

# Washington Alpine Club | Bulletin

April 2012 | Volume 97, Issue 4



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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## Rachel Klein's Club Adventure by Rachel Klein



I began my relationship with the WAC in February 2011 when I enrolled in the Backcountry Travel Class. It was a fun class and I liked the combination of hands-on practice, scenarios, and discussion about real-life situations. Since then, I've had many other WAC experiences, but none as significant as the backcountry weekend of March 3rd and 4th. That weekend taught me the power of being part of a club that values knowledge, safety, and friendship.

One of the things I loved about the BC class was the great number of volunteers that gave up their precious weekends to help other students learn. Wanting to perpetuate that spirit, I joined the overnight weekend at Smith Brook Road with this year's class. Saturday was wet, but, propelled by the good spirits

of instructors and students, we managed a decent tour and pitched a tarp over the snow kitchen for an evening of hot bowls and revelry, complete with a beer-can steak holder and a duralog "campfire." Sunday dawned sunny, dry, and almost warm! We were out of the woods...or so it seemed.

My group of intrepid skiers headed up toward the Lake Valhalla divide and made pretty easy work of skinning in variable conditions. The view at the top was gorgeous! Worth the work, but we all knew that the work had only begun: the previous day's rain left us with about 2 feet of supersaturated soft snow in which to make our way down. Sure enough, a couple of pitches later, I ended up on my back,

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# WAC Information

## Calendar

<b>APRIL 2012</b>	
APRIL 8	Easter
APRIL 21 - 22	Olympic Beach Cleanup
<b>MAY 2012</b>	
MAY 11 - 13	Alpine Climbs at the Pass
MAY 12	Work Party
MAY 18 - 20	Alpine Climbs at the Pass
<b>JUNE 2012</b>	
JUNE 16	Work Party
<b>JULY 2012</b>	
JULY TBA	Work Party
<b>AUGUST 2012</b>	
AUGUST 11	Summer Appreciation Party
AUGUST 25 - 26	Rhapsody Bike Ride
<b>SEPTEMBER 2012</b>	
SEPTEMBER 22	Work Party
<b>OCTOBER 2012</b>	
OCTOBER 21	Annual Meeting

## 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 mailing 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.wacweb.org](http://www.wacweb.org)

### Member Of

Federation of Western Outdoor Clubs,  
Washington 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

#### 1st Vice President

Pat O'Brien | 206.527.6881

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Dave Wilson

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#### At Large

Susan Ashlock, Pat Beurskens, Mike Daly

Eli Holmes, Charles Muzio, Toby Young

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#### Climbing Class Co-Chairs

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#### Telemark / Randoe Ski

Randy Oakley

#### Nordic

Eli Holmes, Karel Zikan

#### Back Country

Susan Ashlock, Alex Ford, Denny Trimble

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Cabin Chairman . . . Bill Hooper | 206.325.2851

Work Party . . . . . Bill Hooper | 206.325.2851

Membership . . . . . Dana Beck | 000-000-0000

Publicity . . . . . Kay Ishii | 206.336.7721

Cabin Supply . . . . . Tami Sargent | 360-377-3217

### PUBLIC RELATIONS

Bulletin Editor . . . Magda Balise | 360.378.6026

Conservation . . Mike Mahanay | 206.931.4713

Circulation . . . . Dave Mitchell | 425.235.1039

By Laws . . . . . Dave Mitchell | 425.235.1039

# President's Corner

April 2012

by Mike Mahanay



We certainly can't call this a warm spring- at least so far. We have had some good days on the weekends however. We have an excellent ski season with over 12 feet of snow. But people are switching to climbing, cycling, running, and other spring activities.

The WAC had a great winter season of backcountry, downhill, telemark, nordic, and boarding! It is bittersweet that all the classes are over and ski season is slowly winding down. The ski areas are week to week.

This was a very good winter at Guye Cabin! The Cabin hosted the Snow Dinner, Vegetarian Potluck, Winter Backcountry Travel Class, Climbing Class Instructors Training, Snoqualmie Loppet, several school groups and the winter finale- the WAC Fun Day (ski and snowshoe events)! A huge thanks is in order to all of those people who kept the Cabin in order over the winter.

The winter is an excellent time to travel and WAC folks are known not to let the dust settle. They have been seen all over the West this winter. Ouray, Boulder, Whistler, Colorado, Sun Valley, Hut skiing in the Rockies, Lake Tahoe, West Yellowstone, and Ouray are just a few of the places we have been to over the last few months.

As we move into Spring it is 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 one of the sponsors for the annual Olympic Coast Beach Cleanup on April 21 & 22. If you have never been to the Washington Wilderness Coast this is a great opportunity. As always, we are 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 me if you would like to participate in this event, or have questions about it.



President.....Mike Mahanay  
1st Vice President.....Pat O'Brien  
Treasurer.....Dave Wilson  
Secretary.....Ira Rushwald  
At Large: Susan Ashlock, Pat Beurskens, Mike Daly, Eli Holmes, Charles Muzio, Toby Young

With the warm Spring weather we'll begin our work parties at Guye Cabin in May. This year we will have work parties every month through October. Come on up for the day to help out, to play, or to hike the trails. We hope to work finishing the windows and doors, and stock up on firewood for next winter. If you have used the Cabin in the last year, you'll want to show up, and give some back.! This is a great way to meet some new people in the WAC and invest in the Club's future. Check the website or bulletin 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!



## Rachel Klein's Club Adventure (continued from page 1)



head down the slope, left toe and right heel binding-deep in the slush pile, with enormous pressure on that inverted left toe/ski/binding. My nearest companions were students who must have managed heroic feats of uphill scrambling to reach me within minutes to relieve me of my ski and the mounting pressure. Joanna Hingle applied her WFR skills to assessing the situation and determined that I was unable to put any weight on the leg. About that time, Jenni Conrad arrived and took amazing charge of the situation: "I need all your warm stuff, first aid stuff, Rachel, can we take your boot off?" Pat Beurskins worked on contacting the other groups and calling for the rescue sled. Denny Trimble kept me from going into shock after Jenni got me lying down and warm, and the two of them created a beautiful splint. Joanna, Rebecca Cook, Kristy Friend and Andrew Zunaic started looking for the gentlest way out – we were ~2 miles and ~1500 feet from camp, which was ~2.5 miles in on the forest road. Upon arrival about an hour later, Alex Ford piloted the rescue sled, frequently skinning faster than I do when fully-able. Amanda Goodin was an invaluable co-pilot, providing an uphill pole to grab onto when the sled veered toward a

tree-well. We made it safely out by dark, a 4-5 hour rescue.

In general, I feel incredibly lucky that:

-I didn't break or injure anything more serious than my fibula.

-I was with an amazingly patient and skilled group of people, and via the WAC, have made some good friends who are safe, knowledgeable, fun and caring and with whom I will hopefully ski with for many years to come.

-the WAC offers and promotes classes that focus on safety, including WFR, and that safety is a priority for all classes (as evidenced by the use of radios, the BBQ-carrying ski sled on the overnight, and a host of well-trained volunteers).

Huge thanks to all of the folks mentioned above, to Susan Ashlock for also co-leading the class and managing the campsite while co-leaders Alex and Denny were involved in the rescue, and all of the other students and instructors for their patience, positive energy, and support. I wish you all a wonderful spring of backcountry touring – take a few turns for me!



## My First Trail Run

By Jeff Wright

Warning, this is an addictive sport. Mike, our president, last year ran more races in one year than I have in years of trail running.

Years ago I used to help out with the basic climbing class. One of the instructors, Richard Corry, had talked about this 50k trail run he did, Cle Elum ridge. (<http://cleelumridge.blogspot.com/>) I did not think too much about it at the time. I have always been a runner. I have played around running on trails for something different. Some of my past climbing partners might accuse me of running while we were packing in or out of some destination. I think I was walking, I guess that is up to interpretation.

One day I was talking to Richard and he asked me if I had considered running a 50k. My answer was, 31 miles? That is a long way to run. He asked me two questions that lead my life in a new direction.

1. (Richard) How far do I hike when I am out climbing some peak? (Me) Low 20+ miles.
2. (Richard) How much weight do I carry? (Me) Around 50 lbs. for alpine rock climbs on the approach.

He said that if I had five lbs. on my back how far could I go? There are aid stations about every six mile with food and water. I had to think about this. It seemed reasonable that I could cover the 50k distance. I gave this some thought. I talked to another friend that had run this race. She told me about Seattle Running Company, now Fleet Feet. (<http://www.fleetfeetseattle.com/>) I decided to take this on as a new challenge. I went to the store, bought some shoes, chatted with the experienced staff and went on some of their training runs. I found a marathon training schedule on line. I modified this schedule to

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## My First Trail Run

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fit the 50k distance.

It is race day and it is raining out. Richard and Andrea are there. Richard is watching their child and Andrea gets to run this year. One thing about trail races, they are like an extended family reunion. Everyone seems to know everyone else. Everyone is standing around the starting line chatting. The time comes and someone says "GO." People slowly move forward, keep chatting and down the trail we go. I am thinking, wow that was low key. In the couple of other road events I have done, people would be long gone. Here I guess with 50k to go, what is the rush?

The race goes on and I finish. I got to see places I never would have gone hiking or climbing. It rained almost the entire run. I was very wet but still warm. I got to run through some cold streams and lots of mud puddles! It was a satisfying thing to finish my first 50k. I hobbled over to my car, changed and took a short nap. They had a dinner for us at the finish line and an awards ceremony. People asked me how it went. For two weeks after it, I swore I would never do that again! But I lived to eat those words. Because one month later I am thinking of this 50 mile run called White River, in July the following year...



## Olympic Beach Cleanup April 21 and 22



The 11th year of this annual event!

"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

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 that eventually makes its way to Third Beach, some 17 miles distant. Hoh Head can never be rounded, even at an extreme low tide. It is 1.5 miles to the low tide beach at the north side of Hoh Head, and 3.5 miles by trail to Mosquito Creek.

You are invited to participate in a grand adventure: To join others in removing debris from Olympic National Park beaches during the April 21-22 2012 weekend. We will camp at Hoh Beach on Saturday evening, about two miles from the trailhead. We will have a beach fire. Can't camp overnight? Come for the day!

Contact Mike: [mikemahanay@gmail.com](mailto:mikemahanay@gmail.com) or

the Facebook page at <http://www.facebook.com/events/136278886444946/> to register. We will again do Hoh Beach and Jefferson Cove Beach south of Forks. Every year we see Bald Eagles, seals, and lots of life in the tidepools. Last year we saw Gray Whales. We had a party of 13 last year. Our goal this year is 15 volunteers. We would like firm commitments by April 12, but of course will take late comers up to the last minute.

We will be watching for Tsunami debris but don't expect to see any this year.

Do you have more time off? Consider a 17 mile wilderness hike from 2nd Beach to join us at Hoh Beach.



# Events/Guye Cabin

## Earth Day

The weekend of April 21-22 is Earth Day! This is a time to give a little back to our trails and environment. Many of us are heading to the Pacific Ocean and the only Wilderness Coast in the Lower 48 to pick up debris left by the many storms this past winter. Can't go? Take some time to take a walk, do a hike, or other outdoor activity, or take a moment to lend support to your favorite environmental cause to celebrate this magic day.

This Earth Day, let's all be responsible for taking one environmentally positive action; here are some ideas:

1. Plant a tree! Trees increase levels of oxygen in the air and filter out some of the pollutants we produce.
2. Replace a light bulb! Choose your favorite lamp and exchange the incandescent light bulb with a compact fluorescent or LED. They last 10 times longer and use only one-fourth of the energy compared to incandescent light bulbs.
3. Bring your own bag! Reuse old bags or bring a cloth one to carry items and set a good example at the grocery store and other places where you shop.
4. Don't drive! Take Earth Day to walk or ride your bike. You'll be saving gas and reducing air pollution (and getting exercise!)
5. Clean up your community! Organize a small scale clean up. Pick up litter in your neighborhood and on your streets.
6. Read to a child! Help educate future caregivers of the earth! Sit down with your child, a relative or a neighbor and read "The Lorax"



or any other environmentally focused and age appropriate book.

7. Order a recycling bin! Get information on your local curbside service. Recycling helps lessen the amount of waste that goes into landfills and reduces the amount of toxic chemicals absorbed into the earth.
8. Start a compost pile! Composting organic wastes can reduce the amount of garbage produced by your household by as much as a third.
9. Visit a Farmers Market! Buy locally produced foods instead of goods that must be trucked in.
10. Use your own mug! When you buy coffee this morning, bring your own mug. Remember that each year Americans throw away 25,000,000,000 Styrofoam cups. Even 500 years from now, the foam coffee cup you used this morning will be sitting in a landfill!

## Cabin Work Parties 2012

The Cabin is a great base for hikes, bike rides, and climbs in the Snoqualmie Peaks! Consider combining a trip outside with a day at a work party.

We'll again have a potluck cookout for lunch. Bring stuff for burgers or hotdogs, and sides to share! We'll look for a couple of people to organize this each time. Do you see something you can help out with? We need some skilled folks to lead projects. We also need folks who can just help out, and learn some new skills. If you use Guye Cabin please plan to help out at a work party.

Schedule for this year! Mark your calendars!  
All Saturdays!  
May 12  
June 16  
July TBA  
September 22

Please check the WAC website! <http://www.wacweb.org/default.view>

## Volunteers

We would like to thank all the volunteers for helping in the many aspects of our Club over the last years. Working together we have made the WAC truly something special, unique, and magical. We certainly appreciate your continued support year after year! (There are over 200 of you that help out each year!)

The Washington Alpine Club gives us all a great deal of pleasure and satisfaction. We get to see magnificent vistas, hidden waterfalls, meadows painted with wildflowers from an inspired palette. It keeps us all in shape, smart, and young. We have all made many friends through our Club. Volunteering with the WAC can be very rewarding and provide an additional avenue to meeting people and finding interesting things to do with the Club.

If you have ever thought, "Hey, I'd sure like to give something back to the WAC in appreciation of all I have received," we have a deal for you! Besides the various classes, there are lots of opportunities to help with the bulletin, membership, publicity, leading hikes, work parties, and trips, as well as functions at Guye Cabin. We would especially welcome anyone who has not yet contributed in the past to participate to help our devoted "regulars". Please contact any Board member for more information!

## Snoqualmie Loppet and WFR Course Pictures

45 people participated in the Snoqualmie Loppet this year.



Wilderness First Responder Course



## The new WAC technical T's are in!

They are cut very nicely and come in WAC Green, Sunset Orange, Snow Lake Blue or Snoqualmie Pass Granite Gray.

You can pick them up at WAC events, downtown at lunch, in West Seattle at Pat O'Brien's, or at the Annual Meeting.

S,M,L, XL,



## 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. 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.



[www.facebook.com/groups/6180692402](http://www.facebook.com/groups/6180692402)

# Washington Alpine Club



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

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FIRST CLASS

TO: