

WASHINGTON ALPINE CLUB | BULLETIN

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WASHINGTON ALPINE CLUB

P.O. Box 352
Seattle, WA 98111

www.wacweb.org

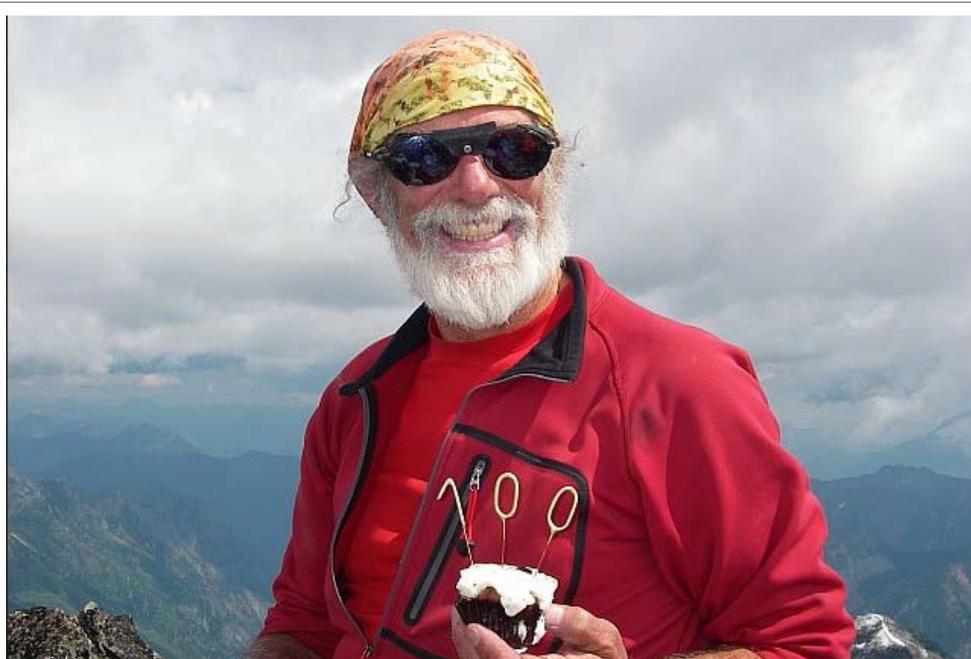
The Bulletin is 100% online

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.

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Pat O'Brien Completes 100 Highest!



Pat O'Brien celebrates the completion of the 100 Highest atop Hard Mox.

This summer, Pat O'Brien completed his long-time quest to summit Washington's 100 Highest Mountains, becoming just the 33rd person to accomplish the feat. Congratulations, Pat!

To see April McCoy's excellent photos of the entire trip, go to:

<http://picasaweb.google.com/april.j.mc/TheMoxesAndRedoubt?authkey=Gv1sRgCIne8rOPgLySRA&feat=email#>

To read an interview with Pat, reflecting on his accomplishment, see page 6.

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

September	
11-12	ICO Train the Trainer
26-27	Snoqualmie Nordic Kick Off
October	
17	Work Party at Guye Cabin
18	Annual Meeting at Guye Cabin
November	
13-15	MOFA Class at Guye Cabin
December	
13	New Snow Dinner

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@yahooogroups.com

Subscribe:

waclist-subscribe@yahooogroups.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: climbon

Thanks -George Snelling, Mike Garrison, Sim Larkin

WASHINGTON ALPINE CLUB

Incorporated 1916 Incorporated 1923

P.O. Box 352, Seattle, WA 98111

www.washingtonalpineclub.org

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

September 2009

by Mike Mahanay

What a great summer this has been! We have had one of the warmest and driest summers ever! WAC folks have been all over of the state and around the world - Europe, New Zealand, S America, and Asia. The WAC Intermediate Climbing class started last weekend with the trip to the Coleman Glacier. They will head to Leavenworth next. This is a great class with the best instructors this side of the Columbia River!

Our Climbing Chair **Pat O'Brien** completed a major lifetime accomplishment. He has completed the 100 Highest Summits in Washington! He is one of only a few dozen people ever to do such a feat. Many of these summits required multiday trips and technical ascents. Congratulations to Pat!

This past weekend the weather started to cool off and rain was in the forecast. Thoughts are beginning to turn to the dusty boards against the wall in the basement. Soon the summits of the Snoqualmie Peaks and Northern Cascades will have a pretty coating of white.

Our Nov 13/15 **MOFA Class** is open for registration. We encourage people to take the class,

and then go on to the instructor class. We have four WAC instructors but really need several more to make our program what it should be.

The **Annual Meeting** is next month. We'll have an Open House, Potluck Lunch, Member Meeting, and Group Photo. Everyone please attend!

Although I hate to say it, we have started getting ready for the winter at Guye Cabin. Dale Ott has been up sawing rounds. Kevin Baldwin, Dave & Chris Harrington and a whole team of people at the August work party have been splitting wood and putting it away for winter. Archie, Chris, Ralph, Ed, Jeff, Eli, Phil, and a bunch of others have been working inside the Cabin upgrading the electrical and installing a new window or two. Thanks everyone! Don't be left out! Free up some days to work at the Cabin this fall! There is something for everyone to do! Two Fall work parties remain. Even if you can't work, stop by and give support to those putting in some time, or just hang out.

We are also looking to fill the slate of Board positions in the next few weeks. Do you have time to attend a Board meeting once a month and take



the lead in Club projects such as the Snow Dinners, Bulletin, or marketing our Club?

The Washington Alpine Club is an amazing group of people all with the outdoors as a common interest and tie that binds us together. Members new and old were step up to commit to giving back a little to our Club, not only with the work parties at the Cabin, but taking the lead as Climbing Class Chairs, MOFA instructors, and serving on the Board of Directors.

Most of us are not born leaders, but are continually working to improve our leadership skills. Like rope management and telemarking it takes practice! Can you organize and lead a successful ascent of Mount Rainier or Mount Olympus? The WAC Chair and Board positions are excellent places to learn and practice leadership skills that will aid you both on the mountain and in your everyday life. Don't delay! Give Mike, Pat, or Eli a call right now to discuss what leadership role would be right for you. Be a part of the WAC as we enter the second decade of the 21st Century!

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.



Washington Alpine Club Classes!

The Washington Alpine Club offers a superb series of classes to our members. Instructors are club members who gladly volunteer their time, enthusiasm and experience. The WAC partners with other organizations from time to time to offer other relevant classes.

Telemark & Randonee

We offer the NW's largest and best known telemark ski program, and have added a randonee program. From beginner all the way to advanced there is a section for you to improve and refine your skills! Our Wednesday evening series starts in January and continues for six weeks! Registration begins in October each year.

Nordic Ski Clinics

We offer Nordic skiing workshops for all levels of skiers, taught by PSIA level III instructors Karel and Eli. A combination of classic and skate styles. We might do a workshop each month in Jan. Feb. and March.

Kids Nordic Ski Classes

The Junior Nordic Program is a progressive program to teach children all-round skills for Nordic skiing. For ages 4 to 8, we focus on striding (classic) and downhill skills. Starting around age 8 or 9, kids learn to skate. Kids age 9 and older split their season between classic and skating styles. For kids under the age of 10, learning through games and adventure is very important. Kids in Treasure Trails, Little Nordis, and Freeheelers will play a variety of games like treasure hunts, skiing off trail through the woods, playing soccer on skis, and having snowball fights all in the process of learning to ski well. When kids enter High Pros and are ready to for directed technique coaching, they'll be solid striders and skaters. January to March.

Climbing Class

The Washington Alpine Club's Basic Climbing Class offers a basic but comprehensive introduction to the technical mountaineering skills required to travel safely over snowfields, glaciers, and high-angle rock. The class size is small to preserve a high instructor to student ratio. Students in the course are exposed to the full range of climbing skills, first in a classroom setting, and then in the mountains. Registration begins by January 01 each year. The class runs March to June.

Intermediate Climbing

The Intermediate Climbing Class of the Washington Alpine Club offers lead rock and ice climbing experience that builds on the mountaineering skills taught in the Basic Class. This course focuses on teaching the skills necessary to become competent climbing partners in technical rock, ice, and alpine environments and develop familiarity with leading in these environments. The class format follows that of the Basic Climbing Class. i.e. classroom sessions followed by field trips. Class size remains small to preserve a one to one, instructor to student ratio. Registration begins in June, and the class runs September/October.

Wilderness First Aid (MOFA)

Mountaineering Oriented First Aid (MOFA) is a 24-hour first aid course for the wilderness traveler. The course meets the requirements for the American Red Cross (ARC) Standard First Aid



course with 15-hours of additional wilderness focused first aid training. The volunteer instructors are certified by the ARC. The class is held early every November; a full weekend at beautiful Guye Cabin at Snoqualmie Pass.

Winter Backcountry Travel

The Backcountry Travel class focuses on safe backcountry travel. The class is divided into groups of snowshoers, and skiers (AT (randonee) & Telemark). A lack of snowboard instructors has caused the class to be closed to snowboarders in the past and may again in the future. The skiers are then further divided up by skiing ability. The class is limited to 25 students. Each touring section will be 5 students with 2 instructors. The first third of the course focuses entirely on Basic Avalanche Avoidance and Assessment and involves no time on skis. These skills are then further applied on two backcountry tours (one Day trip and one overnight). While out touring, students will learn about snow stability analysis, route selection, avalanche rescue techniques, winter navigation and camping, how to ski varied snow conditions, look good and have fun. Registration begins by January 01 each year.

Mountain-Oriented First Aid (MOFA) - November 13-15

The Mountain Oriented First Aid (MOFA) Class is offered every fall at Guye Cabin. Registration is open now through the end of September, or until the class is full. Cost is \$120. (Details on the WAC website at) We really need people to take this class, and then take the MOFA Instructor Training in the Fall or Spring to come back and help with our program. Scott Calhoun, Eileen Sliwinski, Laurie Rich, & Chris Snow are our illustrious instructors, but they need help!

If you haven't taken a MOFA class you really need to, and it is strongly recommended for everyone. This is an accelerated course and students will be expected to do significant study and pass a course pre-test prior to the course start. The Mountaineering First Aid book, American Red Cross text book will be distributed two weeks prior to the class. A pre-test will be emailed to the students with time to study and complete prior to the Guye Cabin Weekend.

This course will held at Guye Cabin and begin at 7:00 PM on Friday evening and continue through Sunday evening approximately 5:00 PM. Be prepared for fall unpredictable weather, as a good portion of the class will be held outdoors, come rain, snow, or shine.

Guye Cabin Runing

We had two Trail Running events at Guye Cabin this summer. Darrell Lee hosted high school cross country runners for a runners camp, and Mike Mahanay and Jeff Wright hosted a double Ultra Trail run. Both events were very successful and we hope to have them return next year.

We like to see community events at Guye Cabin, especially in the Summer.

Coming up: ICO Train the Trainer and the Snoqualmie Nordic Kick off!



Seattle Mountain Rescue

We have several members of the WAC who are also members of the Seattle Mountain Rescue. Check out the September issue of Seattle Mountain Rescue's Bergtrage Newsletter.

There were 18 missions during the month of August, detailed in the newsletter.

Click on the image to go to the newsletter online.



COMMUNITY NEWS & EVENTS

Pat O'Brien completes the 100 Highest!

by Jeff Dietz

I sat down with Pat (between climbs at Stone Gardens) and talked about some of his recollections and reflections upon completing Washington's 100 Highest Peaks.

What is the first peak you ever climbed?

I grew up in Michigan, so there weren't any "peaks." The first time I was ever in the mountains was probably the Smoky Mountains – in North Carolina and Tennessee. It wasn't really climbing, just hiking to the top of something. I don't really consider myself to have started climbing until I moved to Washington. The first thing that I would consider "climbing something" was probably the Tooth – in the Basic Climbing Class in 1979.

My story, in a lot of ways, is just like everybody who ever took the climbing class- it's not so unique.

What was the first of your 100 highest?

My first one was Mt. Baker, when I took the Basic Climbing Class.

What is your favorite peak?

My favorite is probably Forbidden Peak. I've done four different routes on it. And, I've repeated the West Ridge maybe four or five times. I've done the North Ridge twice. The Northwest Face is probably one of my favorites. Really Forbidden is the whole package – the glaciers, the views, the exposure – everything.

What is your least favorite peak?

You know, this list has some real P.O.S.'s on it, and there are a number that would qualify. Hard Mox would probably come in as the one that came closest to killing me. So that drops it in the popularity poll.



Pat O'Brien celebrates the completion of the 100 Highest atop Hard Mox.

There's some other ones- Custer. Dark. Boston - and, I've climbed it twice- once solo! But, if you do it when there's snow, it's not so bad.

How many of the peaks have you done solo?

Probably about 25, and that's the first time I did them. Some of them I went back to. Like Forbidden, the first time I did it with a group, but I went back and soloed the West Ridge. Seattle-to-Seattle in 18 hours or so; it's definitely easier without all the gear.

How many times have you climbed the following peaks?

Mt. Baker: Don't know. I've climbed it in the class who knows how many times. Twenty-five is probably a ballpark number.

Lundin: At least once every year since 1979.

The Tooth: Probably even more. The class is better now than when I started. We have a broader instructor base and more knowledgeable people.

When I first started doing it, there were only two people who could lead. So I led almost all the climbs on the Tooth, sometimes I did it two or three times in a weekend.

Rainier: Sixteen times.

Forbidden: Twelve or so.

Eldorado: Eight or nine.

Mt. St. Helens: Fifteen or so.

I've also done multiple summits of Maude, Seven-Fingered Jack, Goode, Dome, Klawatti, and Black (including one in a leg cast.)

Most unsuccessful attempts before finally summiting?

Jack. (Shaking his head.) Jack. Three times. There is so much suffering in the approach. You start at something like 1800 feet and then there's like 100 switchbacks. It's up and down to get to the rock and then when you get there, it's not even good rock. Three times and it was really a Herculean effort.



Pat deep in thought.

What is your favorite area of the state?

The line of peaks that start from Glacier Peak wilderness to Boston Basin to the Picketts to Redoubt and Spickard – that’s how mountains are supposed to look.

That said, one of the cool things about completing the list was that I discovered a lot of areas that I had never been into before. The Horseshoe Basin area in the eastern Pasayten [for Windy Peak] – I’d never been over there before. Spectacular. The Chelan-Sawtooth area between Twisp and Lake Chelan – easier peaks, but just gorgeous.

What was your best year for summiting peaks?

It wasn’t until the last few years that I really started working seriously on the list. So, seventeen in 2003.

What are some other notable climbs you’ve done?

I’ve haven’t climbed that much out of Washington. I’ve been to Joshua Tree and Ouray a few times, but usually when I travel its not to climb. I can climb here in Washington. I’ve been to Nepal three times, but I’ve never really climbed there.

Although, the highest peak I’ve climbed is Kala Patthar, a little “hill” right across from Everest-18,000 feet. The view of Everest from there is not as impressive as you might think. You’re looking at 11,000 feet of elevation. From Paradise, you’re looking at 9,000 feet of mountain. But your definitely sucking wind while you’re looking at it.

Do you have a favorite piece of gear?

Hmm. For rock gear, it’s the .75 Cam. Seems like I’m always placing that. There’s been sev-

eral times when my helmet is my favorite piece. But probably my ice axe is my favorite – an old Chouinard model (pre Black-Diamond). I had one and wore it out – the head fell off – so I bought some new model and traded it for another old Chouinard.

Do you have any luxury-type items that you take on your trips?

Looking back on it, it’s really the people. I was reflecting on it a little bit. You know, more than the mountains, you think about the people that you did it with. And that’s really been WAC-oriented. Starting with the class and learning how to climb and then being involved with teaching the class. That’s probably the best part of it- it’s a great way to hang out with people.

What’s next on your list?

No more lists! If I mention another one, slap me.

But I do have some things I’ve wanted to do for a while- Johannesburg, the East Ridge of Inspiration, the Southwest Ridge of Dorado Needle, and the West Face of North Early Winter Spire (its 5.11, so I’ve gotta have a good day).

Any advice for others who are thinking about completing the 100 Highest?

Do it systematically. When I started climbing, I didn’t know that I was going to be doing this list. Had I known, I would have done a lot of peaks when I was there the first time. South Spectacle – I’ve done Mount Maude I don’t know how many times. Had I known, I’m sure I could have run over there and tagged it. Horseshoe Peak – I had done Boston and Buckner before. I had walked right by it, but never did Horseshoe. So, I did that in a day, the summer Nadia and I got married.

COMMUNITY NEWS & EVENTS

Guye Cabin Events!

Do you have a family get together, birthday, retreat, or just want to get away? Come up and take advantage of Guye Cabin and all Snoqualmie Pass has to offer! You'll want to attend many of these!



Cabin Fall Work Parties!
September 19 and October 17

Come out and spend a day or weekend in the mountains doing maintenance, repairs, and upgrades (or just hanging out, climbing, hiking) at Guye Cabin. Learn about the Cabin, the Pass, and our Club. A WAC tradition, we all pitch in to help. Inside and outside work. No special skills required. One each month May thru October. Two more- September 19 & October 17

Inner City Outings - Train the Trainer
September 11-12

The Sierra Club's Seattle Inner City Outings has their training at Guye Cabin every year. Seattle ICO operates as an all-volunteer organization in partnership with local schools/nonprofit agencies, serving several hundred of Seattle's youth each year, providing opportunities to experience, learn about and enjoy the outdoors.

Snoqualmie Nordic Kick Off
September 26-27

Many WAC members are also members of the Snoqualmie Nordic Club! Snow Dinner in the Summer! Snoqualmie Nordic promotes Nordic Skiing, primarily at Snoqualmie Pass. They will have their annual kick off event at Guye Cabin.

WAC Annual Meeting
October 18

Guye Cabin Open House. Everyone welcome! Come meet the directors of the WAC and the chairs of the Climbing and Ski committees. Potluck lunch at 12 followed by the Meeting at 2 pm. A full report of what is happening with our Club, and special presentations. Vote in the 2010 Board of Directors. Spend Saturday night!

MOFA Class
November 13-15

The WAC's annual Mountain Oriented First Aid Course. We encourage everyone to go through this course at least once. We also need folks to step up and take the instructor class.

This is an accelerated course and students will be expected to do significant study and pass a course pre-test prior to the course start. The Mountaineering First Aid book, American Red Cross text book will be distributed 4 weeks prior to the class. A pre-test will be emailed to the students with time to study and complete prior to the Guye Cabin Weekend.

This course will held at Guye Cabin and begin at 7:00 PM on Friday evening and continue through Sunday evening approximately 5:00 PM. Be prepared for fall unpredictable weather, as a good portion of the class will be held outdoors, come rain, snow, or shine.

New Snow Dinner
December 13, 6:00 p.m.

This event will help to guarantee a good snow-pack for the winter. Someone steps up to cook a main course and all the rest of us pitch in with potluck dishes, drinks etc. Do you have a specialty entrée that you want to share? Spend the day at the pass, then come for Dinner. We have a terrific Slideshow afterwards.

WAC Winter Fun Day!
(Sunday in February)

Fun and athletic winter events on the WAC ski hills and trails. Ski and snowshoe races. Refreshments and fun for all ages.

Vegetarian Potluck
(February or March Saturday Night)

Bring your best vegetarian dish for this annual winter tradition. Dinner at 6 pm after a day of fun in the snow.

Snoqualmie Loppet
(A Sunday in March)

A winter highlight! Come join the annual "Citizen's Race" from The Summit Nordic Center to Cabin Creek. We ride the lift up, ski the Mount Catherine Loop, do the long and flat Iron Horse, a short loop through the Troll Hagen, then a loop around Cabin Creek to the finish.

Annual Meeting Guide

October 17-18, 2009

Saturday, October 17:

Work Party >> RSVP

Outside (come dressed for mixed weather)

- Woodchoppers > to split and stack remaining wood
- Trail work >>> help build the new WAC trail system!
- Yard cleanup

Inside

- Cleaning
- Window installation

Or, just come up and stay overnight!

Mixed weather this weekend so there are still hiking/climbing opportunities. The Mushrooms are out!

Sunday, October 18

Annual Members Meeting

Come one come all!

Don't miss this event at Guye Cabin! Bring your family and friends and enjoy the pass, open house, plant trees, have lunch, and attend the Annual

Meeting. This is a good opportunity to introduce your friends to the Cabin and meet the outstanding dedicated eclectic diverse group of folks that make up our Club!

You'll be able to pay your annual dues, cabin fees for 2010, buy a WAC Technical Shirt, or if you bring up a prospect they will be able to sign up to join the Club



Throwing sawdust on the fire at a Work Party.

We'll hear the state of our Club, committee reports, and most importantly, we'll vote in the 2010 Officers!

Schedule of Events

10:00 - 12:00	Tree Planting
10:00 - 12:00	Open House
12:00 p.m.	Potluck Lunch
1:45 p.m.	Group Photo
2:00 p.m.	Annual Meeting

Want to serve on the Board of Directors?

Since we are a volunteer organization, our Board is comprised of people just like you, who are willing to give a few hours a month, attend monthly Board meetings and other events, and work toward making sure our Club is happy and healthy.

What does it require? Just a positive attitude, ability to work as a team, and commitment to the future. (Never done anything like this before Don't worry, we'll guide you through!)

We are looking for all positions including President, and Secretary. Positions officially begin in November

Board Member Responsibilities

Attend board meetings each month; attend Annual Meeting on the 3rd Sunday in October; bring member concerns and items of interest to board meetings; participate in the decision

making; train new Directors; seek programs to be presented at board meetings; understand club workings, history, constitution and Bylaws; arrange club activities; recruit and mentor new members; involve new members; promote the Washington Alpine Club; and have a good time!

Contact Mike Mahanay, or any Board member for more information by October 1.

Winter Touring Report

May 1969

The 1969 touring season has drawn to a close, although some of the best touring conditions are just beginning.

The class had a starting enrollment of 43 and 10 officially completed the course by going on the overnight to Bullion Basin at Crystal Mountain.

Early on it was discovered that the Sierra Club Manual of Ski Mountaineering was out of print,

so it was decided to reprint our own outline used before the Sierra text. Thanks to Marion Alloway and Dottie Mitchell for typing and editing the text. 250 copies were reprinted.

The season was a mild success. Our exuberant winter did slow things down a bit. A few scouting trips to new touring areas had to be put off due to severe weather conditions.

Tours that were successful were:

December—Panorama Point

January—Boardman Lake trail; (Pilchuck area).

February—Surveyer Lake, Mazama Ridge.

March—Bullion Basin (Class overnight); Mt. Margaret.



Washington Alpine Club
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Seattle, WA 98111

Address Correction Requested
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FIRST CLASS

TO: