

Mountaineer

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

Our Secret Rainier

Four Lookout Towers PAGE 14

A Big Day

for Elwha River Restoration PAGE 20

A Climbing Evolution

40 Years with The Mountaineers PAGE 23

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



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Mountaineer uses:



DISCOVER THE MOUNTAINEERS

If you are thinking of joining — or have joined and aren't sure where to start — why not set a date to Meet The Mountaineers? Check the Branching Out section of the magazine (page 44) for times and locations of informational meetings at each of our seven branches.

on the cover: Cebe Wallace on one of his many climbs. Story on page 23.
photographer: Mike Warren, mountaingroovephotography.smugmug.com

From Student to Leader to President



I'm very excited about the opportunity, and awed by the responsibility, to be your President for the next two years. My experience with The Mountaineers has been incredibly positive, has opened up the outdoors for me, and allowed me to make lifelong friends. I joined The Mountaineers in 1998 as a member of the Tacoma branch to take the Basic Climbing class. I had never heard of The Mountaineers before, but after a hazardous trip up Mt. Hood with a bunch of inexperienced people that nearly turned into a disaster, a friend referred me to The Mountaineers because of a reputation for safety and solid climbing instruction. That Basic class introduced me to the incredible

rich experiences one enjoys as a Mountaineer. I was taught skills that allowed me to feel safe and comfortable climbing and made me a competent leader and eventually a mentor and administrator.

In 2005, I was greatly affected by the Sharkfin Tower accident where three of our climbing members were killed, including a close friend and mentor of mine. An accident like that is very hard to digest and make sense of. We were determined to honor our fallen members by trying to prevent the same accident from happening again, and the BOD approved formation of the Organization Wide Safety Committee. For the first time we could collect incident reports, write up factual summaries, and share findings with all members.

The Safety Committee has become integral to our culture and is responsible for instituting best practices and instructional changes within our courses. My experience with this organization-wide committee – the formation, getting involvement, getting leader participation, getting the messages out – has shown me what a powerful organization we are, that our diversity with all the various branches, committees, and communities is a strength and that The Mountaineers are more than the sum of our parts. The diversity is what makes us unique and a force in the community.

My goal over the next two years as your President is to improve the working relationship between our branches, program centers, staff, board of directors, committees, and members. We've started this effort by having the first-ever structured reviews with the Executive Director and each branch chair, which has shown many things to work on, as well as to get excited about. I'm thrilled to partner with Martinique to help move The Mountaineers forward, and look forward to hearing from and working with each of you.

Dan Lauren, Board President



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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What are they *building* in there?

With the office abuzz and humming away with the construction of our new website, it's hard to think of much else. We're all very excited about its launch on May 5th. In the mean time, the show (and our regular duties) must go on – here is the May/June issue of *Mountaineer*.

In this issue, we have the very first of a new column called *TrailTalk*, written by favorite local guidebook author, and personal friend, Craig Romano. He's a long-time member of The Mountaineers with an insightful perspective on outdoor recreation.

To prepare you for the climbing season, we have a special feature on altitude illness by one of our very own Global Adventures leaders, Craig Miller. The photographs for this piece were taken by NY professional photographer, D.E.Todd, who happened to join Craig on one of his many trips to Nepal.

If you've been wondering what's going on with the Elwha river since the start of the dam removal, we have an up-to-date account you won't want to miss by Olympic Peninsula naturalist and guide, Carolyn Wilcox.

Perhaps the highlight of this issue, as you may be able to tell from the cover, is a feature on Cebe Wallace. He's a climbing legend in his own right – at least within The Mountaineers

– as so many have learned to climb with him over the past couple decades. He talks about how The Mountaineers has grown and evolved over the 40 years that he's been a member.

And back by popular demand is Mickey Eisenburg and Gene Yore's *Secret Rainier* – this time, visiting the four remaining lookout towers within the national park.

Behind the scenes, we're always working to improve the ways in which our organization can communicate with volunteers and members. That is why we have set up a smugmug site at mountaineers.smugmug.com to make it easier for members to upload and donate photography. Email me if you are interested in adding to our photo database.

I hope you enjoy this issue, our new website and our great new film and speaker series, BeWild, which launched in April. If you haven't yet, you can still buy tickets for the remaining shows! I look forward to seeing you there.

Suzanne Gerber, Publications Manager



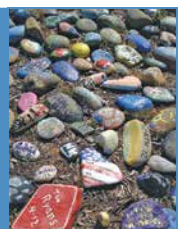
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I'm where?



Can you identify the location in the foreground?

Send your answer to Suzanne Gerber by the first of June: suzanneg@mountaineers.org.

If you guess correctly, you'll receive a \$15 gift certificate* good for Mountaineers purchases, and we'll publish your name in next issue's column.

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

In case of a tie, one winner will be chosen at random. Each month we'll publish a new mystery landmark and identification of the previous one.

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

The winner of last issue's *I'm Where* was John Wimpres. He was among 15 other Mountaineers with the correct guess of Malibu Rapids, British Columbia..

Last issue's 'I'm where?' Trip Report: Malibu Rapids



Catalina 320 "Whisper" entering the Inlet through Malibu Rapids. Photo by Joe Grande

by Alan Vogt, Seattle Sailing Chair

While the current looks like a river in this photo, it's actually Malibu Rapids during a flood stage. Connecting Jervis Inlet to Princess Louisa Inlet, all boaters, whether power or sail, have to respect these tidal currents.

Located 170 nautical miles North Northwest of Seattle "as the crow flies," and 50 nautical miles transiting the reaches of Jervis Inlet, the boater is rewarded with views of Chatterbox Falls at the head of Princess Louisa Inlet.



Sailing vessels *Whisper* and *Blue Fin* along with skippers Joe Grande and Alan Vogt, who are members of the Mountaineers Sailing program.

Destined to Become a Mountaineer

By Mary Hsue, Director of Development

Anyone walking by the Seattle Program Center on a sunny day would be hard-pressed to miss climbers ascending the trio of rock columns in the courtyard, one of which is aptly named Ohlson Peak, in recognition of a major donor to the basalt columns fundraising effort, John Ohlson.

A Humble First Ascent

Ohlson is a board member, Peak Society donor and first ascensionist – of the basalt columns. He and his son, David were the first to climb the columns and sign the summit register in 2011. (He modestly added that David led the route.)

Ohlson proudly shared this moment as well as the memory of how he first heard about The Mountaineers when he sat down to chat with me before a climbing committee meeting. “I was a Boy Scout growing up. We had an assistant scout master who was a Mountaineers member. When I learned that he took a different scout group up Mt Rainier that summer, I thought that was really cool.” Ohlson said.

He went off to MIT for college and returned to Seattle for the summers. One summer he decided to call The Mountaineers to inquire about climbing Mt. Rainier. “I learned it would not be possible to climb with The Mountaineers without taking the Basic course first.” Ohlson goes on, “it was only offered in January, so it would have been impossible for me to take the course while in school back east.” That’s what inspired him to dream up the 9-day Intense Basic Climbing course.

After college, Ohlson landed a professorship at the University of Southern California. “I tried to climb by myself and scared myself a few times, so I took a course from the Sierra Club and really liked it.” Ohlson decided to come back to Seattle after retiring as a VP in a satellite communications company and promptly joined The Mountaineers. “I joined to learn the ice climbing part of mountain climbing – there’s not much ice in southern California.” Ohlson climbed a lot in California so he applied to achieve Basic Climbing equivalency. “Basic equivalency was my first experience with The Mountaineers and possibly the most significant.” He goes on to say “Two of the volunteers I met during basic equivalency are two of my really good friends today – Gene Yore and Cebe Wallace.”

Inspired to Volunteer

When asked what inspires him to volunteer, Ohlson provided an interesting response, “In the 80’s the Sierra Club stopped offering climbing trips because they became more interested in environmental lobbying than providing support for the climbing program. They took the dollars slated for liability insurance for climbing and used it for lobbying purposes. Quite honestly, that’s one thing that motivated me to be on The Mountaineers board – to be sure we continue with our climbing mission.”



John Ohlson on top of Mt. Rainier. Photo by Jason Thomas

Name: John Ohlson, member since 1999

Occupation: Retired electrical engineering professor and communications executive

Hometown: Seattle, proud Ballard High School graduate

Favorite outdoor activity: Alpine climbing

“I’ll never forget when my son David, who was eight at the time, came across my climbing gear and asked ‘What’s that, Dad?’” Ohlson said. “I hadn’t been climbing much because work and family responsibilities took up most of my time. After David asked me that question I made the time.” David is a former EMT and working his way through medical school. Most people know him as a Himalayan climber and the director and a producer of K2: Siren of the Himalayas, a documentary film that premiered at Banff Film Festival in 2012.

Why he Gives - in His Words

Climbing has been a wonderful thing for me over the years. I’ve especially enjoyed seeing the influence on my son. I want others to have the opportunity. Strong donor support for our youth programs - all of our programs actually - gives The Mountaineers the ability to provide for the next generation to learn and experience the same thing.

Indirectly, a lot of people who have strong feelings for the environment these days were just like me in my mid-20’s - all I wanted to do was climb. The Sierra Club was promoting environmental issues as part of their climbing program. I learned a lot about the places I liked to hike and climb. The “Leave No Trace” name did not exist back then, but being nice to the environment and saving it for future generations was a growing feeling. Over time I became somewhat of an environmentalist and I got that by being involved with an organization that promotes that ethic.

I think the majority of young people today who are interested in climbing don’t care much about the environment or volunteering. After a few years getting out there with The Mountaineers, however, the ethic soaks in. They become more interested in saving wilderness for future generations, mentoring and volunteering. Also, at The Mountaineers I knew I would gain an instant group of friends and be at a place where everyone learned how to be out there safely. It has been very rewarding for me. -John Ohlson

The Mountaineers & Camp Long Partners in Serving Youth

By Becca Polgase, Director of Education

A summer camp participant climbing a wall at Camp Long. Photo by Caitlin O'Brian

In the fall of 2010, The Mountaineers launched our Mountain Workshops Program – a program that partners with local youth-serving agencies to teach kids outdoor skills and give them meaningful outdoor experiences.

Our first-ever Mountain Workshop was with the John Muir Elementary School fifth grade. The program had three parts: our volunteers visited the school, the kids came to the Seattle Program Center to climb, and we all met one last time at Seward Park to spend the day exploring outside and working on a stewardship project with Seattle Audubon. The program was a great success. The volunteers, kids, teachers, and staff all came away hoping to expand on the positive experiences in the future.

Also in 2010, Seattle Parks' Camp Long was invited to apply for a Department of Neighborhoods Grant to fund the construction of a ropes course. Designed to bring together youth from the surrounding communities in an outdoor setting, the potential for partnership was clear, and The Mountaineers jumped on board as partners in the grant with Camp Long.

The Mountaineers have a long history of partnering with Camp Long, starting with Clark Schurman, a Mountaineer who built the climbing rock in 1939 to provide climbing training for both youth and adults in the community. Over the years, Mountaineers have used Camp Long to train Basic Alpine Climbing students in rock and glacier travel.

From the first John Muir program, we had a vision of incorporating meaningful teamwork and opportunities to climb real rock into our Mountain Workshops. The Mountaineers now hosts more than 100 Mountain Workshops annually with more than 30 partnering agencies. We have also expanded our Mountain Workshop programming to include time on the ropes course and climbing rock at Camp Long. Last year, we added a day at Camp Long to our John Muir program, giving the kids an opportunity to work together on the ropes course and climb Schurman Rock. Because The Mountaineers and Camp Long have parallel missions – to give kids in the community meaningful outdoor experiences – we are able to multiply our impact, working together to give more kids more opportunities.

This year, we have deepened our relationship with Camp Long, partnering to provide five-part holistic outdoor experiences for Seattle World School and Interagency High School. Youth in these programs learn teamwork and self-reflection skills on the challenge course, learn to climb and belay at The Mountaineers, challenge themselves and support one another on the High Ropes Course, and finish with a day of rock climbing in North Bend with volunteers from The Mountaineers and Camp Long.

We are proud to continue this legacy we began in the 1930's. Thanks in part to our partnership with Camp Long, we have the opportunity to connect with agencies throughout Seattle to bring youth from various communities together in a natural setting to learn about themselves and the outdoors.



Stewardship: Strengthening our Connections to the Backcountry and to Each Other

By Katherine Hollis, Conservation & Responsible Recreation Manager

A National Trails Day Mountaineer work party at Castle Rock. Photo by The Mountaineers

"There are two things that interest me: the relationship of people to the land, and the relationship of people to each other."
-Aldo Leopold

In my first season as a bright-eyed and bushy-tailed new instructor for Outward Bound, I began to discover the power of these two relationships. For three weeks, groups of teens explore their connections to one another and to the mountains that became their home during their time together. Witnessing their transformation was beyond powerful, and helped me frame my professional life. I watched them be inspired by their hard-earned view from a mountain summit and be challenged as another summer thunderstorm pelted down on their backs.

A Community Built around a Shared Passion

It is these relationships – to the land and to each other – that brought me to The Mountaineers. Our organization has fostered both for over a century: we are a community built around a shared passion for the outdoors. We connect people with the outdoors to support the physical, emotional and social benefits of a healthy, active outdoor lifestyle. Successful conservation depends on these connections.

Our members and volunteers are the key to both how we relate to the land and to each other. The courses and activities we offer get people out together and into places that inspire, excite and challenge. This relationship to the land inspires us to want to protect and leave these places better off than when we arrived – because we know our way of life depends on others experiencing the same wonder and joy.

From the Wilderness Act to the establishment of North Cascades National Park, conservation efforts have protected the land that we now enjoy. However, an aging demographic and decreasing levels of engagement is threatening the future of conservation. The Mountaineers is uniquely positioned to impact and expand the modern conservation movement because of the power of our community's relationship to the land and each other. And we are already doing this: we instill stewardship and Leave No Trace wilderness ethics throughout the educational components of our courses and provide opportunities to learn and engage in conservation issues.

The Mountaineers' Land Stewardship programming is one of the ways we advance in the conservation movement – and a great way for you to get involved! Our leaders provide the leadership and skills required to monitor and restore remote wilderness areas, maintain historic structures, and address impacts caused by intensive recreational use at our state's climbing areas. Stewardship occurs year-round by dedicated volunteer crews and is an integral part of many of our youth and adult outdoor education programs. Many of The Mountaineers' most popular courses contain a service learning component, directly engaging students in the maintenance and restoration of our public lands.

Stewardship through Trail Work

Stewardship through trail work is often someone's first introduction to conservation. Thinking back to my days as an Outward Bound Instructor, a day of trail work was powerful for students because it was such a tangible way to see and

experience their impact. After carrying climbing gear through a steep, awkward section of trail to access a climbing site, putting in a set of rock stairs to turn it into an easy approach is satisfying, and one can't help but think of the positive impact it will have for everyone who hikes the trail in the future. Spending a day working on a trail also takes teamwork – from planning to implementing, to trading off roles. It's a great way to further build both our relationship to the land and to each other. It is also just plain fun - nothing like tearing up roots, moving rocks and getting some dirt on the knees!



AMERICAN HIKING SOCIETY
NATIONAL TRAILS DAY®

Do you want to get outside to get inspired or give back? Check out what our branches are doing to celebrate National Trails Day, Saturday, June 7th.

National Trails Day is a nation-wide celebration of our trails that is organized by the American Hiking Society. Always the first Saturday of June, National Trails Day has introduced thousands of people to the many recreational activities that use trails – from hiking and biking, to horseback riding and paddling. National Trails Day is a great way to celebrate our beautiful landscapes.

Mountaineers National Trails Day Events:

Inspire: Hike

Location: Methow Valley with lodging at Sun Mountain Lodge.

Join for full or half-day hikes, two of which are photography-focused. Stay for evening activities to plan for summer hiking in the North Cascades and opportunities for stewardship.

Engage: Stewardship

Olympia:

Backcountry trail maintenance at the Wynoochee Lakeshore or front Country trail maintenance at the Montesano City Forest

Tacoma:

Trail work party in partnership with Washington Trails Association

Foothills:

Ira Spring Trail from the trailhead to the wilderness boundary. Celebratory BBQ at the end of the day

Find out more and sign up through the CONSERVE section of our website: www.mountaineers.org.

membershipmatters

did you know?

membership survey results are in

OVER 2,000 people responded that's *5X greater* than the average survey response rate

and we learned some really exciting things:

compared with just **3 years ago**, members are

20% more satisfied



only **1.9%** of members said they don't plan on renewing compared with 11.6% in 2011

there is an ~ overall ~ improvement in member satisfaction

Our new website launches May 5th: www.mountaineers.org - check it out and read more of our member survey results!

member highlight

ten essential
questions

Name Ross Vixie
Hometown Lynnwood, WA
Member Since 2012
Occupation Welder
Favorite Activities Scrambling, hiking, snowboarding, camping, snowshoeing, eating sushi and drinking beer

photo by Armando Betancourt

For each issue, we interview a member of our outdoor community and ask 10 Essential Questions. This month we spoke to Ross Vixie, a recent member who is quickly making up for lost time by getting outside nearly every weekend. In the last year, he's climbed Helens, Kaleetan, Dickerman, Persis, and Low – to name a few. He's graduated from navigation and alpine scrambling, and he's signed up for our glacier travel course. If you get out on a scramble or two this season, chances are you'll run into Ross.
-Kristina Ciari, Marketing & Membership Manager

How did you get involved with The Mountaineers?

I was doing a lot of scrambling alone, and my mom thought I was going to die, so she signed me up, and I haven't looked back since.

What motivates you to volunteer with us?

I've volunteered for navigation and I'm volunteering as an assistant instructor for the scramble course, and would be interested in becoming a hike leader. I'm impressed that everyone in The Mountaineers who is a leader and taught me the skills I now have was a *volunteer*. So I now help out as an instructor to keep it going - to pay it forward.

Favorite Mountaineers memory?

Last February I joined an overnight scramble up Mt. Persis and we spent the night on the summit. There was an inversion so we were warm up top and the sky was perfectly clear - it seemed

every single star was out that night. We woke up in the morning to the clouds below creating a beautiful sunrise, and we could see only the Columbia Tower peeking above the clouds on our way driving back into downtown. It was a really cool experience all around.

Who/what inspires you?

Getting to those high places to see some amazing sights inspires me to keep going out every weekend.

What does adventure mean to you?

Adventure means finding your own way and going places you've never been before.

Lightning round!

Sunrise or sunset? Sunset.

Superpower? Invisibility.

Smile or game face? Smile, cause I'm having a blast.

Post-adventure meal of choice?

Mexican food and beers!

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

Backcountry ski mountaineering.

More Than "Because it's There"

by Craig Romano, guidebook author

Looking down from Helen Lake, Mt. Shasta. Photo by Kristina Ciari

This is the first of our new column, Trail Talk, by Pacific Northwest favorite guidebook author, historian and conservationist, Craig Romano. Many of you may know him for his multitude of hiking and backpacking guidebooks that walk you through trails with both enthusiasm and accuracy. In this column, we gain insight into the world of what inspires and motivates Craig along the trail. As an introduction, Craig has written a beautiful piece on the near-death experience that confirmed his devotion to his nature-loving lifestyle. -Suzanne Gerber, Publications Manager

The hair on my arms and back of my neck stood up straight. The summit rocks surrounding me buzzed like an electrical transformer. The fillings in my teeth hummed. A thick fog enveloped me. The sky lit up as thunder cracked. I stood in snow under a gray shroud at 14,000 feet preparing to die. *I had gotten caught in an electrical storm on the summit of California's Mount Shasta.*

"I'm about to die," I thought. The sky let out another boom. Dislodged rocks tumbled. I couldn't see them, but their crashing was amplified in the cloud cover. I could feel the electricity surge in the air. My body was preparing for a strike. Crampons and an ice ax weren't helping me. Caught on this lofty volcano – I realized nothing I could do at the moment would prevent me from being struck. I was sure I was going to die here.

The rocks buzzed louder. I panicked – I froze – then a warm consoling feeling embraced me. What was happening was exactly what I read had happened to so many people during a near death experience. As I stood waiting for my impending death an amazing thing happened. My life did indeed flash before my eyes. But absent were the misgivings and the thoughts of the things I should of/ought to have/wish I had done. Instead I was content. I realized I had lived my life exactly how I wanted to live it – with adventure, a free spirit, living every day like it was my last. And on what appeared to me to be my last day, my life was affirmed–validated – I had no regrets. This is exactly how I want to go. Not by some horrible disease – or snuffed out by a drunk driver, but in nature doing what I love to do–being in the wild. It's just that I wanted this to happen at age 102 not simply 32.

I don't know how I survived the storm or how I got down off of the mountain that August day. All I know is it wasn't my time to go and that event became a major turning point in my life – affirming my belief in my creator and confirming that I was living life the way I was meant to live it.

Mountaineers often resort to the famous reply "because it's

there," when asked why they climb. But for me, and I imagine many others, it's much, much more than that. It can't always be for comfort and solace from the human world, as nature can be cruel and unforgiving too. **No, I don't go to the woods to escape – I go there to live. I go there to feel alive – to feel whole. To feel a sense of belonging – and to feel that there are things much bigger and important than me.** I am a part of a beautiful world where Man doesn't make the rules.

I go to the woods not because they are there – but to do so as Thoreau describes in *Walden*. "I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived."

Restless Soul Syndrome

All my life I have struggled with restless soul syndrome. At a young age, I wasn't as interested in pursuing a career and acquiring material wealth as I was in seeing the world—particularly the natural world; I sought to experience life, and find the true meaning in life. I knew I wouldn't find my answers in the urban world or by following a path that I was expected to follow. I would have to blaze my own trail and appease my soul by exploring the world—both the human and natural—by challenging my physical and psychological limits.

At the age of 18 I rode a bicycle 13,000 miles around the perimeter of the United States meeting folks from every walk of life. I traveled to 41 states from my home in rural New Hampshire

continued on next page >>



Photo courtesy of Craig Romano

to the Florida Keys to San Diego to Seattle and back to New Hampshire. I came back a year older, and many years wiser. But my soul was not at ease – it was more restless than ever.

I followed with another trans-continental bike ride. This time riding 7,500 miles to Alaska via Arkansas, cycling though the states I missed the first time. I started back home through Canada ending my trip short in the prairies of Manitoba due to an illness. I took a train to Ottawa and left my bike with friends. A few weeks later I returned for my bike to pedal back home.

The following year I headed east after exhausting my westward callings and I biked to Newfoundland. When the trip was over I had a pretty good understanding of the United States and Canada, having cycled through 49 states, 10 provinces, one territory and one district. I knew this time after spending so much time on the road and traveling through so many of our grand cities and parks that I preferred the parks. I began to grow weary of the road and soon discovered a whole new world—a network of trails that traversed the backcountry of this great continent.

The Essential Value of Hiking

Then I discovered hiking. My home state of New Hampshire was flush with trails. Short hikes grew longer and backpacking grabbed my attention. I loved the trails of the White Mountains,

but soon sought others—especially the ones in all of those national parks and forests that I had biked through.

I backpacked Vermont's Long Trail and Isle Royale National Park in Lake Superior. I traveled down the Appalachians to scores of natural places from Maine's Katahdin to the Great Smoky Mountains. I loved these places, but there were even more natural places – bigger and wilder ones out west.

I spent a summer hiking in North Dakota's Theodore Roosevelt National Park, California's Lassen National Park, Oregon's Crater Lake and Washington's Olympic and North Cascades. By this time it was quite clear the natural world was my calling. In the woods I felt at ease, felt purpose, saw beauty and meaning. And while I was raised with religion and sought truth and purpose in my faith, I never fully felt it in a pew. I felt it in the natural cathedrals of the world. "In God's wildness lies the hope of the world—the great fresh unblighted, unredeemed wilderness. The galling harness of civilization drops off, and wounds heal ere we are aware," wrote John Muir. I concur.

I continued to explore, and hiked and backpacked in the Andes, Alps, and Apennines. I explored natural places in Japan, Eastern Europe, Patagonia and the Amazon. But in recent years I have spent more time closer to home. And while I still enjoy spending time in grand, exotic, and far off wild places, I am equally content with a walk in a natural environment minutes from my home in the Skagit Valley.

I hike mountains and woodlands and prairies and beaches not because they are there. I hike them because, like food, water, and air, they are essential to my existence. The natural world validates my existence, my life and my purpose. I can't imagine a world and a life void of Nature.



Craig Romano, is an outdoors writer, photographer, author and co-author of a dozen books. He lives with his wife and two cats in Skagit County.

Craig Romano takes notes over a valley. Photo courtesy of Craig



A grizzly bear naps in the Rocky Mountains

If you'd like to hear the stories behind this napping grizzly bear and 'the wildest Rockies,' join photographer Steven Gnam and wildlife biologist Douglas Chadwick in person at the Mountaineers Program Center July 24th, 7 pm, as they present in the BeWild speaker series.

Photo credit: Steven Gnam. From *Crown of the Continent: The Wildest Rockies*, published by Mountaineers Books/Braided River in May 2014, with essays by Douglas Chadwick, Michael Jamison, Karsten Heuer, and Dylan Boyle.

Book partners include *Wilburforce Foundation*, *Campion Foundation*, *Patagonia*, *Montana Office of Tourism*, *Crown of the Continent Conservation Initiative*, *Crown of the Continent Geotourism Council*, *National Parks Conservation Association*, *Trust for Public Land*, *Vital Ground*, *Wildsight*, and *Yellowstone to Yukon Conservation Initiative*.

Other new books for May-June include *Fresh Pantry: Eat Seasonally, Cook Smart & Learn to Love Your Vegetables* by Amy Pennington, updated 2nd edition of *Washington Scrambles* by Peggy Goldman (with inestimable help from the Scrambling Committee, thank you!), *Day Hiking Mount Adams and Goat Rocks* by Tami Asars, updated 2nd edition of *Day Hiking Snoqualmie Region* by Dan Nelson, *Mountains in My Heart: A Passion for Climbing* by Gerlinde Kaltenbrunner, *Tilting at Mountains: Overcoming Personal Demons to Climb the World's Highest Peaks* by Edurne Pasaban, and more.



'Our Secret Rainier'

Part 6: Lookout Towers

By Mickey Eisenberg, Gene Yore and Pete Sabin



Shriner Lookout

Skill level:	Moderate hike (if snow free)
Distance:	7 miles round trip
Elevation gain:	3,400 feet
Total time:	5 hours
Best season:	Summer into fall
Maps:	USGS Chinook Pass Green Trails Mt. Rainier East
Equipment:	Hiking gear

(see next page for map and directions)

Devora Eisenberg looks out from the Shriner Peak Lookout Tower. Photo by Mickey Eisenberg

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

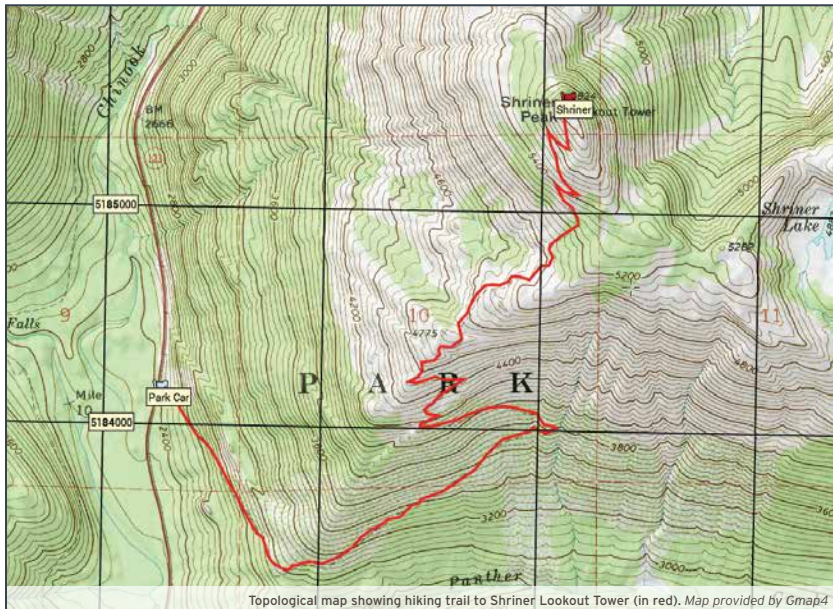
Mount Rainier National Park has over 100 climbable peaks – not counting Mount Rainier itself – either within or immediately adjacent to the Park boundary. Most are scrambles, a few are climbs, and 15 peaks are reachable as hikes.

Lookouts of Mount Rainier

This installment of *Our Secret Rainier* guides you to the four Lookouts in the national park. Over time, there have been eight lookouts within the park, but only four remain standing today.

Of the four in extinction, the first was Anvil Rock (elevation 9,500 feet). Though built in the national park, it was operated by the forest service. Originally constructed of stone, with the fire finder outside, it was replaced by a wooden structure in 1928. In 1930, the park service took over operation – and in 1948, the entire structure was removed. The Collonades Lookout was built above 7,100 feet on the west side of the park in 1930 and replaced by the Sunset Park lookout in 1948, at a lower elevation. The last was a lookout at Crystal Peak, removed in the 1960's, and is still a popular hiking destination.

The four lookouts that remain are **Shriner, Fremont, Tolmie, and Gobblers Knob**. They are historic sites that are no longer staffed but are used as back country ranger stations and house radio repeaters. Though these lookouts are hardly “secrets,” one of them, Gobblers Knob, is relatively unknown and infrequently visited. All four are accessible as hikes and listed in *Guide to 100 Peaks at Mount Rainier National Park*.



Topological map showing hiking trail to Shriener Lookout Tower (in red). Map provided by Gmap4

Shriener Lookout Tower Route Description: The trailhead is marked with a large sign on the east side of the road. Hike 3 miles to the lookout. The route starts in old-growth forest and breaks out into the open at 4,200 feet.

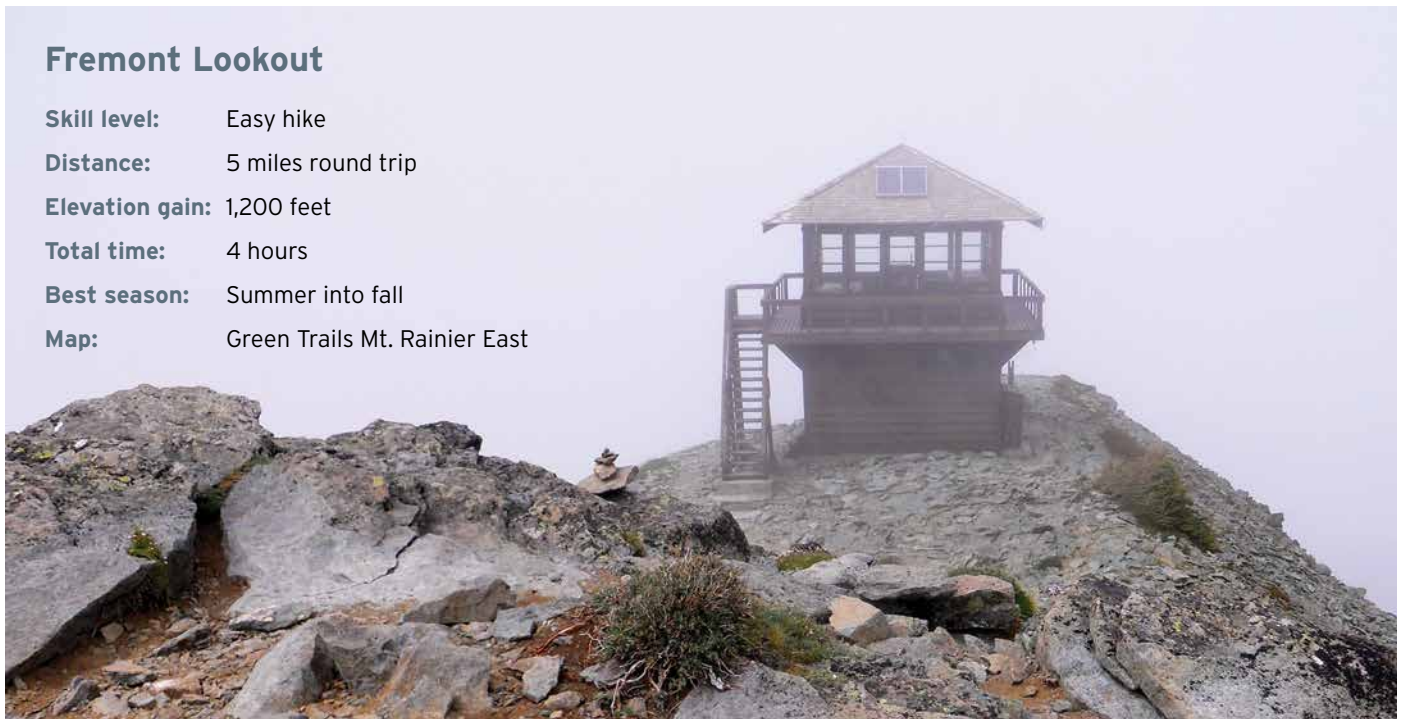
Directions to Trailhead: Drive SR 410 south to Cayuse Pass and continue south on SR 123. Approximately 7.5 miles past Cayuse Pass, park at the Shriener trailhead on the west side of the highway. Park entrance fee is not required.

Notes: The lookout is located on the summit of Shriener. Shriener is a classic hike, with old-growth forest opening up to alpine vistas and grand views of Mount Rainier. In late spring the upper slopes may still be snow covered, making route finding a bit of a challenge. Large noble firs are found just off the trail on the upper slopes.

(see previous page for specs and photo)

Fremont Lookout

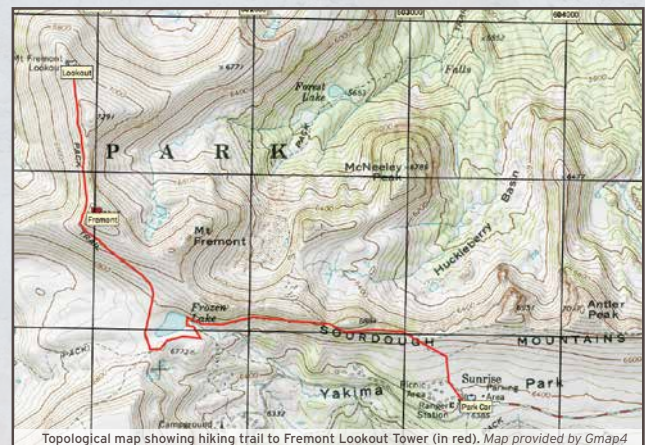
- Skill level:** Easy hike
- Distance:** 5 miles round trip
- Elevation gain:** 1,200 feet
- Total time:** 4 hours
- Best season:** Summer into fall
- Map:** Green Trails Mt. Rainier East



Route Description: The trailhead is located to the right of the restrooms. Begin uphill on the asphalt trail leading to Sourdough Ridge, and follow trail signs to Fremont Lookout.

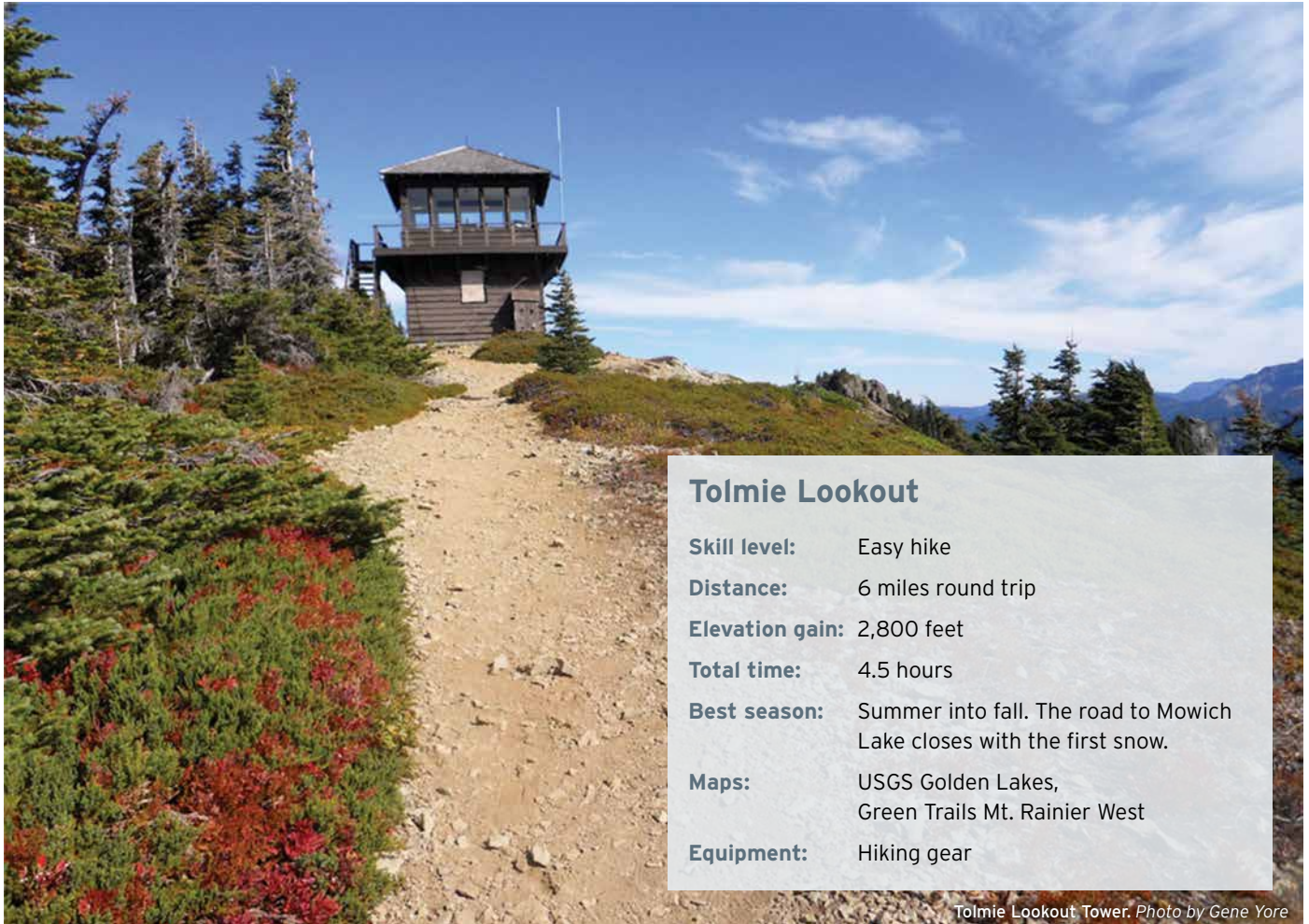
Directions to Trailhead: Drive SR 410 4.5 miles south of the Crystal Mountain ski area turnoff and turn right on Sunrise Park Road. Drive 15 miles to the road's end at the Sunrise Visitor Center parking area.

Notes: The lookout is located on the northern most point of Mount Fremont. The actual summit of Mount Fremont is located about .25 miles south of the lookout. It is an easy scramble from the trail to the summit. This trail is popular on pleasant summer weekends.



Topological map showing hiking trail to Fremont Lookout Tower (in red). Map provided by Gmap4

Fremont Lookout Tower. Photo by Mickey Eisenberg



Tolmie Lookout

- Skill level:** Easy hike
- Distance:** 6 miles round trip
- Elevation gain:** 2,800 feet
- Total time:** 4.5 hours
- Best season:** Summer into fall. The road to Mowich Lake closes with the first snow.
- Maps:** USGS Golden Lakes, Green Trails Mt. Rainier West
- Equipment:** Hiking gear

Tolmie Lookout Tower. Photo by Gene Yore

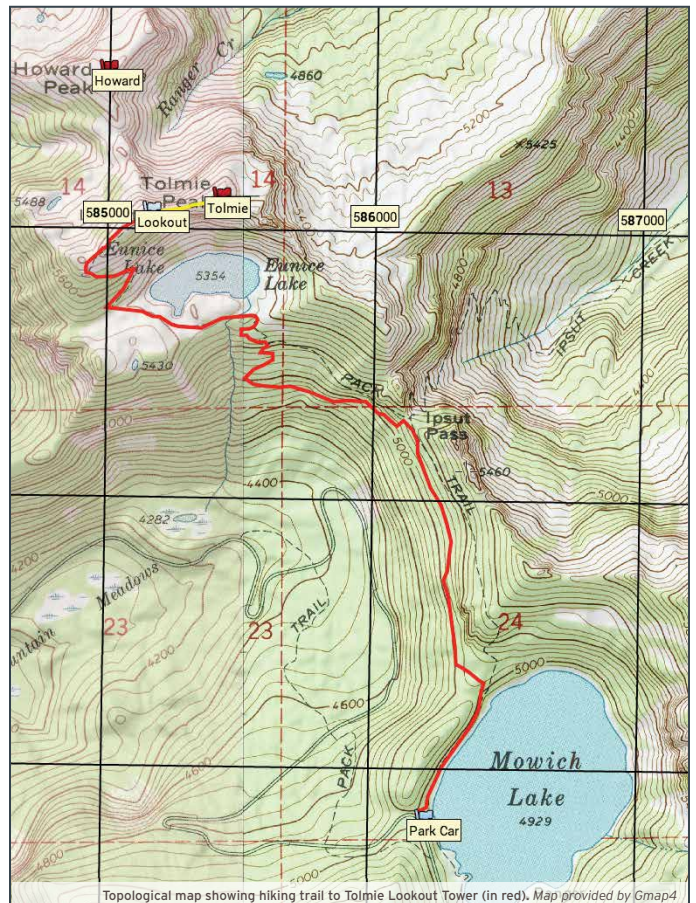


View of Eunice Lake and Rainier from Tolmie Lookout Tower. Photo by Suzanne Gerber

Tolmie Lookout Route Description: From the parking area look for a short spur trail leading to the trail along the west side of the lake. Head north to Ipsut Pass. At Ipsut Pass, continue straight on the trail to Eunice Lake. Then continue around the south part of Eunice Lake, heading to the lookout.

Directions to Trailhead: Drive through Bonney Lake on 410 East Drive and in 6 miles turn right on the Mundy Loss Road. In 1.2 miles turn left on SR 162 (E. Pioneer Way) and in .3 miles blend into SR 165. Continue on SR 165 and in 8.6 miles (just after crossing the bridge over the Carbon River) take a right onto the road to Lake Mowich. Continue on the road until reaching Mowich Lake. Park where the road first comes to the lake on the east side of the road.

Note: The lookout is located near the summit of Tolmie. To reach the summit head east on the ridge for approximately 400 feet.



Topological map showing hiking trail to Tolmie Lookout Tower (in red). Map provided by Gmap4



Gobblers Knob Lookout

Can be reached via Round Pass or Lake Christine

Skill level: Round Pass: easy bike and hike
Lake Christine: easy hike

Distance RT: Round Pass: 11 miles (including 7 on bike)
Lake Christine: 7 miles

Elevation gain: Round Pass: 1,500 ft (plus 1,000 on bike)
Lake Christine: 3,000 feet

Total time: Round Pass: 8 hours
Lake Christine: 6 hours

Best season: Both: Summer into fall

Map: Green Trails Mt. Rainier West

Equipment: Hiking gear

Looking up towards Gobblers Knob Lookout Tower. Photo by Mickey Eisenberg



Route Descriptions: Round Pass via Westside Road: Travel by bike on the decommissioned Westside Road for approximately four miles to Round Pass. The trailhead to Gobblers Knob is on the west side of Round Pass. Follow the trail to Gobblers Knob (the trail takes you past Lake George) and the lookout.

Lake Christine: The trailhead is marked *Lake Christine Trail 249*. Stay on the trail and turn right at a junction with Puyallup Trail 248. Continue on the Puyallup Trail past the park boundary at approximately 4,650 feet, and there you will connect with the trail to Gobblers Knob.

Directions to Trailheads: Round Pass: From the Nisqually Entrance, drive 1 mile and turn left on the Westside Road. Drive 3.2 miles until you reach the large parking lot at the washout.

Lake Christine: Travel toward the Nisqually Entrance and 0.6 mile past Skate Creek Road (FS 52), turn left on FS 59 (in 2012 this sign was barely visible, merely a small metal post beside the road). Travel on FS 59 for 4 miles to FS 5920 (unsigned). Once on FS 5920, travel 1.5 miles to a parking lot at road's end (elevation 4,400 feet).

Notes: The lookout is located on the summit of Gobblers Knob. Biking along the West Side Road adds logistical complexity but both routes are about equal in beauty and effort.



Peakbaggers Honored

On March 8th, 2014, The Mountaineers had their first of what is hoped to become a yearly tradition. Those who have climbed all 100 peaks of Mount Rainier are honored with a peak pin.

These 100 peaks are based on a list compiled by Mickey Eisenberg and Gene Yore. Pins are also awarded to those who climb 15, 25 and 50 of the peaks.

So far, four have completed the full list: Mickey Eisenberg, Scott Rice, Curt Baxstrom, and our newest board president, Dan Lauren. Gene Yore is close behind, with only seven more to go (as of April 14th).

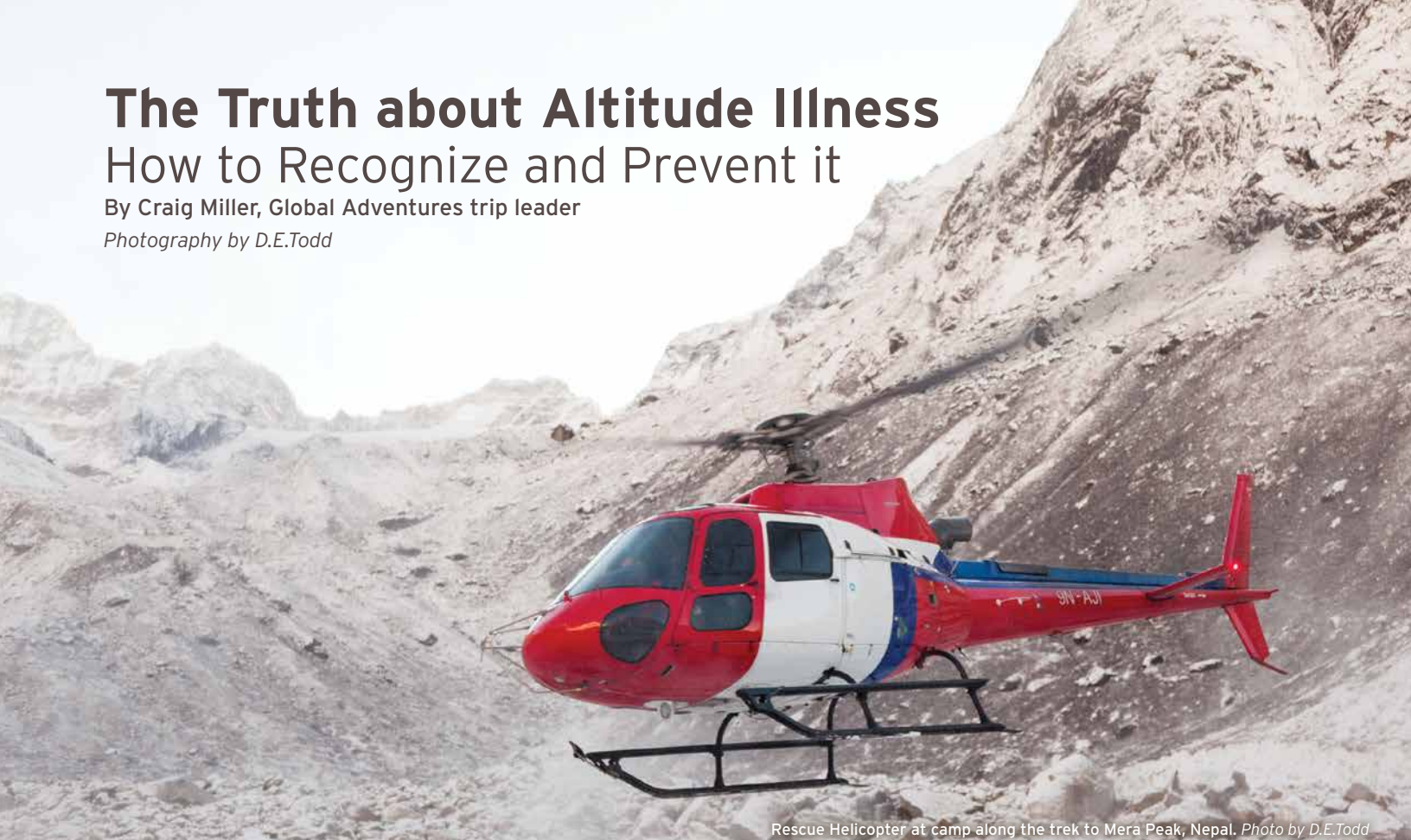
Interested in learning more? Information about all 100 climbable peaks around Mount Rainier can be found in *Guide to 100 Peaks at Mount Rainier National Park*, published as an enhanced iBook for the iPad on iTunes and a PDF eBook by Mountaineers Books. All royalties are donated to The Mountaineers.

The Truth about Altitude Illness

How to Recognize and Prevent it

By Craig Miller, Global Adventures trip leader

Photography by D.E.Todd



Rescue Helicopter at camp along the trek to Mera Peak, Nepal. Photo by D.E.Todd

For over a decade, I've been leading global adventures to elevations well over 20,000 feet. I've been lucky enough not to experience altitude illness myself, but I have witnessed rescues in the places I have visited. Staying knowledgeable and aware of your body at the changing elevations is key to preventing illness.

At high altitude there is lower air pressure and less oxygen. Given enough time, the human body normally can adapt to high altitude. Altitude illness is an abnormal response to the lower air pressure. Altitude sickness can occur above 8,000 feet. Anyone can get altitude illness, regardless of your physical conditioning level.

Body responses to high altitude

The human body has three automatic responses to high altitude:

- 1) We breathe faster and take in bigger volumes of air.
- 2) The heart beats faster to pump the oxygen around.
- 3) The body makes more red blood cells to carry the oxygen.

The first two happen promptly, but it takes time to make more red blood cells.

Types of altitude illness and symptoms

Acute mountain sickness (AMS)

Symptoms: Headache plus one or more of the following: nausea, vomiting, lack of appetite, dizziness, sleeplessness, fatigue.

Treatment: rest, Diamox, possible oxygen, consider descent.

High altitude pulmonary edema (HAPE): fluid in the lungs

Symptoms: Extreme shortness of breath. The difficulty breathing is way out of proportion to what is expected at altitude. In milder forms of HAPE, the shortness of breath is present with exertion, while in the later stages it can be seen with simple activities, and

then, even at rest.

Treatment: Get the patient down to a lower elevation immediately. Do not wait until morning; symptoms can worsen overnight, and in extreme cases a person can die by morning. If he/she can't descend immediately, then put him/her in a Gamow bag, and get help.

High altitude cerebral edema (HACE): fluid in the brain

Symptoms: poor coordination (can't walk a straight line), mental status changed.

Treatment: same as treatment for HAPE.

note: AMS can progress to HACE. Both HAPE and HACE are potentially fatal.



Craig Miller demonstrates an oxygen bottle and regulator. Photo by D.E.Todd

Prevention of altitude illness

- Ascend slowly.
- Above 10,000 feet elevation, gain about 1,000 feet per day to your sleeping altitude.
- Drink lots of water; urine should be clear and copious.
- Add layover days every 3-4 days (no increase in sleeping elevation).
- On your layover days, "climb high, sleep low." Climb as high as you can during the day, but descend and sleep at the same elevation as the night before.

For example on a Mt. Rainier climb, camp two nights at 10,000-foot Camp Muir or Camp Schurman, and use the extra layover day to practice ice ax arrest and crevasse rescue.

Medications

Diamox (acetazolamide) can help prevent and reduce altitude illness by making the lungs work faster. Start Diamox before you ascend over 8,000 feet. Take 125mg in the morning and 125mg at night. Possible side effects include frequent urination, finger and toe tingling, and carbonated beverages' flat taste. Diamox can also be taken when early symptoms appear. If serious symptoms appear, increase the dosage to 250mg twice a day. Diamox is a sulfa drug.

Nifedipine can be used for HAPE prevention, but only in people with a prior history of HAPE.

Special gear

- 1) Pulse oximeter (measures oxygen saturation in the blood)
- 2) Oxygen bottle with regulator (increases oxygen in the blood)
- 3) Gamow bag (increases air pressure and oxygen in the blood)
- 4) Satellite telephone (to call a helicopter)

We demonstrate all these on Himalayan climbs, but have never had to use them for real.

Resources: Dr. Stephen Bezruchka wrote an excellent little book, *Altitude Illness: Prevention & Treatment*, published by our very own Mountaineers. Or, if you would rather learn through presentation, Dr. Andy Luks has a superb free evening lecture each winter at several different Seattle locations (The Mountaineers Program Center, REI, and Wide World Book & Maps).

Summary

By being aware of and preventing altitude illness, you are more likely to have a safe and fun trek or climb.

Craig has led 16 different high altitude treks and climbs for The Mountaineers in the Himalaya and Andes Mountains. We hope you will join Craig on one of his Mountaineers global adventures. This October and November, Craig will be leading a trip to Everest Base Camp and Makalu.

To learn more, or sign up, search for Global Adventures under EXPLORE on www.mountaineers.org.



Craig Miller explaining the use of a Gamow Bag, along the trek to Mera Peak, Nepal. Photo by D.E.Todd

A Big Day for Elwha River Restoration

By Carolyn Wilcox

As I look out over a plain of rushing water, a pleasant earthy smell permeates the air, hinting surprisingly of sulfur. Loud muffled sounds, rather like something large and solid running into something else large and solid, occasionally boom out from different directions. This is what I experienced as I witnessed the flood of the Elwha River on March 6th, 2014.

After consulting with my friends, I come to recognize these booms as large boulders being moved around underwater. Churning, rushing, powerful riffles register at a decibel similar to the Pacific Ocean, but we are far from the coast. I gaze into the water swirling and pooling around me with the color of deep slate gray – it's mesmerizing to behold. I am witnessing the most significant flood event to have occurred on the Elwha River since dam removal started in the fall of 2011 – a fact confirmed by Andy Ritchie, Elwha River Restoration Project Hydrologist. Andy watches with me, and is as elated as my friends and I are to be witnessing peak flooding conditions. Who wouldn't be excited to see potentially the largest natural movement of colossal amounts of nearly century-old sediment from the former Mills reservoir? This is what Andy and many others had been forecasting during the planning stages of Elwha River restoration – *that the mighty Elwha River could restore itself.* Today, it is finally happening!

Why does the Elwha River need to be restored?

Well, it started almost 100 years ago with the creation of two hydroelectric dams – the Elwha Dam (lower dam) and the Glines Canyon Dam (upper dam) that created the Aldwell and Mills reservoirs respectively. Modern hydrologists like Ritchie have a much better understanding of the hidden ecological costs of dam construction than turn-of-the-century developer Thomas Aldwell did. When ill-equipped crews under Aldwell's direction began building the Elwha Dam around 1910, a lack of salmon passage was considered to be a bad thing (not to mention illegal since Washington became a territory). But Aldwell built his dam without fish passage, leaving the state to scramble to build a fish hatchery. Not surprisingly, hatcheries on the Elwha failed, and could not replace more than seventy miles of spawning habitat upstream of the lower Elwha Dam. The number of wild Pacific salmon returning to the Elwha River dropped almost

immediately with dam construction as fish were only allowed a mere five miles of river before hitting the Elwha Dam. Less well understood at the time of dam construction were the additional ecological effects of dam building such as blocking sediment and woody debris movement downstream.

Erosion of the Olympic Mountains creates sediment and according to Linda Mapes in her 2013 book, *Elwha: A River Reborn*, the amount of sediment involved in Elwha River restoration differs from other dammed rivers. The Elwha River watershed, which encompasses 321 square miles and includes eight major tributaries, produces a lot of sediment. Over the 100-year lifespan of the Elwha River dams, the Aldwell and Mills reservoirs trapped an estimated 24 million cubic yards of sediment. This explains why the removal of the Elwha River dams is considered to be the largest river restoration project in the world, not only because of the massive amounts of concrete but also because of startling amounts of sediment piled upstream at the former reservoirs. Andy and I were excited about the chance to witness THE flood event that could generate enough force to move the large quantities of 100-year old lake bed sediment down the river to the Strait of Juan de Fuca!



Madison Falls, before (left) and during the flood. Photos by Carolyn Wilcox



The Elwha river between dams. Photo by Jerda Smeltzer

The temperate rainforest setting

What do you picture when you think of the temperate rainforests on the Olympic Peninsula? Large trees – some of the tallest in the world – make this place their home. Within the safe (fingers crossed) boundaries of Olympic National Park, huge old-growth conifer trees like Sitka spruce, Western hemlock and Douglas fir occasionally fall into rivers when high winds and heavy winter precipitation cause avalanches, landslides, or cut-bank erosion. Woody debris in rivers helps create dynamic wild river systems and facilitates log jams to support the necessary diversity in riparian habitat needed for wild Pacific salmon lifecycles. One of the most exciting aspects of flood watching on a wild river is when a huge tree, its rootwad sticking out of the water like a sail, floats past your view.

What caused this particular flood event?

Flood conditions on March 6th developed from a rise in temperature, melting snowpack in higher elevations, and a night of ceaseless heavy rainfall – commonly referred to as a rain-on-snow event. Not only was the Elwha flooding, but large and small tributaries alike were running wild. The last turn of the trail to Madison Falls was like entering a wind tunnel. Under these dramatic flood conditions, the pounding cascade of water made the falls nearly unrecognizable. Madison Creek, a small tributary of the Elwha, also picked up sediment, and it was the color of a chocolate milkshake, not the slate gray of the Elwha. Both the color and smell were clues that this was more than just a standard flood.

The story of the Elwha River is ever-unfolding

Flood events like this one create an entirely different river landscape for park staff, locals, and visitors alike. You might not recognize the floodplain of yesterday based on the winter storm of today. Less than 30 feet remain of the formerly 210 foot tall Glines Canyon Dam, but this remaining concrete fish barrier will have to wait to be demolished until the flood waters recede.

Dam deconstruction is slated to halt from May 1 to June 30 and again from August 1 to September 14, during fish windows: the times when many adult fish are expected to use the river. Due to spring flooding in the Elwha River, Elwha Dam removal may not

conclude until the fall of 2014. Once all the remaining concrete of the former Glines Canyon Dam is removed, park crews will then park crews will need eight to twelve weeks to reopen Hot Spring Roads, according to Barb Maynes, Public Information Officer for Olympic National Park.

Drive up Olympic Hot Springs Road past the Altair Campground to view the former Glines Canyon Dam and Mills Reservoir site. Or backpack and set up camp on gravel bars below Humes Ranch or Elkhorn Ranger Station to find out whether the noise of all those salmon spawning keeps you from sleeping. Witness the beauty for yourself: it's an amazing and ecologically historic time to visit the Elwha River.

Before driving to the Elwha river, call the Olympic National Park visitor center at 360-565-3130 to check on Glines Canyon Dam removal progress and make sure the roads you need are open.



Carolyn Wilcox takes notes by the river. Photo courtesy of Carolyn

Carolyn Wilcox is an Olympic Peninsula naturalist as well as a hiking and birding guide. She combines her passions for hands-on education, natural history, and outdoor exploration by leading guided ecotours in Olympic National Park. To learn more about her or plan a visit to the Olympic Peninsula yourself, visit experienceolympic.com.

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A Climbing Evolution 40 Years with The Mountaineers

by Kristina Ciari, Marketing and Membership Manager

Photo by Mike Warren

We're aware some people perceive us as an 'old guy's club'. And while that may have been the case 60 years ago when we were inventing methods of climbing the highest and most remote peaks, it just isn't true anymore. The Mountaineers recently wrapped a membership survey that we compared to responses from 2011 survey data. What we discovered is that today's members are more likely to describe The Mountaineers as active, high-quality, fun, helpful, and welcoming, and less likely to say we're stand-offish, cliquish, intimidating, and elitist. This is compared to just three years ago. Most importantly, our 'member satisfaction' increased an astounding 20% in the last three years!

As the Membership and Marketing Manager, I'm incredibly excited about this information - but I'm not the only one. For this story on how climbing has changed within our organization in the last 40-years, I sat down with Cebe Wallace, head of the Seattle Basic Climbing Course and one of our outstanding climb leaders.

Change comes in all shapes and sizes

With white hair, two bad shoulders, and a bum knee, Cebe isn't exactly the person you expect to be leading change in our climbing courses. He is one of the 'old guys' after all. As a 40-year member, Cebe has been a Mountaineer since Nixon was forced to resign. He's seen countless students graduate, have children, and teach their own kids to climb. He overcame an initial fear of 5th class rock and endured countless surgeries to be able to continue climbing. But thanks to medical wizardry, he continues

to bring thoughtful leadership to our Basic course.

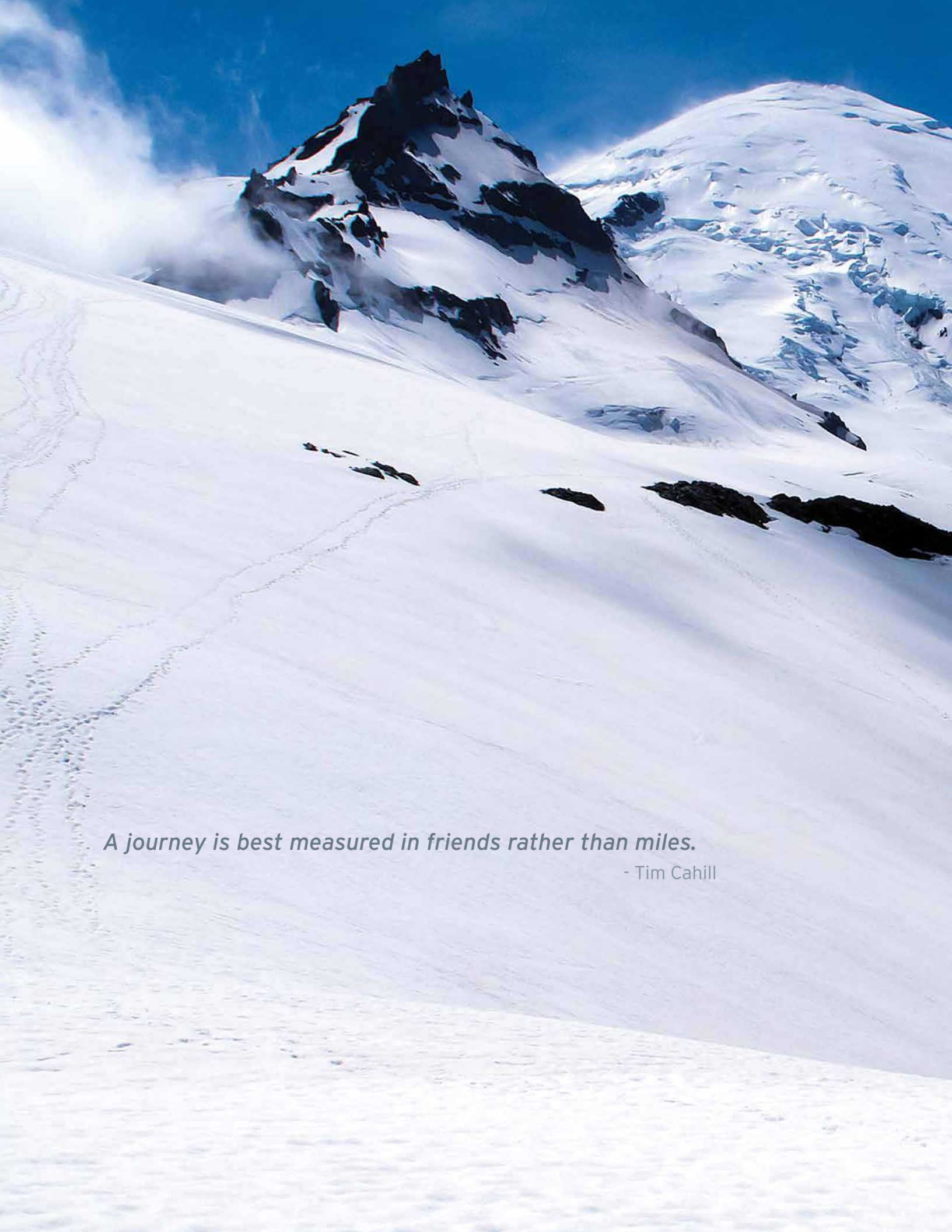
Cebe won't tell you this, but he's amassed his own cultish following amongst new basic students. His reputation for focusing on the 'student experience' precedes him. Students clamor to get into his SIG (Small Instruction Group) every year. Cebe has managed to make himself an institution for the Mountaineers - and he's excited about the changes he's seen in the organization in the last 40 years.

In the 70's, Cebe had a friend who called The Mountaineers "old men in smelly flannel shirts" and Cebe will agree that we used to be quite rigid and limited. While some people still think we are that way, he would argue we've really changed behind the scenes. "We're much more customer service oriented now," he said. "The experience of our students has improved. We go to huge lengths to try and assure that people are graduating and to support them in getting through the course."

What's changed? Well, for one we have a hugely expanded group of activities. It used to be: scramble, basic, and intermediate. Period. That was it. Now we have activities including: intro to glacier, intro to rock, intro to belay, aid and big wall, crag, rock and ice, and an advanced alpine course.

All of these new classes have improved the established courses. Instructors aren't tearing up the manual every year, but they aren't keeping things the same either. Proof of that is the creation

[continued on page 26 >>](#)



A journey is best measured in friends rather than miles.

- Tim Cahill



Cebe Wallace and Grace Parker silhouetted against Rainier, and Little Tahoma. Photo taken from Meany Crest. *Photo by Mike Warren*

of the Intense Basic course: 10-days of concentrated instruction and field trips to teach all of the basic level requirements. It's an opportunity for The Mountaineers to rethink the way in which we teach our courses while serving our members who have very limited time. And that isn't the only change he's excited about.

He's seen a cultural shift as well. Technology has made us much more agile and able to serve a wider need in the outdoor community. We now better understand the interests of our members and we have choices for just about everyone. We are constantly looking at new equipment and new techniques and are thus attracting and building a more diverse community of adventurers.

Change means a shift in perspective

Cebe grew up in California and spent lots of time at Lake Tahoe, where he went on countless hikes and nature walks with his paternal grandmother. According to Cebe, she was his "best buddy" and a hugely influential figure in his life. "We hung out and hiked a lot," he said. "She loved the wildflowers, and she fostered my love for the outdoors." Not only that, she taught him an appreciation for opera. Cebe describes his two biggest passions as "the outdoors and opera." And no, he doesn't listen to opera when he's outside - I asked.

A retired Air Force officer and former Deputy Director of Small Business Administration for Washington State, Cebe first moved to Seattle in 1969 with his late-wife Susan. He graduated with an MBA from UW in 1971, and spent a lot of time backpacking - mostly solo trips. On one of those trips, he realized he might be in over his head. To gain the skills he would need outdoors he decided to enroll in Basic Climbing in 1974.

When it came to registration time, he almost didn't sign up. Accustomed to life as a lone traveler, Cebe was concerned about sharing his backcountry pursuits with others. "The funny part of my personal migration is, at the time, I was really into solo backpacking," he said. "When I realized I needed the skills, I knew you had to climb in groups, but I just didn't want to be with other people. I just kind of had to suck it up."

His fear of being with other people quickly dissolved in Basic. He fell in love with the outdoors all over again - only this time with sharing the outdoors with others. He graduated in 1975 and went on to become a snowshoe leader, where he got his first taste of teaching outdoor exploration. He was hooked.

He enrolled in Intermediate Climbing to be able to teach climbing. "After I graduated and climbed for a few years, I decided I wanted to come back and be a climb leader," he said. "It was so much fun helping other people enter this world, do it right, and feel like they can master it." Cebe especially loves climbing because it's such a personal sport. Most often our best performances in the mountains aren't seen by anyone. The purity of those moments appeals to Cebe, and he loves giving people the skills so they can share in the fun. On teaching he says, "don't we all just love sharing something we love?"

Change happens both slowly and all-at-once

Cebe has a theory about 'the mountain gene'. He found there's a certain subset of people who "get up into the alpine zone for the first time and this knot in their gut unties and they realize, 'this is where I belong'. When you find these people who are fulfilled

by the mountains and you can help them get there - well that's a pretty cool thing," he said.

And so for 30 years as a climb leader Cebe has been helping people unlock their own mountain genes by sharing his love and passion for the mountains. No one is more surprised about this evolution than Cebe, who now sees his fellow Mountaineers as the path to outdoor fulfillment rather than a hindrance. "The funny part is I started out saying 'I'll suck it up because I need these other people to learn the skills' but after several years it was the people that became the good part of it. The part I really enjoyed," he said. "It's a complete switch of my own psychology and what I get out of the mountains."

Cebe works hard to establish camaraderie in his courses to create an environment conducive to self-discovery. He teaches by setting a tone where people work together and take care of each other. "When that works, it's a really cool, transformative experience for everyone," he says.

Watching these outdoor transformations motivates Cebe to continue giving so much of his time to The Mountaineers. He finds it odd that "we're still living down the reputation of going out and putting 50 people up a mountain," but he's willing to do all he can to squash that misconception and help move our organization forward. "The club is no longer the old guys doing the things old guys do the way they want to," he said. I couldn't agree more.



Cebe instructing ice ax arrest safety. Photo by Mike Warren



Conditioning for Outdoor Enthusiasts 50+

By Courtenay Schurman, personal trainer

Backpacker along the PCT in Goat Rocks Wilderness. Photo by Tim Nair

As an outdoor enthusiast nearing fifty, I've noticed my balance and coordination aren't what they used to be several decades ago. Both of these are important for hiking, climbing, backpacking, trekking, skiing, and mountaineering. Try this exercise to help restore balance and coordination for any age or ability level.

The Warrior Reverse Flye for Balance

The Warrior Reverse Flye is a hybrid exercise that combines a common yoga pose, Warrior III, with dumbbell strengthening exercises known as the reverse flye and one-legged deadlift.

It strengthens the muscles in the upper and lower back, legs, and hips. It also helps improve balance from feet to ankles to hips.

Try each movement separately, or combine them. This portable exercise can be done anywhere: home, gym, outdoors, or hotels.

Try it yourself:

1) Descent – Stand on one leg with the other foot behind you, lightly touching the floor for balance as needed. Hold light dumbbells in each hand. Reach both weights down toward the floor. Your goal is to reach the floor with both hands at the same time, though beginners can aim for knees, shins or ankles, or start without weight.

2) Ascent – As you rise back up from the floor, extend the trailing leg behind you and tilt your torso parallel to the floor like an ice skater. Raise both arms out to the sides to form a "T", keeping palms facing the floor and squeezing shoulder blades together, neck relaxed and shoulders away from the ears, to work the upper back.

Start with the leg is hardest to perform and only complete on the dominant leg as many as you can do on the non-dominant leg.

Complete two to three sets of eight to ten repetitions on each leg with 30 seconds of rest between legs. Include at the beginning of your strength workout when you are fresh.

Tips for the beginner: If you struggle to find your balance, try the exercise in bare feet or on an uncarpeted surface. Relax your feet and spread your toes so you have more surface area in contact with the floor.

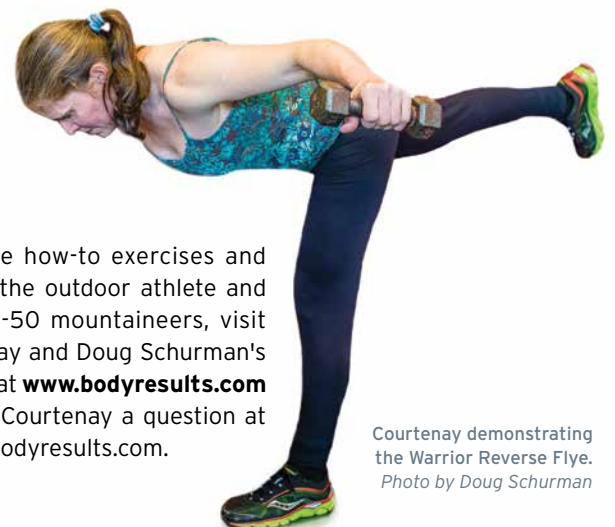
Try keeping the trail leg lightly touching the floor until your balance improves. You can also hold onto a dowel or wall.

Simply standing on one leg for 30 seconds or longer can help you improve balance if the other options do not work.

Tips for the advanced: If you have decent starting balance but struggle to get horizontal in warrior, aim for maintaining a straight body but with a diagonal torso so arms are higher than legs.

You can increase range of motion in the one-legged deadlift by standing on a weight plate or board, still reaching for the floor.

You may want to increase strength in the glutes by adding more weight to the one-legged deadlift before adding the reverse flye.



For more how-to exercises and tips for the outdoor athlete and for over-50 mountaineers, visit Courtenay and Doug Schurman's website at www.bodyresults.com or send Courtenay a question at court@bodyresults.com.

Courtenay demonstrating the Warrior Reverse Flye. Photo by Doug Schurman



The Mountaineers Players

1974 production of *Brigadoon*, a story of two wandering travelers who discover the magical village of Brigadoon, which mysteriously appears for only one day each century. The audience for this performance (5,579 total over 8 shows) got into the mood of the play as they were led down the trail to the theater by a bagpiper.

Theater in the Wild

a Short History of The Mountaineers Players

by Suzanne Gerber, Publications Manager

When I first learned The Mountaineers had a theater, I thought it was a bit strange. What does acting and drama have to do with mountaineering? The answer, in short, is community. Before forest access roads and rules that limit parties to 12, it was common for large groups of Mountaineers to spend days together just to get to where we now park our cars. To entertain each other in the evenings, animated camp-fire stories and performances, when organized with props, quickly became a type of theater.

In Search of a Lake

In the spring of 1909, a group of 66 Mountaineers were bushwhacking and hiking through narrow deer trails in search of Wild Cat Lake. A lake that is now, 100 years later, maintained by Kitsap County Parks and Recreation – complete with basketball courts, restrooms and a playground, easily accessible by road. They heard that a beautiful display of rhododendrons could be seen there in full bloom, and they thought it would make a good lunch destination.

They didn't find the lake that day (according to Google Maps, they were about a mile off as the crow flies), but they did find a rustic cabin in a lush green valley. More importantly, they found Edward Paschall's family and Hidden Valley Ranch. Edward and his two daughters, Mary and Patience, became an influential part of The Mountaineers. Edward worked with Mountaineers members like Peter McGregor to initiate the conservation of what has now become the 460-acre Rhododendron Preserve. Mary was one of the key women who helped build the new Kitsap Cabin in 1917, when most of the men were away due to World War I. And Patience attended multiple summer outings where unofficial plays were the highlight of the evening. These early staged performances led to the formation of The Mountaineers Players.

Early Pantomimes and Plays

The first official Mountaineers play was in June of 1923. It was a musical pantomime of *Robin of Sherwood*, complete with costumes, musicians, singers, dancers, and even a stage manager. Fueled by the performance's popularity and success, The Mountaineers continued putting on a play every year. In these early days, actors performed in the woods in a traveling troop, followed by the audience. Then, in 1926, volunteers built an official outdoor theater with dry, terraced seating to provide their enthusiastic audiences with more comfort (and no mosquitoes). This is where the theater stands today.

By the late 1920s, The Mountaineers Players had exploded in popularity. Now open to the public, as many as 1,450 people were known to squeeze into the small outdoor theater. Their rendition of *Alice in Wonderland* was so well received that the Seattle Chamber of Commerce requested a showing for convention-goers in Seattle.



Mountaineers Players practice for the upcoming performance of *Honk!* Photo by Lani Smith

These plays started with an annual spring performance to coincide with the blooming rhododendrons and quickly expanded to eight performances a year. Starting in 2007, there are now two shows each year – one in the spring and one in the summer. Some of the past shows have included *Snow White and the Seven Dwarfs*, *A Midsummer Night's Dream*, *Annie Get Your Gun*, and *Cinderella*. There have been performances every year, rain or shine except for a period between 1943 - 1946, during World War II.

A Magical Place still alive Today

Designated among Washington state's Natural Heritage Lands, the early preservation of this land created some of the most pristine natural habitat in Puget Sound. The forest floor often reaches a depth of six feet or more. Wild salmon populate the streams and and mature trees date back to the 17th century. The Mountaineers host *Salmon Safaris* in the spring to see schools of young salmon emerge from their gravel hiding places, and again in the fall when they return to spawn.

I had the opportunity to visit the Kitsap Forest Theater this April. Nestled among old growth trees, a winding path leads you to a unique outdoor amphitheater. Natural bark and live plants make up elements of the stage which is downhill from the surrounding seating area. It feels like a secret place children might create when left to their own in the woods, but much larger and better constructed. It does indeed seem to be inspired by magic.

Visiting the Kitsap Forest Theater

The Kitsap Forest Theater will be presenting two shows this season: *Honk!*, running from May 25th - June 15th and *Annie*, running from July 26th - August 17th. All shows are outdoors in terraced seating and start at 2pm. On show days, a round-trip shuttle bus is now available between the Bremerton Ferry dock and the Kitsap Forest Theater.

To learn more or buy tickets, visit www.foresttheater.com.

global adventures

Awake in the Patagonian Andes

By Cheryl Talbert, Global Adventures trip leader

Sunrise in Patagonia. Photo by Cheryl Talbert

The firefly sparks of a dozen headlamps sketched out the trail above our camp, with only the faintest pre-dawn glow to indicate the presence of the towering massif above. Our group had arrived in the little boomtown of El Chalten, Argentina, and hiked the short six miles from town to bustling Camp Poincenot just the previous day.

Now at 5:30am, we followed the headlamp chain up the steep rocky switchbacks to the top of the moraine above tiny Laguna de los Tres at the base of 11,168-foot Monte FitzRoy to catch the sunrise on the peak and its companion spires. Vivid images seared themselves in memory: an owl hooting in the twisted Lenga canopy above us and then bursting across the trail. The fluorescence of the granite rocks of the trail in the early dawn glow. The sunrise halo on the horizon, casting in silver the lakes of Viedma, Capri, Madre and Hija below.

Then, as we crested the moraine, suddenly towers were looming huge and ghostly, the sky rapidly changing from black to violet – signaling that the show was about to start. In a performance worthy of an IMAX film, the sunrise unfolded on the towers first with salmon pink at the tips, progressing downward in vivid orange, and finally spreading across the glaciers on the lower flanks and encompassing Laguna de los Tres at its base. The small group watching from the moraine wall sat in wonder, then spontaneously gathered in the camaraderie of a majestic moment gifted from the universe to only a very fortunate few.

An Experience of a Lifetime

Far-south Patagonia delivers more than its share of such transcendent moments, amid immense variety and grandeur. Condors soar over vast windswept plains populated with flamingos, guanacos and Darwin's rheas. The snowy Andes loom suddenly from the plains, carpeted with unique silver beech forests. Sheer granite pinnacles burst upward, drawing the world's best climbers. The third-largest ice sheet in the world is so close, it drives a volatile local climate – spawning hundreds of dramatic, low-elevation glaciers, and lakes. From the shore of the Beagle Channel on Tierra del Fuego at the very southern tip of South America, the wild Fuegian Andes rise steeply above a seacoast where fur seals, sea lions and penguins play.

To see Patagonia first-hand, sign up for one, two or all of our upcoming Global Adventure trips to the far south.

We have three linked outings covering the breadth of the region, complete with off-the-beaten-track highlights. By carrying our own gear, we can explore remote places few visitors get to see. We will stay in refugios, supported camps and small towns along our route – all with hearty food, warm shelter and international camaraderie. With the perfect mixture of challenge, awe and comfort, Patagonia will leave its indelible mark on you.

Current Global Adventures Trip Listings:

Hike England and Wales

June 17-July 7, 2014

Spend nearly three weeks hiking England's Lake District and Snowdonia National Park in north Wales with Shari and Paul. They've lived in the north of England and led over 35 Mountaineer Global Adventures. Enjoy day hikes to many of the highest peaks in England and Wales, pub meals, full English breakfasts, and excellent accommodations. **Price:** \$3,650
Leader: Shari Hogshead, SkiMntr@aol.com, 425-260-9316

Trek Switzerland's Via Alpina

Sept. 1-25, 2014

Backpacker magazine rated Switzerland's Via Alpina "The

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

Trek or climb Nepal's Khumbu

Trek Oct. 8-28, 2014 or

Climb Oct. 8-Nov. 8, 2014

We all trek to Kala Patar viewpoint and Mt. Everest base camp, sleeping in lodges. Climbers continue to Makalu, camping. Trek is strenuous; climb is very strenuous. You carry only a daypack. **Price:** Trek, \$3,000; or climb, \$4,000 **Leader:** Craig Miller, craigmiller@comcast.net

Backpack the Patagonian Andes

Three linked outings: Feb. 8-19, 2015, Feb 20-27, 2015, and Feb 28-March 6, 2015

Backpack the spectacular Torres del Paine circuit, staying at camps and refugios. Visit stunning Perito Moreno glacier and backpack under the Fitz Roy massif in Los Glaciares National Park. Day hike to glaciers and coast of Tierra del Fuego and backpack the remote Sierra Valdivieso route across the Fuegian Andes above the Beagle Channel. **Price:** \$2600 (Torres del Paine), \$1500 (Fitz Roy), \$1500 (Tierra del Fuego). 50% deposits due by Apr 15, 2014.
Leader: Cheryl Talbert, cascadehiker@earthlink.net

Backcountry Ski British Columbia's Ymir Lodge

February 14-21, 2015

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

Visit www.mountaineers.org for additional trip details.

Ready for Adventure?

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

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

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

TRIP RATINGS

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

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

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

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

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

Ski: N=Nordic; M=Mountain; I*= Instructional (beginner). 1=Easy for N (4-6 mi. RT, 500' gain); Intermediate for M (5-15 mi. RT, 1,500' plus gain). 2=Moderate for N (6-10 mi. RT, 1,000' plus gain);

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

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

ABBREVIATIONS

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

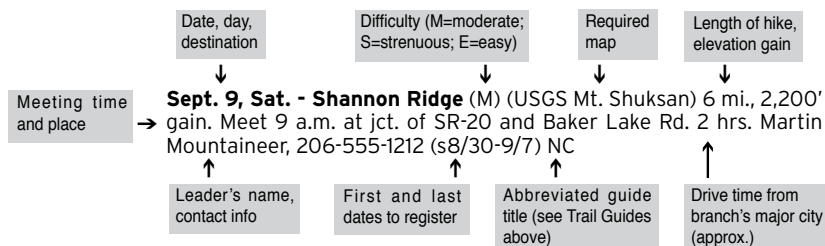
MOUNTAINEERS TEN ESSENTIAL SYSTEMS: REQUIRED ON ALL MOUNTAINEERS TRIPS

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

SEA KAYAK, SAILING ESSENTIALS

Please see respective branch websites for details.

TRIP LISTING KEY



activities open to all (via activities registration)

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

backpacking

5/23-5/25, Fri-Sun - Stein River Canyon/Stein Valley Nlakapamux Heritage Park BC Backpacking. (EM) 10-15+ mi, 1000+ft. Meet at Lytton, BC at 8:00am. Leader: Linda Moore, (425) 347-7650, abenteuerbc@yahoo.com (s4/1-5/19) **SEA**

5/24-5/26, Sat-Mon - Rialto Beach to Chilean Memorial Backpacking. (E) 7.5 mi, 0'. Meet at Olympic National Park Wilderness Information Center, Port Angeles at 9:00am. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s5/12-5/22) **TAC**

6/13-6/15, Fri-Sun - Shi Shi Beach Backpacking. (E) Custom Correct Olympic Coast, North, Green Trails Cape Flattery No. 98S. 8 mi, 200'. Meet at Olympic National Park Wilderness Information Center, Port Angeles at 9:00am. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s5/27-6/11) **TAC**

6/14-6/15, Sat-Sun - Ingalls Creek Backpacking. (M) Green Trails Liberty No. 210, Green Trails Mt Stuart No. 209. 12 mi, 1200'. Leader: Linda Moore, (425) 347-7650, abenteuerbc@yahoo.com (s5/1-6/10) **SEA**

dancing

5/6 - 6/24, Tue - Folk dance - Kirkland No Registration Required. Meet at Peter Kirk Community Center (downtown Kirkland) at 7:30pm. See website for details: www.mountaineers.org/seattle/folkdance/ Leader: Johnny Jeans, (425) 746-2328, jjmntjoys@yahoo.com **SEA**

family activity

5/2, Fri - Tacoma Family Climbing Night Family Activities. Meet at Tacoma Program Center at 6:00pm. Leader: Lonna Frans, (253) 579-3247, lmfrans@yahoo.com (s4/14-5/2) **TAC**

5/11, Sun - Tacoma Explorers - Ape Caves Family Activities. Meet at Tacoma Program Center at 9:00am. Leader: Brigit Anderson, (203) 470-0213, brigita@mountaineers.org (s2/19-5/9) **TAC**

5/17, Sat - South Sound MAC - Fossil Rock Climbing Family Activities. Meet at Tacoma Program Center at 10:00am. Members: \$20, Non-members: \$20. Leader: Brigit Anderson, (203) 470-0213, brigita@mountaineers.org (s2/26-5/16) **TAC**

5/25, Sun - Tacoma Explorers - Indoor Climbing Family Activities. Meet at Tacoma Program Center at 12:00pm. Leader: Brigit Anderson, (203) 470-0213, brigita@mountaineers.org (s2/20-5/23) **TAC**

6/14, Sat - Tacoma Explorers - Exit 38 Climbing Family Activities. Meet at Tacoma Program Center at 9:00am. Leader:

Brigit Anderson, (203) 470-0213, brigita@mountaineers.org (s2/20-6/13) **TAC**

6/21-6/22, Sat-Sun - South Sound MAC - Leavenworth Weekend Family Activities. Meet at Tacoma Program Center at 10:00am. Members: \$20, Non-members: \$20. Leader: Brigit Anderson, (203) 470-0213, brigita@mountaineers.org (s2/26-6/20) **TAC**

global adventures

5/17-5/28, Sat-Wed - Trek the High Andes of Peru: Cusco-Machu Picchu Segment Global Adventures. Members: \$2,700. Leader's Permission Required: Cheryl Talbert, (253) 229-4018, cascadehiker@earthlink.net (s5/29-10/1)

5/30-6/11, Fri-Wed - Trek the High Andes of Peru: Alpamayo Segment Global Adventures. Members: \$1,900. Leader's Permission Required: Cheryl Talbert, (253) 229-4018, cascadehiker@earthlink.net

6/17-7/7, Tue-Mon - Hiking England's Lake District, Snowdonia National Park Global Adventures. Members: \$3,650. Leader's Permission Required: Shari Hogshead, (425) 260-9316, skimntr@aol.com (s12/9-2/1)

hiking

5/2, Fri - Pyramid Mountain Midweek Hikes. (M) Green Trails Lake Crescent No. 101. 7 mi, 2400'. Meet at North Shore Picnic Area, see leader notes at 10:00am. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s4/19-4/25) **SEA**

5/3, Sat - Cleman Mountain, Hardy Canyon Loop Hiking. (S) Green Trails Manastash Lake No. 273, Washington DNR Yakima. 13 mi, 3000'. Meet at Tibbetts Lot, 1675 Newport Way NW at 6:00am. Leader: Nicole Hansen, (425) 471-3176, Nicole.Hansen@comcast.net (s4/21-5/1) **FH**

5/4, Sun - Fragrance and Lost Lakes Singles/Social. (M) USGS Bellingham South, USGS Bow. 10 mi, 1500'. Meet at Trail head at 9:30am. Leader: Bob Pankl, (206) 729-0162, pankl@earthlink.net (s4/25-5/1) **SEA**

5/4, Sun - Spring Potluck - Tacoma Hiking/Backpacking Committee New Members Welcome! Hiking. (E) Meet at Tacoma Program Center, 2302 N 30th Street, Tacoma, WA 98403 at 1:00PM. No Registration Required, Leader: Michael Waiss, (253) 627-5696, mwaiss@net-venture.com **TAC**

5/5, Mon - Mid-week Leaders Committee meeting Midweek Hikes. Meet at TBA at 10:30am. No Registration Required, Leader: Roxanne Eve, (425) 228-4958, rentonrph@hotmail.com **SEA**

5/9, Fri - UW Arboretum Retired Rovers. (E) 3 mi, 0'. Meet at Arboretum Visitor Center at 10:00am. No Registration Required, Leader: Muriel Stoker, (206) 723-5039, [\[hotmail.com\]\(mailto:hotmail.com\) **SEA**](mailto:murstoker@</p></div><div data-bbox=)

5/10, Sat - Teanaway Butte Singles/Social. (M) USGS Mt Stuart. 9 mi, 2100'. Meet at Tibbetts Park & Ride at 7:00am. Leader: Brian Carpenter, (206) 403-3004, fleasgach@gmail.com (s4/16-5/7) **SEA**

5/10-5/11, Sat-Sun - Duncan Hill Hiking. (VS) USGS Lucerne. 14 mi, 3300'. Meet at Monroe Park & Ride at 6:00am. Sign up with Leader: Ken Willis, (425) 218-4113, kjwillis325@yahoo.com (s2/22-5/5) **FH**

5/10, Sat - Dry Falls & Wahclella Falls Hiking. (E) Green Trails Columbia River Gorge No. West No. 482S. 6.4 mi, 1100'. Meet at Eagle Creek Campground entrance at 12:00pm. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s4/28-5/8) **TAC**

5/10, Sat - Tacoma Potluck Brunch with MRNP Volunteers Hiking. Meet at Tacoma Program Center, 2302 N 30th Street, Tacoma, WA 98403 at 9:30am. Leader: amy Mann, (253) 759-2796, agmann@comcast.net (s1/1-5/10) **TAC**

5/11, Sun - Eagle Creek to Tunnel Falls Hiking. (M) Green Trails Bonneville Dam, OR No. 429. 13 mi, 1200'. Meet at Entrance to Eagle Creek Campground at 9:00am. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s4/28-5/8) **TAC**

5/16, Fri - Lyle Cherry Orchard Hiking. (M) Green Trails Columbia River Gorge No. East No. 432S. 5 mi, 1100'. Meet at Husum, WA at 1:00pm. Members: \$100, Non-members: \$100. Leader: Brian Carpenter, (206) 403-3004, fleasgach@gmail.com (s3/26-5/1) **SEA**

5/17, Sat - Swale Canyon Hiking. (M) 11.4 mi, 500'. Members: \$100, Non-members: \$100. Leader: Brian Carpenter, (206) 403-3004, fleasgach@gmail.com (s3/26-5/1) **SEA**

5/18, Sun - Catherine Creek: The Labyrinth and Natural Arch Hiking. (M) Green Trails Columbia River Gorge No. East No. 432S. 6.6 mi, 1100'. Members: \$100, Non-members: \$100. Leader: Brian Carpenter, (206) 403-3004, fleasgach@gmail.com (s3/26-5/1) **SEA**

5/19, Mon - Dog Mountain Hiking. (S) Green Trails Hood River, OR No. 430. 7.3 mi, 2900'. Members: \$100, Non-members: \$100. Leader: Brian Carpenter, (206) 403-3004, fleasgach@gmail.com (s3/26-5/1) **SEA**

5/20, Tue - White River Trail Midweek Hikes. (EM) Green Trails Enumclaw No. 237. 8 mi, minimal gain'. Meet at Enumclaw Ranger Station at 9:00am. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com **SEA**

5/20, Tue - Green Lake Walk-Around Retired Rovers. Meet at Green Lake Community Center, 7201 E. Green Lake Dr. No. at 10:30am. No Registration Required, Leader: June Skidmore, (206) 524-7371, juneskidmore@comcast.net **SEA**

5/26, Mon - Grand Prospect Rattlesnake Mtn Midweek Hikes. (M) Green Trails

Rattlesnake Mtn No. 205S. 8 mi, 2200'.
Leader: Chris Ensor, (206) 794-5198, ctrails@comcast.net (s5/9-5/23) **SEA**

5/28, Wed - Oyster Dome Hiking. (M) USGS Bellingham South, USGS Bow. 7 mi, 1700'. Meet at Sehome at 5:00pm. Sign up with Leader: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s5/20-5/20) **BEL**

5/28, Wed - Island Series Hikes - Foster and Marsh Islands Midweek Hikes. (EM) 7.6 mi, 500'. Meet at Graham Visitors Center, Washington Park Arboretum, 2300 Arboretum Dr. E. at 9:30am. Leader: Julie Miller, (206) 283-1406, miller.jz@comcast.net (s5/1-5/26) **SEA**

5/29, Thu - Seward Park Retired Rovers. (E+) 3 mi, minimal'. Meet at Audubon/Environmental Center near entrance to Seward Park at 10:00am. No Registration Required, Leader: Muriel Stoker, (206) 723-5039, murstoker@hotmail.com **SEA**

5/31, Sat - Dirtyface Lookout Hiking. (VS) Green Trails Wenatchee Lake No. 145. 9.5 mi, 4300'. Meet at Monroe Park & Ride at 6:00am. Leader: Ken Willis, (425) 218-4113, kjwillis325@yahoo.com (s2/3-5/28) **EVT**

5/31, Sat - Lake 22 Singles/Social. (EM) Green Trails Granite Falls No. 109, Green Trails Silverton No. 110. 5.5 mi, 1400'. Meet at Ash Way P&R at 9:00am. Leader: Eldon Ball, (206) 366-8405, eldonball@juno.com (s5/22-5/29) **SEA**

5/31-6/1, Sat-Sun - Cape Disappointment State Park Hiking. (EM) Meet at Campground entrance at 12:00pm. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s5/19-5/30) **TAC**

6/3, Tue - Soos Creek Trail to Lake Meridian Park Midweek Hikes. (M) 8 mi, minimal'. Meet at Trailhead parking lot on SE 208th St @136th Ave SE at 9:30am. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s5/19-6/2) **SEA**

6/3, Tue - Lincoln Park Retired Rovers. 2 mi, 150'. Meet at North parking lot of Lincoln Park in West Seattle at 10:00am. Sign up with Leader: Barbara Post, (206) 937-1374, barbara_post@juno.com (s5/13-6/2) **SEA**

6/7, Sat - Thorp Mountain Lookout Hiking. (M) Green Trails Kachess Lake No. 208. 5 mi, 1800'. Meet at TBD based on where folks are coming from at 6:00am. Leader: Ken Willis, (425) 218-4113, kjwillis325@yahoo.com (s2/11-6/4) **EVT**

6/7, Sat - Grizzly Hill Hiking. Green Trails Sun Mtn/Methow No. 83S. 2.5 mi, 600'. Meet at Sun Mountain Lodge Lobby at 9:30am. Leader: Chris Ensor, (206) 794-5198, ctrails@comcast.net (s3/3-5/28) **SEA**

6/7, Sat - Beaver Pond Hiking. Green Trails Sun Mtn/Methow No. 83S. 3 mi, 650'. Meet at Sun Mountain Lodge Lobby at 2:00pm. Leader: Chris Ensor, (206) 794-5198, ctrails@comcast.net (s3/3-5/28) **SEA**

6/7, Sat - Patterson Mountain Hiking. (M) Green Trails Sun Mtn/Methow No. 83S. 8.5 mi, 1800'. Meet at Sun Mountain Lodge Lobby at 8:30am. Leader: Gregg Pilgreen, (253) 759-1333, stvetahoma@rainierconnect.com

(s3/3-5/28) **SEA**

6/7, Sat - Patterson Mountain Hiking. (M) Green Trails Sun Mtn/Methow No. 83S. 8.5 mi, 1800'. Meet at Sun Mountain Lodge Lobby at 9:00am. Leader: Kelly Cleman, (360) 563-0320, masterhiker@gmail.com (s3/3-5/28) **SEA**

6/8, Sun - Goat Lake (Monte Cristo) Singles/Social. (M) Green Trails Sloan Peak No. 111. 9 mi, 1280'. Meet at Trailhead at 9:30am. Leader: Bob Pankl, (206) 729-0162, pankl@earthlink.net (s5/30-6/6) **SEA**

6/9, Mon - Pioneer Park on Mercer Island Retired Rovers. 2-3 mi, minimal'. Meet at Starbucks at shopping center at south end of Mercer Island at 10:00am. Sign up with Leader: June Skidmore, (206) 524-7371, juneskidmore@comcast.net (s5/19-6/8) **SEA**

6/12, Thu - Cedar River Trail Midweek Hikes. (E) 6 mi, no gain'. Meet at IATC see leader notes at 9:00am. Leader: Joe Toynbee, (425) 228-6118, toynbee@comcast.net **SEA**

6/17, Tue - Green Lake Walk-Around Retired Rovers. Meet at Green Lake Community Center, 7201 E. Green Lake Dr. No. at 10:30am. No Registration Required, Leader: June Skidmore, (206) 524-7371, juneskidmore@comcast.net **SEA**

6/19, Thu - Skookum Flats & Falls Midweek Hikes. (E) Green Trails Greenwater No. 238. 6 mi, 500'. Meet at Enumclaw Ranger Station at 9:30am. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s6/2-6/18) **SEA**

6/21-6/22, Sat-Sun - Hamilton Mountain/Beacon Rock Hiking. (MS) Green Trails Bonneville Dam, OR No. 429. 11 mi, 2600'. Meet at Ash Way P&R - southwest section at TBD. Leader's Permission Required: Bern Lamarca, mountain_babe@comcast.net (s6/4-6/18) **EVT**

6/21, Sat - Windy Pass, Lake Caroline Hiking. (VS) USGS Chiwaukum Mtns. 16 mi, 3900'. Meet at Monroe Park & Ride at 6:00am. Leader: Ken Willis, (425) 218-4113, kjwillis325@yahoo.com (s2/11-6/18) **EVT**

6/21, Sat - Ape Caves, Lava Tubes Hiking. (E) Green Trails Mt St Helens NW No. 364S. 2.25 mi, 100'. Meet at Entrance to Cougar Park Campground, near Cougar, WA at 11:00am. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s6/9-6/19) **TAC**

6/22, Sun - Annette Lake Singles/Social. (MS) Green Trails Snoqualmie Pass No. 207, USGS Lost Lake, USGS Snoqualmie Pass. 7.5 mi, 1800'. Meet at Trailhead at 9:30am. Leader: Bob Pankl, (206) 729-0162, pankl@earthlink.net (s6/13-6/20) **SEA**

6/22, Sun - Lewis River Falls: Crab Creek - Quartz Creek Hiking. (M) Green Trails Lone Butte No. 365. 11 mi, 600'. Meet at Entrance to Cougar Park Campground, near Cougar, WA at 9:00am. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s6/9-6/19) **TAC**

6/25, Wed - Oyster Dome Hiking. (M) USGS Bellingham South, USGS Bow. 7 mi, 1700'. Meet at Sehome at 5:00pm. Sign up with Leader: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s6/24-6/24) **BEL**

6/26, Thu - Pratt River Connector Midweek Hikes. (M) Green Trails Mt Si No. 174. 7-10 mi, 1200-1700'. Meet at Preston P&R at 8:30am. Leader: Chris Ensor, (206) 794-5198, ctrails@comcast.net (s6/10-6/24) **SEA**

6/26, Thu - Seward Park Retired Rovers. (E+) 3 mi, minimal'. Meet at Audubon/Environmental Center near entrance to Seward Park at 10:00am. No Registration Required, Leader: Muriel Stoker, (206) 723-5039, murstoker@hotmail.com **SEA**

6/28, Sat - Church Mtn Hiking. (MS) USGS Mt Baker. 8.5 mi, 3800'. Meet at Everett Station at 6:00am. Leader: Ken Willis, (425) 218-4113, kjwillis325@yahoo.com **EVT**

6/28-6/29, Sat-Sun - Packwood Lake Hiking. (M) Green Trails Packwood No. 302. 9 mi, 500'. Meet at Butter Butte Coffee Co., 105 Main St E, Packwood at 9:00am. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s6/16-6/26) **TAC**

naturalists

5/3, Sat - Wildflower, Walking, Wine Tasting- Cowiche Canyon Naturalists. (E) Washington DNR Yakima. 6.0 mi, 100'. Meet at Martin Way P & R in Olympia. at 7:00am. Leader: Dee Ann Kline, (360) 432-8401, dkline@wavecable.com (s4/5-5/1) **OLY**

6/14, Sat - Stalking the Wild Rhododendron-Mt Zion Naturalists. (EM) Green Trails Tyler Peak No. 136. 4.6 mi, 1300'. Meet at Shelton Walmart at 8:00am. Leader: Dee Ann Kline, (360) 432-8401, dkline@wavecable.com (s5/10-6/12) **OLY**

photography

5/21, Wed - Potluck and Image Presentation Photography. (E) Meet at Seattle Program Center at 6:00pm. No Registration Required, Leader: Anne Smart, (206) 283-4973, smartmccord@msn.com **SEA**

6/7, Sat - Beaver Pond Photography. Green Trails Sun Mtn/Methow No. 83S. 2.5 mi, Meet at Sun Mountain Lodge Lobby at 7:45am. Leader: Heidi Walker, (425) 269-5128, fotogirl.heidi@gmail.com (s3/3-5/28) **SEA**

6/7, Sat - Sun Mountain Lodge Interpretive Trail Photography. Green Trails Sun Mtn/Methow No. 83S. 1 mi, Meet at Sun Mountain Lodge Lobby at 2:30pm. Leader: Heidi Walker, (425) 269-5128, fotogirl.heidi@gmail.com (s3/3-5/28) **SEA**

retired rovers

5/13, Tue - Mountaineers Program Center Retired Rovers. (E) Meet at Mountaineers Program Center at 12:00pm. No Registration Required, Leader: Storm Yanicks, (206) 232-8096, syanicks@earthlink.net **SEA**

6/10, Tue - Mountaineers Program Center Retired Rovers. Meet at mountaineers Program Center at 12:00pm. No Registration Required, Leader: Storm Yanicks, (206) 232-8096, syanicks@earthlink.net **SEA**



scrambling

6/17, Tue - Rock Mountain, via Rock Lake Alpine Scrambling. (S4T2) 10 mi, 4100'. Sign up with Leader: Andy Boos, (425) 314-9335, alpineandy@yahoo.com (s3/26-6/16) **EVT**

singles/social

5/7-5/28, Wed-Wed - Evening Outdoor Inline Skate Singles/Social. Meet at West Seattle at 7:00pm. No Registration Required, Leader: Mark Olsoe, (206) 937-7454, markolsoe@comcast.net **SEA**

youth outreach

5/22, Thu - John Muir Elementary School - Seward Park Stewardship Youth Outreach. Meet at Seward Park Audobon Building at 9:00am. Leader: Caitlin O'Brien, (206) 521-6026, caitlino@mountaineers.org (s8/14-5/22) **SEA**

5/29, Thu - John Muir Elementary School - Seward Park Stewardship Youth Outreach. Meet at Seward Park Audobon Building at 9:00am. Leader: Caitlin O'Brien, (206) 521-6026, caitlino@mountaineers.org (s8/14-5/29) **SEA**

6/7, Sat - MAC - Unicorn Peak Youth Outreach. Meet at The Mountaineers at 6:00am. Leader: Madden Coghlan, (208) 340-9469, maddenc@mountaineers.org (s2/21-6/7) **SEA**

6/21-6/22, Sat-Sun - MAC - Leavenworth Multipitch Weekend Youth Outreach. Meet at The Mountaineers at 7:00am. Leader: Madden Coghlan, (208) 340-9469, maddenc@mountaineers.org (s2/21-6/18) **SEA**

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

activities with prerequisites (or must be in course)

climbing

5/3, Sat - Leavenworth - Roto Wall Climbing. (CRG) Meet at Roto Wall at 7:00am. Leader: Marty Babare, (253) 312-0641, mbabare@nventure.com (s2/27-5/1) **TAC**

5/3, Sat - Leavenworth - Clamshell Cave Climbing. (CRG) Meet at 8 mile campground at 7:00am. Sign up with Leader: Monica Fisk, (503) 867-2957, monica.fisk@gmail.com (s3/3-4/30) **TAC**

5/4, Sun - Skill Conditioner: Snowshoeing & Winter Gear at Icicle Ridge Climbing. 9 mi, 4300'. Meet at Leavenworth Starbucks at 7:30am. Leader: Dave Morgan, (206) 659-9833, go.climbing@gmail.com (s3/19-5/2) **SEA**

5/9, Fri - The Tooth, S Face Climbing. (BR) Green Trails Snoqualmie Pass Gateway No. 207S, Green Trails Snoqualmie Pass No. 207, USGS Snoqualmie Pass. 2600'. Leader's Permission Required: Ken Hahn, (206) 595-7237, kenhahn2004@gmail.com (s4/28-5/6) **SEA**

5/9-5/10, Fri-Sat - Mt Hood, S Side (Palmer Glacier) Climbing. (BG) Green Trails Mount Hood Climbing No. 462S, USGS Mt Hood South. 0 mi, 5235'. Sign up with Leader: Lisa Berntsen, (360) 265-1336, lisaberntsen@hotmail.com (s4/25-5/5) **TAC**

5/10-5/11, Sat-Sun - Little Tahoma, E Shoulder Climbing. (BG) Green Trails Mt Rainier East No. 270, USGS Mt Rainier East. Meet at Newcastle P&R at 5:30am. Leader's Permission Required: Stephen Bobick, (425) 870-7520, sbobick2@gmail.com (s1/15-1/1) **EVT**

5/10-5/11, Sat-Sun - Mt Hood, Leuthold Couloir Climbing. (II) Meet at Tbd at 7:00am. Sign up with Leader: Damien Scott, (218) 234-9054, damien.r.scott@gmail.com (s3/31-5/8) **EVT**

5/10, Sat - The Tooth, S Face Climbing. (BR) Green Trails Snoqualmie Pass Gateway No. 207S, Green Trails Snoqualmie Pass No. 207, USGS Snoqualmie Pass. 2600'. Sign up with Leader: Joe Dumelin, joe.mountaineers@gmail.com (s8/26-8/27) **SEA**

5/11, Sun - The Tooth, S Face Climbing.

(BR) Green Trails Snoqualmie Pass Gateway No. 207S, Green Trails Snoqualmie Pass No. 207, USGS Snoqualmie Pass. 2600'. Meet at Alpental Parking Lot at 7:30am. Leader's Permission Required: Suzy Diesen, (360) 710-5511, sdiesen@wavecable.com (s1/9-5/9) **KIT**

5/17, Sat - Colchuck Peak, E Route Climbing. (BA) Meet at Trail head at 6:00am. Leader: Marla Molskness, (425) 444-3438, marla.molskness@gmail.com (s4/25-5/13) **SEA**

5/17, Sat - Leavenworth - Playground Point Climbing. (CRG) Meet at tbd at 6:00am. Leader: Edward Palushock, ed.palushock@yahoo.com (s3/17-4/14) **SEA**

5/17-5/18, Sat-Sun - Colchuck Peak, N Buttress Couloir Climbing. (II) Leader: Jerome Velosky, (206) 779-3762, climb@velosky.net (s5/1-5/14) **SEA**

5/17-5/18, Sat-Sun - Colchuck Peak, E Route Climbing. (BA) Leader's Permission Required: Art Freeman, (206) 525-4129, artfreeman525@aol.com (s12/8-3/31) **SEA**

5/17-5/18, Sat-Sun - Whitehorse Mtn, NW Shoulder Climbing. (BA) Green Trails Silverton No. 110, USGS Whitehorse Mountain. Meet at TBD at 4:00am. Leader's Permission Required: Dave Morgan, (206) 659-9833, go.climbing@gmail.com (s4/1-5/14) **SEA**

5/17-5/18, Sat-Sun - Unicorn Peak, S Side Climbing. (BA) Green Trails Mt Rainier East No. 270. Leader's Permission Required: Tristan Vellema, (425) 359-9807, tjvellema@hotmail.com (s3/27-3/27) **SEA**

5/17, Sat - Mt Baring, NW Ridge Climbing. (BA) Sign up with Leader: Kevin Hornback, (253) 381-1886, jf2racing@comcast.net (s3/17-5/14) **TAC**

5/18, Sun - South Early Winter Spire, S Arete Climbing. (BR) USGS Washington Pass. Meet at Blue Lake Trailhead at 6:30am. Leader's Permission Required: Jim Nelson, (206) 329-1073, Jim@promountainports.com (s3/10-5/16) **SEA**

5/18, Sun - Leavenworth - R&D Climbing. (CRG) Meet at TBD at 8:00am. Leader's Permission Required: Edward Palushock, ed.palushock@yahoo.com (s3/17-4/14) **SEA**

5/20, Tue - The Tooth, S Face Climbing. (BR) Green Trails Snoqualmie Pass Gateway No. 207S, Green Trails Snoqualmie Pass. 2600'. Meet at Preston P&R at 6:15am. Leader: Chuck Powrie, (425) 333-0535, cpowrie@centurytel.net (s4/28-5/16) **SEA**

5/21, Wed - Unicorn Peak, S Side Climbing. (BA) Green Trails Mt Rainier East No. 270. Meet at S Grady P&R at 6:30am. Leader's Permission Required: Rena Chinn, (425) 417-8680, seattlerena@gmail.com (s3/16-5/19) **SEA**

5/24-5/26, Sat-Mon - Mt Logan, Douglas Glacier Climbing. (IM) Green Trails Mt Logan No. 49, USGS Mt Logan. 30 mi, 7000'. Meet at Ash Way P&R at 5:30am. Leader's Permission Required: Stephen Bobick, (425) 870-7520, sbobick2@gmail.com (s1/23-5/20) **EVT**

5/24, Sat - Pinnacle Peak (S Rte)/The



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Castle (E Rte) - Tatoosh Climbing. (BA) USGS Mt Rainier East. 5 mi, 2600'. Meet at Martin Way P&R at 6:30am. Sign up with Leader: Brandon McAferty, (360) 790-9840, brandomcaferty@yahoo.com (s3/17-5/23) **OLY**

5/24, Sat - Devils Peak, S Ridge Climbing. (BR) Meet at Verlot Ranger Station at 6:30am. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s5/1-5/22) **SEA**

5/24, Sat - Unicorn Peak, S Side Climbing. (BA) Green Trails Mt Rainier East No. 270. Meet at Longmire near Museum MRNP at 8:00am. Leader: Jim Pitts, (425) 760-3505, jim@pitts.org (s4/14-5/2) **SEA**

5/25-5/27, Sun-Tue - The Brothers - North Peak, Route 1 Climbing. (BA) Custom Correct Brothers - Mt Anderson, USGS The Brothers. 19 mi, 5950'. Meet at Lena Lake TH at 9:00am. Sign up with Leader: Michael Raymond, (360) 204-2111, mikeraymond55@gmail.com (s1/1-5/17) **KIT**

5/25-5/26, Sun-Mon - Silver Star Mtn, Silver Star Glacier Climbing. (BA) Green Trails Washington Pass No. 50, USGS Silver Star Mtn. Leader's Permission Required: Ken Hahn, (206) 595-7237, kenhahn2004@gmail.com (s5/12-5/22) **SEA**

5/26, Mon - Unicorn Peak, S Side Climbing. (BA) Green Trails Mt Rainier East No. 270. Meet at MWPR at 5:30am. Sign up with Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s4/29-5/20) **OLY**

5/30-5/31, Fri-Sat - Dragontail Peak, Colchuck Col Climbing. (BA) Green Trails Chiwaukum Mtns No. 177, Green Trails Mt Stuart No. 209, USGS Enchantment Lakes, USGS Mt Stuart. Leader's Permission Required: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s5/5-5/28) **SEA**

5/31, Sat - Dragontail Peak, Colchuck Col Climbing. (BA) Green Trails Chiwaukum Mtns No. 177, Green Trails Mt Stuart No. 209, USGS Enchantment Lakes, USGS Mt Stuart. Meet at Lake Stuart Trailhead at 6:00am. Sign up with Leader: Jeffrey Wirtz, (541) 829-1567, jrwirtz73@gmail.com (s3/5-3/25) **TAC**

6/1-6/2, Sun-Mon - Mt Rainier, Fuhrer Finger Climbing. (IM) Green Trails Mt Rainier East No. 270, Green Trails Mt Rainier West No. 269, USGS Mt Rainier East, USGS Mt Rainier West. 0 mi, 14410'. Meet at TBD at 6:00am. Leader's Permission Required: Carl Duester, (253) 651-6868, cdenali@comcast.net (s3/28-4/11) **TAC**

6/2, Mon - Mount Baker, Easton Glacier Climbing. (BG) Meet at Railroad Grade Camp at 6:00am. Leader's Permission Required: Suzy Diesen, (360) 710-5511, sdiesen@wavecable.com (s1/14-5/30) **KIT**

6/2-6/3, Mon-Tue - Mt Baker, Coleman Glacier Climbing. (BG) Green Trails Mt Baker No. 13, USGS Mt Baker. Leader: Robert Brown, (206) 914-0783, robert.brown@seattle.gov (s5/5-5/23) **SEA**

6/4, Wed - The Tooth, S Face Climbing. (BR) Green Trails Snoqualmie Pass Gateway No. 207, Green Trails Snoqualmie Pass No. 207, USGS Snoqualmie Pass. 2600'. Meet at tbd

at 6:00am. Sign up with Leader: Rena Chinn, (425) 417-8680, seattlerena@gmail.com (s3/15-6/1) **SEA**

6/6, Fri - Unicorn Peak, S Side Climbing. (BA) Green Trails Mt Rainier East No. 270. Meet at Snow Lake Trailhead - MRNP at 8:00am. Leader's Permission Required: Jena Gilman, (425) 765-6274, jena.gilman@aecom.com (s3/31-6/3) **SEA**

6/6, Fri - South Early Winter Spire, S Arete Climbing. (BR) USGS Washington Pass. Leader's Permission Required: Brett Dyson, (206) 527-9842, hhiking@hotmail.com (s3/30-4/1) **SEA**

6/7-6/9, Sat-Mon - Prusik Peak, W Ridge Climbing. (IR) Green Trails Mt Stuart No. 209, USGS Cashmere, USGS Enchantment Lakes. 0 mi, 8000'. Meet at Colchuck Lake trailhead at 7:30am. Leader's Permission Required: Suzy Diesen, (360) 710-5511, sdiesen@wavecable.com (s1/9-6/2) **KIT**

6/7-6/8, Sat-Sun - Mt Baker, Boulder Glacier Climbing. (BG) Green Trails Mount Baker Wilderness Climbing No. 13S, USGS Mt Baker. Meet at TBD at 9:00am. Leader: Jim Pitts, (425) 760-3505, jim@pitts.org (s5/23-6/6) **SEA**

6/7, Sat - Unicorn Peak, S Side Climbing. (BA) Green Trails Mt Rainier East No. 270. Sign up with Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s5/20-6/5) **SEA**

6/7, Sat - Silver Star Mtn, Silver Star Creek Climbing. (BA) Green Trails Washington Pass No. 50, USGS Silver Star Mtn. 8 mi, 5500". Leader's Permission Required: Brett Dyson, (206) 527-9842, hhiking@hotmail.com (s3/30-4/1) **SEA**

6/7-6/8, Sat-Sun - Silver Star Mtn, Silver Star Glacier Climbing. (BA) Green Trails Washington Pass No. 50, USGS Silver Star Mtn. Meet at 65th park and ride at 6:30am. Leader's Permission Required: Jim Nelson, (206) 329-1073, Jim@promountainports.com (s3/10-6/6) **SEA**

6/8, Sun - Unicorn Peak, S Side Climbing. (BA) Green Trails Mt Rainier East No. 270. Leader's Permission Required: Ken Hahn, (206) 595-7237, kenhahn2004@gmail.com (s5/26-6/5) **SEA**

6/8, Sun - Kangaroo Temple, N Face Climbing. (BR) USGS Silver Star Mtn, USGS Washington Pass. Leader's Permission Required: Art Freeman, (206) 525-4129, artfreeman525@aol.com (s3/30-4/1) **SEA**

6/14, Sat - Unicorn Peak, S Side Climbing. (BA) Green Trails Mt Rainier East No. 270. Meet at Bench Lk/Snow Lk trailhead 3.1 miles down Stevens Canyon Rd, from Paradise Rd at 7:00am. Leader: Timmy Williams, (206) 235-6402, mtnrtimmy@clearwire.net (s5/30-6/11) **SEA**

6/14, Sat - Ingalls Peak, S Ridge Climbing. (BR) Green Trails Mt Stuart No. 209, USGS Mt Stuart. Sign up with Leader: Stephen McKim, (206) 250-4585, stephen2337@msn.com (s6/2-6/9) **SEA**

6/15-6/17, Sun-Tue - Mount Baker, Easton Glacier Climbing. (BG) Meet at Sedro

Woolley Ranger Station at 8:00am. Leader's Permission Required: Jan Abendroth, (206) 920-9938, jan.abendroth@gmail.com (s5/5-6/19) **SEA**

6/15, Sun - Unicorn Peak, S Side Climbing. (BA) Green Trails Mt Rainier East No. 270. Meet at Longmire near Museum MRNP at 8:00am. Leader: Jim Pitts, (425) 760-3505, jim@pitts.org (s5/19-6/9) **SEA**

6/15, Sun - Ingalls Peak, East Ridge Climbing. (IR) Green Trails Mt Stuart No. 209, USGS Mt Stuart. Leader's Permission Required: Stephen McKim, (206) 250-4585, stephen2337@msn.com (s6/2-6/10) **SEA**

6/15, Sun - Colchuck Peak, E Route Climbing. (BA) Meet at Colchuck Lk. Trailhead at 5:00am. Leader's Permission Required: Jim Nelson, (206) 329-1073, Jim@promountainports.com (s3/10-6/13) **SEA**

6/16-6/17, Mon-Tue - Mt Baker, Coleman Glacier Climbing. (BG) Green Trails Mt Baker No. 13, USGS Mt Baker. Meet at Glacier Ranger Station at 9:00am. Sign up with Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s5/27-6/11) **SEA**

6/20-6/22, Fri-Sun - Clark Mtn, Walrus Glacier Climbing. (BG) Green Trails Holden No. 113, USGS Clark Mountain. Meet at Ash Way P&R at 5:30am. Leader's Permission Required: Stephen Bobick, (425) 870-7520, sbobick2@gmail.com (s2/1-6/17) **EVT**

6/20, Fri - Ingalls Peak, S Ridge Climbing. (BR) Green Trails Mt Stuart No. 209, USGS Mt Stuart. Leader's Permission Required: Ken Hahn, (206) 595-7237, kenhahn2004@gmail.com (s6/9-6/18) **SEA**

6/20-6/23, Fri-Mon - Mt Mystery, Any Climbing. (BA) Meet at TBD at 8:00am. Leader's Permission Required: Dave Morgan, (206) 659-9833, go.climbing@gmail.com (s5/19-6/13) **SEA**

6/21-6/22, Sat-Sun - Mt Baker, N Ridge Climbing. (II) Green Trails Mt Baker No. 13, USGS Mt Baker. 0 mi, 10778'. Meet at Tbd at 7:00am. Sign up with Leader: Damien Scott, (218) 234-9054, damien.r.scott@gmail.com (s3/29-6/10) **EVT**

6/21-6/22, Sat-Sun - Mt Baker, Coleman Glacier Climbing. (BG) Green Trails Mt Baker No. 13, USGS Mt Baker. Meet at Trailhead at 7:00am. Leader's Permission Required: Daniel Greenfield, (206) 706-8415, dan@dangreenfield.com (s5/21-6/10) **SEA**

6/21-6/22, Sat-Sun - Mt Hood, S Side (Palmer Glacier) Climbing. (BG) Green Trails Mount Hood Climbing No. 462S, USGS Mt Hood South. 0 mi, 5235'. Sign up with Leader: Deling Ren, (425) 698-5753, cookiejar.seattle@gmail.com (s1/1-6/19) **SEA**

6/21-6/22, Sat-Sun - Mt Ruth-Icy Peak, Traverse Climbing. (BG) Green Trails Mt Shuksan No. 14, USGS Mt Shuksan. Meet at TBD at 7:00am. Leader's Permission Required: Steve Yi, (214) 475-3390, steven.yi@gmail.com (s6/1-6/16) **SEA**

6/22, Sun - South Early Winter Spire, S Arete Climbing. (BR) USGS Washington Pass. Meet at Blue Lake Trailhead at 6:30am. Leader's Permission Required: Jim Nelson,



(206) 329-1073, Jim@promountainsports.com (s3/10-6/20) [SEA](#)

6/23-6/24, Mon-Tue - Little Tahoma, E Shoulder Climbing. (BG) Green Trails Mt Rainier East No. 270, USGS Mt Rainier East. Leader's Permission Required: Paul Gehlsen, (425) 488-9362, paul.r.gehlsen@boeing.com (s6/1-6/20) [EVT](#)

6/24, Tue - The Tooth, S Face Climbing. (BR) Green Trails Snoqualmie Pass Gateway No. 207S, Green Trails Snoqualmie Pass No. 207, USGS Snoqualmie Pass. 2600'. Meet at Alpental Parking Lot at 6:30am. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s5/20-6/22) [SEA](#)

6/28, Sat - Colchuck Peak & Dragontail Peak, Combo Climbing. (BA) Green Trails Chiwaukum Mtns No. 177, Green Trails Mt Stuart No. 209, USGS Enchantment Lakes, USGS Mt Stuart. Meet at Colchuck Lake TH at 5:00am. Leader's Permission Required: Steve Biem, (253) 394-3864, Earlyascent@gmail.com (s5/20-6/24) [SEA](#)

6/28-6/29, Sat-Sun - Mt Baker, Boulder Glacier Climbing. (BG) Green Trails Mount Baker Wilderness Climbing No. 13S, USGS Mt Baker. Leader: John Bell, (206) 363-0899, jbcclimber@yahoo.com (s6/16-6/24) [SEA](#)

6/28-6/29, Sat-Sun - Mt Stuart, Cascadian Couloir Climbing. (BA) Green Trails Mt Stuart No. 209, USGS Mt Stuart. Leader: Carry Porter, (425) 893-8843, carry_porter@yahoo.com (s1/1-6/23) [SEA](#)

6/29, Sun - Liberty Bell, SW Face Climbing. (IR) USGS Washington Pass. 0 mi, 7720'. Leader's Permission Required: Stephen McKim, (206) 250-4585, stephen2337@msn.com (s6/16-6/23) [SEA](#)

6/29-6/30, Sun-Mon - Mt Rainier, DC Route Climbing. (BG) Green Trails Mount Rainier Wonderland No. 269S, Green Trails Mt Rainier East No. 270, Green Trails Mt Rainier West No. 269, USGS Mt Rainier East, USGS Mt Rainier West. Meet at TBD at 6:00am. Leader's Permission Required: Carl Duester, (253) 651-6868, cdenali@comcast.net (s3/28-4/11) [TAC](#)

naturalists

5/17-5/18, Sat-Sun - Dosewallips State Park and Beach Naturalists. (M) 2-3 miles mi, negligible'. Meet at Dosewallips Beach Parking Lot at 10:00am. Leader: Bruce Barcklow, (206) 368-0225, bbarcklow@gmail.com (s4/1-4/30) [SEA](#)

sailing

5/11, Sun - Des Moines Marina - Thompson - Students Only Sailing. Meet at Des Moines Marina at 12:45pm. Leader: Terri Benz, (253) 468-0685, terribenz5@yahoo.com (s3/31-5/9) [TAC](#)

[Go to www.mountaineers.org](http://www.mountaineers.org) for all trip and course listings.

scrambling

5/4, Sun - Mt Elinor, Winter Alpine Scrambling. (WS) USGS Mt Skokomish. 4 mi, 3200'. Meet at Mud Bay Park & Ride at 7:00am. Sign up with Leader: Tom Eckhout, (360) 556-9898, tom@tomshomerepair.net (s3/5-5/9) [OLY](#)

5/6, Tue - Mount Defiance 5584 Alpine Scrambling. (S3T3) USGS Bandera. 9 mi, 3800'. Sign up with Leader: Andy Boos, (425) 314-9335, alpineandy@yahoo.com (s3/24-5/4) [EVT](#)

5/8, Thu - Mt Ellinor, Route 1 Alpine Scrambling. (S3T3) USGS Mt Skokomish. 6 mi, 3200'. Meet at Hoodsport (exact location TBA) at 9:00am. Leader: Fritz Klein, (206) 527-1836, frederick.w.klein@boeing.com (s4/23-5/6) [SEA](#)

5/11, Sun - Mt St Helens (winter) Alpine Scrambling. (WS) USGS Mt St Helens. 12 mi, 5700'. Meet at Marble Mount snopark at 5:00am. Sign up with Leader: Nancy Lloyd, (360) 628-4237, nanlloy@gmail.com (s4/1-5/7) [OLY](#)

5/11, Sun - Cowboy Mtn 5853 Alpine Scrambling. (S2T2) USGS Stevens Pass. 3 mi, 1800'. Meet at Monroe Park and Ride at 7:00am. Leader: Dennis Piontek, (206) 321-0736, dpiontek2@hotmail.com (s4/23-5/9) [SEA](#)

5/18, Sun - Preacher 5924 Alpine Scrambling. (S5T4) Green Trails Bandera No. 206, USGS Lake Phillipa. 11 mi, 5000'. Meet at Issaquah Transit Center-First Floor NE corner at 6:00am. Leader: Dennis Piontek, (206) 321-0736, dpiontek2@hotmail.com (s4/23-5/16) [SEA](#)

5/19, Mon - Committee meeting - Seattle Scrambling Alpine Scrambling. Meet at Seattle Program Center at 7pm. No Registration Required, Leader: Jerry Lockwood, (425) 290-6174, lockwood.jerry@gmail.com [SEA](#)

5/22, Thu - Florence Peak Alpine Scrambling. (S3T2) USGS Golden Lakes. 6 mi, 3500'. Sign up with Leader: Andy Boos, (425) 314-9335, alpineandy@yahoo.com (s3/26-5/20) [EVT](#)

5/23-5/24, Fri-Sat - Brothers, S Couloir Alpine Scrambling. (S5T4) USGS The Brothers. 17 mi, 6200'. Meet at Leana Lake TH at 2:30pm. Leader: Jerome Velosky, (206) 779-3762, climb@velosky.net (s5/1-5/20) [SEA](#)

5/31-6/1, Sat-Sun - Colchuck Peak, Colchuck Lake (spring) Alpine Scrambling. (S4T4) Green Trails Enchantment Lakes No. 209S, USGS Enchantment Lakes. 13 mi, 5100'. Meet at Brickyard P&R at 9:00am. Leader: Jim Powell, (425) 823-1879, jpowell118@hotmail.com (s4/1-5/29) [SEA](#)

6/8, Sun - Hawkins Mtn 7160 Alpine Scrambling. (S3T3) Green Trails Mt Stuart No. 209, USGS Davis Peak. 7 mi, 3700'. Meet at De Roux TH at 7:45am. Leader: Dennis Piontek, (206) 321-0736, dpiontek2@hotmail.com (s5/21-6/6) [SEA](#)

6/14-6/15, Sat-Sun - Colchuck Peak,

Colchuck Lake (spring) Alpine Scrambling. (S4T4) Green Trails Enchantment Lakes No. 209S, USGS Enchantment Lakes. 13 mi, 5100'. Sign up with Leader: Lisa Loper, (425) 241-3611, thelopers@comcast.net (s5/1-6/11) [EVT](#)

6/14, Sat - Colonel Bob Alpine Scrambling. (WS) Green Trails Grisdale No. 198, USGS Colonel Bob. 8.5 mi, 3500'. Leader's Permission Required: Royce Poetter, (360) 265-1336, royce.poetter@hp.com (s2/1-6/12) [TAC](#)

6/21, Sat - Camp Muir Alpine Scrambling. Green Trails Mt Rainier East No. 270, USGS Mt Rainier East. 9 mi, 4600'. Meet at tbd at 6:00am. Sign up with Leader: Nancy Lloyd, (360) 628-4237, nanlloy@gmail.com (s4/1-6/17) [OLY](#)

6/22, Sun - Foss Peak, Unicorn Creek Alpine Scrambling. (S3T2) USGS Mt Rainier East. 4 mi, 1900'. Meet at MWPR at 6:30am. Sign up with Leader: Tom Eckhout, (360) 556-9898, tom@tomshomerepair.net (s3/5-6/20) [OLY](#)

sea kayaking

5/10, Sat - Skagit and Hope Island - Students Only Sea Kayaking. (II) Meet at Cornet Bay Boat Launch at 10:00am. Sign up with Leader: Doug Palm, (425) 949-2933, doug.palm@comcast.net (s4/19-5/9) [EVT](#)

5/10-5/11, Sat-Sun - Hope Island Sea Kayaking. Sign up with Leader: Lisa Johnson, (206) 439-7029, lajbkayak@yahoo.com (s1/27-5/7) [OLY](#)

5/10, Sat - Wauna to Cutts Island - Students Only Sea Kayaking. (III) Leader's Permission Required: Alison Reinbold, (253) 279-2825, areinbold@comcast.net (s4/27-5/9) [TAC](#)

5/17, Sat - Joan Hays 80th Birthday Paddle and Celebration Sea Kayaking. (III) NOAA Puget Sound: Northern Part No. 18441, NOAA Puget Sound: Apple Cove Point to Keyport; Agate Passage No. 18446, SeaTrails Central Puget Sound, Everett to Bainbridge Island WA104. 8 mi, Meet at TBA-Kingston at 9:00am. Leader's Permission Required: Linda Cooley, (206) 769-7481, cooleylj2003@yahoo.com (s3/24-5/14) [KIT](#)

5/17, Sat - Chuckanut Bay - Students Only Sea Kayaking. (II+) Meet at Marine Park, Fairhaven (Bellingham) at 8:00am. Sign up with Leader: Brian High, (206) 706-1792, chikakluk@yahoo.com (s4/9-5/14) [SEA](#)

5/18, Sun - Quartermaster Harbor Vashon Island - Students Only Sea Kayaking. MapTech Oak Bay to Commencement Bay No. 102, MapTech Puget Sound Chart No. 100, NOAA Puget Sound: Shilshole Bay to Commencement Bay No. 18474, NOAA Puget Sound: Southern Part No. 18448, SeaTrails Vashon Island, Tacoma Narrows to Elliot Bay WA203. Leader: Karen Borell, (206) 633-1793, klborell@gmail.com (s4/23-5/8) [SEA](#)

5/24, Sat - Eld Inlet Sea Kayaking. (II) Meet at North end Cooper Point at 10:00am. Sign up with Leader: Tim Burke, (360) 866-4286, tbnl@comcast.net (s5/3-5/16) [OLY](#)

5/24-5/25, Sat-Sun - Blake Island Sea Kayaking. (II) Meet at Manchester Boat Launch at 10:00am. Leader's Permission Required: Michael Everett, (253) 905-0613, mikeedvm@aol.com (s4/27-5/23) **TAC**

6/1, Sun - Golden Gardens to Richmond Beach Sea Kayaking. (II+) 12 nm mi, 0'. Meet at Golden Gardens at 9:00am. Sign up with Leader: Paul Mocha, (206) 762-3773, pmocha@u.washington.edu (s4/23-5/30) **SEA**

6/21, Sat - Saddlebag Island Sea Kayaking. (II+) NOAA Anacortes to Skagit Bay No. 18427. 8 nm mi, Meet at Seafarers Park, Anacortes at 9:00am. Sign up with Leader: Paul Mocha, (206) 762-3773, pmocha@u.washington.edu (s4/23-6/19) **SEA**

6/21-6/22, Sat-Sun - Makah Bay Sea Kayaking. (IV) Meet at Hobucks Beach at 9:00am. Leader's Permission Required: Don Rice, (360) 681-4190, drice@olympen.com (s3/28-6/11) **SEA**

6/21, Sat - Stretch and Reach Islands - Students Only Sea Kayaking. (II) SeaTrails Olympia, the Inlets and Harstene Island WA205. Sign up with Leader: Esther Ladwig, (253) 627-0679, emladwig@yahoo.com (s4/28-6/14) **TAC**

6/28-7/5, Sat-Sat - Northern San Juan Islands Sea Kayaking. Meet at To be determined at 6:00am. Sign up with Leader: Ken Olson, (253) 686-9202, Kenolson1@comcast.net (s3/13-6/15) **SEA**

ski/snowboard

5/24, Sat - Paradise Glacier Skiing/Snowboarding. (M2G) Green Trails Mt Rainier East No. 270. 7 mi, 3400'. Meet at Longmire Parking Lot at 8:00am. Sign up with Leader: Chuck Cerveny, (206) 525-6060, nsp243981@gmail.com (s5/16-5/21) **FH**

6/7, Sat - Interglacier Skiing/Snowboarding. (M3G) Green Trails Mt Rainier East No. 270. 12 mi, 5300'. Meet at White River parking lot at 7:00am. Sign up with Leader: Chuck Cerveny, (206) 525-6060, nsp243981@gmail.com (s5/28-6/4) **FH**

6/7-6/8, Sat-Sun - Mt Baker Glacier Tour Skiing/Snowboarding. (M2G) Leader: Dave Seman, (425) 485-8019, dave.seman@kpff.com (s4/24-6/1) **FH**

6/21-6/22, Sat-Sun - Mt Baker Glacier Tour Skiing/Snowboarding. (M2G) Leader: Dave Seman, (425) 485-8019, dave.seman@kpff.com (s5/1-6/15) **FH**

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

courses open to all (via course registration)

backpacking

5/1, Thu - New Hike/Backpack Leader Seminar - Eastside Backpacking. Meet at Redmond library, 15990 Ne 85th St in Redmond at 6:15pm at 6:15pm. Leader: Cheryl Talbert, (253) 229-4018, cascadehiker@earthlink.net (s3/24-4/29) **FH**

5/11, Sun - Backpacking Course - Seattle Backpacking. Meet at Mountaineers Seattle Program Center at 9:00 AM. Members: \$50, Non-members: \$55. Leader: Todd Mitchell, (206) 297-7176, toddbackpack@gmail.com (s3/18-5/11) **SEA**

climbing

5/3-5/4, Sat-Sun - Bellingham Basic Snow I Austin Pass Climbing. Sign up with Leader: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s11/30-5/5) **BEL**

5/3, Sat - Crag Course Field Trip 1-students (Tieton -Royal Columns) Climbing. Meet at Oak Creek Elk Station at 9:00 AM. Leader: Loni Uchyttil, 206-293-0998, loniuchyttil@msn.com (s3/20-4/27) **SEA**

5/4, Sun - Crag Course Field Trip 1-students (Tieton -Royal Columns) Climbing. Meet at Oak Creek Elk Station at 9:00 AM. Leader: Loni Uchyttil, 206-293-0998, loniuchyttil@msn.com (s3/20-4/27) **SEA**

5/20, Tue - Self-Rescue Practice Climbing. Meet at Program Center at 6:30pm. Leader's Permission Required: Stefanie Schiller, (206) 552-6293, stef67@gmail.com (s4/28-5/16) **SEA**

6/5, Thu - Alpine Rock Course Climbing. (IR) Meet at Goodman C at 6:30pm. Members: \$250, Non-members: \$295. Sign up with Leader: Chris Dessert, (206) 778-5669, christopher.dessert@gmail.com (s10/16-6/8) **SEA**

6/7-6/8, Sat-Sun - Intermediate Ice 1 Field Trip, Location TBA Climbing. Meet at Heliotrope Ridge TH at 8:00 AM. Sign up with Leader: Michael Raymond, (360) 204-2111, mikeraymond55@gmail.com (s2/18-6/6) **KIT**

6/7-6/8, Sat-Sun - Crevasse Rescue FT-MRNP-Olympia, Nisqually Glacier Climbing. Meet at MWPR at 6:00 AM. Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s2/4-6/3) **OLY**

6/8, Sun - Tacoma BRGCC FT 7: Hard Snow / MRNP Paradise Climbing. Green Trails Mt Rainier East No. 270, Trails Illustrated Mount Rainier National Park, USGS Mt Rainier East. Meet at Paradise upper parking lot at 7:30 AM. Leader: Monica Fisk, (503) 867-2957, monica.fisk@gmail.com (s3/26-5/30) **TAC**

6/14, Sat - Crag Course Leavenworth Multi Pitch, various Climbing. (CRG) Meet at TBD at 8:00 AM. Leader: Loni Uchyttil, 206-293-0998, loniuchyttil@msn.com (s3/20-6/7) **SEA**

6/14-6/22, Sat-Sun - Intense Basic Alpine Climbing Course - Seattle Climbing. Meet at Magnuson Program Center at 7:30 AM. Members: \$975, Non-members: \$1,085. Leader's Permission Required: John Ohlson, (425) 823-0409, john-ohlson@comcast.net (s3/24-6/12) **SEA**

6/15, Sun - Crag Course Leavenworth Multi Pitch, various Climbing. (CRG) Meet at TBD at 8:00 AM. Leader: Loni Uchyttil, 206-293-0998, loniuchyttil@msn.com (s3/20-6/7) **SEA**

6/23, Mon - Self-Rescue Practice Climbing. Meet at Program Center at 6:30pm. Leader's Permission Required: Stefanie Schiller, (206) 552-6293, stef67@gmail.com (s5/26-6/20) **SEA**

7/25-7/29, Fri-Tue - Advanced Multi-pitch experience: Squamish, Squamish Climbing. (CRG) Members: \$250, Non-members: \$350. Sign up with Leader: Loni Uchyttil, 206-293-0998, loniuchyttil@msn.com (s3/3-7/7) **SEA**

family activity

7/7-7/11, Mon-Fri - Kitsap Forest Adventure Camp Family Activities. Meet at Kitsap Forest Theater at 9:45 AM. Members: \$240, Non-members: \$290. Leader: Gala Lindvall, (206) 542-7815, galabaskets@comcast.net

7/7-7/11, Mon-Fri - Seattle Transportation - Kitsap Forest Adventure Camp Family Activities. Meet at Seattle Ferry Dock at 8:00 AM. Members: \$85, Non-members: \$85. Leader: Gala Lindvall, (206) 542-7815, galabaskets@comcast.net (s2/4-7/1)

7/7-7/11, Mon-Fri - Junior Mountaineers Camp Family Activities. Meet at Seattle Mountaineers, Magnuson Park at 8:15 AM. Members: \$305, Non-members: \$355. Leader: Becca Polglase, 206-521-6011, beccap@mountaineers.org (s1/16-6/30) **SEA**

7/14-7/18, Mon-Fri - Kitsap Forest Adventure Camp Forest Theater Players. Meet at Kitsap Forest Theater at 9:45 AM. Members: \$240, Non-members: \$290. Leader: Gala Lindvall, (206) 542-7815, galabaskets@comcast.net (s2/4-7/9)

7/14-7/18, Mon-Fri - Seattle Transportation - Kitsap Forest Adventure Camp Forest Theater Players. Members: \$85, Non-members: \$85. Leader: Gala Lindvall, (206) 542-7815, galabaskets@comcast.net

7/14-7/18, Mon-Fri - Junior Mountaineers Camp Youth Outreach. Meet at Seattle Mountaineers, Magnuson Park at 8:15 AM. Members: \$360, Non-members: \$410. Leader: Becca Polglase, 206-521-6011, beccap@mountaineers.org (s1/16-6/30) **SEA**

7/21-7/25, Mon-Fri - Junior Mountaineers Camp Youth Outreach. Meet at Seattle Mountaineers, Magnuson Park at 8:15 AM. Members: \$295, Non-members: \$345. Leader: Becca Polglase, 206-521-6011, beccap@mountaineers.org (s1/16-6/30) **SEA**



7/21-7/25, Mon-Fri - Junior Mountaineers Camp Family Activities. Meet at Tacoma Program Center at 8:30 AM. Members: \$245, Non-members: \$260. Leader: Brigit Anderson, (203) 470-0213, brigita@mountaineers.org (s1/24-7/20) **TAC**

7/28-8/1, Mon-Fri - Junior Mountaineers Camp Youth Outreach. Meet at Seattle Mountaineers, Magnuson Park at 8:15 AM. Members: \$295, Non-members: \$345. Leader: Becca Polglase, 206-521-6011, beccap@mountaineers.org (s1/16-6/30) **SEA**

7/28-8/1, Mon-Fri - Junior Mountaineers Camp Youth Outreach. Meet at Tacoma Program Center at 8:30 AM. Members: \$245, Non-members: \$260. Leader: Brigit Anderson, (203) 470-0213, brigita@mountaineers.org (s1/24-7/27) **TAC**

8/4-8/8, Mon-Fri - Junior Mountaineers Camp Youth Outreach. Meet at Seattle Mountaineers, Magnuson Park at 8:15 AM. Members: \$360, Non-members: \$410. Leader: Becca Polglase, 206-521-6011, beccap@mountaineers.org (s1/16-7/30) **SEA**

8/4-8/8, Mon-Fri - Junior Mountaineers Camp Youth Outreach. Meet at Tacoma Program Center at 8:30 AM. Members: \$245, Non-members: \$260. Leader: Brigit Anderson, (203) 470-0213, brigita@mountaineers.org (s1/24-8/3) **TAC**

8/11-8/15, Mon-Fri - Junior Mountaineers Camp Youth Outreach. Meet at Seattle Mountaineers, Magnuson Park at 8:15 AM. Members: \$295, Non-members: \$345. Leader: Becca Polglase, 206-521-6011, beccap@mountaineers.org (s1/16-7/30) **SEA**

8/11-8/15, Mon-Fri - Junior Mountaineers Camp Youth Outreach. Meet at Tacoma Program Center at 8:30 AM. Members: \$245, Non-members: \$260. Leader: Brigit Anderson, (203) 470-0213, brigita@mountaineers.org (s1/24-8/10) **TAC**

first aid

5/1, Thu - AFA Scenarios - Seattle (Responder) Climbing. Meet at Mountaineers Program Center at 6:30pm. Leader's Permission Required: Mary Panza, (206) 755-1254, makinanoise@hotmail.com (s3/13-4/28) **SEA**

5/17-5/18, Sat-Sun - Wilderness First Aid - Tacoma First Aid. (NA) Meet at Tacoma Program Center at 7:45 AM. Members: \$180, Non-members: \$225. Leader: Sharon Carlson, (253) 312-5544, sharoncarlson04@comcast.net (s3/26-5/16) **TAC**

6/21-6/22, Sat-Sun - AFA Wilderness First Aid (RMI) - (Fee) First Aid. Meet at Mountaineers Program Center at Magnuson Park at 7:45 AM. Members: \$175, Non-members: \$235. Leader: Kirsten Morton, (206) 399-6582, kirsten.mplus5@gmail.com (s4/1-6/16) **EVT**

6/30, Mon - WFA Scenarios - Everett (Responder) First Aid. Meet at Taylor's Landing - SCVSR HQ, Snohomish WA at 6:00pm. Leader: Joellyn Jackson, (425) 347-0763, joellynj@hotmail.com (s4/1-6/26) **EVT**

8/23-8/24, Sat-Sun - AFA Wilderness

First Aid (RMI) - (Fee) Climbing. Meet at Mountaineers Program Center at 7:45 AM. Members: \$175, Non-members: \$235. Leader: Mary Panza, (206) 755-1254, makinanoise@hotmail.com (s4/1-8/21) **SEA**

hiking

5/1, Thu - New Hike/Backpack Leader Seminar - Eastside Hiking. Meet at Redmond library, 15990 Ne 85th St in Redmond at 6:15pm. Leader: Cheryl Talbert, (253) 229-4018, cascadehiker@earthlink.net (s3/24-4/29) **FH**

5/1, Thu - 10 Great Geologic Features of Washington State Hiking. Meet at Tacoma Program Center, 2302 N 30th Street, Tacoma, WA 98403 at 7:00pm. Members: \$20, Non-members: \$20. Sign up with Leader: Amy Mann, (253) 759-2796, agmann@comcast.net (s3/20-4/30) **TAC**

5/7, Wed - Trail Emergency Preparedness for Leaders Hiking. Meet at Mercer Island Library, 4400 88th Ave Se, Mercer Island at 6:30pm. Leader: Barbara Folmer, (425) 271-1622, barbara.folmer@gmail.com (s3/18-4/29) **FH**

5/8, Thu - Beginning Hiking Seminar Hiking. Mountaineers Program Center - 6:30pm. Leader: Michael Arriaga, evtmountaineer@yahoo.com (s3/21-5/8) **SEA**

5/12, Mon - Hike Essentials - Everett Hiking. Meet at Snohomish Co.PUD building at 6:30pm. Leader: Edward Andrews, (425) 337-1291, edandrews@yahoo.com (s4/14-5/7) **EVT**

5/12, Mon - Introduction to Hiking & Backpacking - Tacoma Branch Hiking. Meet at Tacoma Program Center at 7:00pm. Leader: Michael Waiss, (253) 627-5696, mwaiss@net-venture.com (s3/11-5/12) **TAC**

5/16, Fri - Volunteer Park conservatory and Lakeview Cemetery Retired Rovers. Meet at Entrance to Volunteer Park conservatory at 10:00 AM. No Registration Required, Leader: Barbara McHargue, (206) 363-6181 **SEA**

5/21, Wed - Backcountry Gourmet & Wilderness Cooking Hiking. Meet at Tacoma Program Center, 2302 N 30th Street, Tacoma, WA 98403 at 6:30pm. Leader: Amy Mann, (253) 759-2796, agmann@comcast.net (s11/15-5/21) **TAC**

5/22-5/29, Thu-Thu - Spring Birds Identification - Parts 1 & 2 Hiking. Meet at Tacoma Program Center, 2302 N 30th Street, Tacoma, WA 98403 at 6:30pm. Sign up with Leader: Amy Mann, (253) 759-2796, agmann@comcast.net (s4/10-5/21) **TAC**

6/3, Tue - New Hike Leaders Seminar Hiking. Meet at Seattle Program Center at 6:45pm. Leader: Susan Graham, (206) 696-2297, mudonmyboots@yahoo.com (s5/9-6/3) **SEA**

6/5, Thu - 3 Great Floods of Washingtons Past Hiking. Meet at Tacoma Program Center, 2302 N 30th Street, Tacoma, WA 98403 at 7:00pm. Sign up with Leader: Amy Mann, (253) 759-2796, agmann@comcast.net (s4/14-6/4) **TAC**

6/9, Mon - Introduction to Hiking & Backpacking - Tacoma Branch Hiking. Meet at Tacoma Program Center at 7:00pm. Leader: Michael Waiss, (253) 627-5696, mwaiss@net-venture.com (s5/1-6/9) **TAC**

7/3, Thu - Volcanic Washington Hiking. Sign up with Leader: Amy Mann, (253) 759-2796, agmann@comcast.net (s5/12-7/2) **TAC**

7/17, Thu - Beginning Hiking Seminar Hiking. Meet at Mountaineers Program Center at 6:30pm. Leader: Michael Arriaga, evtmountaineer@yahoo.com (s5/9-7/17) **SEA**

7/24-7/31, Thu-Thu - Summer Birds Identification - Parts 1 & 2 Hiking. Meet at Tacoma Program Center, 2302 N 30th Street, Tacoma, WA 98403 at 6:30pm. Sign up with Leader: Amy Mann, (253) 759-2796, agmann@comcast.net (s6/1-7/23) **TAC**

leadership

5/7-5/9, Wed-Fri - Essentials of Outdoor Leadership - Olympia Leadership. Meet at Olympic Flight Museum at 6:00pm. Members: \$25, Non-members: \$25. Leader: Mike McIntosh, (360) 591-4048, free_2_climb@yahoo.com (s12/20-5/2) **OLY**

navigation

5/15, Thu - Introduction to Map & Compass - Getting Started Navigation. Meet at Seattle Program Center at 6:30pm-8:30pm. Members: \$10, Non-members: \$15. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s10/7-5/13) **SEA**

6/19, Thu - Introduction to Map & Compass - Getting Started Navigation. Meet at Seattle Program Center at 6:30pm-8:30pm. Members: \$10, Non-members: \$15. Leader: Wesley Rogers, (206) 789-0049, rog999@comcast.net (s10/7-6/17) **SEA**

7/17, Thu - Introduction to Map & Compass - Getting Started Navigation. Meet at Seattle Program Center at 6:30pm-8:30pm. Members: \$10, Non-members: \$15. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s10/7-7/15) **SEA**

8/18, Mon - Introduction to Map & Compass - Getting Started Navigation. Meet at Seattle Program Center at 6:30pm-8:30pm. Members: \$10, Non-members: \$15. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s12/3-8/16) **SEA**

youth outreach

5/17, Sat - Bailey Gatzert Elementary School Youth Outreach. Meet at The Mountaineers at 8:30 AM. Leader: Caitlin O'Brien, (206) 521-6026, caitlino@mountaineers.org (s12/18-5/15) **SEA**

5/17-5/18, Sat-Sun - MAC- Snow Overnight Youth Outreach. Meet at The Mountaineers at 7:00 AM. Leader: Madden Coghlan, (208) 340-9469, maddenc@mountaineers.org (s2/21-5/14) **SEA**

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

courses with prerequisites (courses & seminars)

backpacking

5/13-9/30, Tue-Tue - Wilderness Skills 2 - The Essentials of Backpacking Hiking. Meet at Friends Meeting House at 6:30pm. Members: \$60, Non-members: \$90. Leader: Jim French, (360) 754-6551, jimfrenchwa@comcast.net (s3/19-5/13) **OLY**

climbing

5/3, Sat - Intermediate Rock LOR2 / Vantage, Zig Zag Wall Climbing. (CRG) Leader: Mark Glidden, (425) 258-2203, mrkglidden@yahoo.com (s3/1-5/2) **EVT**

5/3, Sat - Intermediate Rock 1 - Mountaineers Dome Climbing. (IR) Meet at Mtnrs Dome, Icicle Canyon at 7:30 AM. Sign up with Leader: Michael Raymond, (360) 204-2111, mikeraymond55@gmail.com (s2/18-5/2) **KIT**

5/3, Sat - Rock Fundamentals field trip, Spire Rock Sprinker Park Climbing. (BR) Meet at Spire Rock at 8:00 AM. Leader: Krista Morris, (206) 384-9189, kmorris13@gmail.com (s2/11-4/29) **OLY**

5/3, Sat - Intermediate Rock 2 Field Trip (Leavenworth) Climbing. Leader: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s3/31-4/30) **SEA**

5/3-5/4, Sat-Sun - SIG Snow Field Trip (MRNP) Climbing. USGS Mt Rainier East. Meet at TBD at 6:30 AM. Leader: Edward Palushock, ed.palushock@yahoo.com (s1/3-4/20) **SEA**

5/3-5/4, Sat-Sun - SIG Snow Field Trip (Mt. St. Helens) Climbing. Meet at Cougar at 8:00 AM. Leader's Permission Required: Jan Abendroth, (206) 920-9938, jan.abendroth@gmail.com (s3/3-5/2) **SEA**

5/4, Sun - Intermediate Rock LOR2 / Vantage, Sunshine Wall Climbing. (CRG) Sign up with Leader: Mark Glidden, (425) 258-2203, mrkglidden@yahoo.com (s3/1-5/2) **EVT**

5/4, Sun - Intermediate Rock 2 Field Trip (Leavenworth) Climbing. Leader: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s4/7-5/1) **SEA**

5/10-5/11, Sat-Sun - Leavenworth - Icicle Canyon, Various Intermediate Rock Climbing. (IR) Meet at Snowcreek Paking Lot at 8:00 AM. Leader's Permission Required: Stefanie Schiller, (206) 552-6293, stefas67@gmail.com (s3/19-5/2) **SEA**

5/10-5/11, Sat-Sun - SIG Snow Field Trip (Mt. St. Helens) Climbing. Leader's Permission Required: Mike Warren, (206) 200-7388, MWarren@PivotalLawGroup.com (s5/10-5/10) **SEA**

5/10, Sat - Intermediate Rock 2 Field Trip (Leavenworth) Climbing. Leader: Matt Palubinskas, (802) 598-9484, mpalubinskas@gmail.com (s3/31-5/7) **SEA**

5/11, Sun - Intermediate Rock 2 Field

Trip (Leavenworth) Climbing. Leader: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s3/31-5/7) **SEA**

5/13, Tue - Intermediate Climb Ice Climbing Lecture - Seattle Climbing. Meet at Seattle Clubhouse at 7:00pm. Leader: Fred Luck, (425) 691-0978, f-luck@hotmail.com (s1/14-5/12) **SEA**

5/17-5/18, Sat-Sun - Rock Weekend-Olympia, McCleary Cliffs Climbing. (BR) Meet at Mcleary Cliffs at 9:00 AM. Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s2/7-5/13) **OLY**

5/17-5/18, Sat-Sun - SIG Snow Field Trip (Nisqually Glacier) Climbing. (BG) N/A mi, N/A'. Leader's Permission Required: Tom Nims, (425) 923-4537, Tom.Nims@gmail.com (s5/5-5/15) **SEA**

5/17, Sat - Friction Climbing for Basics - Leavenworth Climbing. (BR) N/A mi, N/A'. Meet at Kristall's Restaurant, Leavenworth at 8:45 AM. Leader: Cebe Wallace, (206) 842-3409, cebe.wallace@gmail.com (s4/10-5/16) **SEA**

5/17-5/18, Sat-Sun - SIG Snow Field Trip (Alpental) Climbing. USGS Snoqualmie Pass. Meet at Lower Alpental Parking at 6:00 AM. Leader's Permission Required: Jim Pitts, (425) 760-3505, jim@pitts.org (s12/11-5/10) **SEA**

5/17-5/18, Sat-Sun - SIG Snow Field Trip (Bean Creek Basin) Climbing. Leader's Permission Required: Brett Dyson, (206) 527-9842, hhiking@hotmail.com (s1/8-3/30) **SEA**

5/17-5/18, Sat-Sun - Glacier Travel Snow Field Trip Climbing. USGS Snoqualmie Pass. 2 mi, 500'. Meet at Alpental Parking Lot at 8:00 AM. Sign up with Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s3/26-5/16) **SEA**

5/18, Sun - Friction Climbing for Basics - Leavenworth Climbing. (BR) N/A mi, N/A'. Meet at Kristall's Restaurant, Leavenworth at 8:45 AM. Leader: Cebe Wallace, (206) 842-3409, cebe.wallace@gmail.com (s4/10-5/16) **SEA**

5/21, Wed - Basic Crevasse Rescue Evaluation Field Trip - STUDENTS Climbing. Meet at Mountaineers Program Center at 6:00pm. Leader: Katrina Hilpert, (858) 518-1909, katrinahilpert@hotmail.com (s5/5-5/19) **SEA**

5/21, Wed - Basic Crevasse Rescue Evaluation Field Trip - INSTRUCTORS Climbing. Meet at Mountaineers Program Center at 6:00pm. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-5/20) **SEA**

5/22, Thu - Basic Crevasse Rescue Evaluation Field Trip - STUDENTS Climbing. Meet at Mountaineers Program Center at 6:00pm. Leader: Katrina Hilpert, (858) 518-1909, katrinahilpert@hotmail.com (s5/5-5/19) **SEA**

5/22, Thu - Basic Crevasse Rescue Evaluation Field Trip - INSTRUCTORS

Climbing. Meet at Mountaineers Program Center at 6:00pm. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-5/21) **SEA**

5/28, Wed - Basic Crevasse Rescue Evaluation Field Trip - STUDENTS Climbing. Meet at Mountaineers Program Center at 6:00pm. Leader: Katrina Hilpert, (858) 518-1909, katrinahilpert@hotmail.com (s5/5-5/26) **SEA**

5/28, Wed - Basic Crevasse Rescue Evaluation Field Trip - INSTRUCTORS Climbing. Meet at Mountaineers Program Center at 6:00pm. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-5/27) **SEA**

5/29, Thu - Basic Crevasse Rescue Evaluation Field Trip - STUDENTS Climbing. Meet at Mountaineers Program Center at 6:00pm. Leader: Katrina Hilpert, (858) 518-1909, katrinahilpert@hotmail.com (s5/5-5/26) **SEA**

5/29, Thu - Basic Crevasse Rescue Evaluation Field Trip - INSTRUCTORS Climbing. Meet at Mountaineers Program Center at 6:00pm. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-5/28) **SEA**

5/31-6/1, Sat-Sun - Bellingham Basic Glacier Travel, Mt Baker Coleman Glacier Climbing. (BG) USGS Groat Mtn, USGS Mt Baker. Leader: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s11/30-6/2) **BEL**

5/31-6/1, Sat-Sun - Bellingham Basic Glacier Travel, Mt Baker Boulder Glacier Climbing. (BG) USGS Welker Peak. Sign up with Leader: Andrew Hollon, (360) 303-7680, andrewhollon@hotmail.com (s11/30-6/2) **BEL**

5/31-6/1, Sat-Sun - Basic Climbing Course Snow 2 FT (Easton Glacier) Climbing. USGS Mt Baker. 7 mi, 3000". Sign up with Leader: Adam Clark, (386) 871-5702, aclark20@gmail.com (s1/1-6/1) **EVT**

5/31, Sat - SIG Rock Field Trip (Mt Erie), Skyline Arete Climbing. (BR) N/A mi, N/A'. Leader's Permission Required: Tom Nims, (425) 923-4537, Tom.Nims@gmail.com (s5/19-5/29) **SEA**

6/4-7/13, Wed-Sun - Intermediate Glacier Climbing - Everett Climbing. (IM) Meet at Cascade Room at 6:30pm. Members: \$150. Sign up with Leader: Tony Tsuboi, (206) 459-9398, tony.tsuboi@gmail.com (s3/4-4/30) **EVT**

6/7-6/8, Sat-Sun - Intermediate Rock LOR4 / Squamish, Various Climbing. (CRG) Sign up with Leader: Chris Dessert, (206) 778-5669, christopher.dessert@gmail.com (s3/1-6/6) **EVT**

7/19, Sat - Intermediate Alpine Ice 1 Field Trip (Mt. Baker) Climbing. 7 mi, Leader: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s5/13-7/17) **SEA**

7/20, Sun - Intermediate Alpine Ice 1 Field Trip (Mt. Baker) Climbing. 7 mi, Leader: Stan



Hummel, (206) 604-2716, shummel@nwlink.com (s5/13-7/17) **SEA**

7/21, Mon - Everett Intermediate Alpine Ice Course Climbing. (II) Sign up with Leader: Ivan Breen, ivanbreen@yahoo.com (s5/1-7/20) **EVT**

7/22, Tue - Everett Intermediate Alpine Ice Lecture Climbing. (II) Meet at Seattle Program Center at 6:00pm. Leader's Permission Required: Ivan Breen, ivanbreen@yahoo.com (s5/1-7/11) **EVT**

7/26, Sat - Intermediate Alpine Ice 1 Field Trip (Mt. Baker) Climbing. 7 mi, Leader: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s5/13-7/17) **SEA**

7/27, Sun - Intermediate Alpine Ice 1 Field Trip (Mt. Baker) Climbing. 7 mi, Leader: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s5/13-7/24) **SEA**

8/2-8/3, Sat-Sun - Everett Intermediate Alpine Ice Field Trip-Coleman Glacier Climbing. (II) Meet at Heliotrope Ridge TH at TBA. Leader's Permission Required: Ivan Breen, ivanbreen@yahoo.com (s5/1-7/11) **EVT**

8/9, Sat - Intermediate Alpine Ice 1 Field Trip (Mt. Baker) Climbing. 7 mi, Leader: Steve Biem, (253) 394-3864, Earlyascent@gmail.com (s5/13-8/7) **SEA**

8/9-8/10, Sat-Sun - Tacoma Intermediate Ice I Fieldtrip/Observation Rock Climbing. Leader: Bill Wood, (206) 255-2723, wwood999@gmail.com (s5/6-8/4) **TAC**

8/10, Sun - Intermediate Alpine Ice 1 Field Trip (Mt. Baker) Climbing. 7 mi, Leader: Steve Biem, (253) 394-3864, Earlyascent@gmail.com (s5/13-8/7) **SEA**

8/16, Sat - Intermediate Alpine Ice 2 Field Trip (Mt. Baker) Climbing. USGS Mt Baker. 6 mi, 1500'. Leader: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s7/21-8/13) **SEA**

8/17, Sun - Intermediate Alpine Ice 2 Field Trip (Mt. Baker) Climbing. USGS Mt Baker. 6 mi, 1500'. Leader: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s7/21-8/13) **SEA**

hiking

5/4, Sun - Basic Wilderness Travel Navigation Field Trip Hiking. Meet at Seattle Program Center (Magneson Park) at 9:30 AM. Leader: Susan Graham, (206) 696-2297, mudonmyboots@yahoo.com (s3/31-5/3) **SEA**

scrambling

5/3-5/4, Sat-Sun - Alpine Scrambling Snow Field Trip - INSTRUCTORS (StevensPass) Alpine Scrambling. USGS Stevens Pass. Meet at Stevens Pass Lodge at 7:30 AM. Leader: Brian Booth, (206) 783-0409, bbooth626@yahoo.com (s2/20-4/30) **EVT**

5/3, Sat - Snow Field Trip - Students (StevensPass) Alpine Scrambling. USGS Labrynth Mtn, USGS Stevens Pass. Meet at Stevens Pass at 8:00 AM. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s3/31-4/29) **SEA**

5/3, Sat - Snow Field Trip - INSTRUCTORS

(StevensPass) Alpine Scrambling. Meet at Stevens Pass at 7:30 AM. Leader: Nina Crampton, (206) 225-4545, Ninacrampton@aol.com (s1/6-5/2) **SEA**

5/3, Sat - ACSC Rock 2 (Tacoma) Alpine Scrambling. Meet at Little Si Parking Lot at 7:30 AM. Leader's Permission Required: Justin McClellan, (360) 888-4932, justnevis@yahoo.com (s2/8-5/1) **TAC**

5/4, Sun - Snow Field Trip - Students (StevensPass) Alpine Scrambling. USGS Labrynth Mtn, USGS Stevens Pass. Meet at Stevens Pass at 8:00 AM. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s3/31-4/29) **SEA**

5/4, Sun - Snow Field Trip-INSTRUCTORS (StevensPass) Alpine Scrambling. Meet at Stevens Pass at 7:30 AM. Leader: Nina Crampton, (206) 225-4545, Ninacrampton@aol.com (s1/6-5/3) **SEA**

5/6, Tue - Scramble Course Workshop #3 - Rock, Weather, & Emergencies Alpine Scrambling. Meet at Old Redmond Schoolhouse Community Center, 16600 NE 80th St, Redmond at 7:00pm. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com (s10/15-5/6) **SEA**

5/10, Sat - McCleary Cliffs/Olympia Rock Scrambling Field Trip Alpine Scrambling. 1 mi, 300'. Meet at Mud Bay Park & Ride at 7:30 AM. Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s2/4-5/6) **OLY**

5/10, Sat - Seattle Alpine Scramble Rock Field Trip - Students Alpine Scrambling. Meet at See handout for Details at 8:30 AM. Leader: Kirk Peterson, (425) 246-1412, strongcord@gmail.com (s2/2-5/6) **SEA**

5/10, Sat - Seattle Alpine Scramble Rock Field Trip - INSTRUCTORS Alpine Scrambling. Meet at See handout for details at 8:00 AM. Leader: Kirk Peterson, (425) 246-1412, strongcord@gmail.com (s1/21-5/7) **SEA**

5/11, Sun - Seattle Alpine Scramble Rock Field Trip - Students Alpine Scrambling. Meet at See handout for Details at 8:30 AM. Leader: Kirk Peterson, (425) 246-1412, strongcord@gmail.com (s2/2-5/6) **SEA**

5/11, Sun - Seattle Alpine Scramble Rock Field Trip - INSTRUCTORS Alpine Scrambling. Meet at See handout for details at 8:00 AM. Leader: Kirk Peterson, (425) 246-1412, strongcord@gmail.com (s1/21-5/7) **SEA**

5/17, Sat - Everett Alpine Scramble Experience Field Trip - INSTRUCTORS Alpine Scrambling. Meet at Alpental Parking lot. at 7:30 AM. Leader: Mike Mashock, (425) 335-5174, mjmash@comcast.net (s11/6-5/1) **EVT**

5/17-5/18, Sat-Sun - Overnight Field Trip (Tacoma Scrambles) Alpine Scrambling. Meet at Safeway, Cle Elum at 8:00 AM. Leader's Permission Required: Don Campbell, (253) 970-7027, sketcher54@hotmail.com (s3/25-5/16) **TAC**

5/31, Sat - Snow 2 Pinnacle Peak (Tacoma) Alpine Scrambling. Meet at Longmire, MRNP at 8:00 AM. Leader's Permission Required:

Don Campbell, (253) 970-7027, sketcher54@hotmail.com (s3/26-5/30) **TAC**

6/7, Sat - Seattle Alpine Scramble Experience Field Trip - Students Alpine Scrambling. USGS Enchantment Lakes, USGS Mt Stuart. Meet at Bevery Crk TH at 8:00 AM. Leader: Mike Sweeney, (425) 417-3081, mmsween@frontier.com (s5/1-6/5) **SEA**

6/7, Sat - Seattle Alpine Scramble Experience Field Trip - INSTRUCTORS Alpine Scrambling. USGS Enchantment Lakes, USGS Mt Stuart. Leader: Nina Crampton, (206) 225-4545, Ninacrampton@aol.com (s2/5-6/5) **SEA**

6/8, Sun - Seattle Alpine Scramble Experience Field Trip - Students Alpine Scrambling. USGS Enchantment Lakes, USGS Mt Stuart. Meet at Bevery Crk TH at 8:00 AM. Leader: Mike Sweeney, (425) 417-3081, mmsween@frontier.com (s5/1-6/5) **SEA**

6/8, Sun - Seattle Alpine Scramble Experience Field Trip - INSTRUCTORS Alpine Scrambling. USGS Enchantment Lakes, USGS Mt Stuart. Leader: Nina Crampton, (206) 225-4545, Ninacrampton@aol.com (s2/5-6/5) **SEA**

sea kayaking

5/10, Sat - Greenland Paddling Techniques Sea Kayaking. (II) Meet at TBD at 9:00 AM. Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s2/28-5/9) **KIT**

5/10-5/11, Sat-Sun - Coastal Kayak Surf Zone Basics Sea Kayaking. (V) Meet at Hobucks Beach at 10:00 AM. Members: \$30. Leader's Permission Required: Don Rice, (360) 681-4190, drice@olypen.com (s2/11-5/7) **SEA**

5/17, Sat - ACA Level 3 Basic Strokes and Rescues Sea Kayaking. (II) Meet at Concrete Beach at 8:00 AM. Members: \$30, Non-members: \$130. Leader's Permission Required: Michael Kennedy, (206) 633-3948, michael.kennedy5@comcast.net (s3/18-5/15) **SEA**

5/17-6/1, Sat-Sun - Sea Kayak Coastal Navigation & Trip Planning Sea Kayaking. Meet at Tacoma Clubhouse at 9:00 AM. Members: \$40. Leader's Permission Required: Michael Everett, (253) 905-0613, mikeedvm@aol.com (s4/6-5/16) **TAC**

5/18, Sun - ACA Level 3 Strokes and Maneuvers Refinement Sea Kayaking. (II-III) Meet at Concrete Beach at 8:00 AM. Members: \$30, Non-members: \$130. Leader's Permission Required: Carol Asplund, (206) 633-3948, clasplund@comcast.net (s3/14-5/15) **SEA**

8/23-8/24, Sat-Sun - Intermediate Incident Management/ rescues/ towing/ currents Sea Kayaking. (IV+) Meet at Bowman Bay at 8:00 AM. Members: \$50. Leader's Permission Required: Michael Everett, (253) 905-0613, mikeedvm@aol.com (s5/30-8/20) **TAC**

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

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

ARCHITECTURE

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

AUTOMOTIVE

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

CONSTRUCTION

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

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

FINANCIAL SERVICES

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

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

LEGAL SERVICES

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

MAPS

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

Tom Gaskins (Joined 2011)
LandPrint.com -- 3-D terrain models
www.LandPrint.com
tom@LandPrint.com
206-790-7640

MIND AND BODY

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

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

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

OUTDOOR RECREATION

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

REAL ESTATE

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

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

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

TRAVEL

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

Christine Hanson (Joined 2013)
Scottish Lakes Backcountry Resort
www.scottishlakes.com
hicamp@scottishlakes.com
509-769-3044

Want to become a Mountaineers Business Member?

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

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

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

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

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

outdoorcenters

ENTER
BELOW



Welcome to our Lodges and Outdoor Centers

Stevens Lodge, internal window. Photo by Jeremy Lange

The Mountaineers Outdoor Properties are open year-round for members and guests. Reservations for all lodges are made through Brown Paper Tickets (except for Kitsap Forest Theater) which accepts payment by credit card. You can find the reservation link by going to the website at www.mountaineers.org and clicking on locations and reservations under the about tab. Sales tax will be added to lodge prices. Please register by noon of the Thursday prior to the weekend so the cooks can be fully prepared.

Cancellations: All cancellations must be made through BPT before noon of the Thursday prior to the weekend of the reservation. They will be refunded minus a small service fee. Many of the lodges and properties can be rented for group events, Mountaineers classes, mid-week activities or other special events, just contact the property directly.

Baker Lodge

The Mountaineers Mt. Baker Lodge is nestled in the spectacular beauty of the North Cascades and just a short walk from the upper access to eight ski lifts at the Mt. Baker Ski Area (www.mtbaker.us). Within a short distance from the lodge there are a number of snowshoe routes and cross-country ski trails (www.nooksacknordicskiclub.org/overview.php). Visit the Baker Lodge website at www.mountaineers.org/bakerlodge/ for details on the lodge and call Bill Woodcock, 206-457-5452 or Dale Kisker, 206-365-9508 if you have any questions.

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

The lodge is hosting the following two Foothills Branch activities and is open to those participating and not participating in these activities. For more information and registration go to the Foothills Branch list of activities at www.mountaineers.org. Click on the drop-down tab, "Community," then hover over "Activities by Branch" and the third one down is Foothills.

Reservations & Cancellation: To make a reservation click on "Calendar and Reservations" on the Baker Lodge website. Payments are made at time of reservation with credit card. When registering you must register for each night you will be staying at the lodge. For most weekend events, reservations close at noon on Thursday before the weekend. Cancellations must be made by the reservation closing date/time to obtain a refund.

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

Group Scheduling: All groups and especially Mountaineers led trips and activities are always welcome to bring group members, guests and friends to the lodge for any overnight or weekend. Contact Chelsea Liddell, baker.lodge@gmail.com for group reservations before publicizing the date of your event. Non-scheduled openings may be arranged if hosts are available.

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

singles to serve as hosts. Families could come together and welcome other families for a family weekend, etc. Hosts stay for free!

Driving directions: North on I-5 to Bellingham, take Exit 255, the Mt. Baker Highway, and go East on SR-542 about 54.6 mi. to the ski area. At the Firs Lodge, turn right onto the one-way loop road that leads 0.3 mi. to the lodge parking lot on the right side of the road. We're 1-1/2 hours from Bellingham and 3 hours from Seattle.

Kitsap Cabin

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

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

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

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

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

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

During our show season (spring and summer) we have limited weekend availability, but there are several available summer weekends, and the fall is a great time to visit this unique and special place. During the week we have much more availability. Get away from the city and stress and enjoy our peaceful and magical venue. You can also make a reservation online: <http://www.foresttheater.com/rentals>

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

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

Kitsap Forest Adventure Camp

Sign-ups have begun for our third year of Adventure Camp for K - 4th grade youth. Dates of the camp are July 7 - 11 and July 14 - 18 and includes an optional Friday night family campout. Seattle transportation is available! Your child's creativity and imagination will bloom as they play, explore and create at the Kitsap Forest Theater. Exciting activities include art, music, drama, play, hiking and exploring the forests, wildlife and creeks at the Kitsap Forest Theater. Visit our web site (ForestTheater.com) for additional information or call 206-542-7815. **Early bird sign-up discount if registered by May 1st.**

Employment opportunities for camp

We are looking for staff for our Adventure Camp this summer. Please visit our web site and peruse the opportunities available.

Kitsap Branch:

www.kitsapmountaineers.org

Mountaineers Foundation:

www.mountaineersfoundation.org

Meany Lodge

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

Sat June 7th 9 AM Crystal Springs Sno-park clean-up. Meet at Crystal-Springs Sno-Park at 9 am. Bring gloves. Bags for trash will be provided. Forest Service will collect the bags of trash.

Family Hiking weekend in July. Sleep in the lodge or in your own tent, meals prepared. Hikes and geo-caching planned. See www.Meanylodge.org for details.

MEANY WINTER SPORTS SCHOOL

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

New this year: Ski-Skating weekend

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

Meany Winter Sports Season—Did you know that of all The Mountaineers Outdoor Centers, Meany Lodge is the only one with its own winter sports facilities and school. We offer a wide variety of winter sports. Visit www.meanylodge.org/winter/ski_program.html to see our many options. And if you don't think you need lessons, come up and try our hill.

There is a saying at Meany: "If you can ski Meany, you can ski anywhere. And once you

have skied Meany, you will never want to ski anywhere else!"

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

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

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

Snoqualmie Campus

Snoqualmie Campus is available to rent by volunteer leaders on Saturdays and Sundays for Mountaineers courses only.

Please contact The Mountaineers Program Center, info@mountaineers.org (preferred) or 206-521-6001, if you are interested in renting the property for your group.

Stevens Lodge

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

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

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

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

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

Propelled by dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others, require a set of learned skills to enjoy safely and follow a common curriculum from branch to branch. See course events in the "Go Guide" section of this magazine. Although our program curricula are coordinated to meet Mountaineers-wide standards and policies, each branch offers a slightly different flavor or character to its offerings. Though you may want to join the branch nearest to your home, you may join any branch of your choosing.

Note that once you are a member you may participate in trips or courses in any branch. One way to gain a taste test of a particular branch is to attend a new/prospective members' meeting. General dates of these meetings are noted under each branch heading. For all current activities and links to branch websites, visit www.mountaineers.org.

BELLINGHAM

Vice Chair: Minda Paul
mindapaul@hotmail.com

Website: bellinghammountaineers.org

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

It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. From the lodge, Mountaineers and guests can also recreate to their heart's content year-round. In addition to the courses noted above, Bellingham also offers hiking trips and snowshoe tours.

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

VOLUNTEER OPPORTUNITIES: We would love to have additional hike and snowshoe leaders along with backcountry ski and youth program coordinators. We are also currently looking for a branch treasurer and a branch chair-elect. Email Minda for details.

EVERETT

Chair: Matt Vadnal,
matthewvadnal@aol.com

Website: everettmountaineers.org

The Everett Branch of The Mountaineers was founded in 1910 by H.B. Linman, an Everett dentist. The new organization successfully sponsored over a dozen hikes that year. Its first outing was a hike to Lake Isabelle. Several hundred members of the public attended "stereopticon" presentations at the Everett High School auditorium. Dr. Linman, his wife, and seven other branch members reached the summit of Glacier Peak in August 1910 during The Mountaineers' annual outing. The branch was not "officially" founded until 1911 when The Mountaineers charter was amended to provide for branches. This anomaly allowed the branch to hold its centennial celebration in 2010 and 2011!

Everett members share a wide variety of activities. Please explore the branch website or

attend one of the branch monthly meetings to discover more about the branch.

MEMBERSHIP MEETINGS: To learn more about branch activities and meet some nice people who happen to be Mountaineers, attend the monthly meetings on the first Wednesday of most months and often feature a guest presentation. The meetings take summer off and resume in September. Members, guests and the general public are invited to join us at 7 p.m. in the Snohomish County East Administration Building, 3000 Rockefeller Ave., Rm F107 in downtown Everett.

HELP RESTORE TRAILS & LOOKOUTS: For more details about volunteering, contact Forrest Clark, LOTM@everettmountaineers.org.

FOOTHILLS

Chair: Steve LeBrun,
stevelebrun@comcast.net

Website: foothillsmountaineers.org

The newest Mountaineers branch, founded ten years ago, the Foothills branch encompasses the eastside communities along the I-90 and I-405 corridors. The little branch that could sponsors activities and classes that focus on backcountry skiing, hiking, backpacking, first aid, navigation, and snowshoeing. Our signature programs include a comprehensive Backpacking Building Blocks (B3) course, multi-week Randonee and Telemark Ski Lessons, and training in Avalanche Awareness. Look for our "12th Hiker" series of hikes this summer, open to all, to celebrate our Seahawks Super Bowl win.

The Foothills branch also seeks to be a vital community presence in promoting safe and enjoyable recreation along with conservation advocacy. Among our community-based efforts are special film events, speaker presentations, outdoor leadership training, and trail-maintenance work.

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

MEMBERSHIP MEETINGS: Branch meetings

are held the last Tuesday of every other month in the Eagle Room at the Issaquah City Hall (130 East Sunset Way). The evening starts at 6:30 p.m. with time for socializing. Each meeting also includes an outdoor-themed presentation by a special guest speaker. The next branch meetings will be April 29th and June 24th.

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

The Foothills Branch - Your Eastside Branch - Your Eastside Community of Outdoor Friends & Recreationists

KITSAP

Chair: Jeff Schreppe
branch@kitsapcabin.org

Website: kitsapmountaineers.org

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

Our activity committees sponsor four or more stewardship efforts each year and recurring events include our spring and fall Salmon Safaris and our annual Photo and Art Show. The branch hosts an Annual General Membership meeting in the Silverdale Community Center

every October. A major goal of the branch is to add more family activities in 2014.

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

OLYMPIA

Chair: Mike McIntosh,
free_2_climb@yahoo.com

Website: www.olympiamountaineers.org

THE OLYMPIA BRANCH has been offering Mountaineers programs and training to the South Sound for 50 years, including hiking, skiing, sea kayaking, snowshoeing, backpacking, climbing, scrambling, navigation, outdoor leadership, and naturalist activities.

MEET THE OLYMPIA BRANCH AT OUR ADVENTURE PRESENTATIONS. The Olympia Branch holds an adventure presentation and potluck on the first Wednesday of each month from September through May, excluding November, at the Friends Meeting Hall at 3201 Boston Harbor Rd. NE, just north of Priest Point Park. The last meeting before the summer break is May 7. Socializing and the potluck meal begin 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 cburreson@q.com.

MAY 7 ADVENTURE PRESENTATION AND POTLUCK: Jordan Hanssen is a veteran of multiple rowing expeditions including two cross-ocean rows across the North and Mid Atlantic. Jordan will recount these two rows, one of which is the subject of his book author of Rowing into the Sun.

THE OLYMPIA BRANCH BOARD meets every month at 6 p.m. on the second Wednesday of the month. The next meetings are May 14 and June 11 at the Olympia Center, 222 Columbia St NW. Members are encouraged to attend.

OLYMPIA BRANCH LIBRARY: Located at Maxine Dunkelman's, 5418 Lemon Rd. NE. Contact Maxine at 360-352-5027 (8 am to 8 pm) or maxdunk@comcast.net if you'd like to come by to browse, check out or return materials, or request items for pickup at the monthly potluck. Returns can also be made at the Bike Stand. Books, DVDs, and maps owned by the branch are listed and searchable on the branch website. A librarian usually attends our first-Wednesday potluck presentations with a selection of books to check out.

SEATTLE

Chair: Timmy Williams,
mtnrtimmy@clearwire.net

Website: seattlemountaineers.org

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

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

FREE HIKING SEMINARS: Do you have the hiking or backpacking bug but you just need to know a little more about how to get started in the Pacific Northwest? The Seattle Branch offers a free Beginning Hiking Seminar most months at The Mountaineers Seattle Program Center. Though seminars are free, participants are urged to register for them on line to make sure there is enough seating.

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

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

TACOMA

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

Website: www.tacomamountaineers.org

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

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

MEET THE TACOMA MOUNTAINEERS: Tacoma Branch holds a free meeting on the third Friday of every month (except June-August and December) to introduce prospective and new members to the branch. The meeting starts at 7 p.m. with a presentation about The

Mountaineers, followed by an interlude to talk with various activity reps (hiking, climbing, sea kayaking to name a few of 22 activities).



MOUNTAINEERS-WIDE Players-Kitsap Forest Theater

Theater Inspired by a Magical Place

Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater.

Spring 2014: Honk! May 31-June 1, June 7-8 and 14-15. Based on Hans Christian Andersen's "The Ugly Duckling," *Honk!* tells the story of an odd-looking baby duck, Ugly, and his quest to find his mother. It has many varied character parts and a surprisingly sophisticated music score. This delightfully quirky show needs all ages from young to old.

Summer 2014: Annie - July 26-27, Aug 2-3, 9-10, 16-17. Recently celebrating its 25th anniversary on Broadway, little orphan *Annie* has warmed the hearts of millions. Join us for this musical which speaks to the American ideals of home, compassion and perseverance. *Annie* requires a strong singing and dancing cast and has many featured youth/teen/adult ensemble roles.

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

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

Tickets are available for both shows at www.ForestTheater.com/tickets. Purchase our two-show package and save even more. There is no fee for purchasing tickets on-line.

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

Trudy Ecob was active all of her life. As a teenager she went hiking and camping with her father, took the train to Portland and bicycled back to Seattle with friends, and biked from Seattle to Victoria. She hiked all around the northwest, and went skiing before chairlifts were an option. She played ice hockey with a group of girls from the local high schools (Garfield, Class of 1940). She loved to dance, and met her husband at a USO dance in 1944.

She joined The Mountaineers in 1972 and enjoyed hiking with them so much she became a hike leader. Around 1975 she became the Midweek Hikes chairman, a position she held for more than 20 years. Trudy handed over the leadership to Joe Toynbee, but continued hosting the meetings until the end of her life, for a total of 33 years. She made so many good friends in The Mountaineers and was always so happy to see them, even long after she couldn't hike. She was a familiar sight to neighbors as she walked around the



neighborhood with her two ski poles, often being asked "Where's the snow?" She was also well known at the local park after she graduated to a walker.

Trudy loved to cross-country ski, and continued to do so well into her 80's. One memorable Mountaineer trip was cross-country skiing at Yellowstone National Park in the 1980s. She was

active with The Mountaineers' Folk Dancers, and was always encouraging people to join. She climbed Mt. Adams, hiked much of the Wonderland Trail, and traveled to Norway, the Lake District and the Moors of England to hike.

Trudy lived a long and active life and The Mountaineers was an important part of it.

Evelyn Peaslee

1914 – 2013

by Claire Peaslee

Evelyn Peaslee, a past active member of The Mountaineers, died on December 31, 2013 at her home in Bothell.

A native of the Pacific Northwest, she traveled widely and pursued an avid

interest in natural history and the outdoors. She was very involved in The Mountaineers over a span of three-plus decades into the 1990s along with her husband Jesse (who died in 2003).

With her passion for Cascade hiking and for birds, wildflowers, butterflies, mushrooms, and more, Evelyn participated in many Mountaineer

outings and sometimes led field trips. Evelyn had a background in library science and a love of literature. She volunteered in the Mountaineers library and also served as an adviser for Mountaineers Books.

Evelyn is survived by her daughter Susan Claire, of Point Reyes, California, and son John, of Bothell, Washington.



Virginia Reid enjoyed playing musical instruments, singing, dancing, hiking, climbing, skiing, camping and traveling (especially to Europe). She was born in Faribault, Minnesota but eventually found her way to the Pacific Northwest

where she had easy access to the outdoor activities she loved.

Virginia was an accomplished flute player. During high school, she took the bus into the big city - Minneapolis - for private lessons. As the only child of two teachers, she was always very studious. In college she earned bachelor's and master's degrees in music education. When she had kids of her own, she taught them to play piano and read music before they went to school. Singing and playing music was always a big part of the the household.

For her working career, Virginia spent 23 years as a psychometrist in Rehabilitation Medicine at Harborview.

Virginia was actively involved with The Mountaineers folk dancing and was a common face at Meany Lodge.

Virginia is survived by her three children - Don, Kathy, and Rick - along with seven grandchildren and two great-grandchildren. She is also survived by her long-time partner of 40 years, and fellow outdoor enthusiast, Bob Dreisbach.

Virginia encouraged others to enjoyed life, no matter their age. One week before her death she was dancing at Waltz & etcetera's Monday night dance. She will be greatly missed.

reference: funerals.coop/virginia-reid

Perseverance

by Gene Yore, Mountaineers Board Member

At a recent retreat, my fellow board members and I listened to Martinique Grigg, The Mountaineers executive director, proudly review the organization's major accomplishments over the past three years. Instead of launching into the proposed action plan for the next three years she took the time to remind us what it took to get us where we are today:

Good planning. Preparation. Hard work. Courage. Ambition. Passion. *Perseverance*.

It took all those things and more because it wasn't an easy road to travel. In the same way that obstacles or adverse conditions force you to course-correct on any expedition, the board, volunteers and staff had to do the same. And we banded together, made the commitment and persevered because we are Mountaineers. We don't give up.

Personal Experience

Over the years, I've seen this ability to persevere demonstrated at many levels of the organization. In fact, this reminds me of my own personal experience – one that resulted in the comprehensive Aid and Big Wall course. A fellow Mountaineer and I dreamed it up over twenty years ago. It was borne from a desire to climb the big walls in Yosemite. The inspiration came on a climbing trip at Owens River Gorge. At about 300 feet up the face of an overhung rock wall was a single climber pounded pitons into a crack. I thought "Cool. I want to do that."

At the time, not many advanced courses were offered at The Mountaineers. The weekend aid climbing course was not long enough to develop climbing partners or to gain requisite skills. So we recruited climbers with big wall aspirations and experience and invited them to meet and help us shape the course toward achieving the goal of a Yosemite climb. Eight committee members and eight students came out of that first meeting with a plan to move forward. The Aid and Big Wall course was born. A course curriculum was developed, instructional tools built in, on and around The Mountaineers building, practice partners were gained and friendships were formed. Three years later the most skilled and experienced of the group went on a great adventure and climbed El Capitan in Yosemite National Park.

Big Wall Goals

Achieving the first of many big wall goals was a major accomplishment. It wasn't easy and took a lot of hard work and perseverance, but what was built along the way is what has helped this course and many like it to be continued to be offered – a stronger community of advanced climbers.

Looking forward to equally aggressive goals for 2017, I am excited to see the intangible result of members, volunteers, board members and staff. We're all banding together to achieve a stronger, more engaged community. I'm optimistic. If history is any predictor, we'll get there.

Gene is a board member, former chair of the Seattle Climbing committee, and co-author of The Mountaineers e-book, *Guide to 100 Peaks at Mount Rainier National Park*. He has climbed the big walls of Yosemite for 17 consecutive years with the exception of 2012 and 2013 when he took a break to climb the 100 Peaks of Mount Rainier.



Gene in a port-a-ledge, suspended to a rock wall at Yosemite. Photo courtesy of Gene Yore



The
Mountaineers
EXPLORE • LEARN • CONSERVE

BEWILD

Stories of Passion & Adventure

This spring, The Mountaineers will bring the outdoors in
with the **BeWild Speaker and Film Series.**

Be inspired through stories of passion and adventure. Join us as we encourage our community to get outside, connect with nature, and care for the wild places where we play. Explore the outdoors differently.

Shows start at 7pm

Learn more | Get tickets:

www.mountaineers.org/bewild

206-521-6001

2014 Lineup

May 16: Expedition Denali
Be inspired.

June 20: Tami Asars
Be adventurous.

July 24: Crown of the Continent
Be ambitious.