

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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Mount St. Helens by Gabi Fulcher



When I first came to Washington State from the Czech Republic, a small country in the heart of Europe, the concept of living in such proximity of volcanoes was new to me. I was instantly dazzled by the beauty of their snow blanketed ridges, their perfect shape towering above their territory like sentinels of time witnessing centuries of changes.

Curiously I searched the internet and found myself immersed in articles about the first known ascent of Mt. Rainier by Hazard Stevens and P.B. Van Trump in 1852, the Native American tale suggesting that Mt. Hood (Wy'east) and Mt. Adams (Pahto) were sons of the Great Spirit competing for the love of beautiful La-wa-la-clough (Mt. St. Helens), and many other fascinating stories.

Mt. St. Helens later became the first of the volcanoes I came in closer encounter with. It was back in 2003 when the drive up to Johnston Ridge observatory left me in awe of the power this mountain demonstrated during its eruption in 1980, that still was profoundly evident some 23 years later. Later when I stood on the terrace of the Johnston Ridge Observatory, surveying the barren area leading towards the jagged ridgeline of the crater, I overheard somebody saying: "And can you imagine the crazy people who climb to the top?" I instantly knew I wanted to be one of them.

So I put a group together and we planned, and trained, and finally set our feet on the mountain on August 26, 2007. We summited in high winds, freezing temperatures, and having volcanic ashes blasted in our eyes. The visibility dropped to about 2 feet so we only snapped a quick summit shot and retreated to lower, more pleasant elevations. But despite the gnarly conditions it was a unique experience to climb this living mountain, and we knew we would return, which we did a year later on a much nicer day. From there it was just a matter of time before I started contemplating a winter ascent.

* * *

On Monday November 28 the forecast suggested it might be a sunny weekend, so with fingers crossed I waited for the week to flow by, thinking about how cool it would be to finally pay Mt. St. Helens a visit during winter time. When the sun still shone from the NOAA web site, and avalanche conditions were favorable, I decided to give it a go and started planning. I looked for a recent trail report, put a group together, called the Lone Fir Resort....

Initially I considered climbing part of the route on Saturday, camping somewhere below the timber line, and then attempting the summit

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WAC Information

Calendar

JANUARY 2012	
JANUARY 3	Candace Mckinley Deadline for Comments
JANUARY 4	Marmot Ski Demo
JANUARY 6	Registration for Snowqualmie Nordic - Beginner's Clinic
JANUARY 8	Snoqualmie Nordic - Beginner's Clinic
JANUARY 11	Randonee/Telemark Class Begins
FEBRUARY 2012	
FEBRUARY 7	Backcountry Travel Course Begins
FEBRUARY 18 - 19	Skiing the Steeps at Alpentel with the Washington Alpine Club
FEBRUARY 25	Hog Loppet Ski Tour
FEBRUARY 26	WAC Fun day
MARCH 2012	
MARCH 11	Snowqualmie Loppet Ski Tour
MARCH 17	Vegetarian Potluck Dinner

Is Your Contact Info Current?

You can check these things on the Washington Alpine Club website: 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

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

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

Founded 1916 Incorporated 1923

P.O. Box 352, Seattle, WA 98111

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.

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President's Corner

January 2012

by Mike Mahanay

There's excitement in the air since the December Solstice, as our days have already started to lengthen, promising the ultimate return of after-work activities. In celebration I went for a run, heading out toward where our prevailing winds and tomorrows begin. I ran along a ridgeline where the weather became a visual reminder of this division between seasons. Clouds, dense and dark, hovered low over the valley to my left, but over to my right there was chilly blue sunshine. My frozen breaths hung visible beside me. It's my outdoor activity that brings me through all seasons and that lets time slow down enough to observe the images my car blurs. It's my running (or skiing) that enables me to pretend that seasons don't age me, at least for a while. It's the WAC that has allowed me to meet many truly incredible people, and form lasting friendships. And it's what we do outside that makes Joy to the World and Peace on Earth actually seem possible.

We started our ski season in fine style, but for the last four weeks it has snowed very little. Perhaps the next series of storms will bring back some powder. Poor La Nina is producing moisture but little snow. This will be a very good season. Guye Cabin and Snoqualmie Pass have a base of 50 inches as of today with snow in the forecast. Many people have already been out skiing & snowshoeing on the WAC Trail System, on the PCT, Nordic skiing, alpine skiing and backcountry 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, and a time to meet new people, and see old friends! Thanks to Nick and Stephanie Nichols for cooking Nick's famous ribs for the main course! We had an array of excellent healthy side dishes too. Thanks also to all who attended and for all the other excellent and creative potluck food!

Both the Backcountry and Climbing Classes are now accepting applications. Susan Ashlock, Alex Ford, & Denny Trimble 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 Susan, Alex, or Denny to see what you can do to assist. The Climbing Class is led by co-chairs Pat O'Brien, Amanda Stoneham, Ira Rushwald, Eric Poley, and Gerhard Schneider. 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. Also, Randy Oakley has arranged a "Skiing the Steeps" workshop at Alpentel in February. This is a fantastic opportunity to take your skills up a few notches.

Through lots of hard work by the Cabin team, Dave Mitchell, Dale Ott, Mark Hume, Archie Brendan, Ralph Preston, Jiri Pertold, and



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

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 recyclables 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. (Also, please 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

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Mount St. Helens by Gabi Fulcher (continued from page 1)

on Sunday, but not having any previous snow camping experience, in the end I opted to spend the night in the comfort of a warm cabin.

Then Friday came, and after what seemed a never-ending day at work, we set on our journey. The drive to Cougar was rather uneventful (except for fighting Seattle's Friday night traffic) and we arrived at Lone Fir around 9:30 p.m.

The only recent report written in the log book at the climber's register was from earlier that day and suggested that that particular group of two had to abandon the climb after they were unable to reach Marble Mount Snow Park due to large amounts of snow on the road approximately 2 miles from the snow park.

This was not too encouraging, but hoping the road got plowed later in the day or would be plowed before the morning, we lay down to get some rest before our climb.

* * *

The road from Cougar was in a good shape as we sliced through the darkness of the frosty Saturday morning witnessing the awakening of the new day. Mist skimmed the surface of Swift Reservoir, silhouettes of hills stood against the pre-dawn blue, then the soft colors of sunrise stroked across the sky.

We arrived at Marble Mount shortly after 7:00 a.m. The road was not plowed but there was hardly any snow on it. The group from yesterday must have accidentally turned on a wrong road (perhaps the one to Climber's Bivouac).

A quick gear up and we were on our way. We started on snow right from the trailhead but with several groups ahead of us, the trail was packed and had good traction.

The first part of the winter route leading on gentle ski trails was a nice warm up. Once we broke from the trees was where the work

started. Luckily there were good steps kicked making the steepest part much easier.

Admiring the beauty of the snow capped mountains, we proceeded up at a steady moderate pace with occasional breaks for photo ops and hydration.

Most of the route was in a great condition with no traction needed to about 6200 ft. That's where the slope started getting wind blasted, and at spots covered with a sheet of ice on which the rays of sunshine reflected and sparkled.

The ice became more serious as we climbed higher, and the majority of the upper 800 feet was covered by it. But the summit could safely and easily be gained with crampons and ice axes, and the sound of the ice layer crushing under our feet was a sweet music to our ears. Needless to say it was scary to see people tiptoeing their way up in Yak Trax supporting themselves by ski poles.

As usually the summit was windy, and man, when the wind picked up, it was strong. But despite the wind it was by far the best conditions I have ever experienced on this mountain. Unlike the other times I was up here, this time the wind would take an occasional break, and even when whistling by, it did not blast the typical sandy ash grains into our faces. This was very nice and gave us an opportunity to stay at the summit for a decent amount of time.

The snow was much softer on our way down. We chose not to glissade considering the icy sections. When we got lower, we postholed our way the last mile or so of the ridge back to the ski trails. From there it was a long but easy stretch back to the snow park.

GPS stats: 10.4 miles, 5746 ft el. gain.



President's Corner

(continue from page 3)

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 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.

Get outside and meet the great people who make up the WAC! Enjoy the snow and winter weather!



Conservation News

The Alpine Lakes Wilderness in the Central Cascades east of Seattle, would gain an addition of over 22,000 acres, and the Middle Fork of the Snoqualmie and Pratt Rivers as Wild and Scenic Rivers, in S.322 introduced by Senators Murray and Cantwell.

The Wild Olympics Campaign has resulted in Senator Murray and Representative Dicks introducing a proposal to add 130,000 acres of new Wilderness in the Olympic National Forest, designate 20 Wild and Scenic Rivers, and add to the Olympic National Park.

Conservation News (cont)

Let's all work for the preservation of public lands around the North Cascades National Park, a treasure for all of us. Pacific Northwest outdoor organizations support an expansion of the park. Forty years after its creation, pristine rivers and streams, scenic mountains, low-land old growth forests, wildlife habitats and recreation sites are still unprotected. For Action updates:

www.americanalps.org.

In the Central Cascades east of Mt. Rainier, in the Wenatchee National Forest, there is a gem of a place called Bumping Lake. On two sides of the lake are large stands of truly magnificent ancient forest that are adjacent to the William O. Douglas Wilderness. Their size and extent are truly awe inspiring: an untouched 2,000–3,000 acre gathering of giants, 8–10 feet in diameter, harboring on the east side ponderosa and sugar pine, and on the west side Douglas fir and western hemlock. The best and deepest part of these famous forests is reached about three miles in via a lakeside trail. There are literally hundreds of places to camp and stroll beside these great massed columns of giants, alongside beautiful Bumping River where it flows into the lake. This area needs your help as it is slated to be flooded from additional dams for water storage. Submit written comments to Candace McKinley, Environmental Program Manager, Bureau of Reclamation, Columbia-Cascades Area Office, 1917 Marsh Road, Yakima, WA 98901 or email yrbwep@usbr.gov Deadline for comments is January 3, 2012. For more information, suggested comments and updates, go to:

www.washington.sierraclub.org/uppercol/ucr/yakima/water_overview.html

Skiing the Steeps at Alpentel with the Washington Alpine Club

Description: A weekend intensive session to help you master Alpentel's steep and ungroomed terrain. Over the course of the weekend classes will cover the expert terrain on the upper chair and into the backcountry (conditions permitting) To enter the backcountry students will need to review Alpentel's Backcountry Safety page <http://www.summitatsnoqualmie.com/Mountains/Safety/859/Backcountry-Safety> and have registered for an Alpentel Backcountry Card. Students must have avalanche safety equipment (beacon, shovel, probe) and have the equivalent to avalanche awareness and companion rescue training to go through Alpentel's backcountry gate. Overnight accommodations at the rustic and charming Washington Alpine Club cabin are along the Alpentel road.

DATES: Saturday and Sunday
February 18th and 19th

MEETING TIME / PLACE: Meet at Alpentel plaza fireplace at 8:30 AM

Morning session from 9:00AM to 11:00AM

Afternoon Session from 12:30PM to 2:30PM

Ages: 18+

LEVELS: (Limited to skiers at these levels.)

RANDONEE

SKI LEVEL 7 - I can link parallel turns in the fall line.

SKI LEVEL 8 - I can carve short, medium & long turns in a variety of conditions.

SKI LEVEL 9 - I can execute dynamic parallel turns in all conditions on any terrain.

TELEMARK

TELE LEVEL E - I can make telemark turns most of the time on all More Difficult terrain and some easier Most Difficult terrain

TELE LEVEL F - I can telemark ski Most Difficult terrain and would like to explore more challenging situations (e.g. bumps, steeps) or conditions

Snoqualmie Loppet

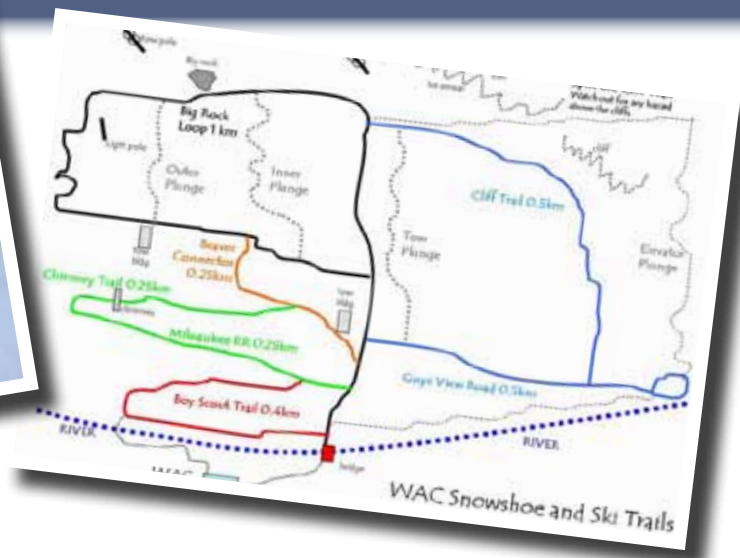
Sunday March 11 - 9:00AM - Mass Start
Fifth Annual! From Silver Fir to Cabin Creek.

Couldn't do the Hog Loppet? Here is a second chance and a easy way to experience the fun, adventure, and drama of a long distance ski tour. This our way to introduce people to the entire Snoqualmie Pass Nordic trail system! As always, this is an informal event with no sponsors, no support, no prizes, and no responsibility! Just a group of friends out for lots of fun and a challenging ski! Cost? Free! Cool T-shirt available for first come first serve. The course is about 35 kilometers total distance, about the same as the Hog Loppet. You can also do a Half Loppet - either Mount Catherine Loop or the Iron Horse to Cabin Creek section. The first year in 2008 there were 6 of us, and last year there were over 30 participants.

There is no entry fee, however, you must have a trail pass to use the Summit Nordic Trail System and if you park your car at the Cabin Creek finish you must have a SNO-PARK permit! It is recommended that you start promptly at 9 am for the best snow conditions. We will arrange car shuttles to Cabin Creek. We will have breakfast at Guye Cabin at 7 am and then meet at Silver Fir at 8 sharp to shuttle cars to Cabin Creek. I am also willing to make a return trips after the Loppet if necessary.
(Mike Mahanay's cell 206.931.4713)

There is no recommended ski gear or technique suggested. 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, your wax, the weather, grooming conditions, and your physical ability.

Guye Cabin



Winter at Guye Cabin

In December, January, February, and March, Guye Cabin is usually 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 the 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
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: Across the bridge, we have a 5km marked trail system. The trails are flagged and color coded with wooden markers and intersection signs. 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). Please use snowshoes or skis on the trails! Snowshoes marked with green tape or paint are for WAC use and you can borrow those. A trail map is attached (see above).

All trails are fine for beginner snowshoers, but beginner skiers will probably want to stay on the Guye View, Milwaukee RR and Boy Scout Trails. Skiers wanting to get in some turns should head to the Big Rock Loop and try the Inner and Outer Plunges or do laps on the Tow Plunge.

Big cabin rules:

1. Park only at the south end of the WAC side and the far north end of the Sahalie side. Be polite 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 money.
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.

4. The kitchen is not be used as a thoroughfare by kids (knives, boiling water = recipe for ER visit). The 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! The following members are at the cabin almost every weekend during winter and can answer questions:

Archie
Zikans (Karel and Eli)
Sargents (John and Tami)
Mahanays (Mike and Doerte)

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 for 2012 and beyond. 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!

Support the WAC and renew your membership for 2012 now!

Fall is the time to renew your membership in the WAC for another year. 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>

We hope that you continue to support the Washington Alpine Club and take advantage of all the opportunities that membership offers. 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 Dana Beck
14724 30th Ave NE
Shoreline, WA 98155

We hope that you continue to support the WAC!

E-mail:

Thank you for supporting the WAC!

Annual Dues (renewals)

	Regular	Senior	Out of State
Through Dec 2012	\$30	\$15	\$20
Through Dec 2013	\$60	\$25	\$35
Through Dec 2014	\$85	\$35	\$50
Through Dec 2015	\$115	\$45	\$65
Through Dec 2016	\$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

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 grey.

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

Washington Alpine Club

Attention Ladies! Jente Loppet Nordic Ski Race!

It's time for that New Year's resolution to try out a super fun and fast ski race held just for you (beginners to experienced skiers/racers alike)! Either classic or skate is fine.

Our friends at Snoqualmie Nordic are bringing back the special-edition Jente Loppet ski race! The race is held on a combination of the Ironhorse Trail (very flat) and new terrain near Lake Keechelus. Very fun! Bring a friend to join in the fun, bring home a cool Nordic ski bell, eat healthy food after the race, and win prizes!!

www.snoqualmienordic.org/jente-loppet-2012.

Snoqualmie Nordic

Adult Skate Ski Clinic

Do you want to learn how to or improve your skating technique?

Beginner's Clinic: Sunday, January 8, 2012

This is an introductory clinic for those of you who have no or very little skate skiing experience, or if you have some experience and want to improve your basic skills. We will concentrate on learning the V1. Meet at the Ironhorse Trail head on the east side of the Hyak Sno Park parking lot. The clinic runs from 10 a.m. -12:30 p.m. Please fill out the

registration form below and send it and the fee to be received by Friday, January 6, 2012 Or, contact Marla at marlajh@aol.com and bring the registration form & the fee with you to the clinic.

[Skate 101 Registration Form](#)

If you don't have your own yet, skis can be rented at Hyak (Summit East) They offer a killer deal on season rentals.

The Summit also offer Nordic lesson-
www.summitatsnoqualmie.com/Activities/Nordic-Skiing-And-Snowshoeing/Lesson-Offerings



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

Address Correction Requested
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FIRST CLASS

TO: