission as a lawmaker is to make sure my colleagues understand that economic impact. Recreational resources aren’t just fun – you don’t protect the environment just because it’s fun. You protect it because of all the benefits – and there are health benefits and economic benefits and environmental benefits.

What do you see as the biggest threat to public lands?

Privatization, be it permanent or leasing. Four years ago, I put money in the budget to do a comprehensive economic analysis of outdoor recreation in Washington State. I had one motivation for that: protecting our public spaces. I want to make sure all my colleagues understand that the economic value of the land as a recreational resource dramatically outweighs its temporary value as a logging or mining area.

The study proves it. I can go to my colleagues and say, “Here’s the jobs in your district that directly rely on state parks and these other public places. If you shut them down, if you sell them, if you mine them, you will actually have a loss of economic drivers.” It’s not the environment versus jobs; it’s the environment equals jobs.

Biggest opportunity?

I believe the greatest opportunity we have before us is the millions of people who have woken up and are willing to take a stand for their public lands. They’re calling their state officials. They’re calling their federal officials. And they’re screaming that we take action. I think all of us, be it an organization like The Mountaineers or an elected official like myself, need to pay attention to that.

National Monuments have been a significant public lands issue of late. Your district is home to San Juan Islands National Monument, created in 2013. Can you speak to the process of establishing that monument and its effect on the community?

I was extremely lucky to have been a part of creating the San Juans National Monument. Even before I got involved, there was

a group of citizens that came together on Lopez Island. What they realized is that we had all of these public places throughout the islands, and we thought of them as permanent recreational resources. We thought of them as parks. But if you looked at their actual designation under the Bureau of Land Management, some of them had the lowest forms of protection. In fact, islands like Patos, which we thought of as a park, could have been clear cut or mined.

This group started saying, "Jeez, what do we do about it?" They realized if the San Juan Islands were designated as a National Monument, it would be permanently protected. That group of people reached out to others, and we started momentum at the absolute grassroots level with bipartisan support.

From there it grew as a campaign. We worked with Senators Murray and Cantwell, Congressman Larson, and directly with the White House. It took a couple years: Maria Cantwell, Rick Larsen, and Patty Murray all held community meetings. And then Ken Salazar, the Secretary of the Interior at the time, came out and held a couple community meetings. Based on that extensive process, it was designated as a National Monument, and now it's permanently protected.

You introduced and played a key role in passing Senate Bill 5843, which established Washington State's first Policy Advisor on Outdoor Recreation and Economic Development. Can you tell us more about what this means for Washingtonians?

It's now part of our state statute! Forever we will have a policy advisor to the governor who will focus on three things: 1) Protecting and creating more opportunities for outdoor recreation; 2) Getting more people outdoors; and 3) Promoting and supporting jobs that depend upon the outdoor recreation economy.

We've worked with you on No Child Left Inside, a state grant program to provide under-served students with opportunities to experience the natural world. Why is this work important to you?

No Child Left Inside is a perfect example of what states should be doing, and I'm actually working with legislators in five states right now to replicate it. It creates a competitive grants program – totaling \$1.5 million this year – to get kids outside. From downtown Tacoma to very rural Washington, grants go out to everything from outdoor learning to outdoor adventure camps to day programs to week long programs.

The program also aims to help our veterans. During the grant application process, priority is given to organizations that hire vets. That's really important to me because outdoor recreation is physically and mentally proven to help many of our veterans coming home.

If we can promote outdoor recreation, while getting kids and veterans involved, that's just as good as it gets. That legislation had massive bipartisan support, it continues to do so. It's a really exciting concept.

What advice do you have for nonprofits like The Mountaineers to be even stronger advocates for our public lands?

I believe every politician, no matter a city council member or president, needs two factors to do the right thing: political cover and political pressure. That means I need a hundred people to



come into my office and say, "This is the most important thing ever. Please do this. We got your back if you do this." They're giving me political cover. They're saying, "Go for it. Be our champion." But I also need political pressure. And what that means is I need those same 100 people to come in and scream and yell and kick me out of office if I don't do the right thing.

You've got to be willing to play hardball. You've got to be very vocal about expressing what your desires are. You've got to make sure it's perfectly clear what you need and why that's important to my constituents. Tell the stories, and most importantly, have my constituents tell me those stories. If I go sideways you cannot let me off the hook. The lesson cannot be that I get a mulligan every time I vote against our recreational resources.

What's one piece of advice you'd give to outdoor recreationists wanting to #ProtectPublicLands?

They need to join organizations like yours; they need to come down to Olympia and reach out to me so that I hear their voices individually. Those individual voices are even more important than the organizations.

Favorite wild place in Washington?

Surfer in me: La Push. Runner in me: Turtleback Mountain, right behind my house on Orcas Island.

Are you the best surfer in the state legislature?

[Laughs...] I think I'm the only surfer.

Post-adventure meal of choice?

Toasted onion bagel with cream cheese and tomato. My Grandpa used to say, "Smells like bagels" when he was done surfing and ready to go in for breakfast. Now, all my friends and I say it when we're ready to call it quits on the water. ▲▲

Hear more about Senator Ranker's love for our wild places and how we can protect them at our annual breakfast on Wednesday, September 20, 2017. Senator Ranker will introduce Patagonia's President and CEO Rose Marcario. For more information, visit www.mountaineers.org/yourmission.

Risk Assessment with Josh Cole

North Cascades Mountain Guide

An Interview by Steve Smith,
Mountaineers Climbing Education Manager

Josh ascends the First Amendment Route of La Petite Cheval, Washington Pass (Liberty Bell in the background). Photo by Ryan Audett.

Josh and I first met when we worked together at the Northwest Outward Bound School, and I've always been struck by his creativity, analytical skills, approach to teaching, and sense of humor. Josh has a rare ability to champion and role-model the highest values and expectations as an outdoor educator/guide – one of many attributes that make him such an inspiring professional colleague.

Thanks for agreeing to be interviewed today, Josh. You have presented several times at our Leadership Conference, and a common theme throughout these talks is the relationship between risk management and organizational culture. Why is this a particular interest of yours?

I think it's important to explain what I mean by effective risk management – to me, this is all about maximizing the beneficial outcomes of a program while having an acceptable level of risk. That balance obviously changes from organization to organization, but it is finding (and constantly re-tweaking) that balance that is risk management. And while many organizations have a person with "risk management" in their job title, highly functioning organizations are ones where every employee, volunteer, and stakeholder is taking an active role in risk management in one way or another.

So, how do we create culture? I've found that one of the most powerful tools is consistent organizational language. The person creating the website or marketing brochures might not understand outdoor risk to the degree that the senior trainer might, but they can be part of the process by utilizing the organization's common language around risk when producing marketing material. One great example is the very word risk, as opposed to safety. Safety indicates the absence of risk, and if we're being realistic, everything we do in the outdoors is not entirely safe – there is risk. I particularly like the nascent trend of calling our risk managers risk-benefit managers – which is a piece of language that includes both the minimization of the negative aspects of risk but also recognition that risk has benefit.

When I began my career in outdoor risk management, I was coming from a scientific background and spent a great deal of time looking at incident data. While the data is ultimately a piece of the puzzle, I quickly came to realize there was a bigger picture to be seen – that of the organization's culture. When we look at the data, we might be able to change some specific practices to improve our risk management – perhaps the data shows a trend of increasing lower extremity injuries and the organization responds by encouraging participants

to use trekking poles. However, if we want to make significant change and prevent significant incidents, we need to consider how we make decisions as individuals that are part of a larger organization. If we are to get to a place where risk management is dynamic and embraced by the entire organization, we need to focus on the big picture; organizational culture.

How do you recognize an organization that has a culture conducive to effective risk management?

Unfortunately, I think it's far easier to see when an organization's culture is out of balance than when it is working effectively. The recent implosion of Uber due to toxic organizational culture is an example of this – any person reading news reports describing their internal culture would immediately recognize that something was very wrong. So, how can a Mountaineers executive, member, staff member, trainer, or other stakeholder assess that the organizational culture is effective? I think the key is how the organization does two things: assessment and communication. And Sydney Dekker's work on creating an organizational culture is an excellent template for understanding whether an organization's culture is creating effective risk management. Just culture is one that accurately balances holding staff or members (at all levels of the organization) accountable in a manner that is fair.

One specific example of a way to assess an organization's risk management is to consider how the organization reports near misses (defined as an occurrence where, if something slightly different had happened, the outcome would have been a serious incident). If The Mountaineers are creating a just culture, then members, trainers, and staff will actively report near-miss incidents with the goal of creating better risk management throughout the organization. If The Mountaineers are creating a just culture, the organization will take those incident reports seriously, incorporate the learning into organizational practices and disseminate them in a way that is fair and useful with the same goals in mind.

I've heard you talk about the concept of heuristics – mental shortcuts we all use to make complex decisions more simply – and their relationship to organizational culture. What are some examples of how heuristics might arise from a program's culture? Can heuristics steer or define a program's culture?

It was Ian McCammon that widely introduced the concept of heuristics to our industry with his 2004 paper about the role heuristics play in avalanche terrain. While he focused on the negative aspect of heuristics – the traps we can fall into due to our reliance upon heuristics – they can be beneficial as well. Outdoor activities require many complex decisions are made quickly (think about standing on a ridge and watching thunderclouds build in the distance). We must appropriately balance our use of heuristics as individuals and as an organization. One example of assessing whether that balance is being actively managed is to ask whether we're doing things as an organization because that's what we've always done (what McCammon would call the "familiarity heuristic") or whether we're using our experience along with a defined process to achieve continual improvement. My belief is that clear organizational structure and a shared common language are critical in keeping heuristics from defining an organization's culture. One way we sought to

improve this in our own guide service is by harnessing modern technology to increase communication between our guides who are often working solo. We have in-depth reporting both before and after trips that is shared with all of our employees and a more informal information-sharing system. We encourage debate with the hope that our emphasis on critical thinking will create a culture that values that approach.

What are some common issues you see beginning climbers or private parties struggle with in terms of efficiency, safety, or impact on other climbers/the environment? How would you suggest we help address these issues as a community?

I see two common issues that lead climbers to struggle with achieving their objectives in an efficient manner. I use the term efficient here not to mean simply "fast" but to mean moving through terrain in a way that allows us to meet objectives as climbers without unnecessary risk. For example, a new climber might belay across every crevasse bridge they come across thinking that this increases their safety whereas by slowing their pace they inadvertently create other hazards, such as traveling late in the day when crevasse bridges are weaker. The first issue I see centers around mis-assessment. A climbing party might mis-assess a climb, the weather, themselves, etc. The growth of gym climbing has created a lot of super strong climbers who commonly tackle difficult climbs in the gym. We've seen a series of rappelling fatalities on the Goat Wall in Mazama recently that have a common theme of strong, but inexperienced climbers mis-assessing their ability to safely conduct rappels in complicated terrain.

The second issue I see is around inflexibility. There are a lot of

[story continues >>](#)



Josh ice climbs the North Ridge of Mount Baker.
Photo by Matt Walker.



Josh skiing in the Pasayten Wilderness.
Photo photo by Jeff Ward.

ways to do almost everything we do and numerous decision points along the way, and we all have a tendency to fall back upon familiar techniques and decisions. Managing risk effectively requires that we have a variety of techniques and apply the right technique in the right way at the right time and that when we don't, we recognize this and correct our errors. I'd like to see our community of climbers focus not just on teaching technique (how to build a 3:1 mechanical advantage system, for example) but on teaching assessment skills. These skills are indeed harder to teach, but ultimately more critical. I'd much rather employ a guide with great assessment skills (most critically their self-assessment skills) who has less technical expertise than someone with tons of experience, but lousy assessment skills. Ideally, we blend both of those skills to maximize the effectiveness of our risk management. Lastly, I'd emphasize that both of these critical factors (accurate assessment and flexibility) are far more difficult in large groups, which I would define as greater than 2-3 people in an alpine setting. The Mountaineers often recreates in large groups and I think that it's possible to be effective in this structure, but requires far more diligence and time to make consistently accurate assessments and is far more difficult to be flexible.

What has North Cascades Mountain Guides done to positively influence the climbing community?

The local climbing community in the Methow is small (like the Methow itself) and we were all painfully aware of the trend of rappelling incidents and related deaths on the Goat Wall and local crags. Our guides are a bit older than the average and most of us are now parents, so we're starting to see many local teens (mostly the children of our friends and neighbors, and many we've known since they were toddlers) embrace climbing. We wanted to help our community learn some preferred practices to increase their own risk management, so we ran a series of free community climbing clinics tackling skills from rappelling

to anchors. We had an incredible response from those that attended and I feel very confident that they are sharing their newfound knowledge with their own climbing partners. We're also advocates for local access and have worked closely with The Mountaineers on projects such as the Methow Headwaters, which seeks to prevent large-scale open pit mining in Mazama.

I have seen you teach outcomes-based approaches to outdoor pursuits – the idea that we're not just climbing a peak, but using climbing to achieve larger goals as climbers, team members, or human beings. Can you elaborate on how leaders might take an outcomes-based approach to designing and delivering their students' experiences? For example, how might an ascent of Liberty Bell be facilitated differently depending on the individuals in the group, or on the goals of the trip?

A very smart man once told me that "you're not managing terrain, you're managing people in terrain" and I think that still encapsulates my approach – I'm ultimately guiding to provide an experience that impacts the life of climbers in a positive way. The elemental connection that occurs when we mix a wild setting and a true challenge is why I do this work. That doesn't mean that every climb is earth shattering, but I think we're missing something if we choose to climb simply to stand on a peak and Instagram the moment! Organizations that work in this field (whether they're clubs, outdoor education organizations, or commercial guides) must have missions that incorporate a desire to improve the connection between a climber and their environment, their team, and ultimately their life at home. In my mind, this makes it critical that organizations create structures that further these outcomes within their activities. If you're a new leader and adding this layer on top of your already complicated role sounds tricky, my advice is to keep it simple and trust that the experience will create these outcomes – and that simply focusing on how you frame and close the experience can help highlight them. Sometimes asking your group to share a bit about their experience is all that is needed to bring home the power of that experience.

Another topic I've heard you speak about is the concept of risk tolerance. Can you define that and explain what significance it has for you as a guide, business owner, and new father?

Like organizational culture, we tend to identify this concept when an organization has a practice that falls way outside their risk tolerance. There are a lot of factors that push organizations to do this, including financial pressure, mission creep, lack of clearly communicated risk tolerance, lack of training, etc. While it's critical for an organization to clearly understand and communicate its risk tolerance, it can be detrimental to an organization if it's viewed as a static standard. As an organization changes, its practices and risk tolerance must do so as well. Consider the change in our society's view of risk during your lifetime, and imagine if The Mountaineers still had the same tolerance for risk they did in 1970! I want to emphasize that we're not seeking to eliminate risk or even to minimize risk – we're seeking to maximize benefit within a reasonable and clear risk tolerance. As a dad, I've certainly recognized that my own tolerance and desire for risk has diminished, and honestly, I think that's helped make me a better guide who's more in tune with the desires of my clients. As a guide, I'll sometimes have clients

who have a risk tolerance that is in excess of my own and it can be hard to manage when they push hard to make the summit or ski a steeper slope. To counteract that tendency, I've learned to involve my clients in my risk management decisions – regardless of our relative experience levels. I want them to understand the risk and to be engaged in recognizing risk, communicating risk, and have an understanding of the uncertainty in each of those. When I guide a new alpine climber, I want them to ask questions, I point out the features of my anchors and techniques, I talk to them about my assessment of the weather and the route – and I admit where I am uncertain. Ultimately, I am fully responsible for managing risk in the field, but I find it far easier to do that when all my participants are engaged in the process.

What advice would you have for a new leader at The Mountaineers who's working on their leadership skills?

As a new leader planning a trip, there are a million things to consider from trip logistics to weather to route conditions. I personally try to use a repeatable structure when planning trips and the structure I prefer begins with two critical components that have nothing to do with logistics, weather, or the route. I begin by trying to understand and accurately assess my participants and myself and then I focus on our desired outcomes for the climb. The other piece of advice I have is something I often work hard to remember in the middle of a climb, and that is not to fear error correction. If something isn't working well, stop and change it. We've all gone the wrong way in the mountains or gotten part way up a pitch and realized that we need to change how we're climbing it, and it can be super hard to admit mistakes – particularly if you're a new leader looking

to gain the confidence of those you're leading – however, I've repeatedly found that stopping and correcting is one of the best ways to gain the confidence of those you're leading!

Great point about being clear and accurate with a self-assessment, and desired outcomes for the trip, before you start planning the actual route or strategy for the trip. Can you give an example of how you've done this recently? How about an example of a time when you saw the need to make an adjustment to a plan or took the chance to correct a mistake of some sort?

I worked a trip for Outward Bound last year on Rainier, and we all diligently set our alarms for midnight and it turns out we didn't need them since the wind crushed us all night and prevented any chance of sleep. It was too windy to climb, and when the weather improved, it was already 6am. Our plan was shot, but we didn't want to hang around in camp all day bored, so we decided to start moving up the mountain – to get as high as we could safely. As it turned out, the weather stayed cool and stable all day and we easily progressed to the summit and back. My co-leader and I had to be diligent to check in with one another consistently throughout the day to update our assessment of our team and the conditions. He and I had worked together a lot, so this type of communication came naturally to us, and we had similar organizational language and training that facilitated these exchanges. It was a good reminder that just because we normally do something in the mountains (alpine starts, for example), that we need to resist falling back on the familiar so that we are making real and accurate assessments in the moment.

story continues >>



Josh Cole at Point Adolphe Rey, French Alps. Photo courtesy of Josh Cole.



Josh Cole with his son, Leo in Red Mountain British Columbia. Photo courtesy of Josh Cole.

Do you have any skeletons in your Cascades closet that you're hoping to knock off this climbing season?

With a toddler and an infant at home, even consistent cragging seems like an unrealized alpine dream! I have a list of classics I still haven't found the time or partner for, and the one I've been thinking of this season is Liberty Ridge (which I'd secretly like to try to ski)... given my realities, it was immediately clear that this was an objective for another season. But, to your point of "skeletons in my closet," I tend to replay my mistakes in my head ad nauseam (as opposed to a summit missed out on). Sometimes this can be really useful as I consider what went wrong and how I can apply that learning. Sometimes, however, this approach can be de-motivating and I need to work on moving past the incident so I can go climb or ski with a sense of fun again!

Part of Progressive Climbing Education at The Mountaineers entails engaging professionals like yourself to help with skills development for our amazing volunteer leaders, and to supplement the knowledge base of the organization. What are some topics you believe might be useful for a volunteer-led climbing club to "outsource" in this way?

I just had a conversation about this with a close friend who was in town to help our family out with our new baby. She works for the American Alpine Club and we talked at some length about their standards-setting work (i.e. setting standardized curricula for clubs and other organizations to deliver). To me, this is incredibly important, not because they necessarily know better, but because it creates consistency of practices, approaches, and language. These kinds of consistency, when utilized effectively,

create an organizational language that extends to an industry language. If we professionals can provide one thing, it's a set of consistent practices that work well. There may very well be twenty other valid ways to do something, but at a certain point, it becomes wasteful to sit around and debate the best rappel set-up because we better stop debating, choose one that works well and spend that extra time getting everyone on the same page. I look forward to the day when everyone I see in the mountains is rappelling with an extended device and a backup because that will let me know that a preferred practice has trickled through our broad climbing community. ▲▲

Josh has been adventuring in the mountains for more than 20 years and guiding for 15. He has climbed and skied extensively in the North Cascades, Alps, Dolomites, Sierra Nevada, New Zealand and the ranges of SW Montana. Josh has given trainings and presentations on wilderness risk management to numerous organizations and is a lead instructor for Wilderness Medicine Training Center. Josh has worked as a professional ski patroller in Montana and New Zealand and has a former life as a geologist. Josh works in the North Cascades as a ski, alpine, and rock guide for North Cascades Mountain Guides. He is an AMGA Certified Ski Guide, Single-Pitch Instructor, and is working towards his AMGA certification in the rock and alpine disciplines.

The Mountaineers Leadership Conference 2017

If you want to learn more leadership skills, consider attending The Mountaineers' Leadership Conference on Saturday, December 2, 2017. To find out more, check out www.mountaineers.org/leadershipconference2017.

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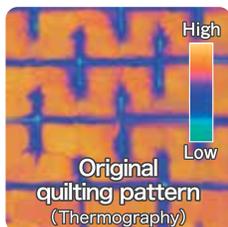
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A World to Explore and a Community to Inspire

by Suzanne Gerber, Mountaineers Publications Manager

Tim Halder, Sandeep Nain, and Jason Schilling (left to right) in Miyar Valley, after the first ascent of Sanajan Peak. Photo courtesy of Tim Halder.

Sandeep Nain's life centers around two things: adventure and generosity. He likes to explore and he also likes to share his adventures with others, which brought him to The Mountaineers. Sandeep started Miyar Adventures, and like his life journey, it's a unique company with an intriguing back-story.

Sandeep grew up with his parents and siblings sharing time between the town of Jind, Haryana and a village just outside, named Dharodi in northern India. He describes his house in Jind as a typical urban Indian dwelling, "a stand alone concrete structure of about 250 square meters in a crowded urban housing community." He preferred their home in Dharodi. The traditional thatched roof and mud walled house there has a special place in his heart. The open feel and connection to the earth it provided still influences his life today as he connects with the land in the Pacific Northwest.

Sandeep was the first in his region to attend the Indian Institute of Technology (IIT), which has a current acceptance rate of 2%, making the 5-8% acceptance rates of Harvard and MIT feel like an open-door policy. He started off his career working for Infosys, one of the largest IT Services company in India. It was located in Bangalore, often thought of as the Silicon Valley of India. He enjoyed the work but had a desire for adventure.

In 2005, Sandeep decided he was going to quit his job and go on a multi-month bike tour along the length of the Indian coast – a distance of over 4,500 miles. This kind of thing is unheard of in

India. He knew his boss would think he was crazy if he told the truth, so he lied and said he got a better paying job somewhere else. His boss, who didn't want to lose him, proposed an idea: he had contract work available with a rapidly-growing international tech company named Amazon. It would pay better than anything they could offer him locally, but Sandeep would have to move halfway around the world – to Seattle, Washington. Was he interested?

Without much hesitation, Sandeep said yes, thinking that, with the money he made, he could have that much better of an adventure biking around India. His original plan was to stay in Seattle for nine months and then move back to pursue his biking dream.

Sandeep packed his bags, said goodbye to his family, and moved halfway around the world where he didn't know anyone. It didn't take long for Sandeep to discover adventures a-plenty in the Pacific Northwest. Over a long July 4th weekend, he took a trip to the Olympic Peninsula with an Indian family he met through work. He convinced them to drop him off at the Elwha Ranger station and pick him up four days later at the Hoh River Ranger Station. He packed up an "old Indian rucksack" and off he went, on a backpacking adventure through the Olympic National Park.

While hiking along Appelton Pass on his way towards Sol Duc, Sandeep met two seasoned backpackers who told him about The Mountaineers. It sounded perfect for him and he checked it out as soon as he got back to civilization. It was too late in the

season to sign up for The Mountaineers' Basic Climbing Course, but there were signups available for the Snowshoe/Winter Camping Course – and Sandeep wasn't going to let the winter stand in the way of his adventures. Once he realized how easy it was to get out and explore year-round on the weekends while working during the week, Seattle became his home.

This was 13 years ago. Today, Sandeep – now living on the Eastside – owns his own adventure travel company, complete with a retail store in Redmond, WA. He has been awarded the Life Saving Medal by the Snohomish County Sheriff's department for his work with Everett Mountain Rescue; completed three first ascents in Nepal; and, most important to Sandeep, raised thousands of dollars through charity climbs for Asha, a nonprofit that promotes education in India.

A Mountaineer Saving Lives

The year after Sandeep took The Mountaineers' Winter Camping course, he took Basic Climbing – and the following year, he took Intermediate (completing it in one season). He credits The Mountaineers and the friends he met through the basic and intermediate climbing courses for his skills in the mountains.

In 2009, Sandeep met Miles McDonough on a four-day climb of Mount Olympus. Miles was a Basic student and Sandeep was a mentor lead. They formed a close friendship and have since climbed hundreds of routes together. Their connection made the Life Saving Medal rescue all the more meaningful: Miles was the one being rescued. The rescue was definitely deserving of an award. Sandeep and two other members of Everett Mountain Rescue responded a call late on Wednesday, September 6th, 2011 for a rescue mission near the summit of Mount Stuart. On no sleep, the three ascended 7,000 feet of technical terrain with climbing equipment and first aid in just five hours. They



Sandeep and Miles at Goat Wall, Mazama, WA. Photo by Imran Rahman

successfully assisted the evacuation of Miles, via helicopter on the early morning of the 7th. Miles was also a member of Everett Mountain Rescue at the time, along with the Helicopter Rescue Team. He has since made a full recovery and is back to climbing with friends like Sandeep and rescuing others. (You can read about the rescue from Miles's perspective in the March/April 2014 issue of *Mountaineer*, p. 20-22 in our archives online: www.mountaineers.org/mountaineer-magazine/magazine-archives)

At this time, Sandeep was still working in the tech industry, though he had moved on from Amazon to Microsoft, to Expedia. It wasn't until after his climbing trip in the Himalayas that he had the inspiration to start his own adventure travel company.

Inspiring Miyar Adventures

Sandeep's company is named Miyar Adventures – after the Miyar Valley (pronounced Mee-year) in India where he and his climbing partners, Jason Schilling and Tim Halder, completed three notable climbs in the fall of 2013. Two of these climbs were also first ascents, meaning Sandeep's team got to name them.

[story continues >>](#)



Sandeep (left) at Camp Muir during and Asha for Education charity climb, Mount Rainier, WA. Photo by Imran Rahman



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Sandeep with an Asha charity climb group on the top of Mount Rainier. Photo courtesy of Mandar Haridas.



Sandeep on the North Ridge of Mount Stuart. Photo courtesy of Sandeep Nain

They named the first Sanjana Peak (19,478 ft), after Sandeep's late sister, and the second Mt. Sealth (19,580 ft), after the Native American Chief Sealth – the namesake for the city of Seattle. They also established a new route on David's 62 Nose. These peaks were climbed over a three-week period and Sanjana was the most difficult, requiring 14 pitches and an overnight emergency bivvy near the top when a long day turned to night. You can read about these ascents in more detail in the 2014 *American Alpine Journal*.

Sandeep's involvement with Asha For Education, devoted to providing education for underprivileged children in India, is somewhat of a fluke – he was looking for a place to volunteer and they had a meeting in Seattle which he attended. He liked the connection to his birth country. Sandeep became the lead coordinator for the Asha Rainier program while still working for Microsoft, eight years ago. He has lead over 100 people on charity climbs, many from India who never thought they would end up on the top of Washington's tallest peak.

As much as Sandeep enjoys climbing, he enjoys sharing the joy of mountaineering and inspiring others even more. This is a big part of why he volunteers for Asha For Education. "I realized I liked helping people discover their potential in the mountains when I started leading fundraising climbs for Asha and preparing people for the big Rainier climb," says Sandeep. "I am appreciative of others who have helped me unlock my abilities. I'm as much or more of a student of climbing as I am a guide. I do not think there is any point where I would cease to be just one. For me, this is a journey that goes on and I keep discovering."

All of this inspired Sandeep to start his own company. Miyar Adventures was launched in July of 2014, with the Outfitters retail location opening in October of 2016. He and his guides lead groups locally to mountains like Rainier, Baker, Shuksan, Sahale, and Glacier Peak – along with trips abroad to Kilimanjaro, Everest Base Camp, Machu Picchu, and Aconcagua. What sets his company apart from other guiding companies he says, is the personal touch. "I was introduced to climbing rather late in my life and had nothing to take for granted. This makes me appreciate the concerns of each of our customers as they set out on an adventure trip with us."

Another thing that sets Sandeep's company apart is that it helps train local guides in rope and rescue techniques at little or no cost. This further builds community and support, along with increasing safety, which is a high priority for him.

If you were to ask Miles what sets Sandeep apart, he would say, "He is unfailingly compassionate and generous with each human he interacts with regardless of the circumstance. He has a great intellect, sense of humor, and perspective in addition to commanding a unique passion for any adventures that take him into the backcountry."

Sandeep now has two young daughters – Jiya (which means life, vivaciousness) and Saba (the morning breeze). "It changes things," he says. Sandeep doesn't have any more first ascents planned in his future, but he does look forward to introducing many people to their own personal first ascents. ▲▲

To rent or buy Mountaineering gear, or plan an expedition, visit Miyar Adventure and Outfitters in Redmond at 16421 Cleveland Street, Suite B or online at www.miyaradventures.com.



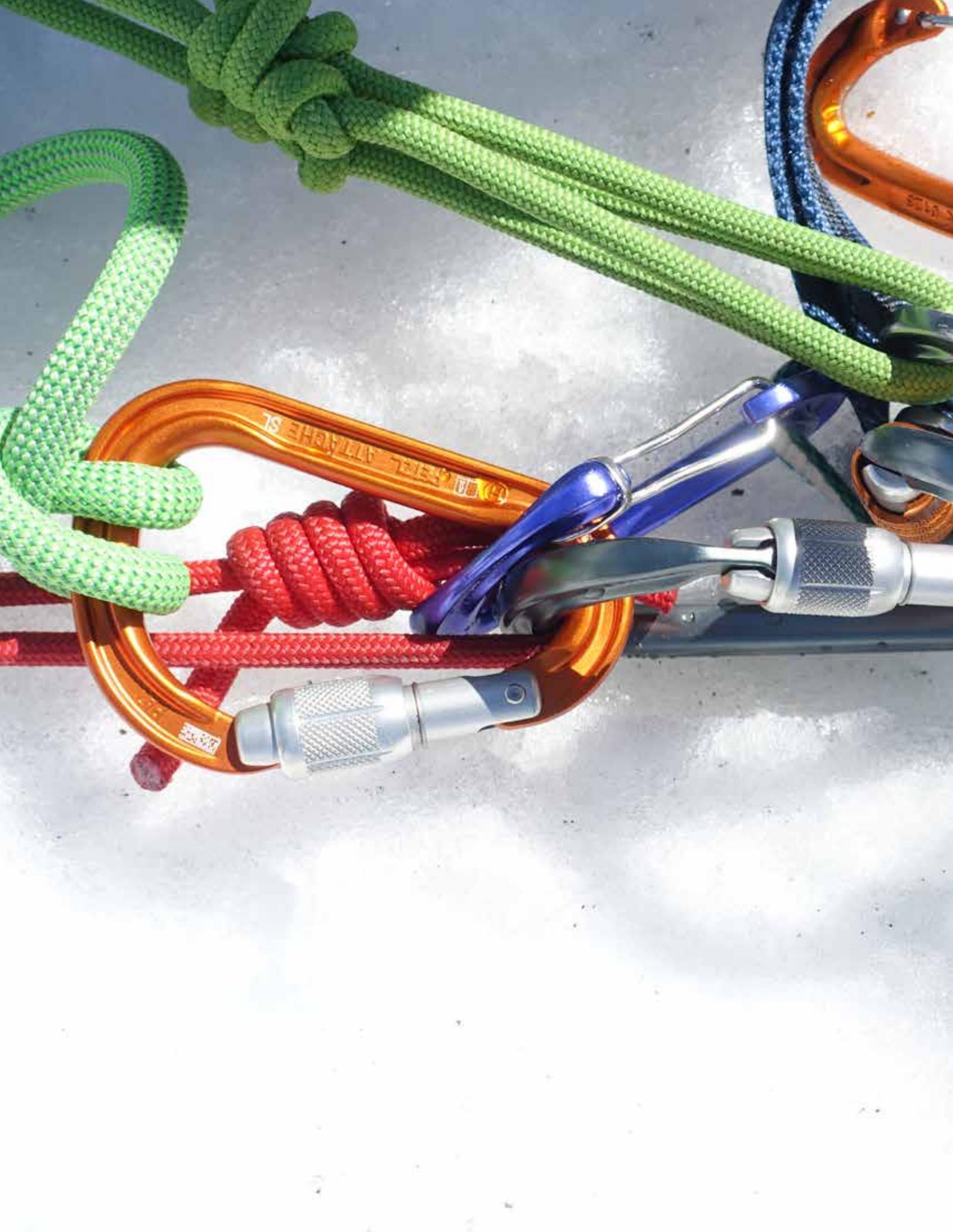
Sandeep with a Miyar Adventures group on top of Mount Kilimanjaro. Photo courtesy of Sandeep Nain

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Six Months in Nine Days

Life as an Intense Basic Student

by Peter Dunau, Mountaineers Communication Specialist

Walking backward, on the roof of the Seattle Program Center, I made my way to the edge. I had double-checked my rappel system: My anchor, rope, belay device, autoblock, and harness all looked good. Before I unclipped my personal anchor, my instructor gave my system a final sign off.

Sure, I had a few jitters – it's not everyday you find yourself walking off a 35-foot building – but for the most part, I felt good. I was three days into the nine-day Basic Climbing course. Mountaineers Gene Yore and John Ohlson launched this intensive version of The Mountaineers Basic Climbing Course five years ago. It's targeted for those who don't have six months to devote to a course but can take a week off from their lives for a focused mountaineering study.

So, here I go off the roof. Rappelling, like all the course skills, was taught in a steady progression. By now, I had rigged sys-

tems and rappelled from all sorts of positions and surfaces. My knowledge had been tested and retested. This was the same thing. Just higher.

So when I reached the edge, I declined my instructor's advice to lower myself down over the side on my butt and ease into my rappel.

'No, I've got this,' I told myself, imagining all the badass firefighters and Special Forces soldiers in the movies of my youth. They didn't ease into their rappels! They walked off backward, stances wide, shoulder broad, ready to save the day.

I stepped back, and with a jolt, everyone was out of sight. I was suddenly cradled in my harness, suspended just below the lip of the wall, becoming very intimate with the side of the building. My feet had somehow slipped out from under

story continues >>



Course leader Sherrie Trecker waits for students atop the Seattle Program Center climbing wall. Photo by Steve Smith.



Peter Dunau practices slab climbing on the Mount Erie field trip. Photo by Tom Vogl.

me. Although I was safe the whole time with my hand on the brake strand of the rope, which was backed up by my autoblock, my attempt at style and grace hardly met the expectations of my youth.

I lowered myself the rest of the way down and returned to the rooftop, where another instructor, Steve Smith, gave me some tips on keeping my feet high to better orient my weight while on rappel. "After all, it's rappelling, not down climbing," he said.

This would be one of the countless moments throughout these nine days where I benefitted from the words of a mentor on my climber's journey.

An Intensified Course

The Mountaineers' Basic Alpine Climbing Course has served as the gateway to becoming a competent climbing partner on technical rock, snow, and glaciers for thousands in the Pacific North-





Student Michael Lai on the Mount Baker field trip.
Photo Steve McClure.



Course leader Steve McClure on Mount Baker.
Photo courtesy of Steve McClure.

west over the decades. The traditional course spans six months and includes lectures, field trips, and practice days. It continues to be one of the primary reasons members join the organization. The Intense Basic version takes the same general curriculum and compresses it into nine continuous (and very full) days. Ambitious? Yes. Sherrie Trecker, who's led Intense Basic the last couple of years, says, "At first there were a lot of questions. Can students learn all this material in a relatively short amount of

time? Will it be successful? I think we've shown that it can. Our graduates are very prepared for the challenges of the alpine." Over the course of nine days, we went from climbing on practice walls to scaling 100-foot rocks at Vantage; from rehearsing slab techniques in the basement to executing them on Mount Erie; from rigging up crevasse rescues indoors to dangling one another off a huge snow berm on Mount Baker.

story continues >>



Leaders demonstrate crevasse rescue at the Seattle Program Center to the 2017 Intense Basic Students. Photo by Steve McClure.



2017 Intense Basic Students make their way towards Vantage's rock walls. Photo by Steve McClure.

From Student to Teacher

One of the course's biggest accomplishments is that it's created a pipeline of students who've gone on to become volunteer leaders, giving back to the Intense Basic course and other Mountaineers programs. Sherrie took Intense Basic as a student in 2013, and her co-leader for this year's Intense Basic Course, Steve McClure, took the course in 2014. Our two SIG leaders, Dave Belding and Nick Block, are recent grads as well.

"Seeing the amount of energy the leaders put in motivated me to want to give back in the future," Sherrie said when discussing her reasons for staying involved. "On more of a selfish level, I also truly think that when you teach you hone your own climbing skills."

Throughout the course, an array of other leaders - many of them recent Intense Basic grads - joined Sherrie, Steve, Dave, and Nick to help instruct. The course's rapid pace was matched by the many teachers available to help guide the way, often at a one-to-one ratio.

Course founder John Ohlson said after the first year of Intense Basic, "It's a lot of information and instruction presented in a short period of time. Because the skill level varied among students, those with more skills and experience started assisting those with less experience. By the end of the course, some had already committed to volunteering next year!"

What worked then continues to work now. Just weeks after my

course ended, my fellow students were sharing tips in our Facebook group about how to get involved with the upcoming Intermediate Climbing Course, the next step in The Mountaineers climbing progression.

Climb On

After the Intense Basic course ends, students have the rest of the summer to complete three climbs: one rock, one glacier, and one that the student gets to choose. That's where the real alpine climbing begins, and it's also where Sherrie's been the most impressed with her students.

When I asked her to recall a particularly noteworthy experience from her years in Intense Basic, she didn't cite a panoramic summit view or a thrilling set of pitches (although she's enjoyed plenty of both.) She recalled an attempt on Glacier Peak with a group of students. The grueling climb entails a 17-mile hike into camp, a 12-hour summit day, and then another 17-mile hike out.

"The morning of the climb, we woke up to whiteout conditions and decided to go for it anyway," she said. "An hour into it, we were in a terrible storm. We made the tough decision to turn around. And not only turn around but hike all the way out that day. So we hiked a total of 18 or 19 miles in pouring rain, snow, and wind. We all had to take down camp in that weather. Those students are all still active to this day. That 18 or 19-mile slog didn't scare them away."

My First Climb

We met at 5am, at end of the Teanaway River Road, and began our trek toward the summit of Ingalls Peak. This would be the first alpine climb of my life.

I wasn't the only one. We made a circle for introductions and two fellow students were completing their first alpine climb as well. Helping us get there were Sherrie, the trip leader, and Val Dion and Gerry Chu acting as rope leads.

The approach carried us into the Alpine Lakes Wilderness, where the Stuart Range seemed to rise with the sun, its jagged peaks, spires, and tarns jutting into the hazy skyline. After about four miles of steady incline, we reached Ingalls Lake, a watershed with slabs of red rock at its edges and towering mountains in the distance.

Then the climbing started. I was pretty nervous. We were looking at three pitches in the 5.3 range, hardly a demanding objective, but the course left me with a much-deserved respect for climbing systems and the importance of executing them properly.

My internal dialogue was tense as I checked and rechecked my every move, but the climb went smoothly. The sun was shining, and it felt like the views kept improving as we left the comfort of solid ground and joined ranks with the surrounding peaks.

At the end of the last pitch, we carefully unroped and scrambled to the tippy top. It was pretty special up there. Everyone was left

speaking in platitudes, "This is awesome," "Wow, what a view," "It's so amazing up here." Even now it's hard to come up with a better description of the summit. I guess that's the point of climbing: to experience things that words, photos, and movies can never quite capture.

After lunch at the peak, we returned to the bolts to set up our first rappel.

'Ah, we meet again, my old friend,' I thought to myself.

I volunteered to go first, and Sherrie asked me if I wanted her to walk me through it, or if I wanted to take a shot at doing it myself.

"How about I try to do it myself, and you let me know if I do anything wrong, and I wait until you give me the full go ahead before I rappel?" I said.

I started setting up my system, got the green light, and began my descent. My feet were high - extra high - in light of my 'roof incident.' My instructors had taught me well. Three pitches later, I was back on solid ground, ready to start the hike down with my classmates and teachers - and ready to climb on. ▲▲

The Mountaineers Intense Basic Alpine Climbing Course is offered every summer and includes multiple field trips, lessons, and a copy of Freedom of the Hills. Search for the course on www.mountaineers.org or email basic.intense@gmail.com with questions. A discount is given for youth aged 26 and under.



Peter Dunau (bottom left) with his classmates and rope leads at the top of Ingalls Peak. Photo by Sherrie Trecker.





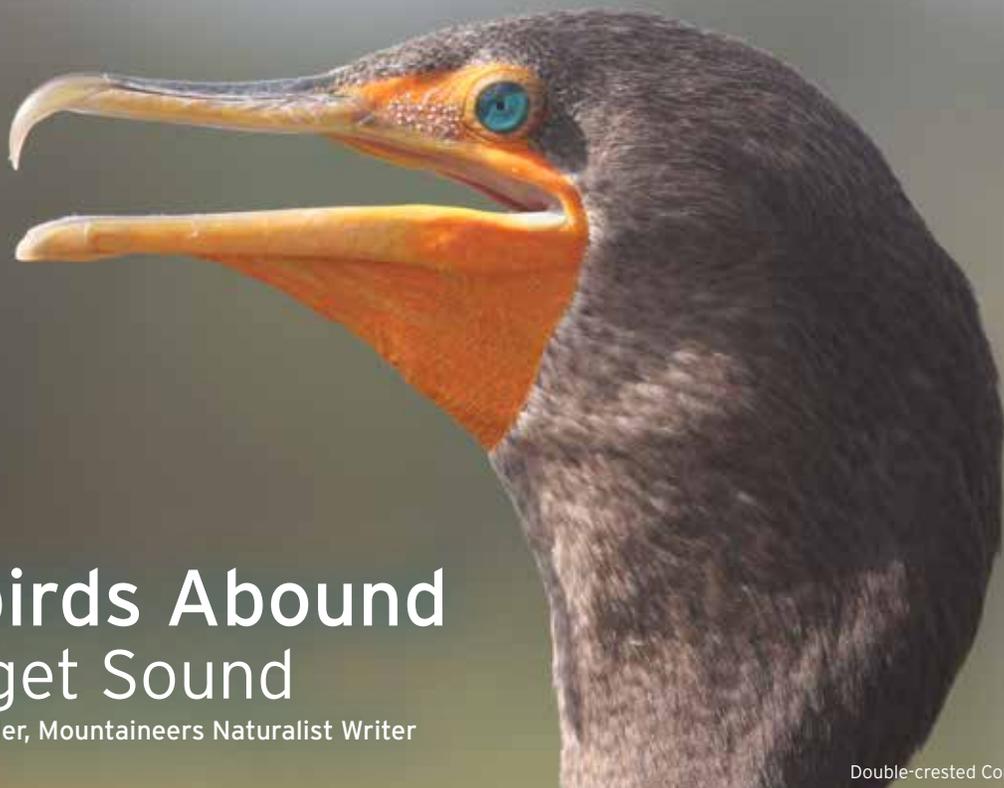
During the spring and summer this year, the Seattle branch Photography Committee held a calendar photo contest. The rules were simple: photos had to include landscape and outdoor nature photography. Judging was conducted by two of The Mountaineers' staff, plus an outside, local photography professional. Judging criteria was based on impact/interest, composition, technical quality, originality, artistic merit and overall impact.

Twelve photographs were selected – one for each month of 2018. Thomas Bancroft was the grand-prize winner with his photo, 'Western Tanager at Flagler State Park' (pictured here). His photo will be on the cover of the calendar and he also won a one-year subscription to Adobe Photoshop CC, generously donated by Adobe.

These 2018 calendars will be on sale in the bookstore at The Mountaineers Seattle Program Center this October. Other Mountaineers photographers represented in the calendar include Jan Abendroth, Michal Antolik, Betsy Bertiaux, Jared Bowe, Richard Lawrence, Heather Mack, Shauna McDaniel, Karen Portzer, Ida Vincent, Bill Warren. Proceeds will benefit The Mountaineers Seattle Photography Committee.

Want to get photography tips from a professional?

Join The Mountaineers Seattle Photography Committee on Friday, November 17, 2018 at 7pm to learn from Canon Explorers of Light photographer, Stephen Johnson. Find more details online at www.mountaineers.org.



Double-crested Cormorant. Photo by Joe Sweeney

Seabirds Abound in Puget Sound

by Joan E. Miller, Mountaineers Naturalist Writer

Sometimes a seabird is simply a bird that lives on the sea; other times it can lead you to a deeper connection with the world around you. For Joe Sweeney, that magic happens every time he visits the shore.

What could lure a beginner to look for seabirds? “The thrill that anything could show up,” Joe says. “Any bird could fly by, but also whales. I’ve seen humpback whales, orcas, porpoises, sea lions, and river otters.”

A lifelong health and fitness devotee, he has hiked Mt. Whitney and Mt. Kilimanjaro, bicycled across the United States twice, and gained a bird’s-eye view of the earth more than 700 times hang gliding. But his latest passion is seabirds.

The leap isn’t that unexpected. It all began with hang gliding. It was only natural that his thoughts would turn to birds. Gliding over the California landscape, he was inspired to learn more about birds. Later, when he was living in Mexico and working as a fitness instructor at a health resort, he began leading bird walks. For 10 years, he introduced resort visitors to the wonders of the local birds. But he still wasn’t very familiar with seabirds because he didn’t live near water.

Not All Seabirds are Seagulls

Joe moved to Seattle five years ago, and that’s when his birding world suddenly expanded. He was living in a place surrounded by water; defined by water. He was drawn to the shore, where he began to spend lots of time studying the seabirds. He’s a graduate of Seattle Audubon’s Master Birder program, and now leads bird walks and teaches seabird identification. Joe prefers to be described as a “graduate” of the Master Birder course instead of “master birder.”

Though he still consults as a personal trainer, retirement has given him more time to indulge in his new passion. Living so close to so much water, he’s like a kid in a candy shop. He’s hooked on our marine life and spends much time along the shore. His usual haunts include Richmond Beach and Edmonds Pier.

After all, he says, “You don’t have to drive to the ocean to see seabirds.” Puget Sound abounds with seabirds. With dozens of species of seabirds living in our region, you don’t need a boat or even a spotting scope to appreciate them. Around Puget Sound, you can see a wide variety of seabirds year-round from the shore. Joe says a pair of binoculars and any decent field guide are all that’s necessary to appreciate these underappreciated birds.

If you think all seabirds are all gulls, or dark, uninteresting blobs, consider the harlequin duck. He wears a jaunty suit of blue-gray



Harlequin Duck. Photo by Joe Sweeney

and rust, with striking white patches and a mask befitting any member of its namesake troupe. Harlequins are winter visitors to Puget Sound, helping to lure birders out on otherwise dreary, cold gray days.

No doubt you've spotted great blue herons. They're actually a shorebird and not a seabird, but they are common year round and easy to see standing on their long legs near the shore. Ducks, geese, cormorants, and grebes are some of the others that are easily seen.

Some you see, then you don't!

Species like mergansers and grebes frequently dive below the surface to find food, popping up a short distance away.

Cormorants are familiar big black seabirds that congregate around the harbors and ferry terminals. If you look closely, you'll see the differences between the double-crested and pelagic.

Everyone knows gulls, but which one? Which plumage? Gulls are some of the most challenging birds to identify. Their appearances vary by age and season. There are breeding plumages and winter plumages, first summer, first winter, second winter, and adult plumages. It's enough to discourage anyone! Yet, Joe assures us it is possible to unravel the mysteries of gulls

Don't forget the terns. You may have seen terns but mistook them for gulls. Terns have a sleeker look, with longer and more pointed bills. The Caspian tern, which summers around Puget Sound, is a striking bird, with a black cap and bright red-orange bill.

There are other rewarding seabirds to identify. One of Joe's favorite families of seabirds are alcids, a large group that includes murrelets, murrelets, puffins, guillemots, and auklets, many of which can be spotted around Puget Sound at different times of the year.

Despite their name, seabirds aren't necessarily confined to water all of the time. Imagine a seabird whose existence is deeply intertwined with old-growth forests. That's the marbled murrelet. This is a small but chunky, robin-sized bird that nests in big trees in the Pacific Northwest. Maria Mudd Ruth, author of *Rare Bird: Pursuing the Mystery of the Marbled Murrelet*, published by Mountaineers Books, said, "Most Mountaineers have been in marbled murrelet habitat without knowing it. Maybe they have heard the keer calls, which can sound like a cross between a hawk and a gull. There is one marbled murrelet sound that no one has yet recorded. It sounds like a jet airplane." (See related article in *The Mountaineer*, Nov/Dec 2013, p. 12)

During nesting season, marbled murrelets fly as many as 30-45 miles from the sea to their nests, every day. In June, says Joe, they are often fairly easy to see in Puget Sound. The fact that their numbers are dwindling makes it all the more exciting to see one. Marbled murrelets are federally listed as threatened, and the state Department of Fish and Wildlife has recommended they be state listed as endangered. There are an estimated 5,000 marbled murrelets left in Washington. Logging, declines in prey fish, oil spills, and deaths from fishing nets, in addition to a naturally low reproductive rate, are cited as factors in their decline. "The broad, horizontal limbs of older trees are generally needed to support the single murrelet egg which is laid on the limb," the agency website states.



Pigeon Guillemot. Photo by Joe Sweeney

Another species that can be seen here is the common loon. Loons are widely distributed across the United States and are often associated with northern wilderness areas. They have a haunting call. You are more likely to see them in Puget Sound and on lakes during migration and winter here. But their population numbers are unknown and state biologists consider them a "state sensitive species."

As common as seabirds might seem, it's sobering to realize all the hazards they face daily: being eaten by something bigger, being caught in a fishing net, being hit by a ship, starving, and choking or strangling on plastic garbage. They are survivors; they carry eons of nature's rhythms in their DNA.

"The best way to get people to take care of the environment is to turn them on to nature," Joe notes. "That's why I lead these bird walks."

Puget Sound abounds with life, especially birds. Wander down to the shore sometime and drink in all that the water offers. Do you like a challenge? Try identifying seabirds during and after the breeding season. Plumages can change radically during the breeding season, and males and females differ at all times in some species.

Rachel Carson wrote, "To stand at the edge of the sea, to sense the ebb and flow of the tides ...to watch the flight of shore birds that have swept up and down the surf lines of the continents for untold thousands of years... is to have knowledge of things that are as nearly eternal as any earthly life can be." ▲▲



Joe Sweeney

Learn about Seabirds

Joe Sweeney will share tips about when and where to see Seabirds of Puget Sound on Wednesday, November 8, at 7pm at The Mountaineers Seattle Program Center, located in Magnuson Park. \$5 at the door, or free to Naturalist Study Group members.



Governor Evans and the Book That Saved the Alpine Lakes Wilderness

by Peter Dunau, Mountaineers Communications Specialist

Governor Dan Evans holds a copy of *The Alpine Lakes* at the Seattle Program Center. Photo by Peter Dunau.

A picture is worth a thousand words, but the images collected in *The Alpine Lakes* are worth even more than that. The photographs in this book, published by The Mountaineers in 1971, inspired President Gerald Ford to designate the Alpine Lakes Wilderness area.

These days, it's hard to imagine the Pacific Northwest without the 400,000-acre Alpine Lakes Wilderness. Comprised of spires, peaks, ridgelines, valleys, and watersheds, the famed landscape is a short drive from Seattle, keeping the city connected to the wild beauty of the Cascades. But in the 1970s, its fate was uncertain.

The critical moment began when Congressman Joel Pritchard called Washington State Governor Dan Evans and said, "Can you come back to Washington, D.C.? Alpine Lakes Wilderness looks like it's in real trouble. Can you get an appointment with President Ford?"

The Alpine Lakes Wilderness was indeed in trouble. After a dedicated advocacy push – which included presenting copies of *The Alpine Lakes* to every member of the Senate committee – a bill to establish the wilderness area managed to pass Congress. However, the Department of Agriculture, the Department of Commerce, and the Office of Management and Budget all advised the President to veto the bill. The Forest Service even drafted veto language for him.

Governor Evans, a former Boy Scout, and champion of Washington's wild places, managed to secure a meeting with President Ford. But along with it came some stern guidelines, "The President is very busy. You get 15 minutes – that's it."

When Evans arrived in Washington D.C., he realized he was missing a key tool of persuasion, *The Alpine Lakes* book. He recalled that one of the Boy Scouts who had been in his troop was now living nearby in Maryland. It was worth a try.

Evans gave his former troop member a call. "Have you got a copy of that book? Can you bring it to me tomorrow morning? I'm meeting with the President."

"Yes," came the reply, "On one condition: you have to get the President to autograph it for me."

Equipped with *The Alpine Lakes* book, Evans walked into the President's office.

"I sat down with the President and then opened the book," Evans recalls, "That 15 minutes turned into 45 minutes. Aides kept coming in and saying, 'Mr. President, you have to get to the next meeting; you have to go.' And he just kept leafing through that book, lost. You know he was an Eagle Scout, a hiker, a lover of the outdoors himself, and as a result, the Forest Service took a back seat, he signed the bill and Alpine Lakes was created."

A Lifelong Passion

When Governor Evans came in for this interview to discuss *The Alpine Lakes*, his love for wild places was as strong as ever.

"I'm going on a hike tomorrow," he said, "I'm actually going with the fellow, Bill Douglas, who lent me the book I took to President Ford. He still lives in Maryland, but he comes back and visits family in Seattle every summer. We're going down to Lake Eunice, near the north side of Mount Rainier."

As Evans anticipated his upcoming hike, he also recalled a trip with Douglas some 70 years ago. Evans was 25 and Douglas was 16. Along with a couple of other scouts, they spent all winter making plans to follow the path of the O'Neil Expedition, one of the first parties to explore the Olympic Mountains.

"We read all the accounts and traced where they had gone," said Evans, "That was the hike of a lifetime. Seven days. We went into the Skokomish up to O'Neil Pass, getting into country people seldom see, following an elk trail. We summited Mount Olympus, and it was absolutely beautiful."

As he considered the trip in the context of his political career fighting for wild places, he remarked, "I had no idea what was coming, but I was sure enjoying what was there."

The Mountaineers Get the President's Ear

Evans carried the bill through the final stretch, but as he says, "It was really created because there were an awful lot of citizen volunteers who made it happen." Leading the way were a group of Mountaineers.

Using funds generated from *Freedom of the Hills* – The Mountaineers' seminal book on climbing techniques – the club began publishing books geared towards conservation. Among them was *The Alpine Lakes*, written by Brock Evans, edited by Harvey Manning, and brought to life with beautiful photographs by Ed Cooper and Bob Gunning.

"They were giants, paving the way for what we do to this day," says Helen Cherullo, the current publisher of Mountaineers Books, "When you show someone a book, it draws them into the natural world. Whether it's the president or your neighbor, it inspires people to care."

Finding Common Ground Outdoors

Governor Evans is no stranger to inspiring people to care. In his quest to protect wild places, he reached out to lawmakers and citizens from all sides of the political spectrum. It's a bipartisan approach he thinks we could use more of today.

"I think the problem now is that we carry politics beyond the floor of Congress and extend that to personal relationships," says Evans, "Following my time as Governor, I served in Congress as a Senator. At that time, the whole Washington State delegation, including myself, would meet once a week during session. We had an even split politically between Democrats and Republicans, but the whole focus was on what's important for the state of Washington. That's how we got things done."

Putting people above politics gave Evans confidence when he walked into the president's office.

"President Ford was a pretty easy guy to talk to and work with," remarked Evans, "We had built a relationship dating back to his time in the House of Representatives. He was happy to see me, and of course, he loved nature too."

From the Bottom Up

In looking at the conservation issues facing us today, Evans also advises, "When citizens get roused, it's amazing how things start to move in Congress. People are very powerful, all they have to do is put that power together."

He suggests people share their stories, stating "One personal letter counts for a hundred form letters. Those individual voices magnified hundreds of times – I know as a former Governor and Senator, that's when lawmakers listen."

Mountaineers Books continues to put this practice to the test through its Braided River titles. These books combine nature photography and literature, connecting people to wild places and inspiring them to protect them.

Mountaineers Books Publisher Helen Cherullo says, "I hear the same thing over and over again when I show someone a book. They say, 'I had no idea there was a place this special.' That's the first step to becoming an advocate."

Pictures really can make a difference. Look no further than President Ford and the book that saved the Alpine Lakes. ▲▲



The Enchantments, located in The Alpine Lakes Wilderness. Photo by Ida Vincent.

An Unexpected Adventure in Chile

by Cheryl Talbert, Mountaineers Global Adventures leader



The Patagonia Lakes District adventure group. Photo by Cheryl Talbert

Morning light was just beginning to illuminate the tops of the white granite cliffs surrounding our green valley when Señora Anita arrived to make breakfast. She stoked the wood stove in our tiny refugio and with impressive grace and speed, whipped up fresh rolls, an egg casserole, hot coffee and tea – all without the benefit of heat controls other than adding and re-arranging wood and coals. Our group sat on a bench, sharing warmth of the stove, sipping coffee, and marveling at the culinary performance in the morning light.

We had just made our way across the northern Patagonian Andes from Bariloche, Argentina and were in the Valle Cochamo on the west coast of Chile, known to a few in rock-climbing circles as the ‘Yosemite of Chile’. The name was well and truly earned, with several seriously challenging multi-pitch walls of sheer granite not far above the valley’s campsites and refugios.

We nearly had the place to ourselves this late Austral summer morning. Just a few scruffy rope-bearing vagabonds were spotted in the campground as we passed the day before. This region, in the southern Lakes District of Chile, is a wild expanse of snow-topped volcanoes, ancient endemic forests, sheer granite cliffs and – of course – hundreds of lakes. Despite the natural beauty, most travelers who come here stay further north among the crowded hot springs and well-publicized volcano climbing routes around Pucon. A local Chilean adventure outfitter helped us devise an off-the-beaten-track hiking and trekking itinerary in the southern Lakes District. Our extraordinary guide, Andres, proved to be an uber-energetic promoter of all things Chilean. We’d already stayed at a guest house on the shore of Lago Todos Santos with stunning views of the Osorno volcano and a lovingly prepared meal of Chilean wine and local specialty dishes, our base for a dramatic hike around Osorno. Now we were at Sra. Anita’s watching her conjure a miraculous breakfast to fortify us for our climb to Anfiteatro, one of the sweeping cliffs of Cochamo.

Breakfast consumed, we climbed a faint boot path through the towering ‘cathedral forest’ of centuries-old, massive Alerce trees (a rare local cedar), thick with moss and dappled with filtered sunlight. After a couple of hours of serious elevation gain, the broad white-granite expanse of the Anfiteatro cliff finally revealed itself, towering hundreds of feet overhead. After blissful hours playing on the rock walls, at last, we settled at their base and Andre introduced us to the social rituals around the sharing of mate, a traditional South American hot drink made from dried and ground Yerba Mate leaves and shared with boon companions by passing a gourd cup with a silver straw (left hand only, please!). Then it was back down through the forest to the valley and another gourmet meal from Sra. Anita, complete with more fine Chilean wine carried up-valley for us by Andres.

Life-list adventures can certainly be found in dramatic, well-publicized destinations. But extraordinary life-list adventures can also be found in unique, authentic experiences in lesser-known places such as this. ▲▲

Check out the upcoming trip below and find more trips online (including Tanzania and Swiss Alps!) at www.mountaineers.org. Click on the Explore tab, then search “Global Adventures.”

Ski and Winter-Walk in Italy in the Shadow of Mont Blanc and the Matterhorn

March 2-18, 2018 (subject to change)

Ski or walk at world-class resorts in the dramatic shadows of Mont Blanc and the Matterhorn. The international resorts of Courmayeur and Cervinia have lifts up to 12,739 feet, which guarantees snow every year, and they also feature many winter walking trails. The trip starts and ends in Milan, Italy.

Price: \$3500. \$1550 deposit.

Leader: Patti Polinsky, meanysports@me.com

Info session at The Mountaineers Seattle Program Center: 7pm on Monday, September 11.

KICK STEP IPA

A project
benefiting The
Mountaineers

membershipmatters

Ghostfish and The Mountaineers were both founded on the idea of transcending limits. We thrive on a spirit of wonder, a sense of adventure, and a commitment to the wild places of the Pacific Northwest. We're powered by strong passionate communities who support our missions. Whether it's distinctive craft beer made from high-quality, low-impact grains, or unique, life-changing experiences in the outdoors, we believe life is meant to be lived and lived well—no matter who you are. This is Kick Step IPA: a liquid representation of our shared value, with proceeds benefiting The Mountaineers.



Introducing Kick Step IPA

A Beer Partnership with Ghostfish Brewing

We're excited to introduce Kick Step IPA, a bold and distinctly Northwest India Pale Ale by Ghostfish Brewing, benefiting The Mountaineers.

Learn more at www.mountaineers.org/kickstep



A young skier at Meany Lodge. Photo courtesy of Meany Lodge

Meany Lodge

Welcome to The Mountaineers
ski resort at Stampede pass.

Ride a 30-passenger snowcat
to the remote, warm, and cozy lodge.
Take lessons, eat fantastic meals and
enjoy comfortable weekend lodging.

Check out rates and make
reservations online:

www.meanylodge.org

Questions? Please email:
sports_director@meanylodge.org



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

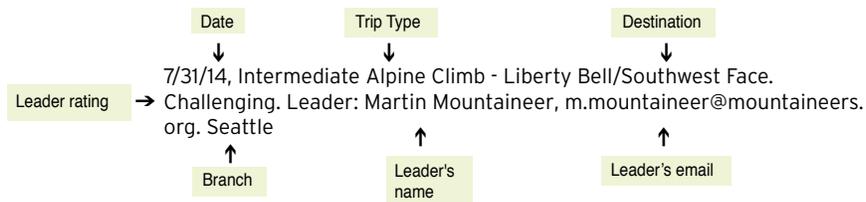
required on all Mountaineers trips:

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—Tralhead

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.

Quarterly Update

Thank you for reading the Go Guide! We pulled the information for this issue on July 15, 2017. Any activities or courses listed after that date will not be published here. The information for the Winter magazine will be pulled on October 1, 2017. Please have your activities and courses listed by then if you would like them to be published in the magazine.

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

Mountaineers activities

Below is a sampling of The Mountaineers activities. To see the full listing, go to www.mountaineers.org.

BACKPACKING

9/1/17-9/6/17, Backpack - Eagle Cap Lakes Basin Loop (Oregon) (Moderate) Leader: Bill Carver, fishtherivers4fun@yahoo.com. Tacoma

9/2/17-9/4/17, Backpack - Snowgrass Flats, Cispus Basin, Old Snowy & Goat Lake (For Beginners (Getting Started Series)) Leader: SuJ'n Chon, mountaineersu@gmail.com. Seattle

9/2/17-9/4/17, Backpack - Indian Heaven (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

9/9/17-9/10/17, Backpack - Basin Lake (Moderate) Leader: Brian Carpenter, fleasgach@gmail.com. Seattle

9/13/17-9/17/17, Backpack - Napeequa Valley via Little Giant Pass (Challenging) Leader: David Bradley, david.bradley.mountaineers@gmail.com. Seattle

9/14/17-9/17/17, Backpack - Seven Lakes Basin & High Divide (Challenging) Leader: Deborah Fisher, gearsnbearings@gmail.com. Foothills

9/16/17-9/17/17, Backpack - Lila Lake (Moderate) Leader: SuJ'n Chon, mountaineersu@gmail.com. Seattle

9/16/17-9/17/17, Backpack - Olympic Hot Springs (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

9/22/17-9/24/17, Backpack - Rachel Lake (For Beginners (Getting Started Series)) Leader: Paul Thomsen, paulthomsen@hotmail.com. Foothills

9/23/17-9/24/17, Backpack - Oregon Butte (Moderate) Leader: Linda Moore, abenteuerbc@yahoo.com. Seattle

9/30/17-10/1/17, Backpack - South Pass & McAlester High Camp (Challenging) Leader: Deborah Fisher, gearsnbearings@gmail.com. Foothills

10/3/17-10/6/17, Backpack - The Enchantments (Moderate) Leader: Bill Carver, fishtherivers4fun@yahoo.com. Tacoma

10/7/17-10/8/17, Backpack - Ingalls Lake (For Beginners (Getting Started Series)) Leader: Bill Carver, fishtherivers4fun@yahoo.com. Tacoma

CLIMBING

9/2/17-9/2/17, Intermediate Alpine Climb - Poster Peak/Blue Buttress (Moderate) Leader: Sherrie Trecker, sbuxbarista@yahoo.com. Seattle

9/2/17-9/2/17, Basic Alpine Climb - Kangaroo Temple/North Face (For Beginners (Getting Started Series)) Leader: Nick Block, ntblock@gmail.com. Seattle

9/2/17-9/4/17, Glacier Climb - Glacier Peak/Disappointment Peak Cleaver (For Beginners

(Getting Started Series)) Leader: Jared Pearce, jared.pearce@gmail.com. Seattle

9/2/17-9/2/17, Basic Alpine Climb - Cutthroat Peak/West Ridge (For Beginners (Getting Started Series)) Leader: Jacob Wolniewicz, jacob@wolniewicz.com. Seattle

9/2/17-9/4/17, Basic Alpine Climb - Tower Mountain & Golden Horn (Challenging) Leader: Scot Geoghegan, hector98034@yahoo.com. Everett

9/3/17-9/3/17, Basic Alpine Climb - Kangaroo Temple/North Face (For Beginners (Getting Started Series)) Leader: Sherrie Trecker, sbuxbarista@yahoo.com. Seattle

9/4/17-9/4/17, Basic Alpine Climb - Big Snagtooth/West Ridge (For Beginners (Getting Started Series)) Leader: Jacob Wolniewicz, jacob@wolniewicz.com. Seattle

9/5/17-9/7/17, Basic Alpine Climb - American Border Peak/Southeast Route (Challenging) Leader: Julie Myer, juliem135@comcast.net. Tacoma

9/8/17-9/10/17, Intermediate Alpine Climb - Sherpa Peak/West Ridge (For Beginners (Getting Started Series)) Leader: Steven Anderson, anderson.stevej@gmail.com. Kitsap

9/9/17-9/9/17, Glacier Climb - Whitman Crest/Fryingpan Glacier (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

9/9/17-9/10/17, Intermediate Alpine Climb - Black Peak/Northeast Ridge (Challenging) Leader: Ida Vincent, ida@ourecoplanet.com. Seattle

9/9/17-9/10/17, Basic Alpine Climb - Sahale Peak/Quien Sabe Glacier (Moderate) Leader: Jeffrey Wirtz, jrwirtz73@gmail.com. Tacoma

9/10/17-9/10/17, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: James Adkins, jamesaa73@comcast.net. Seattle

9/10/17-9/10/17, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Diana Yuen, dianahikes@gmail.com. Seattle

9/12/17-9/13/17, Intermediate Alpine Climb - Twin Sisters/Twin Sisters Traverse (Challenging) Leader: Julie Myer, juliem135@comcast.net. Tacoma

9/13/17-9/13/17, Intermediate Alpine Climb - Observation Rock/North Face (Challenging) Leader: Ida Vincent, ida@ourecoplanet.com. Seattle

9/16/17-9/16/17, Glacier Climb - Eldorado Peak/Inspiration Glacier (Challenging) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

9/16/17-9/16/17, Glacier Climb - Whitman Crest/Fryingpan Glacier (Challenging) Leader: Dawn Thomas, pitadawn@yahoo.com. Olympia

9/22/17-9/22/17, Basic Alpine Climb - Cathedral Rock/Southwest Face (For Beginners (Getting Started Series)) Leader: Bob Keranen, bobkeranen@gmail.com. Olympia

9/23/17-9/23/17, Intermediate Alpine Climb - Observation Rock/North Face (Moderate) Leader: Sean Mathias, seanm@prosolve.com. Seattle

9/23/17-9/23/17, Basic Alpine Climb - Pinto Rock/Bowling Alley (For Beginners (Getting Started Series)) Leader: Mike McIntosh, free_2_climb@yahoo.com. Olympia

9/24/17-9/24/17, Basic Alpine Climb - Slippery Slab Tower/Northeast Face (Easy) Leader: James Adkins, jamesaa73@comcast.net. Seattle

9/24/17-9/24/17, Intermediate Alpine Climb - Observation Rock/North Face (For Beginners (Getting Started Series)) Leader: Steven Anderson, anderson.stevej@gmail.com. Kitsap

10/1/17-10/1/17, Glacier Climb - Whitman Crest/Fryingpan Glacier (For Beginners (Getting Started Series)) Leader: Takeo Kuraishi, takeo.kuraishi@gmail.com. Seattle

10/14/17-10/14/17, Basic Alpine Climb - Ingalls Peak/South Ridge (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

10/20/17-10/22/17, Basic Alpine Climb - Tower Mountain & Golden Horn (Challenging) Leader: Carry Porter, carry@nwoutdoorgrill.com. Seattle

DAY HIKING

9/2/17-9/2/17, Day Hike - Tatoosh Ridge (Challenging) Leader: Brian Carpenter, fleasgach@gmail.com. Seattle

9/3/17-9/3/17, Day Hike - Chain Lakes Loop (Moderate) Leader: Shawn Awan, shawn.awan@outlook.com. Outdoor Centers

9/6/17-9/6/17, Day Hike - Beer Sheva Park to South Day Park via Seward Park (Easy) Leader: Kathy Bieber, eskay39@comcast.net. Seattle

9/9/17-9/9/17, Day Hike - Bagley & Chain Lakes (For Beginners (Getting Started Series)) Leader: Anita Elder, anita@anitaelder.com. Seattle

9/9/17-9/9/17, Day Hike - Summerland & Panhandle Gap (For Beginners (Getting Started Series)) Leader: Mike Kretzler, mkretzler@comcast.net. Olympia

9/9/17-9/9/17, Day Hike - The Hummocks (Easy) Leader: Christine Grenier, highroadhiker@wavecable.com. Kitsap

9/10/17-9/10/17, Day Hike - Harry's Ridge (Moderate) Leader: Christine Grenier, highroadhiker@wavecable.com. Kitsap

9/10/17-9/10/17, Day Hike - Burroughs Mountain (For Beginners (Getting Started Series)) Leader: Nancy Lloyd, nanlloy@gmail.com.

DAY HIKING CONT.

com. Olympia

9/10/17-9/10/17, Day Hike - Burroughs Mountain (For Beginners (Getting Started Series)) Leader: Donna Kreuger, djkreuger@comcast.net. Olympia

9/12/17-9/12/17, Day Hike - Snow & Gem Lakes (Snoqualmie) (Moderate) Leader: Christopher Ensor, ctraits@comcast.net. Foothills

9/16/17-9/16/17, Day Hike - Burroughs Mountain (For Beginners (Getting Started Series)) Leader: Donna Kreuger, djkreuger@comcast.net. Olympia

9/16/17-9/16/17, Day Hike - Tatoosh Ridge (For Beginners (Getting Started Series)) Leader: Jason Wilson, nw.outdoors@yahoo.com. Olympia

9/16/17-9/16/17, Day Hike - Tatoosh Ridge (For Beginners (Getting Started Series)) Leader: Donna Kreuger, djkreuger@comcast.net. Olympia

9/17/17-9/17/17, Day Hike - Gobblers Knob (For Beginners (Getting Started Series)) Leader: Bob Pankl, pankl@earthlink.net. Seattle

9/19/17-9/19/17, Day Hike - Shriner Peak (Challenging) Leader: Christopher Ensor, ctraits@comcast.net. Foothills

9/24/17-9/24/17, Day Hike - Cascade Pass & Sahale Arm (Challenging) Leader: Bill Sanders, billrsanders7@gmail.com. Foothills

9/24/17-9/24/17, Day Hike - Marmot Pass & Buckhorn Mountain (For Beginners (Getting Started Series)) Leader: Michael Mellors, beta618@gmail.com. Olympia

9/26/17-9/26/17, Day Hike - Meadow Mountain (Snoqualmie) (Moderate) Leader: Christopher Ensor, ctraits@comcast.net. Foothills

10/7/17-10/7/17, Day Hike - Kendall Katwalk (For Beginners (Getting Started Series)) Leader: Donna Kreuger, djkreuger@comcast.net. Olympia

10/8/17-10/8/17, Day Hike - Summerland & Panhandle Gap (For Beginners (Getting Started Series)) Leader: Brent Williams, mariners12002@yahoo.com. Olympia

10/8/17-10/8/17, Day Hike - Summerland & Panhandle Gap (For Beginners (Getting Started Series)) Leader: Donna Kreuger, djkreuger@comcast.net. Olympia

10/14/17-10/14/17, Day Hike - Marmot Pass & Buckhorn Mountain (For Beginners (Getting Started Series)) Leader: Tom Whitney, alobe75290@aol.com. Olympia

10/14/17-10/14/17, Day Hike - Marmot Pass & Buckhorn Mountain (For Beginners (Getting

Started Series)) Leader: Donna Kreuger, djkreuger@comcast.net. Olympia

10/15/17-10/15/17, Day Hike - Kendall Katwalk (For Beginners (Getting Started Series)) Leader: Michael Mellors, beta618@gmail.com. Olympia

10/21/17-10/22/17, Day Hike - Cape Lookout State Park (Moderate) Leader: Linda Moore, abenteuerbc@yahoo.com. Seattle

10/21/17-10/21/17, Day Hike - Royal Basin (For Beginners (Getting Started Series)) Leader: Michael Walther, veganbuffalohikes@gmail.com. Olympia

10/21/17-10/21/17, Day Hike - Royal Basin (For Beginners (Getting Started Series)) Leader: Donna Kreuger, djkreuger@comcast.net. Olympia

10/21/17-10/21/17, Day Hike - Royal Basin (For Beginners (Getting Started Series)) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

11/19/17-11/19/17, Day Hike - Jack Block Park, Armani Boat Ramp and Lincoln Park. (For Beginners (Getting Started Series)) Leader: Gordie Swartzman, g.swartzman@gmail.com. Seattle

10/13/17-10/15/17, Day Hike - Leslie Gulch & Juniper Gulch Trail (Oregon) (Moderate) Leader: Linda Moore, abenteuerbc@yahoo.com. Seattle

SCRAMBLING

9/2/17-9/2/17, Alpine Scramble - McGregor Mountain (Challenging) Leader: Mary Aulet, mraulet@comcast.net. Seattle

9/3/17-9/4/17, Alpine Scramble - Hoodoo Peak & Raven Ridge (For Beginners (Getting Started Series)) Leader: James Adkins, jamesaa73@comcast.net. Seattle

9/12/17-9/13/17, Alpine Scramble - Mount Carrie & Seven Lakes Loop (Challenging) Leader: Susan Shih, sueshih1@gmail.com. Seattle

9/15/17-9/17/17, Alpine Scramble - Mount Stuart/Cascadian Couloir (Challenging) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

9/16/17-9/18/17, Alpine Scramble - Monument Peak & Lake Mountain (For Beginners (Getting Started Series)) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. Everett

9/22/17-9/24/17, Alpine Scramble - Mount Maude & Seven Fingered Jack (Challenging) Leader: Robert Brown, robert.brown@seattle.gov. Seattle

9/23/17-9/24/17, Basic Alpine Climb - Mount

Daniel (For Beginners (Getting Started Series)) Leader: Bob Keranen, bobkeranen@gmail.com. Olympia

9/29/17-10/1/17, Alpine Scramble - Monument Peak & Lake Mountain (Challenging) Leader: Carry Porter, carry@nwoutdoorgrill.com. Seattle

10/28/17-10/28/17, Alpine Scramble - Not Hinkhouse (Point 6878) (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

SEA KAYAKING

9/2/17-9/2/17, Sea Kayak - Saddlebag Island (Easy) Leader: Bradley Mitchell, brad@bradmittellphoto.com. Everett

9/4/17-9/4/17, Sea Kayak - Owen Beach to Chinese Reconciliation Park (Easy) Leader: Beth Owen, bluekayak123@yahoo.com. Tacoma

9/9/17-9/10/17, Sea Kayak - Makah Bay (Challenging) Leader: Don Rice, drice@olympen.com. Seattle

10/12/17-10/12/17, Sea Kayak - Tacoma Narrows (Moderate) Leader: Beth Owen, bluekayak123@yahoo.com. Tacoma

STEWARDSHIP

9/2/17-9/2/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

9/16/17-9/16/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

10/7/17-10/7/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

10/7/17-10/7/17, Stewardship - Heybrook Lookout & Ridge (For Beginners (Getting Started Series)) Leader: Brian Starlin, brian.starlin@comcast.net. Seattle

10/21/17-10/21/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

11/4/17-11/4/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

11/18/17-11/18/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

Mountaineers Courses

Below is a sampling of courses offered. See www.mountaineers.org for complete and up-to-date listings.

CLIMBING

9/7/17-10/1/17, Sport Climbing - Tacoma - 2017. Members: \$125, Non-members: \$175. Contact:

Nellie Suthers, nellie.suthers@gmail.com. Tacoma

9/18/17-10/30/17, Introduction to Leading

Bolted Routes - Seattle - 2017. Seattle Members: \$150, Non-members: \$200. Contact: Helen Arntson, xylonia@gmail.com. Seattle

9/21/17-10/7/17, Self Rescue I - Everett - 2017 - Self Rescue I - Rescue of Follower & Leader on Rock - Everett Members: \$100, Non-members: \$150. Contact: Rodica Manole, rodi.man@gmail.com. Everett

11/9/17-3/10/18, Self Rescue II - Everett - 2017 - 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: Rodica Manole, rodi.man@gmail.com. Everett

12/3/17-10/30/18, Basic Alpine Climbing Course - Seattle - 2018 - Basic Alpine Climbing Course - Seattle - 2018 Members: \$650, Non-members: \$800. Contact: Jim Nelson, jim@promountainsports.com. Seattle

EXPLORING NATURE

11/8/17-11/8/17, Naturalists Lecture Series: SEABIRDS OF PUGET SOUND: WHERE AND WHEN TO FIND THEM - Master birder Joe Sweeney tells you when and where to find them. Members: \$0, Non-members: \$5. Contact: Rose O'Donnell, r.a.odonnell@icloud.com. Seattle

1/10/18-1/10/18, Naturalists Lecture Series: Loss of Glaciers in Washington's National Parks - Dr. Jon L. Riedel, a geologist with the National Park Service at North Cascades National Park, has researched the response of Washington's glaciers to climate change. Members: \$0, Non-members: \$5. Contact: Rose O'Donnell, r.a.odonnell@icloud.com. Seattle

FIRST AID

9/16/17-10/4/17, Wilderness First Aid (WFA) - Tacoma 2017 - 2017 - Wilderness First Aid at Tacoma Program Center Members: \$190, Non-members: \$225. Contact: Sharon Carlson, sharoncarlson04@comcast.net. Tacoma

10/7/17-10/22/17, MOFA - FALL 2017 - Fall 2017 Mountaineering Oriented First Aid- Olympia. Classes 8am-4:30/5:00pm. Sat/Sun Oct. 7/8 and Sat/Sun Oct 21/22. Note: The book: Mountaineering First Aid is provided and

made available app. 1 month prior to the class. Do not order a book when you register. With the exception of Oct 7, classes are at Griffin Fire Station 3707 Steamboat Loop NW Olympia. Oct 7 class is at Lacey Fire Station #3 1231 Franz Road. Lacey Members: \$150, Non-members: \$300. Contact: Bob Keranen, bobkeranen@gmail.com. Olympia

10/16/17-10/22/17, MOFA Refresher - Olympia - 2017 - MOFA Refresher 2017- Olympia Members: \$75, Non-members: \$150. Contact: Bob Keranen, bobkeranen@gmail.com. Olympia

11/10/17-11/12/17, Wilderness First Responder Recertification (WFC) - Fall 2017 - Wilderness First Responder Recertification Members: \$300, Non-members: \$325. Contact: Mary Panza, makinanoise@hotmail.com. Seattle

12/6/17-12/10/17, Hybrid Wilderness First Responder (H-WFR) - Fall 2017 - Wilderness First Responder - Hybrid (H-WFR) Members: \$600, Non-members: \$650. Contact: Mary Panza, makinanoise@hotmail.com. Seattle

OUTDOOR LEADERSHIP

10/21/17-10/21/17, Outdoor Leadership Seminar - Tacoma - 2017 - Build and enhance your outdoor leadership skills through facilitated real-life scenarios, discussion and problem solving. Members: \$45, Non-members: \$75. Contact: Scott Davidson, scott.davidson@tacomamountaineers.org. Tacoma

SEA KAYAKING

9/15/17-9/17/17, Paddler Development Weekend - 2017 - Organized by the Seattle Kayaking Committee, "PDW" is a gem of the organization's training events. Kayakers come together at Deception Pass for two days of clinics designed for those with beginning to advanced paddling skills designed to build a community of experienced paddlers. A full weekend of on-the-water paddler development workshops led by experienced instructors held in beautiful Deception Pass State Park! Members: \$110, Non-members: \$200. Contact: melinda moree, melinda@melindamoree.com. Seattle

SKI/SNOWBOARD

1/6/18-2/18/18, Downhill Ski Lessons Series A - 2017 - Downhill Ski Lesson Series for all ages and all abilities on 4 winter weekends. Members: \$85, Non-members: \$100. Contact: Patti Polinsky, meanysports@me.com. Outdoor Centers

1/13/18-2/25/18, Downhill Ski/Snowboard Lesson Series B - 2018 - Downhill Ski or Snowboard Lesson Series for all ages and all abilities Members: \$85, Non-members: \$100. Contact: Patti Polinsky, meanysports@me.com. Outdoor Centers

SNOWSHOEING

9/1/17-1/20/18, Basic Snowshoeing Equivalency - Seattle - 2017 - 2018 - This course is for granting Basic Snowshoeing equivalency to those who have basic snowshoeing experience. Members: \$25, Non-members: \$0. Contact: Glenn Eades, geades@seanet.com. Seattle

12/5/17-2/28/18, Basic Snowshoeing Course - Seattle - 2018 - Basic Snowshoeing Course - Seattle Members: \$65, Non-members: \$85. Contact: Andy Cahn, andycahn@gmail.com. Seattle

12/5/17-2/28/18, Basic Snowshoeing Course - Seattle - 2018 - Basic Snowshoeing Course - Seattle Members: \$65, Non-members: \$85. Contact: Jimmy Jet Klansnic, snow-jet@outlook.com. Seattle

STEWARDSHIP

12/1/17-3/20/18, Winter Volunteer and Stewardship Equivalency - Foothills - 2017-18 - Stewardship equivalency - Foothills Members: \$0, Non-members: \$0. Contact: Russ Immel, russimmel@gmail.com. Foothills



2017-18 Naturalists Lecture Series Seattle Program Center, 7 pm

Free to Mountaineers Naturalist Study Group Members, \$5 for all others

November 8, 2017 (Wed): Joe Sweeney tells you when and where to find the Seabirds of Puget Sound.

January 10, 2018 (Wed): Dr. Jon L. Riedel, geologist at North Cascades National Park, has been monitoring glaciers in Washington's National Parks for decades. He will show their changing status and how those changes affect summer streamflow.

February 14, 2018 (Wed): Dave Nunnallee, co-author of the authoritative guide, "Life Histories of Cascadia Butterflies," focuses on native buckwheats and the butterflies they host.

March 14, 2018 (Wed): Clay Antieau on What's the Matter with Worms: our favorite soil engineers have a dark side. Clay is a horticulturist, botanist, environmental scientist, and past president of the Washington Native Plant Society.



Baker Lodge, Photo by Richard Lawrence



Meany Lodge

Baker Lodge

www.mountaineers.org/bakerlodge

Rustic Mount Baker Lodge is nestled in the spectacular North Cascades and is a beautiful, fun getaway three hours from Seattle. Located within walking distance of the Mt. Baker Ski Area and numerous summer and fall hiking trails, enjoy the mountains and valleys in the Mount Baker-Snoqualmie National Forest and surrounding wilderness.

SUMMER HIKING

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. Early fall provides all the above plus fine blueberry picking, so bring your containers.

RESERVATIONS

Individuals and groups welcome! The Mt. Baker Committee encourages groups, such as Scouts, school/youth, or family & friends gatherings, to consider using the lodge whether or not they are members. Register online through Baker Lodge website, or call The Mountaineers Program Center at 206-521-6001.

VOLUNTEER

Enjoy painting, electrical, plumbing, or carpentry work? If so, contact the Baker Lodge Committee Co-chair Dale Kisker (206-365-9508, dkisker@comcast.net), or Co-chair Becky Morgan (360-793-4974, campma@peoplepc.com). We'll show you how to enjoy the fun and beauty of Mt. Baker while helping to make a great lodge run smoothly.

Meany Lodge

www.mountaineers.org/meanylodge

The Mountaineers oldest winter sports resort, located approximately 60 miles east from Seattle off of I-90 near Stampede Pass and Surrounded by the Wenatchee National Forest, Meany Lodge provides a warm family environment for all - perfect for winter and summer adventures alike.

FALL WEEKEND WORK PARTIES

Every other weekend starting 9/8-10 through 11/3-4. Opportunity to give back while also having your stewardship recognized and credited towards various programs. See listing under Activities.

MUSHROOM WEEKEND, OCTOBER 27-29

Meany Lodge and the Puget Sound Mycological Society proudly present the 2017 Meany Mushroom Weekend, held annually on the 4th weekend of October. Registration opens August 1st and fills within 2 weeks every year.

PATROL RACE, 2/24/2018

Scouted & raced in the 1920's & 30's, the patrol race follows an 18+ mile ski route between Snoqualmie Pass and Stampede Pass.

SPRING CARNIVAL, 3/9/2018

The last winter weekend of the year, a weekend of racing and entertainment for all ages.

VOLUNTEER

If you have been wondering what it takes to keep Meany going, come to one of the Work parties held in the Summer and Fall and see what it takes. Work parties are free and offer a great opportunity to enjoy the lodge in a different light. You can learn new skills or brush up on old ones that your 'real' job doesn't let you do anymore. There is also time to get to know folks over work and conversation. Contact: chair@meanylodge.org



Stevens Lodge. Photo by Jeremy Lange

Stevens Lodge

www.mountaineers.org/stevenslodge

Nestled near the Stevens Pass Ski Area, this rustic ski-in/ski-out lodge is your quiet dream get-a-way from the hustle and bustle of the big city. You can enjoy skiing, snowboarding, backcountry skiing, cross-country skiing and snowshoeing. We are located adjacent to the ski area at the summit of Stevens Pass, putting you within hiking distance to all of the trails at the summit, the Pacific Crest Trail and the excellent Stevens Pass Bike Park.

RESERVATIONS

From April to mid November, the lodge is available for group bookings of 30 or more people. Meals can be provided or your group can provide their own cooking and food. Depending on snow accumulation and the Stevens Pass Resort, from mid November to late March the lodge is open to all, every weekend, during the ski/snowboard season from 6pm Friday to roughly 2pm Sunday. To book a stay at the lodge for the weekend, reservations can be found on the Lodge's home page. Each weekend breakfast is provided on Saturday and Sunday, and dinner on Saturday. The lodge has two dorms with 20 bunks in each dorm. There are two shared bathrooms, each with a shower. 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.

VOLUNTEER

Our lodge at Stevens Pass is run and maintained almost entirely by volunteers. We schedule work parties every fall to get together and prepare the lodge for the upcoming season. If you would like to join the family and volunteer, or simply get more information about helping out, please contact StevensLodge@outlook.com.

Follow us on Instagram @stevenslodge_mountaineers, Facebook and Twitter @StevensLodge for the most updated details about lodging, events, and how to purchase swag.



Kitsap Forest Theater

Kitsap Forest Theater & Cabin

www.ForestTheater.com

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, birthdays, corporate events, concerts, workshops, or retreats? The Kitsap Forest Theater, Kitsap Cabin and the Kitsap Yurt are perfect "getaways" for you and your family, friends, business or group. Get away from the city and stress and enjoy our peaceful and magical venue.

During our show season (spring and summer) we have limited weekend availability, but the fall is a great time to visit this unique and special place. During the week we have more availability. Please contact us for details and pricing: 206-542-7815

KITSAP FOREST ADVENTURE CAMP

Watch for sign-ups for our two weeks of Adventure Day Camps for grades K-4 in January. Camps fill up fast, so don't delay in signing up. We offer transportation from Seattle.

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. Includes riding the ferry from Seattle. See our web site for job descriptions and applications.

HELP WANTED - VOLUNTEER

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, ushering and parking for shows, and work on the property. See the shows for free when you volunteer! Please contact us at players@Foresttheater.com or call 206-542-7815 to join a fun and supportive community.

Follow us on facebook: www.facebook.com/kitsapforesttheater for pictures, videos and more!

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.

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 can join any branch of your choosing. For current activities and links to branch websites, visit www.mountaineers.org.

BELLINGHAM

Vice Chair: Minda Paul,
mindapaul@hotmail.com

Website: mountaineers.org/bellingham

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: Elaina Jorgensen,
elaina.jorgensen@gmail.com

Website: mountaineers.org/everett

The Everett Branch was "officially" founded in 1911 when the Mountaineer charter was amended to provide for branches. It has recorded many "firsts" during its storied history including the first ascent of Whitehorse Mountain in 1913, the first climbing course in 1954, and the award of the first Intermediate Climbing Course certificate in 1979. Since Everett is a smaller branch, the companionship of fellow Mountaineers is valued as much as outdoor experiences.

Everett's programs include alpine scrambling, basic and intermediate climbing, back-country and Nordic (cross-country) skiing, hiking, sea kayaking, singles and snow-shoeing. The

Branch's avalanche, navigation and wilderness first aid courses provide instruction in critical outdoor skills.

The Lookout and Trail Maintenance Committee restored and now maintains the Mount Pilchuck Lookout. Each year, thousands of people climb to the lookout to enjoy a spectacular 360 degree view of the Cascades, the Puget Sound and the Olympics.

BRANCH-WIDE EVENTS: Everett members gather together from time-to-time for some fellowship, food, and fun. Those events include a Salmon Bake in October, a Gear Grab & Pot Luck in March, a Family Picnic in August, and an Annual Awards banquet in November.

OPEN HOUSES: The general public as well as Branch members and their guests are invited to attend our monthly open houses on the first Wednesday of most months (no open houses in July, August or December). Some open houses

are devoted to introducing our courses. They include Winter Course Night (November), Spring Course Night (February) and Introduction to Hiking (April). Others feature guest speakers. Beginning in January 2017, the open houses will be held at a NEW LOCATION, the Snohomish County Public Utility District (PUD) Building, 2320 California Street, Everett 98206-1107. You can also explore our website, to learn more about our activities, courses and events.

VOLUNTEER OPPORTUNITIES: The Everett Branch has unlimited volunteer opportunities for those who want to lead climbs, hikes, scrambles, ski tours, kayak paddles and trail maintenance activities. Our course graduates are often invited to return to serve as assistant instructors. Volunteers are also needed to serve on activity and branch committees. Please join us.

KITSAP

Chair: Jeff Schreppe,
avdfan@aol.com

Website: mountaineers.org/kitsap

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 and hiking programs and in the past few years its conservation/education program has also grown significantly. Other Kitsap Branch courses

and activities include snowshoe/winter travel, navigation, first aid, and sea kayaking and the branch is currently exploring the possibility of starting a naturalist committee. Our activity committees sponsor several stewardship efforts each year and recurring events include our fall Salmon Safaris and our mushroom walk. 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 or go to our Meetup page - Kitsap branch of the Mountaineers.

SEATTLE

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

Website: mountaineers.org/seattle

Seattle Branch was The Mountaineers in 1906 when the club was founded. Seattle Branch courses and activities include hiking and backpacking, scrambling, climbing, Nordic skiing, snowshoeing, avalanche, on and off trail navigation (including GPS), first aid, safety, youth/family oriented activities, folk dancing, leadership training, naturalist study, conservation/stewardship, photography, 20's -30's events, Retired Rovers activities, sea kayaking, and sailing.

Volunteers instruct, lead, develop, govern and enjoy our courses, activities and events. We welcome more hands to help with an activity,

add quality, or something unique. Make inquiries directly to committee chairs or to the Branch Chair.

Seattle Branch Council meetings are held at the Seattle Program Center 6:30 to 8:30 pm the second Thursday of the January, March, May, July, September and November. Guests are welcome. Meeting minutes are found in the branch committee web folder. Branch Council elections are held in the fall of odd numbered years.

A recognition and award banquet is held each year to celebrate the great work of the hundreds of volunteers.

An ongoing invitation is extended to new or simply curious folks for the activities below.

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: Tuesdays 7:30 to 9:30pm (unless a parks or national holiday). Location: Peter Kirk Community Center (AKA Kirkland Community Senior Center) 352 Kirkland Avenue, Kirkland. See online Seattle Branch events calendar (not to be confused with the Seattle Program Center).

INTRO TO MAP, COMPASS AND ALTIMETER: Learn how to keep from getting lost outdoors. See website to register. Fee.

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

FOOTHILLS

Chair: Steve LeBrun,
stevelebrun@comcast.net

Websites: mountaineers.org/foothills

The newest Mountaineer's branch, founded 12 years ago, the Foothills branch encompasses the eastside communities along the I-90 and I-405 corridors. The branch sponsors trips, classes and courses that focus on hiking, backpacking, avalanche awareness, backcountry skiing, first aid, navigation, snowshoeing and winter camping.

Signature programs include a season-long Backpacking Building Blocks (B3) backpacking course and a Ski & Snowboard Mountaineering course. In 2016 the branch sponsored 203 hikes and backpack trips and 27 ski activities.

The branch sponsored 40 courses, classes and clinics in 2016 on a variety of outdoor recreation topics. Foothills also frequently offers "Introduction to Hiking in the Pacific Northwest" seminars.

VISIT THE FOOTHILLS WEB PAGE for information on upcoming activities, meetings, film and speaker events, trips, and courses. A "Foothills News & Notes" email is sent monthly to branch members. If you live on the eastside and are not a Foothills member, you can modify your affiliation by accessing "Your Account" on the club website.

MEMBERSHIP MEETINGS: Branch Membership meetings and Leadership Council meetings are open to all members and held from time to time at Issaquah, Mercer Island or Bellevue locations. See the branch website and calendar for specific

events and meeting dates.

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 members interested in becoming new activity or trip leaders, instructors, and event planners. The branch regularly offers training classes to qualify individuals to lead hikes and backpack trips. Backcountry Ski and Snowshoe leader training is also available. Contact information for course and activity committees can be found on the branch website page. And the branch is always looking for individuals interested in assuming leadership positions and assisting with administration and strategic planning.

TACOMA

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

Website: mountaineers.org/tacoma

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, wilderness navigation, avalanche awareness, photography and youth programs.

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 Thursday 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: Andy Weber, olyclimber@gmail.com

Website: mountaineers.org/olympia

The Olympia Mountaineers hold a potluck and speaker series on first Wednesdays in 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. The branch library will visit, too, giving you a chance to browse, return books, or check out materials.

OCTOBER 4 ADVENTURE PRESENTATION
Join world-class alpinist Steve Swenson as

he shares stories and images from his book "Karakoram: Climbing Through the Kashmir Conflict" which details his nearly 4 decades of climbing in the Karakoram Range that spans Pakistan, India and China.

DECEMBER 6 ADVENTURE PRESENTATION
Craig Romano returns to talk about his new book "Urban Trails: Kitsap: Bainbridge Island/Key Peninsula/Bremerton/Silverdale/Gig Harbor." Craig brings humor and high energy to his rundowns of great hikes in the area.

BRANCH HIKING AND CLIMBING AWARDS, PINS, AND PATCHES
Get your application paperwork (no links please) by September 15 to Kerry Lowry at kerryndon@comcast.net (360-456-2694).

MARK YOUR CALENDARS!

The Telluride Film Festival is Saturday, October 14, and the Banff Mountain Film Festival is December 9 and 10. The Branch Banquet is Saturday, October 28, at St Martin's in Lacey; social hour at 5:00, dinner at 6:00. The speaker is Vik Sahney, an active Mountaineer who has climbed the 7 summits, skis, rock climbs, and scuba dives. Banquet tickets go on sale on September 1.

NISQUALLY WATERSHED FESTIVAL

Help the Conservation and Youth Committees on September 30 at the Billy Frank Jr. Nisqually National Wildlife Refuge to introduce youth to the Mountaineers' approach to exploring the natural world. Contact Jim French at jimfrenchwa@comcast.net for information or to volunteer.



Endurance

by Steve Scher, UW teacher and former KUOW radio host

Photo of Libby Scher - publicity photo for Frances Allis Dance Troupe, Philadelphia, PA, late 1930s

Endurance comes in many shapes and body sizes.

This is *The Mountaineers'* magazine, so named for those women and men, who, step by grueling step, through thinning and frigid air, conquer mountain tops. Endurance is at the core of the philosophy of the organization. Training at a level of diligence and pain that many would cringe at, mountaineers find the will, drawing from a reserve that powers the next step and the next.

I was in London, alongside the Thames, near Hampton Court Castle, when runner after runner swept past. A half-marathon was in progress. I stopped to watch. First came the elites: trim bodies, taught arms and legs – they seemed to shimmer as they passed, electrically charged.

Then came the middle passage: a little rounder, a little slower. Fatigue showed in their eyes, but not just fatigue. Determination too, and confidence. Runners who knew their pace; who knew their abilities.

Then came the last group: some untrained, some undisciplined, some unfocused, eyes staring out towards a distant finish – maybe a receding climax. Others followed; a man swinging on crutches, one leg reaching forward; a woman pumping along in her wheelchair; the thick, plodding legs of a teen, downs syndrome written across his eyes. All drawing from that same reserve. They push themselves because they can. Because, for

them, it's imperative. They must.

I was reporting from a poor neighborhood struggling to hold fast against the wealthy wave of glittering gentrification. A man told me the people living in his neighborhood have a pride in home they don't want to lose and won't because they are galvanized in a way to allow things to endure.

Explorer Ernest Shackleton's men survived the harshest of climates in Antarctica. They were marooned in an icy sea, on a desolate stretch of shoreline, with faint hope for rescue, finding refuge in flimsy tents, in meager means. Some surely must've muttered that men were not made for a life such as this. But we are.

Shackleton, determined to keep his crew alive, surely must have stared up at the name etched across his ice-gripped ship to wonder if they could live up to its promise. Would they have the endurance to cross mountains and seas? They did. We remember. What they accomplished, endures.

By its very definition – the ability to do something unpleasant or difficult for a long time – endurance means pain and suffering of some measure. Faiths embrace endurance as a testament to that suffering, but to something more. Islam, Christianity, Buddhism, Judaism look at the pain as a path to joy, a path built on patience, strength, and confidence. When facing trials, we can give up in defeat, the new testament says, or increase our capacity. Buddhism argues that for his own sake and others, a

man can know that his own endurance, his ability to patiently persevere, carries him through.

Turn it to joy.

Sounds hard.

The philosopher Camus wrote, "In the midst of winter, I finally learned there was in me an invincible summer."

Beside me, as I write this, my mother is breathing her last breaths.

One hundred years-old, she was born the year before the United States entered the Great War. In the 1880's, her parents fled the Pale of Settlement, that area that jostled Jews between Poland, Russia, and Lithuania. Facing murder, rape or conscriptions, many Jews sought a new life in an unknown world. Her parents thrived and suffered. They raised a large family and built a business, only to see it subsumed in the destruction of the Great Depression.

My mother came of age during that turmoil. Poor as they became, photos of her show a beautiful, stylish woman in smart hats and fashionable dresses that she had sewn herself. She helped her parents and helped herself by turning to the pleasures of dance. She built a strong body that carried her through a dancing career, a marriage, four children, musical reviews, PTA meetings, office work, not to mention a swirling world of war and peace, of space flight and cell phones. She treated her children with

love and kindness and respect. She nursed my father through his last years and buried a daughter. Well into her eighties, she bowled in low 200s and well into her nineties, she practiced Tai Chi – though often from a sitting position.

In her last waking months, her mind slipping away, she often spoke in Yiddish. Not just in the funny phrases she had shared with my father – she spoke sentences, paragraphs, whole thoughts in a complete language she must have used with her parents – a language spoken in her childhood home.

I didn't know she knew so much of it. Probably she didn't know she had retained so much either, but she had. And when she spoke in Yiddish these past few weeks, she was speaking to her long dead father, her long dead sister – shades of memory that lingered in her heart as if still alive.

She isn't speaking anymore, so deep is her sleep, so shallow her breath. But she is still there.

She made her way along the path, and now she is here, at that joy that is hers to claim. She faced the trials and tribulations of daily life with strength and confidence and an indefatigable will.

There is a symmetry in that. At our core, perhaps unknown to us, we have that endurance. We find it when we are looking, one grueling, beautiful step at a time. ▲▲

Shortly after the writing of this piece, Steve's mom, Libby Scher passed away, having lived (and endured) 100 years.



Libby Scher, age 100 - 2 weeks before her death on July 21, 2017, Seattle.



BANFF

CENTRE

**MOUNTAIN
FILM FESTIVAL
WORLD TOUR**

Hosted by The Mountaineers
December 6-7, 2017
Benaroya Hall

S. Mark Taper Foundation Auditorium

Other locations, see website for details:
Tacoma - November 27-28, 2017
Olympia - December 9-10, 2017

Tickets available starting October 16

www.mountaineers.org/banff



photo by Andy Porter