

WASHINGTON ALPINE CLUB | BULLETIN

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WASHINGTON ALPINE CLUB

P.O. Box 352
Seattle, WA 98111

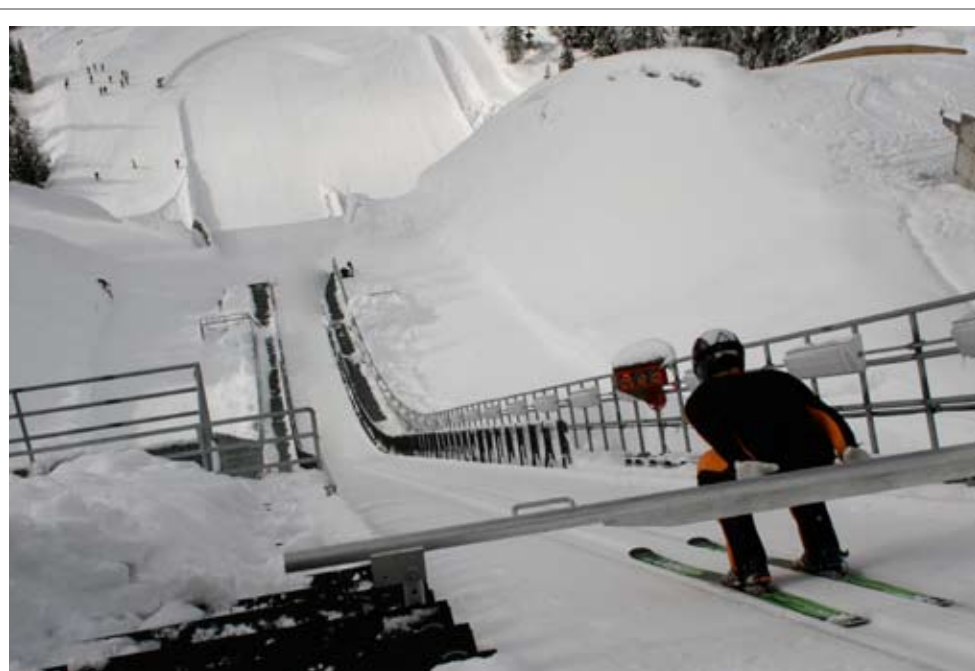
www.wacweb.org

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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The 2010 Winter Olympics are just around the corner and just over the border. Are you ready to hit the trails? If not, check out the WAC Cross Country Ski Guide below.

WAC Guide to Cross Country Skiing

Cross country, or Nordic skiing is a terrific way to enjoy the great outdoors in winter. The pleasures of cross country skiing can take your mind off the stresses of the daily grind, whether you seek the solitude of solo skiing or are spending some quality time with family and friends. It's also a great aerobic activity, enabling you to burn

up hundreds of calories per hour without straining joints such as ankles and knees. You'll get a low-impact workout while enjoying the outdoors, and the scenery sure beats the view at your local health club.

Continued on 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

February	
4	Board Meeting
6	Chicks on Sticks
13	Jente Loppet 10K
19-21	Backcountry Class at Guye Cabin
27	Hog Loppet Ski Tour
28	WAC Winter Fun Day
March	
4	Board Meeting
6	Vegetarian Potluck
7	Ozbaldy 50K at Cabin Creek
14	Snoqualmie Loppet Ski Tour
20-21	Climbing Class Instructor Training at Guye Cabin
23	Climbing Class Begins
April	
1	Board Meeting
17	Olympic Beach Cleanup
May	
14-16	Alpine Climbs at Snoqualmie Pass
21-23	Alpine Climbs at Snoqualmie Pass

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: climb0n

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.

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.

BOARD OF TRUSTEES

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PRESIDENT'S CORNER

February 2010

by Mike Mahanay

This weekend we snowshoed out to the Basin to do our annual snowpack analysis. We recorded a base of 36". The snow is a bit heavy with high water content. We should have good skiing through March, but an extended season is not looking good. February is predicted to be a little warmer and a little dryer than January. The WAC's friend Cliff Mass told us that we will soon be over the hump with the winter and will soon reach our peak snowpack. Even with all that, the skiing was excellent at Alpentel last Saturday, and wonderful on the upper Nordic Trails last Sunday.

Have you renewed your membership for 2010? Our awesome membership chair Kristin Kaupang says there are still over 100 people who have not renewed as of Feb. 01! The renewal period is really October thru December. Not sure if you are paid up? Just go to the website and look your name up! Also, you have received numerous emails and reminders. Please help us out and send your renewal in today. Check with your friends and family and make sure they have sent theirs in. The WAC is a wonderful organization that provides opportunities for people of all ages to experience and enjoy the outdoors. To do this we need you help.

The widely renowned WAC Telemark and Randonnee class is going strong every Wednesday night. Everyone has a great time and enjoys the challenge of learning a new discipline or improving their skills. We love to watch all the graceful telemarkers. Wednesday night is also a favorite time for folks to come up for a night of midweek skiing at Central or Alpentel, or enjoy Nordic on the Iron Horse or Cabin Creek trails. Vivian Darst hosts Guye Cabin every Wednesday so

please take advantage of her efforts and spend the night. Thanks Vivian!

Both the Backcountry Class and the Climbing Class are getting ready to start. Mica Schonbeck, John Commiskey, and Ty Tyler's Backcountry Class will be at the Cabin February 19/21. The Climbing Class instructors will be up on March 20/21. The classes are a great way to make some new friends and new skills and experience. The WAC has some of the smartest and most helpful & patient instructors in all of the outdoors! Helping instruct a class each year is a wonderful way to give a little back to our Club!

The famous Hog Loppet Ski Tour from Mission Ridge to Blewett Pass is Feb 27. March 06 is the vegetarian Potluck and March 14 is the third annual Snoqualmie Loppet.

WAC Fun Day will be Sunday February 28 10 am! Mark your calendars! On the WAC trails we'll have a ski race. The winner will have their name immortalized on the historic WAC Fun Day plaque (in the hallway). We'll also have a Ski/snowshow treasure hunt. There will be hot chocolate, cookies and a fire at the start/finish line. There will also be an awards ceremony and raffle in the WAC Dining Hall. Make your plans now to attend this event. Want to help out? Contact Eli Holmes.

The WAC is cool because it has something for everyone. Do what you can to help out. Attend some of the activities going on this winter!

This is an excellent year at Guye Cabin. We have an ever growing awesome group of wonderful people keeping the Cabin in good order. A

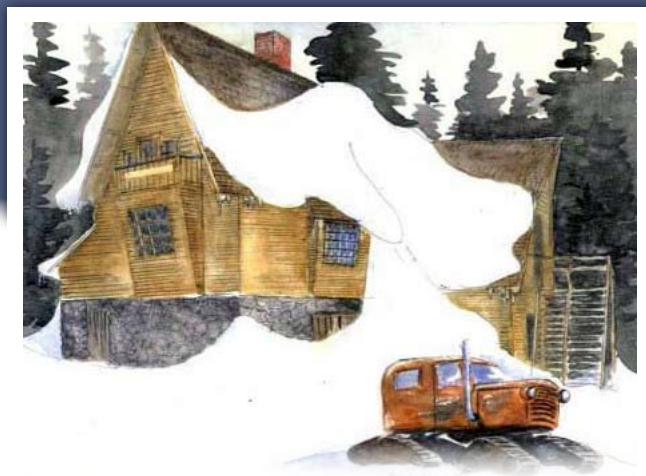


collective thank you goes to Karel Zikan, Eli Holmes, Archie Brenden, Dave Mitchell, and Vivian Darst who have taken time to keep the Cabin organized and extra clean. Please be sure to help them out by doing some chores, hauling the trash and recycling home, and shoveling snow. It's very important this year to keep the path to the Cabin open and the snow off both the front and back steps. Everyone should allow 30 minutes to help out. Don't know, or unsure what to do? Ask someone! The Cabin is open from Friday evening until about 3:00 pm Sunday afternoon.

Guye Cabin is a true mountain lodge, and it is evident that the WAC has a very strong winter division. Be sure to be respectful of the other folks, and follow the cabin rules to ensure everyone has a good time. Be responsible and educate your guests and they will have an even better time. Yes, all guests and kids need to do a chore too!

All of this is what makes the Washington Alpine Club special! Our little club started in 1893 advocating for the creation of a National Park at Mount Rainier, according to the Tacoma newspaper and is still going strong. Many folks know almost everyone in the club! It is made up of a lot of different little parts that come together as an exceptional outdoor club. Our mission is to encourage the healthful enjoyment of the great outdoors, preserve its natural beauty, and to promote good fellowship among all lovers of nature. We do this through our classes, activities, and fellowship.

GUYE CABIN



WAC Fun Day - Sunday, Feb. 28

Hot chocolate, cookies and fire at the start/finish line!

10:00 a.m. Snowshoe Race

10:30 a.m. Ski Race

11:00a.m. Ski / Snowshoe Treasure Hunt

1:00 p.m. Awards Ceremony and Raffle In the WAC Dining Hall

Ski race:

Get those metal-edged backcountry skis waxed and practice your technique. Race will start by ascending up the rope-tow hill, turning right onto the blue Cliff trail and over to Guye View road, then back on Guye View Road, past the start and onto Beaver Trail and up and around the Big Rock Loop. The race concludes with a thrilling finish down the rope tow hill. About 3km max.

Winner will have their name immortalized on the historic WAC Fun Day plaque (in the hallway).

Kids and youth/adult treasure hunt: This will be non-race event where the kids (and kids at heart) will have a treasure map. They will find stations on the trail system where they can get their fun day card stamped. Completed cards can be turned in for a prize at the awards ceremony.

There will be little kid and youth/ adult versions of the map and cards.

Can you help?

Contact Eli Holmes

Help prep the course
Saturday, February 27, 3:00 - 6:00 p.m.

Help set-up
Sunday, February 28, 8:00 - 10:00 a.m.

Connect with the WAC on Facebook

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 below to visit the WAC Page.



Vegetarian Potluck - March 6, 6:00 p.m.

This is the ninth year we will do the Vegetarian Potluck! This has grown from an informal gathering of a few friends to almost a full house! Come up early and spend the day, or

get some time in the snow and work up a big appetite. Spend the night! Everything will be specialty potluck. Please bring your very best hot dishes of main courses, salads, appetizers,

vegetables, deserts. Can't cook? Just go by PCC and pick something wonderful from the deli, or bring fresh daffodils or tulips, or lots of juices and teas.

MEMBERSHIP

Have you renewed your membership?

If not, your membership expired on December 31. Please renew today - last chance...

We hope that you continue to support the Washington Alpine Club and take advantage of all the opportunities that membership offers. That WAC does many good things for people of all ages, but we can only do this good work with your support. Please renew today!

RENEW ONLINE >>

Annual Dues (renewals)

	Regular	Senior	Out of State
Through Dec 2010	\$30	\$15	\$20
Through Dec 2011	\$60	\$25	\$35
Through Dec 2012	\$85	\$35	\$50
Through Dec 2013	\$115	\$45	\$65
Through Dec 2014	\$135	\$55	\$80

Please consider adding an additional gift to your membership renewal check. Your contribution will help us with scholarships and major upcoming cabin expenses including construction of the new parking lot. Thanks for supporting your club!

Please send your check today made out to "WAC", to:

Washington Alpine Club
c/o Kristin Kaupang
7712 14th Ave SW
Seattle, WA 98106

The annual membership is from January 1 to December 31. To renew, you can send a check to the address below or use the Google Checkout link below.

Click below to pay your member fees with Google Checkout!

Support Guye Cabin

When renewing, members also have the opportunity to pay annual Guye Cabin fees in lieu of single day or overnight fees. These annual cabin fees are effective for the membership year.

Annual Cabin Dues

\$70.00 per person
\$100.00 for two people
\$120.00 for three or more family members (13 and older)

Welcome New Members

Lindsay Ashby	Bruce Colony
Blair Carter	Cristi Colony
Nelson Cesar Di Paolo	Lorelei Felchlin
Terra Johnson	Andrew Parker
Ben Stewart	Virginia Preston
Andy Toyota	Melissa Rogers
Michael Paulsmeyer	Dennis Saunders
Emilee Birrell	Laura Stripp
Brit Briggs	Karen Schooley
Christy Higman	Dwayne Dunaway
Chelan Miller	Doug Guillot
Diana Spring	Alexander Allen
Bruce Allison	Scott Anderson
Mary Allison	Elizabeth Borock
Lucas Calderon	Jennifer Brown
Brad Chadek	Adam Buckley
Scott Ferris	Eileen Burns
John Koreny	Marah Connole
Steve Leonard	Stephanie Cooper
Maya Li	Rachael Crickman
Matthew Otto	Michelle Darbous
Paul Kalina	Chris Edmonds
Jacques Demers	Noah Foster
Kirk Hochstatter	Durgaprasada Kalluraya
Megan Hochstatter	Jocelyn Kerr
Paul Martian	Pradeep NarayAnashetty
Dan Mazur	Edward O'Neil
Tim McGruder	Emily Prouty
Sarah Peery	Peter Samuels
Doug Stowell	Emma Sando
Steven Tilston	Shivam Srivastava
Laurie Benson	Becky Sundling
Kristina Christmas	William Van Cleve
Rowan Christmas	Maarten Vanhorenbeeck
Michael Quayle	Nick Vega
Erin Renshaw	Ethan Wong
Kara Winchell	Derek Denny-Brown
Liz Vonckx	Erin Mawhirter
Maria Lee	Ross Mckillop
Julie Carlton	Mark Iverson
Maria Manca	Mary Petterson
Kelton Peery	Peter Alderson
Tom Alphin	Charlotte Boyd
Mark Branum	David Derse
Tony Chiang	Amanda Stoneham

CROSS COUNTRY SKIING (NORDIC)

WAC Guide to Cross Country Skiing

Continued from Page 1

Get your Gear!

1. Renting equipment at your local ski shop or at the ski area. You can rent equipment by the day or week. This is recommended for first-time skiers.

2. Leasing equipment for an entire season. This is a good option in areas where it might snow only a few times a year, because rental equipment can be scarce. Some ski shops offer this service and it can especially make sense for children who quickly out-grow gear.

3. Buying used equipment at a local shop or ski swap. Be aware that at garage sales and some swaps, you may wind up with gear that is out-dated and inappropriate.

4. Buying new equipment. You might want to consider a package deal that offers a discount when you buy skis, boots, bindings and poles together.

Types of cross country skis, bindings, and boots:

Traditional In-Track Touring Skis

These skis are often used with a traditional kick-and-glide motion on maintained track systems set by special grooming machines. They also can be used on ungroomed terrain. They have minimal sidecut so the skis will stay in the tracks. (Sidecut refers to the narrowness of the middle part of the skis in relation to the wider tip and tail.)

Skating Skis

These skis are used with a skating-type stride on groomed trails. They are shorter, narrower

and lighter than traditional cross country skis. The technique is similar to inline skating, except poles are also used. Skating skis can provide the ultimate fitness workout.

Backcountry Skis

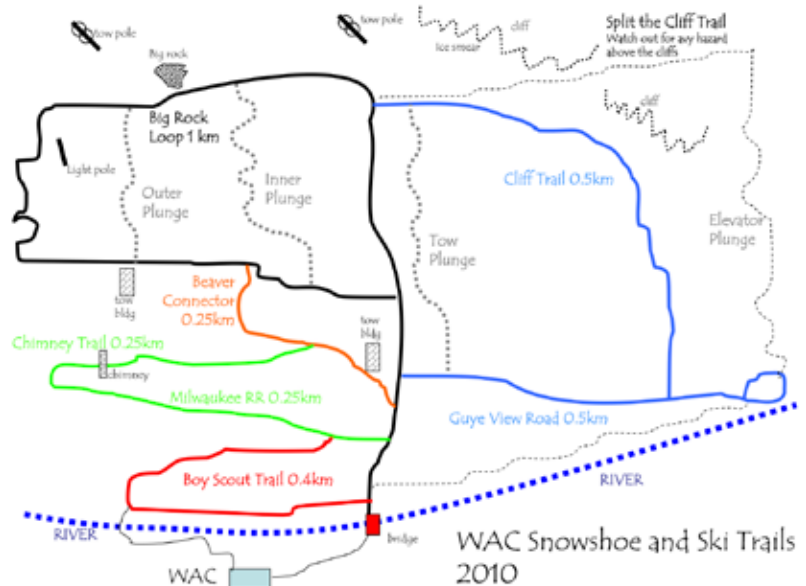
These skis are for the more adventurous, who are exploring the backcountry and experiencing variable snow conditions. They can be as wide as alpine skis, for better flotation, and feature metal edges for more control.

Boots

The boots you choose can make cross country skiing a real pleasure. Comfortable, warm boots are the most important component of the equipment package. Boots should be moderately rigid to resist twisting or deformity.

Poles

Poles are used to help you with your balance and for pushing off while skiing. Poles can be made from fiberglass, aluminum, graphite or some combination of these materials.



What size skis?

Skis are measured in centimeters. Your ski length will depend on your ability, height and weight along with the type of skiing you plan to do most often. A shop employee will help you decide on the appropriate length.

Poles are measured in inches or in centimeters.

Lets go ski!

There are several sno-parks along the I90 corridor to ski. Hyak, Exit 54 also has many miles of groomed runs. Cross country skiing is relatively easy to learn, but first-timers should still take a lesson from a qualified instructor. Lessons can greatly enhance the experience. This is especially true if you don't have any experience ice skating, inline skating or exercising with a cross country skiing simulator. Take a group or private lesson.

Snoqualmie Loppet - March 14, 2010

The third Annual point to point citizen's tour. Ski from Silver Fir to Cabin Creek.

What a great way to introduce people to the entire Nordic trail system! This is an informal event with no sponsors, no support, no prizes! It's about 30 kilometers total distance, about the same as the Hog Loppet. Spread the word! Sign up by emailing Mike Mahanay.

1. Silver Fir lift to the top and the upper trails
2. Around Mount Catherine counter clockwise all the way to Hyak Lodge (food, bathroom)
3. Descend to the Iron Horse and the long fast 10K past the Stampede Pass Road

4. 3 telephone poles past the Stampede Pass Road enter the Trollhagen trail system
5. Exit Troll Hagen and ski toward I90 until you connect with the Stampede Pass Road
6. Walk the road, crossing I90, and into the DOT yard
7. Bare slightly to the right and in a couple 100' join the Cabin Creek Trail System
8. Ski the Viking course and Berg course to the end!

There is no entry fee, however, you must have a trail pass to use the Summit Nordic Trail System.!

It is recommended that you start promptly at 9 am for the best snow conditions.

We'll meet at 8 am at Silver Fir to shuttle cars to Cabin Creek. Don't forget your Snow Park permit.

Classic or skate is fine. Faster Skiers will complete in about 3 hours. Slower skiers perhaps 5-6 hours. It depends on your gear, your technique, the weather, grooming conditions and your physical ability. There is no support in terms of food on the course. Please bring plenty of food and water

The Hog Loppet - February 27, 2010

A 21 Mile Ski Tour from Mission Ridge to Blewett Pass in the Cascades!

What is the Hog Loppet? It is Swedish for "citizen's high country ski trek".

It is a high traverse from the top of Mission Ridge Ski Area to Blewett Pass, covering 30 kilometers. This 21-mile event is not a race but a Hog Loppet, where the only idea is have fun and finish. This is the 19th edition of the annual cross-country ski event, and each year there are over 500 skiers participating without regard to conditions.

The route is up and down for the first 7 miles, then generally level for the next 7 miles, and then the last 7 miles there is a long descent to 4100 foot Blewett Pass. Along the way, there are three aid stations with snacks, oranges, apples, water, Gatorade, hot chocolate, m&m's, and emergency equipment.

The route begins at the top of the Mission Ridge Ski Area, outside Wenatchee, after two chairlift rides from the base. 21 miles later at Blewett Pass there are big busses to give us a ride back to our vehicles in Wenatchee and Leavenworth. Everyone receives a really cool t-shirt as a prize. This is an intermediate ski with a few miles of ungroomed skiing at the beginning. Ages ranged from teenagers to seniors. Rated a 10.

We always have a large WAC contingent participating. Want to go? Sign up soon as it sells out!

<http://www.skileavenworth.com/event/hog-loppet>

Chicks on Sticks

Leavenworth - February 6

Presented by the Leavenworth Winter Sports Club, this 8km ski event is great for female skiers of all abilities. Food will be provided afterward and lots of door prizes. Word on the hill is that some of the boys will dress up in attempt to participate. Most likely this will be a feeble attempt and fail miserably.

<http://www.skileavenworth/event/chicks>

WASHINGTON ALPINE CLUB

Basic Climbing Class Update

The application window for the Basic Climbing Class for 2010 has now closed. The first night of class is Tuesday, March 23, at the Prospect UCC.

New and returning instructors are invited to the Kickoff meeting and social on Tuesday, Feb 9th at 7:00pm at the Odd Fellows Hall in Ballard (1706 N.W. Market St.). Pizza will be served.

New instructor training will be at the cabin all day Saturday, March 20th. If you are a new grad from last years' climbing class, or otherwise a new instructor, please attend this training session. Returning instructor training will be at the cabin all day Sunday, March 21st.

Jeff, Joanna, Mike
2010 Climbing Class Co-Chairs



Washington Alpine Club
P.O. Box 352
Seattle, WA 98111

Address Correction Requested
Do Not Forward

FIRST CLASS

TO: