

# Washington Alpine Club

## BULLETIN *ON LINE*

February 2007, Vol. 90 No. 2



### LOOKING AHEAD

- Feb. 8 No Feb. board meeting
- Feb 10 Veggie Potluck
- Feb 11 Nordic Class 2 Skate
- Feb 13 Snoqualmie Pass Conservation Coalition Meeting
- Feb 20 Winter Backcountry Class begins
- Feb 23/25 Backcountry Class at Cabin
- Feb 24 Hog Loppet Ski Tour
- Feb 25 Chilly Hilly Bike Ride
  
- Mar 08 Board meeting
- Mar 11 Nordic Class 3 More Skate
- Mar 10/11 Cascade Club Bike Expo
- Mar 13 Snoqualmie Pass Conservation Coalition
- Mar 10 Free Heel Fest at Hyak
  
- April 07/08 Iron Horse Trail Bike Ride, Cle Elum to Vantage
- April 12 Board Meeting
- April 21 Olympic Beach Cleanup
  
- May 05/06 San Juan Islands Bike Ride-Orcas Island
- May 06 Lilac Bloomsday Run
- May 18 Bike to Work Day

### PRESIDENT'S CORNER

The annual snow pack analysis at Guye Cabin showed a base of 100". Yet again we have an excellent snow year. We have had powder days in the double digits! We have had fantastic snow since before Thanksgiving. Cliff Mass told us that we are now over the hump with the winter. We have reached our peak snow pack, and we will begin to see less new snow. No worries though! We'll still be skiing well into April, if not May! A six-month ski season suits us very well! Spring becomes a flip of the coin. Ski? Bike? Run? Climb?

The widely renowned WAC Telemark and Randonee class is going strong every Wednesday night. Everyone has a great time and enjoys the challenge of learning a new discipline. 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 Alpental. Both the Backcountry Class and the Climbing Class are getting ready to start. Pete Alderson's and Jason Christensen's Backcountry Class will be at the Cabin February 23-25. The Climbing Class instructors will be up on March 04. The classes are a great way to meet some new friends and gain

WASHINGTON ALPINE CLUB  
PO Box 352  
Seattle, WA. 98111  
*Address Correction Requested*  
**DO NOT FORWARD**

**FIRST  
CLASS**

**WASHINGTON ALPINE CLUB**  
 Organized 1916 Incorporated 1923  
 MEMBER OF: Federation of Western  
 Outdoor Clubs, Washington Trails Assn.  
 Washington Environmental Council.  
 Washington Wilderness Coalition.Mid-  
 FORC Coalition

*The primary objective 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.*

**PO Box 352 Seattle Wa. 98111  
 206-467-3042**

**WAC Home page:**

**www.washingtonalpineclub.org**

**Board Of Trustees**

President	Mike Mahanay	206.933.6801
1st V P	Pat O'Brien	206.527.6881
2nd V P	Dave Mitchell	425.235.1039
Treasurer	Ira Rushwald	206.725.2725
Secretary	Lynn Simmons	206.543.9024
Ex-Officio Pres		

**Junior Officers**

At Large	John Sargent	360.377.3217
At Large	Jeff Wright	206.244.7410
At Large	Laurie Rich	
At Large	Joe Sambataro	
At large	Kristen Kaupang	

**Alpine Division**

Climbing Class	Fred Slater	425-770-2854
co-chairs	Doug Daniell	206-769-6570
Mica Schonbeck	206-790-2051	

**Winter Division**

Telemark Ski	Jeff Wright	206.244.7410
Back Country Skiing	Pete Alderson	206.409.9657

**Property & Membership**

Cabin Chmn	Bill Hooper	206.325.2851
Work Party	Bill Hooper	206.325.2851
Member processing		
	Lynne Miller	206.789.8093
Publicity	Kay Ishi	206.528.5630
Cabin Supply	Tami Sargent	

**Public Relations**

Bulletin Editor	Bill Hooper	206.325.2851
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**MOVING ??**

Send change of address forms to:  
 Washington Alpine Club, PO Box 352  
 Seattle, WA 98111  
**email:** Lynn Miller [lynne@ohana.org](mailto:lynne@ohana.org)  
 Dave Mitchell [dtmitch@mindspring.com](mailto:dtmitch@mindspring.com)

experience and skills. The WAC has many very smart and helpful instructors! Helping instruct a class each year is a wonderful way to give a little back to our Club!

Folks are polishing and tuning up their bikes for the Chilly Hilly and John Sargent's Iron Horse Trail Bicycle Tour on April 7th and 8th. He is also putting together the annual Island Tour. This year we'll ride San Juan Island on May 5-6. People come from all over the world to ride the San Juan Islands! We are very lucky to have them in our backyard and in addition, the very best local guide-John Sargent!

Even with the windstorm, power outages, and parking drama, it is a fantastic year at Guye Cabin. We have an ever-growing awesome group of wonderful people keeping the Cabin in good order once again this year. A humongous THANK YOU goes to Karel Zikan, Eli Holmes, Archie Brenden, Doerte Mahanay, all the Sargents', (Les, Laura, Tami, John ), Dave Mitchell, Gene Heisler who have taken time from their weekends (almost every weekend) to keep the Cabin organized and extra clean. Please be sure to help them out by doing some chores, hauling the trash and recycles 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! Parking is still a concern! Unload and then park at the North end of the Sahalie side. The Cabin is open from Friday evening until about 3:00 pm Sunday afternoon.

Guye Cabin is celebrating its 75th anniversary this year! Guye Cabin has the aura of a true ski 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 need to do a chore too! Always at the Cabin, be sure to be respectful of the other folks, and follow the Cabin rules to ensure everyone has a good time.

All of this is what makes the Washington Alpine Club special! Our little club started in 1916 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 a great 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. See you on the snow! Mike

**VOLUNTEERING FOR THE WAC**

We would like to thank all the volunteers for helping in the many aspects of the WAC over the last year. Working together we have made the WAC truly something special and unique. We certainly appreciate your continued support! But we would especially welcome anyone who has not yet contributed in the past to participate to help our devoted "regulars".

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.

It 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, and trips, as well as functions at Guye Cabin. Contact a Board member for more information!

As always, our very esteemed editors and purveyors of our monthly bulletin, Bill and Dave, are looking for articles.

If you are organizing one of the WAC classes or events, got a great photo, trip report, news, etc this is your best medium to reach all the members of the Club. While the WAC list is fantastic it only reaches 50% of our members. The online bulletin reaches everyone who has a good email address.

Have your notice to Bill and Dave by the first of each month.

[wmphj@comcastnet](mailto:wmphj@comcastnet)

[dtmitch@mindspring.com](mailto:dtmitch@mindspring.com)

**Attention:**  
**Cabin entry lock combination has been changed.**

## HELP WANTED! MEMBERSHIP CHAIR

After more than two years of exemplary service Lynne Miller has decided to spend more time with her family on skis, and give someone else the opportunity to serve as membership chair. Lynne has overseen and participated in many enhancements to the WAC Membership process including a email welcome letter (replacing the mailed version) multiple year memberships, eliminating the half-year membership, moving the membership year to the calendar year, and finally, overseeing a general increase in membership. We are extremely grateful to Lynne for her long dedicated service to the Club. Do you have what it takes to follow Lynne's lead?

## PARKING

Sahalie has requested that we park at the North end of their side as we have done in the past. Don't forget, until we get our parking area built, they own the parking on both sides of the road.

## FREE CPR AND MOFA INSTRUCTION

The Seattle Fire Department has FREE CPR classes that are periodically (but apparently frequently) scheduled around the city. They teach both child/infant and adult classes for FREE. To find one that is convenient for you, call (206) 684-7274. Their website is: <http://www.seattle.gov/fire/medics/medicTwo.htm>

Did I mention that these are FREE? Additionally, on March 10th, 2007 the American Red Cross Serving King and Kitsap Counties will host their 7th Annual CPR Saturday training at the Washington State Convention Center in downtown Seattle. This FREE event is open to the public and offers certified training in lifesaving Adult CPR skills. Did I mention that this class is FREE?

The Bellevue Fire Department teaches both child/infant and adult American Heart Association CPR classes. These are regularly scheduled and cost \$30 for each class. The classes are held at the Bellevue Public Safety Training Center (1838 116th Avenue NE, Bellevue) from 7 to 10 pm. You can call (425) 452-6885 to find out when a class convenient for you is being taught. For CPR training for groups, call (425) 452-7673. For more information see their website:

<http://www.ci.bellevue.wa.us/5565.htm>  
*(Please look around the website. The URL here doesn't work, ed)*

Finally, WAC had to cancel our mountaineering oriented first-air (MOFA) this fall due to a lack of instructors. So please help us out. Become a MOFA instructor! A couple of things to keep in mind. Once you are MOFA trained, the best way to keep in practice is to teach others! Don't worry, you will not have to teach the whole thing yourself. Just take a part or two that you feel comfortable with. And it's only a couple of weekends a year that we need you. If you are maybe possibly perhaps maybe interested or just want more information, let me know at [rscalhoun@hotmail.com](mailto:rscalhoun@hotmail.com)

or email Carol Sue Ivory-Carlone  
[ivorycarlinecs@att.net](mailto:ivorycarlinecs@att.net)

We will send you information when the next instructors' class is scheduled and can answer any questions. Scott Calhoun  
[rscalhoun@hotmail.com](mailto:rscalhoun@hotmail.com)

## ALTITUDE SICKNESS

Free lecture on how to recognize, prevent and treat high altitude illness by Andrew Luks, MD. See below for description.

Heading off to Mount Rainier? Mt. Kilimanjaro? The Himalaya? Worried About Getting Sick From the Altitude?

How To Travel Safely in the Mountains?

Speaker: Andrew Luks, MD Volunteer Physician, Himalayan Rescue Association Pulmonary and Critical Care Fellow, University of Washington

Seattle REI. Wednesday February 21, 7:00-8:30PM

Free to the Public

Call (206) 223-1944 for details

## BIKING

**Iron Horse Bike Ride** - The 4th annual Spring Break bike ride on the Iron Horse is coming soon. Officially it's called the John Wayne Pioneer Trail located in Iron Horse State Park. Both names are used to describe the trail. Currently there's over 100 miles of trail and the long-term plan is to extend it all the way to Montana. Idaho has already paved 73 miles of the path along the Coure d'Alene River. The Washing Alpine Club biked part of this trail in 2006.

Saturday, April 7th 10 AM, meet at the South Cle Elum Trailhead.

Bring a lunch with you to eat on the trail. We will bike from South Cle Elum to Thorp for 18.6 miles and then stop for lunch before entering the Thorp tunnel. After lunch we will bike another 6.8 miles to Ellensburg.

In Ellensburg we will camp at the Kittitas county Fairgrounds, next to the John Wayne Pioneer Trail. Dinner will be at a local restaurant. Bring a swimsuit if you want to use the Ellensburg Community Fitness Center Pool. Saturday night we may shuttle some cars from South Cle Elum to the Shell station at exit 115.

On Sunday, April 8th Breakfast will be at the Copper Kettle Restaurant and then we will drive to Kittitas to start biking. From Kittitas it's 10 miles to the Boylston Tunnel where we will have lunch. You will need a bright light to see while biking in the tunnel. After lunch it's 16.6 miles down hill to the Columbia River. After the ride we will shuttle back to exit 115. For more information call John Sargent, 306-377-3217.

## Orcas Island bike Ride - May 5th and 6th.

This ride has been voted one of the top 100 climbs in the United States by Bicycle magazine. Mt. Constitution on Orcas Island offers 3600 feet of elevation in 6 miles for an average grade of 11%; expect to spend at least 60 otherworldly minutes conquering this arid yet heavily forested climb to an Army lookout station. But first, on Saturday we will cycle 14 miles from the ferry terminal to Moran State Park. Anyone want to swim? We will be camping on the shores of Cascade Lake. Then on Sunday we will bike another 6 miles from Cascade Lake

to Mountain Lake and then to the summit of Mt. Constitution for the most spectacular view in the San Juan Islands. The Ferry leaves Anacortes at 10:40 Saturday morning. Don't get left behind.

For more information call:

John Sargent 360-377-3217

## SKIING HOG LOPPET SKI TOUR

Sat February 24th . Several WAC folks do this trip every year. We'll drive over Friday after work, make a quick stop at Guye Cabin for coffee, and then continue to Wenatchee and stay in a luxurious \$40 motel to be ready for the early start. We might even stay on Sunday and ski at Mission Ridge.

A High Traverse from the top of Mission Ridge Ski Area to Blewett Pass. This 21-mile event is not a race but a Hog Loppet (rough Swedish for "citizen's high country ski trek. The route begins at the top of the Mission Ridge Ski Area after a chairlift ride from the base. Spectacular views and great people. The route is generally level with some ups and downs for 15 miles, then a long descent to 4100 foot Blewett Pass. There will be three aid stations with snacks, water and emergency equipment.

Register right now at: <http://www.skileavenworth.com/events/eventdetail.asp?eventid=21>

## CROSS COUNTRY CLASSES FOR KIDS!

The WAC participates in a full array of Nordic Classes beginning with the Treasure Trails for the little ones. The Nordic Junior program is also excellent for bigger kids.

The Junior Nordic Program is starting on Jan 6th at Hyak East.  
<http://home.comcast.net/~karelzikan/JP>

This is a progressive year-to-year program for Nordic skiing for kids starting at 4 year of age. Each year, we help turn about 60 kids into budding Nordic and backcountry skiers. Most of the Junior Program instructors are from the WAC or Snoqualmie Nordic Club.

Information about the program for this year, including how to register, can be found at: <http://home.comcast.net/~karelzikan/JP>

Note, this program is run by the Summit Nordic Center and all registration goes through them. However you can download the registration form from the website listed above. You'll also find helpful information about dressing a young Nordic skier and events of interest.

### DATES:

**TREASURE TRAILS** (4-6 yrs)  
Session II February 3, 10, 24 March 3  
Times 10AM-2PM

**LITTLE NORDS & FREEHEELERS & HIGH PROS**  
February 3, 10, 24, & March 3  
Times 10AM-2PM

**CASCADE FREEHEEL FESTIVAL**  
March 10th

Food, Fun, Freedom, Friends!  
Come celebrate the free heel on the spring snow at Summit East (Hyak)! Cascade Freeheel Fest 2007 is a Pacific Northwest grass roots gathering to celebrate the spring snow, telemark-ing, randonee, and backcountry skiing.

The Cascade Freeheel Fest 2007 event has been created by skiers for skiers to promote the fellowship, climate, magic, fun, skill, and knowledge of freeheel and backcountry skiing.

General socializing all day at the Old Milwaukee Lodge, at the base of the Mountain.

## PRATT MOUNTAIN SNOWSHOE TRIP -

Feb 11th The second of this season's Snowshoe trips is scheduled for Sunday, February 11th. Meet at exit 47 at 8am for an excursion to the summit of Pratt Mountain. Maybe 10 miles RT and 3500' feet of gain. Maps: Bandera 7.5 and Snoqualmie Pass 7.5.

Plans, of course, subject to conditions and I trust you will bring full winter travel regalia. An axe is not necessary on the first outing. Gear subject to conditions on the second trip, an axe and crampons might come in handy if it's icy.

Sign up now! Please RSVP to:  
[jonathanpryce@comcast.net](mailto:jonathanpryce@comcast.net)

## 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.

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.

Looking to get started? Drop in the Summit Nordic Center at Hyak for a group or private lesson. They rent skis and snowshoes. Standard drop-in group Lesson times are at 10:30AM and 1:00PM. Get there at least an hour early to get your skis and get ready.

[http://www.summitatnoqualmie.com/info/winter/Nordic\\_lessons.asp](http://www.summitatnoqualmie.com/info/winter/Nordic_lessons.asp)

## NOSTALGIA

Feb. 1934. At the December meeting the Board of Trustees duly passed a motion to raise the initiation fee from \$1.00 to \$2.00, and the annual dues from \$2.00 to \$3.00, effective February 1.

Feb. 24-25—Men's Fox Chase. Leo Loners is our fox this year and a merry old chase he will lead us on. He is spending night after night getting his skis in perfect condition. He has been taking his "Exercises for Skiers" regularly and will be in the pink of condition by February 25. Who will catch him and be our fox next year?

The Fox Chase will be run early Sunday morning and will be followed by a general tournament on the Denny Rockslide.

An invitation will be extended to the Commonwealth Ski Club to join us in this competition.