

WASHINGTON ALPINE CLUB



Bulletin

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WASHINGTON ALPINE CLUB

P.O. Box 352
Seattle, WA 98111

www.wacweb.org

The Bulletin is 100% online

This format allows us to offer photos, color, more timely content, and saves a lot of paper and trees. For those without email, with dial up connections, or with incompatible software we will continue to mail the Bulletin.

IN THIS ISSUE

Calendar	2
President's Corner	3
Conservation: Beach Clean-Up	4
Education: Basic Climbing Class	5
Trip Report: Hog Loppet	6
Community News, Events & Photos	8
Odds & Ends	10

GET INVOLVED

Calendar	2
Join us on facebook	3
Conservation: Beach Clean-Up	4
Work Parties	9
Bike Rides and Guye Cabin Runs	10

Olympic Beach Clean-Up - April 18



"The wildest, the most remote and, I think, the most picturesque beach area of our whole coastline lies under the pounding surf along the Pacific Ocean in the State of Washington ... It is a place of haunting beauty, of deep solitude."

William O. Douglas

In April 2000, Seattle environmental enthusiast Jan Klippert founded the Olympic Coast Cleanup as an Earth Day activity to clean up Washington's northern coast. The first clean-up was sponsored by the Washington Trails Association, the Washington Alpine Club, the Mountaineers, and a bunch of other clubs. It focused on the hard-to-reach wilderness beaches. Today, the clean-up event involves the entire Washington coast and involves over 1000 volunteers. Very sadly, Jan passed away

in January 2008. But the coast clean-up continues and is now organized by Coastsavers (www.coastsavers.org/washington.html).

Since the beginning, the WAC has organized the clean-up of Hoh and Jefferson beaches, south of Forks. We camp at the Hoh Beach on Saturday evening, about two miles from the trailhead. From there we will pick up trash and debris on Hoh Beach and then hike to

Continued on Page 4 >

Submit a story or photo!

Do you have a story or photo that you would like to share? Please send it in to us!

Email: wacbulletin@yahoo.com

WAC Technical T's

We still have a few WAC Technical T's left. Available sizes: S, M, L, XL, XXL

Just \$20

WAC CALENDAR

Ongoing	
2nd Thursdays	Board Meetings
April	
18	Olympic Beach Clean-up
Looking Ahead	
March - June	Basic Climbing Class
May - October	2nd Saturday Work Parties
July 6-10	Summit Endurance Running Camp (FCA)
July 11-12	Seattle to Portland Bike Ride
August 1-2	WAC Weekend Trail Running Camp

Join the WACList on Yahoo

If you want to get mail on the WAC email list, join the yahoo group at:
<http://groups.yahoo.com/group/waclist/>

Post message:

waclist@yahoogroups.com

Subscribe:

waclist-subscribe@yahoogroups.com

Important: You must be a current member! We have to approve you before you can join, so please put your name in the comment section.

Is Your Contact Info Current?

You can check these things on the Washington Alpine Club website: www.wacweb.org. If your address or email address changes please let us know!

Moving?

Send change of address forms to:

Washington Alpine Club
 PO Box 352, Seattle, WA 98111
 Or email Dave Mitchell at:
dtmitch@mindspring.com

New Email Address?

To update your email address log on to www.wacweb.org. If you don't have an account, you can use the shared name and password: User name: climbing Password: climbong
 Thanks -George Snelling, Mike Garrison, Sim Larkin

WASHINGTON ALPINE CLUB

Incorporated 1916 Incorporated 1923

Member Of

Federation of Western Outdoor Clubs,
 Washington Trails Association, Washington
 Environmental Council, Washington Wilderness
 Coalition, and MidFORC Coalition

*The primary purpose of this club is to encourage the
 healthful enjoyment of the great outdoors, to preserve
 its natural beauty and to promote good fellowship
 among all lovers of nature.*

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PRESIDENT'S CORNER

April 2009

by Mike Mahanay

Wow! The snow has been measured in feet the last few weeks. The snowpack is as high as it has been all winter. The only difference is that the snow is heavy and wet. It is Spring after all - Daylight savings time has started, and the snow will begin to melt soon. The ski areas will be open only for a couple of more weeks with the exception of Alpentel (which will stay open into May).

Thanks to Karel Zikan and Eli Holmes for leading our x-c skate clinic this year! The WAC has quite a large nordic division. Eli is also director of the nordic kids and juniors program. This program was extremely successful this year. We also recently completed the second Snoqualmie Loppet from Silver Fir to Cabin Creek, a distance of 21 miles. We had about 15 WACers participate, and another 10 from our friends at Snoqualmie Nordic.

The WAC had a great season of downhill, telemark, nordic, and boarding! We saw folks of all disciplines at Guye Cabin every weekend. It is bittersweet that all the classes are over and ski season is quickly winding down. The WAC is on the social networking site Facebook now, and there are lots of photos of WAC people skiing and climbing.

This was one of the best years ever at Guye Cabin! The Cabin hosted the Snow Dinner, Vegetarian Potluck, the Winter Backcoun-

try Travel Class, Climbing Class Instructors Training, and several school groups and other events. Most importantly it hosted the long awaited return of the WAC Fun Day (ski and snowshoe events)!

As usual WAC folks have been seen all over the West and even the world this winter. Whistler, Hut skiing in the Rockies, Lake Tahoe, West Yellowstone, and Ouray Colorado are just a few of the places we have been to over the last few months. John Commiskey did the Haute Route in the Alps, and Susan Ashlock toured New Zealand by bicycle. Now is the time to start putting those Summer Peak lists together. Many members are hoping to complete the Chief Six Peaks this season by climbing the Snoqualmie Peaks.

The WAC Climbing Class is off to a great start! The next two weekends will see the class at Spire Rock, followed by trips to Snoqualmie Pass, the Nisqually Glacier at Mount Rainier, and then a climb of Mount Baker. Thanks to everyone who volunteers to make this class a great success each year! There is no better place in the Pacific Northwest to learn to climb than the Washington Alpine Club!

Our Club is again one of the sponsors for the annual Olympic Coast Beach Cleanup on April 18 & 19. As with the last eight years, we will be responsible for the Hoh River Beach



and Jefferson Cove to the North. Hoh River Beach is where the Hoh River empties into the Pacific Ocean. If you have been out to our Olympic Coast, you know what a beautiful, wonderful, and wild area it is. Like last year, we'll camp Saturday night on the Beach. Please contact Eli or John Sargent if you would like to participate in this event.

With the Spring weather we'll begin our work parties at Guye Cabin. This year we will have one work party on the second or third Saturday of every month through October. The first "Electric Work Party" will be May 09! We are hoping to do mostly electrical work on this day. We need to do some wire upgrades in the dorms. Come up and help out if you have the time! This is a great way to meet some new people in the WAC and invest in the Club's future. Check the website for the dates. Please call or email and let me know you are coming.

As we transition to the warmer weather please keep the WAC in your plans. The Climbing Class will be going into June, there will also be work parties and events at Guye Cabin, and an assortment of climbs, hikes, skis, and bike rides to participate in!

The Washington Alpine Club is on Facebook!

Invite your friends to join us.

Facebook is yet another way to keep up with the Washington Alpine Club. Once you've joined Facebook, go to the WAC page and join the group. And invite your friends to join the group. You can connect with other WAC members, get information on upcoming events and post messages for other members.



Just click on the Facebook logo on the right to visit the WAC Page.

CONSERVATION

Olympic Beach Clean-up - April 18

Continued from Page 1

Jefferson Cove to clean. Jefferson Cove is a beautiful low tide beach about a mile long. At the North end is the first ladder and the route over the big Hoh Head.

This is a great event for families with kids and those without kids. We camp in the sand on the beach and kids have fun exploring the



miles of beach logs while adults search for fishing gear and plastic bottles. The hike in is short (about 25 minutes), which is great because we pack out all the trash. In the evening on Saturday, we have a big group sing-along while we roast marshmallows and sip mulled wine.

➤ RSVP to Eli: e2holmes@yahoo.com

For more information, visit the WAC Beach Clean-Up Page:
<http://grandcanyontreks.org/olympic2.htm>

Map:
<http://grandcanyontreks.org/olympic/olympic%20coast%20cleanup%20map.jpg>

The details:

We hike in at 9am Saturday from the Oil City Trailhead. To get there, first get to Forks (ca 3.5-5 hrs from Seattle depending on ferries and your route). From Forks, drive south to the Oil City Road turn-off (12 miles S of Forks). If you cross the Hoh River, you just passed the turn-off. Drive about 10.5 miles (on a dirt road) to the Oil City Trailhead. Hike in is about 2 miles.

Some people drive over on Friday and camp at Hungry Bear Campground, about 13 miles before Forks. It is a Department of Natural Resources Campground. It is free, with out-houses, but no water. The Hungry Bear Cafe is right next door. Others take the EARLY ferry on Saturday. On Sunday, we pack up and hike out and some people head to the Sol Duc Hot Springs.

What to bring:

- Camping stuff
- Wet weather stuff
- Hot sun stuff
- Hand saw (like for pruning)
- Knife
- Clippers (hand)
- Stuff for enjoying a campfire (marshmallows, sausages, that sort of thing)

CONSERVATION NEWS

Alpine Lakes Wilderness Expansion

A bill to expand the Alpine Lakes Wilderness is back again this year, this time with a new Wild and Scenic River designation thrown in for good measure.

Sen. Patty Murray and Rep. Dave Reichert introduced legislation in the House and Senate to add 22,000 acres to the 394,000-acre Alpine Lakes Wilderness area. The bill also seeks to give the Middle Fork of the Snoqualmie River designation as a Wild and Scenic River.

Growing the Alpine Lakes Wilderness



PNW National Scenic Trail

Congress has passed legislation creating a Pacific Northwest National Scenic Trail. The 1200 mile Pacific Northwest Trail (PNT), runs from the Continental Divide to the Pacific Ocean, and ranks among the most scenic trails in the world. This carefully chosen path is high for the views and long on adventure. It includes the Rocky Mountains, Selkirk Mountains, Pasayten Wilderness, North Cascades, Olympic Mountains, and Wilderness Coast. The trail crosses 3 National Parks and 7 National Forests.

For more: <http://www.pnt.org/>

EDUCATION

Basic Climbing Class

The WAC Basic Climbing Class has had a busy March. The weekend before the class started we conducted new and returning instructor training at Guye Cabin. The weekend helped us to refresh our skills as well as practice our teaching skills. While we were learning such important skills, we marveled at the amount of new snow that continued to fall at the Pass. The foot + of snow made climbing season seem a bit far away but, despite the wintry weather two days later we welcomed 33 students to their first climbing class with the WAC.

Our first weekend trips started out about as traditionally as can be expected - as we were greeted with the best of the Northwest weather. We spent the day in the snow and cold at the top of Mt. Si working on knots, trying to find our way out of the white cloud during map and compass, and learning how to stay warm with emergency bivy skills. We look forward to the adventures to come.

Kristin, Mike and Jeff
wacclass-cochairs@yahogroups.com



Burke Museum - 2-for-1 Admission

Our friends at the Burke Museum of National History invite the WAC to their new exhibit.

Coffee: The World in Your Cup presents the story of one of the world's most widely traded commodities and how it has affected cultures, economies, and environments across the globe. *Coffee* explores the environmental and social impacts of the coffee industry and recommends ways for consumers to make socially and environmentally responsible coffee purchases at the grocery store or in a coffee shop.

Just print out this coupon for a 2 for 1 admission to the Burke! This is perfect for an evening outing!

<http://www.washington.edu/burkemuseum/coffee/>

A coupon for a 2-for-1 admission to the Burke Museum exhibit 'Coffee: The World in Your Cup'. The coupon features the Burke Museum logo, the text '2-for-1 Admission', and the dates 'January 24 - June 7, 2009'. It also includes the website 'www.burkemuseum.org' and the phone number '206.616.3962'. The coupon is framed with a decorative border.

THE BURKE MUSEUM OF NATURAL HISTORY AND CULTURE

2-for-1 Admission

Good for one free admission with purchase of one adult admission

January 24 - June 7, 2009

Coffee

THE WORLD IN YOUR CUP

On the UW Campus at 17th Avenue NE and NE 45th Street

www.burkemuseum.org 206.616.3962

Valid only during the above exhibit. Not valid with any other offer.

TRIP REPORT

Hög Loppet a Tradition for Nordic Skiers

A beautiful journey in the Cascade back-country.

By John Erik Stacy, first printed in the Norwegian American Weekly on March 6, 2009.

In late February, the Leavenworth Winter Sports Club (LWSC) organizes an event that draws hundreds of Nordic skiers up above the tree line in the Cascade Mountains of Washington State. The name of the event is "The Hög Loppet" and it is a mass wandering that joins cross country skiers from the region and



Hög Loppet 2009

beyond to enjoy stunning views, crisp snow and the fellowship of shared spirit. This year, Saturday the 28th of February, nearly 500 participants - including myself - did "The Hog." The fun started with an early morning ascent via chairlift to the top of the Mission Ridge. The lift brought us to an altitude of about 7000 feet. From this vantage point we could see an awe inspiring panorama including the peaks of Mt. Stuart, omnipresent Rainier, the more distant Adams in the South as well as Baker near the Canadian border. This "big-country" view was the starting point of our 20 mile trek West to our end point on Blewett Pass.

The Hög Loppet course follows the line between Chelan and Kittitas Counties along forest service roads. The trails are groomed for cross-country skiing just prior to the event. This year Nordic skiers of all sorts participated, from those on ultra-light gear through to back-country metal-edge mavens. The beginning of the course is characterized by

some steep descents, so the skate and performance crew were well advised to get out ahead of the pack to make use of fresh grooming. The rest of us had to deal with a somewhat less pristine surface which helped foster some entertaining face-plants into the soft powder. Although some skiers managed the descents with impressive élan, for the bulk of us, this was the most challenging segment. The course becomes a lot more like "standard" groomed trails after this point.

Hög Loppet trails are normally used by snowmobilers, and volunteers from the motorized community support the event by hauling snacks to aid stations and being on hand for emergencies. The coordination of volunteers and aid stations is an important aspect of the service provided by the LWSC in arranging this event. In addition to "civilian" volunteers - about 60 in all - there are also US Forest Service and local law enforcement on the scene. By keeping people on the trail and providing emergency care if needed, the support crew helps to make this event accessible to a very wide range of participants.

This year the youngest "Hog Lopper" was 10 years and the oldest 75. To me, the Loppet has much of the feel of a weekend ski trip in "Oslo Marka." In Norway, the trails are full of people of all ages and abilities. Also, the aid stations set up with hot chocolate and goodies - although admittedly not quite a Norwegian "stue" like Ullevålseter - is reminiscent of the "hut to hut" skiing that is the norm for Scandinavia. The promise of waffles, hot-chocolate and the chance meeting of friends is part of what gets skiers out into the winter wonderlands in Norway and Sweden. Some of that same magic is at work in the Cascade Hög Loppet as well. The second aid station follows a rather long climb, and arrival brings a sense of accomplishment shared with the other participants. The third aid station at Haney Meadow has a party atmosphere as people

tend to linger, eat lunch and visit. And here participants know that most of the rest of the trip is an easy downhill over several miles to the end point in the parking lot off of Hwy 97.

This year was my third Hög Loppet in the same number of years, but the event has been going on for over 20 years. The name of the event is a strong indicator that it was conceived by Scandinavians since the literal translation from Swedish is "The High Run". Originally the direction of the course was the opposite. That would have made the course a much greater aerobic challenge, gaining 3000 feet in altitude, and would presumably have ended by skiing down one of the Mission Ridge Alpine runs - also a challenging task on free-heel skis



Joanna and Doerte

and tired legs! I do not know when they transitioned to starting at the high point, but I am sure it corresponded to an immediate jump in the popularity of the event.

The LWSC became responsible for arranging the event in 2005, making this year the fifth Hög Loppet under their leadership. Their contributions to the event (beside the aforementioned logistic coordination, registration, etc.) include the hiring of shuttle busses that



A view of the start of the Hög Loppet.

ferry participants from either Leavenworth or Wenatchee in the early morning and then return them from Blewett pass in afternoon. The first to finish this year arrived at the end point at 9:30 AM - meaning a time for the 20 mile course of less than 2.5 hours since the earliest available chair lift is 7:00 AM. The last to finish came in at 4:25 pm. Busses destined for the towns arrived roughly every half hour

after noon. Note: the event is not meant to be a race - besides whatever personal satisfaction you may derive, the only reward for coming in first is to wait several hours for a bus.

There are many medium and long distance Nordic skiing events around the USA and Canada. The American Birkebeiner in Wisconsin - named after the Norwegian parent

event which again derives from the epic ski rescue of the infant King Håkon Håkonsson in 1206 - is probably the best known. The Hög Loppet is another example of how Scandinavian traditions continue to resonate in America.

➤ To learn more about the Hög Loppet (and other events arranged by the Leavenworth Winter Sports Club) visit the club website at <http://www.skileavenworth.com> and click the “events” link on the navigation bar at the top of the page.

Thanks to Hög Loppet organizer Rebecca Darley for providing facts and figures!

Link to this article: <http://www.grandcanyontreks.org/wac/bulletin2009/HogLoppetForLWSC.pdf>

COMMUNITY NEWS & EVENTS

WAC Fun Day - Results

Ski Race

1. Eli Holmes
2. Jeff Wright
3. Ann Boyd

Snowshoe Race

- T1. Jolyn Leslie and Matt Eiler (tied)
3. King Tang

Divisions:

Division 1: Young and Fearless

1. Ellie Gramm
2. Laura Sargent

Division 2: Not quite old enough to know better

1. Eli Holmes
2. Tami Sargent

Division 3: Old enough to know better

1. Ann Boyd
- T2. Jolyn Leslie, Matt Eiler (tied)
4. Karel Zikan

Division 4: Still crazy

1. Jeff Wright
2. King Tang
3. Matthew Tang
4. John Sargent

WAC Fun Day- The Movie:

Feel the thrill, chills, and excitement from your own living room...

<http://www.youtube.com/atch?v=BzO5IH2Jmt0>

Okay! Go ahead and mark the calender for 2010!

--Eli



Snoqualmie Loppet



Guye Cabin News

Winter wrap up!

Guye Cabin had a fantastic winter season! Thanks to everyone who came up and used the Cabin this winter! There is still a full snowpack at Snoqualmie Pass which means excellent spring skiing. However, The Guye Cabin winter season is over. This means that the Cabin will not be open each weekend. Folks are still welcome to use the Cabin but you must be training on the opening and closing procedures, and responsible. If you are going up be sure to let the waclist know so others can come too! How do you get trained to open and close Guye Cabin? It's easy! Just attend some work parties!

Work Parties are fun!

Our Second Saturday work parties will begin with the "Electric Work Party" Saturday May 09. This inside work party will focus on electric upgrades in the dormitories and ping pong room. We'll also work on refinishing some floors. Join us if you can! As the weather warms up we'll paint, do yard and trail work, plant trees, and infrastructure projects.

The Second Saturday of each month work parties will continue all summer into October. Check the website for final dates.

Cabin Calender

Going to the Cabin? Mark the day/times on the Cabin Calender on the website:

<http://www.wacweb.org/Current/default.view>

This way others will know the Cabin is open. The Cabin is wonderful place in the spring and summer so make your plans to enjoy the mountains with friends and family.

WAC Bike Rides

WAC members will do a lot of bike rides over the summer! Bike to Work, STP, Tour de Blast, Rhapsody, etc. If you are doing a ride, send an email to the Waclist and get others to join you. It is fun trying to recognize people when they are not dressed in climbing and ski clothes! Many WACers are riding the STP. If you sign up, there is an option to stay at the Toledo High School (a bit longer the first day, and lots shorter the second) We'll look for a TV downtown to watch the Tour de France. The Rhapsody Ride (Ride around Puget Sound) is also a favorite that many people do each year.

John Sargent is also leading a multiday continuation of the STP bike ride to Eastern Washington. Word in the bike lane is that the wind is guaranteed to be at your back the entire time.

Contact John to sign up, or for information on any of the group rides all season.

Snoqualmie Pass Runs

Did you know that our backyard- Snoqualmie Pass is a popular trail running area? There are many scenic runs that have the added benefit of being at 3000' to 5000'

Guye Cabin is an excellent base for getting some mileage in the Cascades.

Paved Runs (2 to 13 miles):

Cabin to Alpental and back, Cabin to Exit 47 and back, Cabin to Hyak Trailhead and back

Trail Runs (2 to 16 miles):

Snow Lake, Red Mountain, Kendall Katwalk, Melakwa Lake, Lake Annette, Granite Peak, Iron Horse Trail, PCT South

Forest Road Runs (2 to 10 miles):

Cold Creek to Windy Pass, Mount Margaret, Creek Run



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FIRST CLASS

TO: