



BULLETIN

Backcountry Class *See Page 6*

February, 2008
Volume 91, Issue 2



Washington
Alpine Club
Po Box 352
Seattle, WA 98101

Get involved!

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Learn to travel safely in the Winter Backcountry in the WAC Backcountry Class

MOFA Instructor Classes

Do you want to improve your first aid knowledge and skills? Would you like to help out your fellow WAC members and give something back to the club? Become a MOFA Instructor! If you have a current MOFA card, join the upcoming spring MOFA Instructor Course.

DATES: May 10, 17, 18, 31, June 1 – All dates inclusive

TIMES: Saturday and/or Sundays, 8:00 AM to 6:00 PM

LOCATION: Bio-Rad Laboratories, 6565 185th Ave. NE, Redmond, WA 98052

COST: \$75 reimbursed by the WAC

<http://www.mountaineers.org/seattle/mofa/>

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**Membership Renewal
for 2008 is over.
Have you renewed?
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WASHINGTON ALPINE CLUB

Organized 1916 Incorporated 1923

MEMBER OF: Federation of Western Outdoor Clubs,
Washington Trails Assn. Washington Environmental
Council. Washington Wilderness Coalition.
MidFORC 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

www.washingtonalpineclub.org**Board Of Trustees**

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co-chairs Doug Daniell 206-769-6570
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Winter Division

Telemark Ski Jeff Wright 206.244.7410
Back Country Jason Christensen 206.235.4539

Property & Membership

Cabin Chrman Bill Hooper 206.325.2851
Work Party Bill Hooper 206.325.2851
Membership Kristin Kaupang 206-251-8295

Publicity Kay Ishi 206.528.5630
Cabin Supply Tami Sargent

Public Relations

Bulletin Editor Bill Hooper 206.325.2851
Conservation Mike Mahanay 206.933.6801
Circulation Dave Mitchell 425.235.1039
By Laws Dave Mitchell 425.235.1039

MOVING ??-

Send change of address forms to:
Washington Alpine Club, PO Box 352
Seattle, WA 98111

Or Dave Mitchell dtmitch@mindspring.com

Looking Ahead! WAC Calendar

February 13 > Board Meeting
February 16 > Salmon Cookout 6 pm at Cabin
February 19 > Backcountry Class begins
February 22/24 > Backcountry Class at Cabin
February 23 > Hogg Loppet Ski Tour - Mission Ridge to Blewett
Pass
February 24 > Chilly Hilly Bike Ride

March 02 > Climbing New Instructor Training
March 08 > Feeheel Festival at Hyak
March 08/09 > Bike Expo
March 12-14 > Michael Balise Group at Cabin
March 12 > Board Meeting
March 16 > Climbing Instructor Training at Cabin
March - June > Basic Climbing Class

April 05/06 > Iron Horse Trail Bike ride to the Columbia River
April 16 > Board Meeting
April 22 > Earth Day
April 26/27 > Olympic Beach Cleanup

May 04 > Bloomsday Run in Spokane
May 09/11 > Climbing Class Alpine Climbs from Cabin
May 14 > Board Meeting
May 16 > Bike to Work Day
May 16/18 > Climbing Class Alpine Climbs from Cabin
May 17/18 > San Juan Island Bike Ride

July 12/13 > STP Bike Ride

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. All we see is your email address unless
you tell us more. Please put your name in the comment sec-
tion. As much as we love you all, we haven't memorized your
email addresses, and if we can't figure out who you are from
your email address alone, then we'll deny your request. If this
happens to you just apply to join the group again and in the com-
ment section, tell us your name.

Does the WAC have your good email address?
You can check these things on the WAC website.
Please go to www.washingtonalpineclub.org
If your address chances please let us know!

If you don't have an account on the www.wacweb.org you can
use the shared name and password:
User name: *climbing* Password: *climbon*

Thanks -George Snelling, Mike Garrison, Sim Larkin

President's Corner February 2008

Have you renewed your membership for 2008? Please do it today as 2007 is over! Want to save all the trouble of writing a check every year? Renew for multi years! All the information you need is on Page 7 of this Bulletin.

The annual snowpack analysis by the WAC snow scientists at Guye Cabin showed a base of 100". Yet again we have a excellent snow year. There have been many powder days. Our friend Cliff Mass told us that we have reached our peak snowpack, and we will begin to see less new snow. No worries though, we have plenty! We'll still be skiing well into April, if not May! Get out and embrace the winter.

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. The Backcountry Class will be at the Cabin February 22-24. The Climbing Class instructors will be up on March 16. The classes are a great way to meet some new friends and gain 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!

We have a wonderful people keeping the Cabin in excellent order once again this year. A WAC group hug and thank you goes to Karel Zikan, Eli Holmes, Archie Brenden, all the Sargents', 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 recycling home, and shoveling snow. It 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. Bringing guests in separate car? Unload and shuttle one car over to the Hotel. The Cabin is open from Friday evening until about 3:00 pm Sunday afternoon.

Be sure to be respectful of the other folks, and follow the cabin rules to ensure everyone has a good time. Outside, keep an eye on the kids, and inside keep an eye on the kids. 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.

What really amazes me is how many people in the WAC continue to be active and involved year after year, keeping our Club running. The Board, all the Class Chairs, the Cabin Team, and many instructors volunteer their time each year in a variety of activities. Thanks to you all for setting a high standard, and for setting a wonderful example for the rest of the Club!

All of this is what makes the Washington Alpine Club special! Our little club started in 1916 and is going stronger than ever. Many folks know almost everyone in the club! The WAC 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!

The Bulletin is 100% online. The feedback from the Club regarding the new format has been overwhelmingly positive. This allows us to offer photos, color, more timely content, and save 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. Thanks to everyone for their patience!

Skiing Climbing Hiking Biking Partners

Many folks are looking for skiing, hiking, biking, and climbing partners. The Yahoo Waclist is a very effective way of looking for someone on short notice. Participating in Club events is also an excellent way of making new friends and finding long term partners.

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 sure beats the view at your local health club.

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. Cross country skiing allows you to choose from a variety of locations. Parks, golf courses, hiking trails or cross country ski areas are all good choices. Determining your projected commitment level will help you decide whether to rent, lease or buy equipment.

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.
Buying new equipment. You might want to consider a package deal that offers a discount when you buy skis, boots, bindings and poles together.

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. They have minimal sidecut so the skis will stay in the tracks. (Sidecut refers to the narrowness of the middle part of the skis in relation to the wider tip and tail.)

Skating 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. Skating skis can provide the ultimate fitness workout.

Backcountry Skis: These skis are for the more 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.

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.

Look for a boot with some insulation between the inner lining and the outer shell. Classic touring boots that come up over the ankle might be the best choice for new skiers. These boots offer lots of support, warmth and comfort. If you are planning to conquer the backcountry, look for sturdier, more rigid boots that offer the most support.

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.

Recreational boots are available in three binding systems: 75mm three-pin (uses three pins that mate with three holes in the boot sole); Salomon system; and Rottefella system.

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.

What size skis?

Skis are measured in centimeters. 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.

Cross country ski **boots** are sized in one of three ways — European sizes (numbers in the 30s and 40s), traditional American sizes (generally 6-12) and also "mondo point," which is simply the length of the boot in centimeters. Generally speaking, Nordic boots designed for skiing in tracks or light-duty trail breaking come in European sizing with American equivalents, while telemark and heavier-duty backcountry boots come in mondo sizing (some backcountry boots come in Euro sizes). Because of these various sizing methods, it's important to try on boots before buying them. When trying on boots, wear one pair of medium-weight or light-weight socks and a liner sock made of synthetic materials or silk. The fit should be snug and your heel should remain in place. You should be able to wiggle your toes.

Poles are measured in inches or in centimeters.

Lets go ski!

The Hog Loppet

A 21 Mile Ski Trip from Mission Ridge to Blewett Pass in the Cascades!

February 23, 2008

Okay! One more time. What is the Hog Loppet? It is Swedish for "citizen's high country ski trek". It is a high traverse from the top of Mission Ridge Ski Area to Blewett Pass, covering 30 kilometers. This 21-mile event is not a race but a Hog Loppet, where the only idea is have fun and finish. This is the 19th edition of the annual cross-country ski event, and each year there are over 500 skiers participating without regard to conditions.

The route is up and down for the first 7 miles, then generally level for the next 7 miles, and then the last 7 miles there is a long descent to 4100 foot Blewett Pass. Along the way, there were three aid stations with snacks, oranges, apples, water, Gatorade, hot chocolate, mm's, and emergency equipment.

The route begins at the top of the Mission Ridge Ski Area, outside Wenatchee, after two chairlift rides from the base. 21 miles later at Blewett Pass there are big busses to give us a ride back to our vehicles in Wenatchee and Leavenworth. Everyone receives a really cool t-shirt as a prize. This is an intermediate ski with a few miles of ungroomed skiing at the beginning. Ages ranged from teenagers to seniors. Rated a 10.



We hope to have a large WAC contingent this year, and every year. Want to go? Sign up soon as it sells out!

<http://www.skileavenworth.com/events/eventdetail.asp?eventid=32>

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. Best of all? It is inexpensive, and the gear lasts forever!

Hyak is typically open Friday, Saturday, Sunday, 50K of groomed trails

Nordic Conditions at Hyak

http://www.summit-at-snoqualmie.com/info/winter/nordic_conditions.asp

Rates

Full Day \$16 Season Pass \$99

Trail Map of Hyak 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.

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 Skiing ungroomed Trails & Snow Shoeing (Dogs welcome at all locations)

Price Creek Exit 61

Gold Creek Exit 54

PCT Exit 52

North Annette Lake Exit 47

Talapus Lake Trail Exit 45

McClellan Butte Trail Exit 42

South Granite Mountain and Talapus Lake Exit 47

Commonwealth Basin & PCT Exit 52

**** **Always Check Avalanche Conditions** <http://www.nwac.us/products/SABSEA>

***AVALANCHE* FACT SHEET**

- Most avalanches **CAN** be avoided.
- Most avalanches, involving a victim, are started by that person or a companion.
- Most avalanches occur on slopes of 30-to-45 degrees, during or following a major snow event.
- Most victims have some avalanche training and consider themselves skilled in their sport.
- More avalanche fatalities have occurred this winter in Washington than any other state.
- The **Northwest Weather and Avalanche Center (NWAC)** provides daily weather and avalanche condition updates as well as avalanche education venues. www.nwac.us
- A **major snow event** is a snowstorm that produces a snowfall rate of 1-inch per hour or greater for several hours or 10-inches or greater in 24 hours. This will generally cause avalanche danger to increase significantly. Strong winds of 15 to 50 mph can elevate avalanche danger dramatically after as little as an hour – even when no new snow is falling.

Someone completely buried in an avalanche has a 90% chance of survival if they're uncovered within the first 15 minutes (absent any life threatening trauma-related injuries); someone buried 30 minutes has approximately a 50% chance of survival. The chances of survival drop dramatically after 30 minutes.

Very few people, caught in an avalanche, have been able to dig themselves out. For someone completely buried, their survival depends solely on the quick actions of the other members in their party. Avalanche beacons, shovels and probe poles are essential pieces of equipment for anyone traveling in avalanche country.

“If my partner’s caught in a slide, should I immediately go for help?”

NO. You are that person’s BEST chance for survival. Do everything possible to locate the subject, and then go for help. If you have additional manpower, have someone go for help AND call 9-1-1, while you continue recovery efforts.

MOUNTAIN RESCUE ASSOCIATION TEAMS:

Never charges for their services.

Are non-profit all-volunteer mountain search-and-rescue teams.

Are nationally accredited by the Mountain Rescue Association.

Provide day or night mountain search and/or rescue capability.

Members:... Are on-call 24 hours-a-day, 365 days-a-year

... Provide their own personal equipment

... Are prepared for 48 hours afield, year 'round

... Are trained for any Washington season, terrain, weather, or altitude

Rely entirely upon donations and grants for funding.

Thanks to Robert Coleman and the:

Mountain Rescue Association

Fran Sharp, President

253.691.3773

Get the Max out of your Sno-Parks by Michael Gruskin

Sno-Park passes for non-motorized winter recreation have gone up nearly 50% this year. It's time you get the most out of it. A season pass has gone from \$20 to \$30. The additional pass needed for groomed trails has also gone from \$20 to \$30.

Get A Program

They say you can't tell the players without a program. Get two Sno-Parks Brochures where you buy your pass. They're free. Put one in the car and keep one at home. If you are looking for a sledding area, check the brochure. If you want the nearest groomed area, check the brochure.

Armchair Skiing

Next have a seat at your computer and from the comfort of your home go to <http://www.parks.wa.gov/winter/nonmotor.asp>. Bookmark that page. Click on "Non-Motorized Sno-Parks." You will see maps of the ski trails, see their level-of-difficulty and find the area and exact trail you want without endangering yourself or your kids. Through a link under the descriptions you can get a detailed, printable map. Most of the trailheads have no maps. Now you will be one of the few on the trail who has one.

Up-to-Date Grooming Information

There is a grooming report on the page with the printable map link. This is when they expect to do the grooming. The truth is the Sno-Park web folks in Olympia don't know if the groomer made it to work this morning. Even if the Web Master was called with the information it wouldn't matter. He's not there on weekends when most of us want to go.

In the Sno-Park brochure you have find the phone number of the Ranger District you're going to. Call them and get the skinny for skinny skiing. For Snoqualmie Pass there is a recorded message at (509)656-2230.

Get There Early

The busiest Sno-Park fill-up early. For example, Cabin Creek, in the Snoqualmie Pass area often fills by 10 A.M.

Making It More Responsive

If things are not right you must let someone know. You're the Quality Control System. It's better that way. You don't want to pay more taxes for squads of State Employees going around every day looking at snow. If the Sno-Park or the trail needs work go to Winter@parks.wa.gov and let them know what action they should take. Copy in the Chair of the state's Winter Recreation Advisory Committee: LewPersons@comcast.net.

Get A Sno-Park and Free Money!

We need more Sno-Parks were most of the people are.

The Sno-Parks have two full time employees. The State Winter Recreation Advisory Board has 12 unpaid volunteers who meet about 5 days per year. If you want a new Sno-Park you have to make it happen yourself. But you don't have to make it happen alone.

Applications for Sno-Parks are preferred from "User-Groups." If you don't have a group, talk to the local Forest or State Pk. Ranger where you want your Sno-Park. They can apply. Most of the applications come from these folks. You should fill out the paperwork for these overworked souls and endeavor to become a grant-writing Ninja. There are other sources for grant funds where these skills will come in handy.

The Sno-Park Program operates a grant system that has given away millions of dollars. Get the grant application online at www.parks.wa.gov/winter/grants/default.asp. Get one now to become familiar with it. It must be in before May. It is voted on in August. So go out there and have max fun.

Contacts to Know

Sno-Parks Website Winter@parks.wa.gov

Grant Application Site www.parks.wa.gov/winter/grants/default.asp

Weather <http://www.wrh.noaa.gov/>

Roads <http://wsdot.wa.gov/traffic/>

Avalanche <http://www.nwac.us/>

Chairman of Advisory Committee LewPersons@comcast.net

Wa. Trails Assn. Blog on Sno-Parks <http://www.wta.org/trail-news/signpost/are-sno-parks-worth-the-money>

WAC Trip Reports!

Hyalite Canyon, Montana from Joe Sambataro

http://www.wacweb.org/Trips/TripReports/default.view?_mode=details&RowId=430

Photos at

http://isc.astro.cornell.edu/~don/pictures/v/friends/joe/joe_climbing/joe_hyalite/



2008 Backcountry Class Registration is open!

Feel free to contact Jason Christensen at 206 235 4539 or jason at jasonchristensen dot net if you have questions about our next class.

Applications

Registration for the Backcountry Travel Class is open with a deadline of the last day of January. All applications postmarked by January 31st will be considered. 25 students will be chosen. All applicants will be contacted via email by 2/7/2008 as to whether they have been accepted or are on the waiting list for the class. The Class is available to skiers, both Alpine Touring (AKA, AT & Randonee) and Telemark; Snowshoers; and Snowboarders (splitboards are highly recommended, but snowboarders with snowshoes may also be accepted). Skiers & snowboarders should be at least of intermediate ability. This means the ability to stop, turn, and get down blue-square runs in a reasonable amount of time. The cost of the class is \$80.

2008 Class Schedule

Tuesday, February 19th, 7-9 PM, Prospect Church: Avalanche Lecture.
 Friday Night - Sunday Night, February 22-24, Guye Cabin: Avalanche Weekend.
 Tuesday, February 26th, 7-9 PM, Prospect Church: Routefinding Lecture.
 Saturday, March 1st, All-Day Field Trip, Location TBD: Field Work.
 Tuesday, March 4th, 7-9 PM, Prospect Church: Snow Camping Lecture.
 Saturday Morning - Sunday Night, March 8-9, Location TBD: Field Work & Snowcamping.

Backcountry Class Instructors Wanted!

Want to improve your backcountry skills while teaching and having fun?

Please help teach the class!

If you have at least a Level 1 Avalanche certification and some experience in the backcountry please contact Jason Christensen at 206.235.4539 or by email at Jason at jason-christensen.net to participate.

Guye Cabin- things to know and do

Parking-

To save us the snow plowing expense, we are still working with our good neighbors Sahalie. Don't forget, Sahalie has an easement on both sides of the road, and allows us to park only on our side south of the fire hydrant, or the very far north end of their side. If we have groups, we should unload and shuttle the cars over to the hotel. Do not allow the public to park in our area! (Direct sledders to the Iron Horse Trail Sno park. They have a great sledding hill)

Outside-

Do you remember that nice path that you walked to the Cabin? Some nice folks make that each weekend. Help them out. We need people to spend 20 minutes or more shoveling both the front and back stairs, cleaning access to the fire pipe at the road, and working on the path.

Safety -

The snow is 10' deep and there are hazards- steep banks, tree wells, deep snow, icy conditions. Always keep an eye on the kids, and others.

Inside-

We need to vacuum and thoroughly clean the floors of all the dorms

***Have you renewed your membership yet?
December 31, 2007 your WAC membership expired!
Please Renew today! Last chance....***

We hope that you continue to support the Washington Alpine Club and take advantage of all the opportunities that membership offers. Please send your renewal today to Kristin Kaupang at the address listed below.

Annual Dues (renewals)

	Regular	Senior	out of state
Through Dec 2008	30.00	15.00	20.00
Through Dec 2009	60.00	25.00	35.00
Through Dec 2010	85.00	35.00	50.00
Through Dec 2011	115.00	45.00	65.00
Through Dec 2012	135.00	55.00	80.00

Cabin Fees

When renewing, members also have the opportunity to pay annual Guye Cabin fees in lieu of single day or overnight fees. These annual cabin fees are effective for the membership year. Support Guye Cabin!

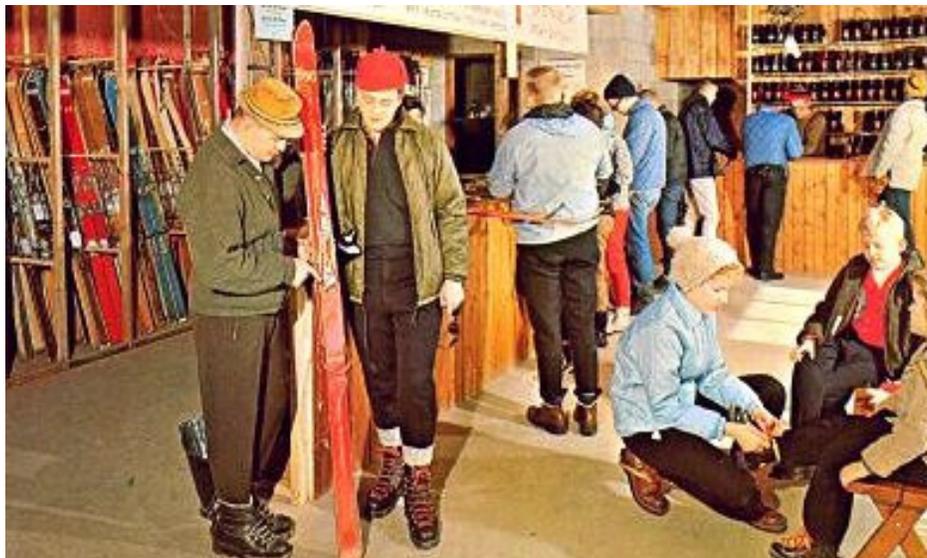
Annual Cabin Dues \$70.00 per person
\$100.00 for two people
\$120.00 for three or more family members (13 and older)

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

Please send your check made out to "WAC", to:
Washington Alpine Club
c/o Kristin Kaupang
7712 14th Ave SW
Seattle, WA 98106

Telemark Skiing from our friend Ernest Hemingway-

"Coming down the mountain in the telemark position, kneeling one leg forward and bent, the other trailing: his sticks hanging like some insect's thin legs, kicking puffs of snow as they touched the surface and finally the whole kneeling, trailing figure coming around in a beautiful right curve, crouching, the legs shot forward and back, the body leaning out against the swing, the sticks accenting the curve like points of light all in a wild cloud of snow." Ernest Hemingway



The Washington Alpine Club
PO Box 352
Seattle WA 9811

First Class

Address Correction Requested
Do not forward

To: