

# Washington Alpine Club | Bulletin

January 2011 | Volume 94, Issue 1



## Washington Alpine Club

P.O. Box 352  
Seattle, WA 98111

[www.wacweb.org](http://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 WAC guide to Cross Country Skiing (Nordic)



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 can't be beat!

### Get your Gear!

Before renting or purchasing equipment, ask yourself a few questions: Will you ski two times a year or more? Where do you plan to ski? The terrain and location helps determine your equipment choices. Determining your projected commitment level will help you decide whether to rent, or buy used or new equipment.

### Here are the choices:

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 Be aware that at garage sales and some swaps, you may wind up with gear that is outdated and inappropriate.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.

continued page 4 >>

# WAC Information

## Calendar

JANUARY 2011	
January 8	Junior Nordic Program begins
January 12	Wednesday Night Tele / Randonee Class begins
FEBRUARY 2011	
February 6	Chicks on Sticks Ski Race
February 10/20	Backcountry Class at Cabin
February 26	Hogg Loppet Ski Tour
February 27	Annual Fun Day on the WAC Trails
March 2011	
March 5	Vegetarian Potluck Dinner
March 6	Snoqualmie Loppet 30K Ski Tour
March 19/20	Climbing Class Instructor Training
April 2011	
April 23 - 24	Annual Olympic Beach Cleanup
May 2011	
May 12/14	Alpine Climbs
May 19/21	Alpine Climbs

## Is Your Contact Info Current?

You can check these things on the Washington Alpine Club website: [www.wacweb.org](http://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](mailto:dtmitch@mindspring.com)

### New Email Address?

To update your email address log on to

[www.wacweb.org](http://www.wacweb.org)

If you don't have an account, you can use the shared name and password:

User name: climbing / Password: climbon

## 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](mailto:waclist@yahoogroups.com)

Subscribe: [waclist-subscribe@yahoogroups.com](mailto: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

Founded 1916 Incorporated 1923

P.O. Box 352, Seattle, WA 98111

[www.washingtonalpineclub.org](http://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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Mike Mahanay | 206.931.4713

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Pat O'Brien | 206.527.6881

#### 2nd Vice President

Eli Holmes

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Randy Oakley

#### Nordic

Karel Zikan, Mark Daly, Eli Holmes

#### Back Country

John Commiskey, Ty Tyler, Mary Lear

### PROPERTY & MEMBERSHIP

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Work Parties . . . . . Bill Hooper | 206.325.2851

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By Laws . . . . . Dave Mitchell | 425.235.1039

# President's Corner

## January 2011

by Mike Mahanay

Happy new Year! Our ski season has been underway for more than six weeks already thanks to La Nina'. The Pineapple Express did a good job of consolidating the base, and now we have plenty of light new snow. This will be a very good season. Guye Cabin and Snoqualmie Pass have a base of 48 inches as of today with more snow almost every day in the forecast. We have a fantastic winter underway. Many people have already been out skiing & snowshoeing the WAC Trail System, or the PCT, Nordic skiing, and alpine skiing. Others will soon be learning randonee or telemark skiing on Wednesday nights, and how to travel safely in the winter backcountry.

We had an excellent Snow Dinner! A fine group showed up after a day in the snow! It was a beautiful day with wet new snow, and a time to meet new people, and see old friends! Thanks to Laura Sargent for cooking up a big ham for the main course! We had an array of excellent healthy side dishes too. Thanks also to all that attended and for all the other excellent and creative potluck food! After dinner we had a slide show of local WAC activities from the past year.

Both the Backcountry, and Climbing Classes are now accepting applications. John Commiskey, Ty Tyler, and Mary Lear are leading the Backcountry Class. Typically this class is comprised of skiers, split boarders, and snowshoers, but they always need people to help with the snowshoe portion. Contact John, Ty, or Mary today to see what you can do to assist. The Climbing Class is led by co-chairs Johana Hingle, Ira Rushwald, and Amanda Stoneham. All our classes expect to reach the maximum enrollment, and introduce new folks to the wonders of the outdoors and the WAC- safely. WAC classes reach maximum enrollment so don't delay.

Through lots of hard work by the Cabin team, Dave Mitchell, Dale Ott, Eli Holmes, Archie Brendan, Ralph Preston, and assisted by a host of others, Guye Cabin is in excellent shape and ready for lots of use over the winter. Folks are using it as a base to meet, play, rest, have a hot lunch, and spend weekends and vacations year round. There are almost always WAC members and their guests at the Cabin. Do your part to keep the Cabin clean and running smoothly. Sign the Cabin Log, and pay your fee for you and your guests when you arrive, and introduce yourself to everyone. Help out by doing a chore or two, and haul recycles and trash home. See something that needs to be done? Go ahead and do it!

This is important- The Summit has done a great job of plowing our parking so far this winter. We owe our winter parking to Sahalie so please follow our parking process. Don't forget to carpool, and if you bring guests, you might unload and shuttle extra cars over to the Summit hotel. Be sure to wave and make friends with Summit snowplow drivers, Summit Security, and Sahalie folks when you see them. We only have parking for 7 cars on our side (south of the A frame fire station only), if we need more we should park only at the north end of the Sahalie side. (Do not let the public park in our spaces.) Everyone will have to do their part to ensure our signs, cones, pylons, and tape are out in the parking area all day on the weekends and holidays. If you see them out of place, blown over, etc. please put them back where they should be.

In our daily lives we are part of many different communities- our home, our neighborhood, school, work, yoga class, running club, church, and the most special – the WAC! Of course it is this sense of community that makes our Club so special. We are a diverse group of family and friends that



The Washington Alpine Club Annual Meeting was held on October 17. Please welcome and congratulate the 2011 Directors!

President: Mike Mahanay

Vice President: Pat O'Brien

Vice President: Eli Holmes

Treasurer: Toby Young

Secretary: Ira Rushwald

At Large: John Commiskey, Charles Muzio, Pat Beurskens, Mike Daly, and Susan Ashlock

enjoy seeing each other, spending lots of time together, and providing support for each other. We love introducing people to the wonders of the outdoors, teaching them new skills, growing their confidence, and stretching their boundaries as we all grow in our lives..

From all of us, we wish you a happy, fun, adventurous 2011! Get outside and meet the great people that make up the WAC community! Enjoy the snow and winter weather!



# Nordic Skiing

## Nordic (continued from page 1)



### 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.

**Off-Track Touring Skis:** These skis are often used to navigate ungroomed terrain in parks, open fields and on golf courses. They are wider than in-track touring skis and provide more flotation and stability in fresh snow.

**Skate 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. Skate skis can provide the ultimate fitness workout.

**Backcountry Skis:** These skis are for the 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.

**Wax vs. waxless:** Although more advanced skiers prefer waxing their skis, most enjoy the convenience of waxless skis. If you buy waxless skis, you can strap them on and go.

**What size skis?** Skis are measured in centimeters (cm). 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.

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.

There are many types of cross country ski **bindings** available, but the basic concept is the same: Keep the toe and front of the boot locked in place, leave the heel and back part of the foot free to move up and down. Boots and bindings are usually sold together as they must work as a team.

**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. Poles are measured in inches or in centimeters.

### Lets go ski!

There are several excellent sno-parks along the I-90 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. We recommend a lesson either from our friends at Snoqualmie Nordic, or the Nordic Center at Summit East (Hyak) Lessons can greatly enhance the experience.

**XC Skiing at Snoqualmie Pass:** If you and your family want to get out in nature and embrace the winter, learn how to nordic ski! It is low impact, yet aerobic. You'll be warm, and enjoy the quiet of the trails, and meet some new people.

### Hyak

Typically open Friday, Saturday, Sunday, 50K of trails Nordic Conditions at Hyak

[http://www.summit-at-snoqualmie.com/info/winter/nordic\\_conditions.asp](http://www.summit-at-snoqualmie.com/info/winter/nordic_conditions.asp)

### Rates

Full Day \$16

Rentals \$24

Season Pass \$99

Season Pass rental \$80

### More info

[http://www.summit-at-snoqualmie.com/info/winter/nordic\\_rates\\_hours.asp](http://www.summit-at-snoqualmie.com/info/winter/nordic_rates_hours.asp)

### Trail Map

[http://www.summit-at-snoqualmie.com/info/winter/nordic\\_map.asp](http://www.summit-at-snoqualmie.com/info/winter/nordic_map.asp)

### Lessons

For folks who have never had a lesson we recommend a multi-week lesson. The morning lesson is the best time so plan to get there by 9 am. (the lesson starts at 10 am but you need time to get your gear etc) We recommend calling and arranging for either Joy or Max as instructors.

Lesson Only \$35

Lesson and equipment rental \$50

They also offer multi-week lessons – 3 pack for \$99

[http://www.summit-at-snoqualmie.com/info/winter/nordic\\_daily\\_lessons.asp](http://www.summit-at-snoqualmie.com/info/winter/nordic_daily_lessons.asp)

**Nordic Skiing Groomed Trails** All require Sno Park permits and groomed trail permit.

Sorry, no dogs.

Iron Horse Trail Exit 54

Crystal Springs Exit 62

Cabin Creek Exit 63

Lake Easton Exit 70

## Nordic (continued from page 4)

**Non-Groomed & Snow Shoeing** (Dogs welcome at these areas.)

**Price Creek Exit 61** requires Sno Park permits. Snowshoers use this Sno-Park for access to Keechelus Ridge. (Shared with snowmobiles.)

**Gold Creek Exit 54** requires Sno Park permits.

**PCT Exit 52** park at the Summit West parking area.

**Commonwealth Basin Exit 52** park at the Summit West parking area.

### Talapus Lake Trail Exit 45

On the North side of I-90 there is snowshoe access to Talapus Lake from the end of road 9030. At the end of road 9031 there is access to the Mason Lake Trial.

### Helpful Links

#### Weather Blog from Snoqualmie Nordic

[http://www.snoqualmienordic.org/tiki-view\\_blog.php?blogId=2](http://www.snoqualmienordic.org/tiki-view_blog.php?blogId=2)

#### Avalanche Conditions

<http://www.nwac.us/products/SABSEA>



## Winter Backcountry Travel

The Backcountry Travel class focuses on safe backcountry travel. The class is divided into groups of snowshoers; snowboarders; and skiers, both Alpine Touring (AT) & telemark. The participants are then further divided up by ability. The class is limited to 25 students. For all the information go to: [www.wacweb.org/Classes/BackcountryClass/default.view](http://www.wacweb.org/Classes/BackcountryClass/default.view)

## Climbing Class

### Hola Fellow WAC Peeps,

It is that time of year again - the snow is falling, the Christmas lights are going up, and the Basic Climbing Class applications are starting up. Yup, that is right, December 15th marks the beginning of open season for all Basic Climbing Class students. The 2011 application and release forms are up and ready to be filled out, signed, initialed, and signed again. Do you know anyone who would benefit from taking the Basic Climbing Class in 2011? Of course you do - that person at the gym who wants to get outdoors more; the friend who has always thought you are crazy for doing some of the stuff you do, but has been convinced that the mountains is where it's at; the person who needs a bit of technical experience before you go climbing with them; etc. Well, send them an e-mail, carrier pigeon, telegram, telegraph, or just give them a call and tell them to get their application in before January 31st, 2011! Just ask them to go to

<http://wacclass.org/>

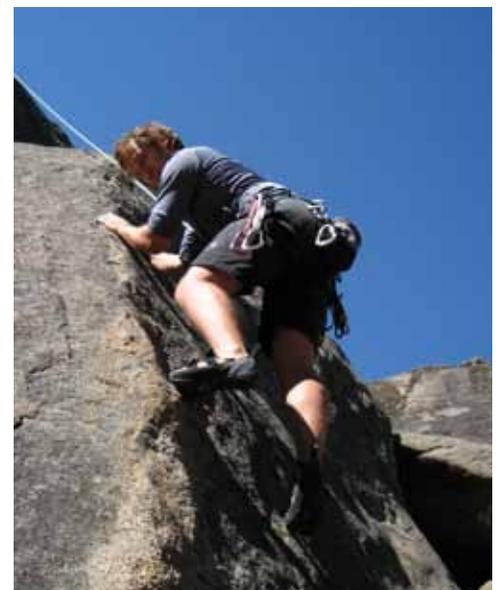
and get all the information they need to apply.

### What are those dates again?

Applications will be accepted between December 15th and January 31st.

Have a great time enjoying the fresh snow that is falling and a wonderful Holiday Season.

Ira, Joanna, Amanda



# WAC Community News



## Guye Cabin

In Jan, Feb and half of March, the cabin is open Friday to Sunday. Friday opening happens in the late afternoon. If you show up on Friday, please help out by snowshoeing the trail to cabin lower door and kitchen. Also shovel the stairs to the upper (exit) door and put out the parking signs.

### Make sure to

1. Check-in,
2. Pay, and
3. Do a chore.

### This includes Day Users.

Not sure what to do? Ask. We can always use help shoveling the stairs or digging out the windows.

**Sledding safety:** There is a big drop-off on the right side into the creek. Build a berm on the lower right before sledding and direct all tracks away from the right (creek) side. Watch the kids!

**Trails:** There is a marked 5km ski/snowshoe trail system across the bridge. Please, no post-holing on

the trails. The trail will often be packed hard to the start of the Boy Scout Trail (just past the bridge), but after that you'll start punching through. Post-holing ruins the trails and creates a serious hazard (hidden holes). Snowshoes marked with green tape or paint are for WAC use. A trail map is at the Cabin.

### Big cabin rules:

1. Park on our side south of the A Frame, or at the far north side of Sahalie. This is important.

Do not park on Sahalie's side on the SOUTH end. Be very polite & friendly to Sahalie folks when they park on "our" side because actually all the winter parking is on their land and they are plowing it and allowing us to use parts of it for very little \$.

2. Quiet after 9pm, really quiet after 10pm. Especially, teens that return 10:30-11pm after the lifts close need to be reminded about keeping quiet. Also adults use the upper sleeping area (women's and men's dorm) for peace and quiet. Kids/teens need to be reminded to respect that.

3. No alcohol or smoking.

4. Kitchen is not be used as a thoroughfare by kids (knives, boiling water = recipe for ER visit). Same goes for running in the cabin in general.

5. No electronics that project publicly: like radios or TVs or DVD players. Also the WAC cabin culture encourages board games, card games, puzzles etc over electronic games.

6. Enjoy the cabin and have fun this winter!

Want to buy an annual pass for the cabin? You can do that with Google Checkout right now (scroll to the bottom of the webpage):

<http://www.wacweb.org/About/renew.view>

You can also renew your membership if needed at this website. Note: there is a list of folks that need to renew at the cabin. If you've recently renewed and your name is on the list, make a note because cabin chairs will be checking the list and reminding folks at the cabin who haven't renewed.

## It's time to renew your membership!

Fall is the time to renew your membership in the WAC for another year. These rainy days and long nights make it is super easy to do! Just look yourself up in the members section (climbing/climbon is the user name/password) to see when your membership expires.

We recommend you just renew online via our Google checkout. Just go to this link, and scroll down to the renewal section

<http://www.wacweb.org/About/join.view>

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

You can also pay by check- Please send your check today made out to

“WAC”, to:  
 Washington Alpine Club  
 c/o Kristin Kaupang  
 7712 14th Ave SW  
 Seattle, WA 98106

E-mail: [kekaupang@hotmail.com](mailto:kekaupang@hotmail.com)

### Annual Dues (renewals)

	Regular	Senior	Out of State
Through Dec 2011	\$30	\$15	\$20
Through Dec 2012	\$60	\$25	\$35
Through Dec 2013	\$85	\$35	\$50
Through Dec 2014	\$115	\$45	\$65
Through Dec 2015	\$135	\$55	\$80

Instead of paying nightly (\$15) to stay at the Guye Cabin, you can pay the annual cabin dues which are effective Jan 1 to Dec 31. You can add the annual cabin dues to online renewal or check with a note indicating that you are including cabin dues and which WAC adult members are included (if paying dues for a family with 2 or 3 adult WAC members).

Individual Member .....	\$80.00
Immediate Family of two WAC Members.....	\$130.00
Immediate Family of three or more WAC Members .....	\$150.00

## In Memoriam - Eldon Dobnik

Friends of Eldon Dobnik were sorry to learn of his death on Thanksgiving Day. He was an active member of the WAC in the '50's helping Pete Steele start the climbing course for the club and spending many hours on the WAC rope tow either skiing or doing maintenance. Eldon was preceded in death by his wife Mary in May 2006. He is survived by his son Frank of Arlington, Washington and his daughter Kathleen LeMaster of Orange County, CA, one grandchild and two great grandchildren. He worked in Mechanical Engineering for Boeing from 1952 until his retirement in 1988. He was a member of the VFW Post 5052, St. Barbara Parish, Cedar River Grange, and Enumclaw Moose Lodge. MJ Steele

## WAC discount at

### Outdoor Research

WAC members still get a discount in the store. 15% for full priced OR stuff and 10% for full priced Non-OR stuff.

## The Washington Alpine Club is 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. 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.

[www.facebook.com/group.php?gid=6180692402](http://www.facebook.com/group.php?gid=6180692402)

# Washington Alpine Club

## Announcements

### Backcountry Film Festival

[www.backcountryfilmfestival.com](http://www.backcountryfilmfestival.com)

The festival celebrates human-powered winter recreation and preservation and is attended by thousands of people across the US, Canada and other areas.

Held at the Mountaineers Program Center

7700 Sand Point Way NE

on January 21, 2011,

at 7:00 p.m. (doors open at 6:15 p.m.)

Advanced (discounted) tickets, as well as a description are at

<http://www.brownpapertickets.com/event/139113>

Trip Report

Mailbox Peak Trip Report by Rob Miller

[http://www.wacweb.org/Trips/TripReports/default.view?\\_mode=details&Rowid=509](http://www.wacweb.org/Trips/TripReports/default.view?_mode=details&Rowid=509)

### Hog Loppet Ski Tour February 26

The Hog Loppet is a non-competitive 30k Ski Trek from the top of Mission Ridge Ski Area to Blewett Pass. A shuttle bus service provided. This is recommended for intermediate skiers and above due to the length and some steep terrain and ungroomed conditions. Here is an article that tells more about this annual event-

<http://www.skileavenworth.com/files/file/Norwegian%20American%20Weekly%20Hog%20Loppet%20article.pdf>



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

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