

# Washington Alpine Club | Bulletin

June 2014 | Volume 99, Issue 6



## 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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## Grand Canyon Rim to Rim Trail Run by Mike Mahanay



Twenty six years ago Doerte and I first met in the parking lot of Colter Hall at the South Rim of the Grand Canyon. Coulter Hall is the women's employee dormitory located directly behind the El Tovar Hotel just feet from the rim of the Grand Canyon. She came with a big red bag which I carried for her to her new dorm room.

A few weeks later we went on our first date—a rim to rim day hike in August from South to North. Fast forward, and twenty five years later we decided to do it again to celebrate our anniversary. This time we decided to do it from North to South. In order to get an early start we spent the night in bustling Fredonia, AZ at the Grand Canyon Motel. We visited my friend John Azar who has the Morningstar Bakery and Hostel on Main Street that is never open. Breakfast at Jacob Lake Inn with some

other runners and then to the North Kaibab trailhead for the early 830 am start. Even earlier would be better. Sunrise was at 5 am.

At the trailhead we met Fu who was doing Rim to Rim to Rim with a friend. They had done a night crossing and were now half way and getting ready to start back across the Canyon. Starting down in the Grand Canyon brought a sense of awe and wonder. We could see our destination far off in the distance. Along the way we saw many other people doing Rim to Rim or the Double Crossing. We ran or walked as it suited us, and took time to look at blooming agave plants. Many people were simply walking.

Like on any trail all trash is carried out. We did a formal survey and I picked up every non native item we came across. At the Bright

# WAC Information

## Calendar

JUNE	
June 14	Open House/Stay over/cabin work party
JULY	
July 12	STP Seattle to Portland Bike Ride
July 19	Open House/Stay over/cabin work party
AUGUST	
August 1-3	Snoqualmie Pass Trail Runs
August 16	Open House/Stay over/cabin work party
August 23-24	Rhapsody Bike Ride
SEPTEMBER	
September	Intermediate Climbing Class
September 6 - 7	Inner City Outings
September 27	Open House/Stay over/cabin work party
OCTOBER	
October 14	CPR Class (tentative)
October 18	Open House/Stay over/cabin work party
October 19	Annual Members Meeting
October 25-26	Wilderness Remote First Aid Class (tentative)

## 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

#### President

Mike Mahanay | 206-931-4713

#### Vice Presidents

Pat O'Brien | 206-527-6881  
Susan Ashlock | 000-000-000

#### Treasurer

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#### Secretary

Elden Altizer

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Pat Beurskens, Mike Daly, Eli Holmes,  
Jiri Pertold, Ira Rushwald

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### WINTER DIVISION

#### Telemark / Randoee Ski

Randy Oakley

#### Nordic

Eli Holmes, Karel Zikan

#### Back Country

Susan Ashlock, Alex Ford, Denny Trimble

### PROPERTY & MEMBERSHIP

Cabin Chairman Archie Brenden | 206-799-0705  
Work Party . . . Archie Brenden | 206-799-0705  
Membership To be Announced | 000-000-0000  
Publicity . . . . . Kay Ishii | 206-336-7721  
Cabin Supply . . . . . Tami Sargent | 360-377-3217

### PUBLIC RELATIONS

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# President's Corner

**June 2014** by Mike Mahanay

Yea! Memorial Day is the start of our Washington Summer. We have had some super nice days- especially on the weekends. Western Washington is incredibly beautiful right now and it is always a perfect time to get outdoors with our friends. We are incredibly lucky to live where we do in one of the most beautiful spots on the planet. The last report was that there is still some snow but plenty of bare ground at Guye Cabin, and it is melting fast. Many of the rivers are running very high with snowmelt. Avalanche lilies and Skunk Cabbage are in full bloom.

The mountains are so amazingly beautiful in their sunny glory. The views from Guye Cabin are spectacular. Guye Peak, Kendall Peak, Red Mountain and Snoqualmie Mountain shimmer in the almost summer light. Snoqualmie Pass is warm and turning green, and soon the trails will be melted out. Take a day, or a weekend, and get out of Seattle! Pick a place in the mountains, either familiar or brand new, and go for a visit. Early season there are many fine trips along the I-90 corridor. We are very lucky to live in such a wonderful area and have great easy access to lakes, hikes, climbs, and bike rides.

In May the climbing class did their ascents of the Snoqualmie Peaks. They were on the Nisqually Glacier, and coming up next weekend they will be on big Mount Baker.

WAC Climbing teams will soon be on El Dorado, Mount Adams, Mount Olympus, and Mount Rainier! The WAC has many backcountry skiers and they have been out every month. Camp Muir and Mount Saint Helens were popular ascents and ski last month. Some folks are doing "Turns all Year"! WAC is such a unique special club, full of unique fun people with a special interest in the outdoors.

As we all go off in different directions all over the world this summer, (some of us have been gone for a while now) keep an eye on the WAC Calendar on the website [www.washingtonalpineclub.org](http://www.washingtonalpineclub.org) for important dates that you will not want to miss. You can also join the WAC on Facebook [http://www.facebook.com/home.php?sk=group\\_6180692402](http://www.facebook.com/home.php?sk=group_6180692402)

This summer we will have designated weekends to come for the day, spend the night, hang out, or participate in a work party. This is also a good time to learn the ins and outs of Guye Cabin. We'll have a potluck BBQ once a month. Bring your favorite potluck dish, renew old friendships and make some new ones, enjoy the beauty of the high country in summer! The Cabin should be open by 8 am if not sooner. This is an excellent chance to get some quality social time in with these amazing folks that make up our unique magical Club. Come on up!

Summer is a perfect time to visit our Cabin to relax and enjoy the mountain summer! Plan a party, reunion, class or retreat at Guye Cabin. If you are lucky you might even have it to yourself. Bring your friends and family up to see it.

Just a reminder, this will be the last Bulletin until the September edition!

All the people in the WAC are looking forward to a fantastic summer bringing lasting memories!



## Grand Canyon Rim to Rim Trail Run by Mike Mahanay (Continue from page 1)



Angel Trailhead this amounted to only a few items. In fact the trails were amazingly clean, even near the South Rim where the bulk of the tourists are.

There are many “aid” stations along the way fully equipped with shade, fresh cool water faucets and composting toilets.

Hermit Shale

Roaring Springs

Cottonwood Camp

Bright Angel Camp

Indian Gardens Camp

3 Mile Resthouse

1.5 Mile Resthouse

From Roaring Springs the North Kaibab trail parallels Bright Angel Creek all the way to the Colorado River. On a hot day there are many places to take a dip and cool off. We were fortunate to have a cool front with the high only in the mid 80's. We also had some thunderheads build that provided shade in

the morning. There were a few thunders but nothing really happened in the Canyon itself.

We met and talked with many people along the Trail. Most were doing a single crossing although there were 20 or so doing a double crossing. I did a double crossing in 2009 (R to R to R) in 15 hours. Like then Doerte and I took our time to talk to people and see the amazing sights.

It was interesting to see that most everyone has now discarded the big heavy hiking boots and huge backpacks in favor of trail shoes or light weight hikers and small daypacks with the essentials. Everyone we saw was well equipped and happy. It is amazing to see the number of athletic and fit people in the Canyon.

Exiting the Box we arrived at Phantom Ranch. They serve lemonade but had nothing else of interest. The two employees were less than friendly or accommodating. It seems they don't appreciate day hikers and runners and would prefer to just cater to the dudes that arrive on mules. Phantom Ranch was the only less than positive experience of the 25 miles! There also is a lack of information and space for day users.

It is sad to see National Park Service and Concession employees having negative perceptions of runners in the Canyon. It is odd that a concession would behave in this manner and turn away business. The Canyon is not someone's personal space- it belongs to all of us. I am glad to see fit athletic people on the trails. They are there to be used! The corridor is not a wilderness area. It is used by mule riders, river runners, helicopters, and to single out runners and cross hikers is ridiculous. They are prepared, trained, and responsible. The only real trash I found in the canyon was the trash talk from employees.

Exiting Bright Angel Campground one gets fantastic views to the Inner Gorge, the historic Black Bridge, the newer Silver Bridge and the might Colorado River. We also had the only route decision of the day. Seven miles up the South Kaibab Trail or the longer 11.5 miles up the Bright Angel Trail. The South Kaibab Trail is shorter and extremely scenic and requires carrying more than twice the normal water. Doerte and I took the Bright Angel Trail to get more miles in and end at Grand Canyon Village.

The Bright Angel Trail had lots of people on it. Many were hiking the Rim to River and back in a day. As we neared the Rim we encountered many people who went a few miles down the trail- some in slippers and some with no water. The over 5,000' of gain from the Colorado River to the Rim necessitated a steady low gear to the Rim. We passed many people and only stopped to fill water bottles.

6.5 hours 25 miles North Rim to South Rim Bright Angel! 4 hours faster than 25 years ago and even more fun!

## Risk Management Committee Update by Jenni Conrad



WAC insurance is here! After a lengthy paperwork and review process, the WAC Board is moving forward with a \$2 million liability insurance agreement that will cover all programs and instructors in WAC class activities. This is a huge step forward for our club: if calamity ensues, we will now be relatively protected against losing the cabin, other club assets and instructors' personal finances. All we have to do is follow what we've agreed to in the contract so that we are officially covered!

Upcoming changes:

- To be considered a "senior" instructor for any WAC class by our insurance, you will need 2 years of instructing experience.
- To be an "Advanced first aid" instructor, you will need current certifications of any of the following classes: WRFA, WFA, WFR (all of which the club offers during November or March at Guye Cabin) or MOFA.
- SOAP notes: all instructor teams will be carrying our WAC medical report (SOAP note) on class trips. Much better than relying on that too-small scrap of paper or rusty memory at the end of the day!

- Formalized class curriculum and equipment maintenance will better support instruction and safe practice. Class co-chairs are making impressive efforts to streamline their instruction and create useful supports for instructors. Volunteers Wouter & Bruce are creating systems to log, track and maintain all class ropes, rock gear, ice screws and more.

- Driver approval: anyone driving students between class activities (like the Mt. Erie shuttle) will submit their license number in advance to be approved next year. Clean driving records for these few drivers will enable insurance to cover that driving. All other driving to and from class activities is not considered part of the class, so it will be personal liability.

Want to learn more about leadership and risk management? Check out the many resources on our RMC website, including copies of our instructor presentations this spring and last year.

Want to join the Risk Management Committee? We seek committed individuals who want to help in our mission of supporting, reviewing and providing oversight to risk management in WAC programs. Applicants with legal, insurance, medical, emergency, outdoor technical, or other relevant experience are encouraged. Applications reviewed quarterly. See more details on our RMC website.

Questions? If you have questions, ideas, comments, or want to report a recent incident or near miss check out our RMC website at: <https://sites.google.com/site/wacrisk/>

Contact us at [wac-rmc@googlegroups.com](mailto:wac-rmc@googlegroups.com)



OR has invited WAC members (along with members of other clubs) to have first dibs on items in their next sale.

The "First Dibs" portion of the sale will be Wednesday, May 14 from 5-8 p.m.

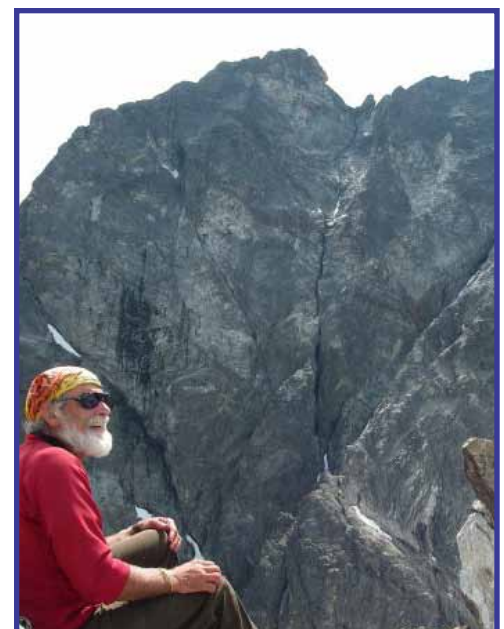
Here is some info on our next First Dibs sale for the WAC and other non-profits. May 14, 5-8PM

First Dibs in our Loading Dock on the Sale that starts the next day, May 15th and runs through May 18th

<http://www.outdoorresearch.com/en/contact-us/retail-store>

Join the conversation at:

[www.facebook.com/orretailstore](http://www.facebook.com/orretailstore)



# Events/Guye Cabin

Historic Guye Cabin was first built in 1932, then added on several times over the years. It is the oldest of the remaining Mountain Cabins, built during the heyday of Outdoor Clubs. With 85 bunks, in women's, men's, and coed dormitories, Guye Cabin can accommodate a large group. Our warm and cozy Fireplace Room is perfect for reading, conversation, or playing games. Guye Cabin has an outstanding library of outdoor literature and guides. It also has a wonderful outside space with fire pit, BBQ area and Snoqualmie River access.



## Guye Cabin Summer Update

Guye Cabin is the perfect year-round hideaway in the Mount Baker Snoqualmie National Forest at 3,200 on Snoqualmie Pass, with views of Guye Peak, Kendall Peak, Denny Mountain, and Snoqualmie Peak.

This year we will have the Cabin open one weekend a month. If you have never been up in the summer this is a perfect time to experience Snoqualmie Pass in the Cascades. There are many hikes, climbs, and bike rides just out the door. Come up for the day, overnight, just stop in to visit or hang out, or help with a work party.

Here are the dates:

May 10/11

June 14 /15

July 19/20

September 27/28

October 18/19

Additionally Guye Cabin in the spring/summer/fall is perfect for vacations, classes, birthday parties, anniversaries, retreats, family reunions, and other large groups. This year there are two running camps already scheduled in the summer. If you would like to schedule your family or group event just contact Mike or your favorite Board Member to find dates. (Sorry, not available during the winter weekends)

## WAC CABIN WORK PARTIES 2014

The Cabin is a great place to 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 burger or hotdogs and sides to share! We'll look for a couple of people to organize this each time. RSVP and we'll send an email when we have the day's theme. 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. Typically 9-4 although you can come for a few hours, just for lunch, or to spend the night!

Schedule for this year! Mark your calendars!  
All Saturdays!

### Here are the dates:

May 10

June 14

July 19

September 27

October 18

### Here is the list of stuff we are working on!

#### Inside

Clean-up

Bathroom ceiling

Refinish Dining Room door

Redo shower room

#### Outside in the Yard

Back Porch

Paint touchups

Firewood detail

Trail work (bridge, river area, ski trails)

Landscaping

Benches

Weed eater

Avalanche brush clearing

Needed Donations (must be nice)

Wood Chairs (sturdy)



## 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.



## Chilai Mountain by Yumin Cheng

Chilai Mountain (3,607 meters) is well known to Taiwanese not for its height but because of the numbers of accidents and lives lost there. The trails to most peaks of Chilai Mountain contain many cliffs. This area always has fast changing weather, which can make hikers get lost and put them in dangerous situations. The first well known accident occurred in 1971. Five hikers died when they tried to return to the trailhead after descending from North Peak and learning from the radio that a typhoon with heavy rain was coming. The extremely heavy rain and wind caused more difficulties to their return. People at Ski Hostel saw them and tried to rescue them, but failed. After the accident, Ching Hua University donated money to build three shelters called Cheng-Gong Shelters). (By the way, Cheng-Gong means "succeed.")

Another high-profile incident occurred in 2000. Two young doctors (Dr. Chen and Dr. Wang) tried to hike Chilai Mountain's east extensive cliffs. Usually it takes about five days to finish the hike. On the second day, the two hikers lost contact with each other. Wang was picked up by another hiking team and finished safely, but Chen got lost. Rescue teams tried to look for him, but could not find him. Miraculously, 10 days later, he exited by himself. I remembered there was a lot of media coverage of the event, and Chen wrote a report on the ten-day experience. Happy for his son's return, Chen's father donated NT\$5 million for building cabins along the Chilai mountain trails.

Of Taiwan's high mountains, Chilai is the

one where both the numbers of accidents and lives lost are highest. Considering Chilai haunted, Taiwanese nickname it "Black Chilai." However, after taking three trips to Chilai, I can assure you that Chilai will always be one of the most attractive high mountains on Taiwan. Visitors to Hohuan Mountain Scenic Area can easily view Chilai North Peak as long as the weather is clear. They can also freely walk from the trailhead to the Cheng-Gong Cabin to enjoy the flowers, watch birds, or view the nearby mountains without obtaining a permit. On the first day and the third day of our trip, I met hundreds of happy, smiling faces along the trail. They did not carry heavy pack bags, but they had the same wonderful time as us.



Washington Alpine Club  
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FIRST CLASS

TO: