

# Washington Alpine Club | Bulletin

March 2014 | Volume 99, Issue 3



## 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.

### IN THIS ISSUE

WAC Information	2
President's Corner	3
News	4
Classes	5
Events/Guye Cabin	6
Membership	7

## Pico de Orizaba by Lourdez



Lourdez at the top of Pico de Orizaba (18,491 ft.)

My name is Lourdez, but I usually go by Lulu. I am about to start WAC's basic climbing class, and even though members may come from different backgrounds, I feel like I've done things in reverse order. I'll tell you why.

I first heard about this club last year when a friend of mine signed up for the class. I wanted to climb Rainier, but I was very much afraid. Afraid of the gear investment, afraid of not being able to keep up with the class progress, afraid of not liking it enough to continue. I had been hiking for years but did not know what the next level was like.

I ended up signing up for a fundraising climb with IMG. All I had to do was hike a lot, buy some gear and invite my friends to donate. Piece of cake.

I took advantage of the amazing weather and discovered incredible places along the way. The dog and I grew really fond of lakes and waterfalls. Additionally, I got used to carrying bricks on my pack. At the end of my training I had gained 34,500 feet in elevation and had hiked a distance of 106 miles.

That's why just before the climb I knew that getting to the summit was no longer a

# WAC Information

## Calendar

MARCH	
March 9	Snoqualmie Loppet
March 11-13	Nathan Hale HS
March 15	Scouts First Aid
March 16	Michele
March 21-23	Steeles
March 28-30	Wilderness First Responder Class
APRIL	
April 5-6	Wilderness First Responder Class
April 19	Olympic Beach Cleanup
MAY	
May 9-11	Alpine Climbs
May 16-18	Alpine Climbs
May	Monthly Cabin Work Parties start thru September
AUGUST	
August 1-3	Snoqualmie Pass Trail Runs
SEPTEMBER	
September??	Intermediate Climbing Class

## 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

Dave Wilson

#### Secretary

Elden Altizer

#### At Large

Pat Beurskens, Mike Daly, Eli Holmes,  
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#### Climbing Class Co-Chairs

Wayne Begasse, Jennifer Louie, Kyle Zinter

### 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

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# President's Corner

## March 2014 by Mike Mahanay

A little slow out of the gate however February did arrive and the snowpack suddenly went to over 100% in just two weeks! There have been days of epic snow and champagne powder conditions. Guye Cabin is surrounded by a deep snowpack.

Co Chairs Susan Ashlock, Alex Ford, and Denny Trimble had the Winter Backcountry Travel Class at Snoqualmie Pass for two weekends. They have excellent instructors helping out and a fantastic group of students! The 2014 Climbing Class will also be underway this month. Thanks to the co-chairs and all the volunteer Instructors who work so hard to organize and teach this and other WAC classes!

There are several Cabin events in March. We are looking for excellent conditions for the annual Snoqualmie Loppet on March 09. Please check the calendar in the Bulletin or on the website for dates. Just a reminder- the first weekend in April is Sahalie the Mardi Gras. There will be very limited parking that weekend.

As the ski season winds down start making your plans to visit Guye Cabin in Spring & Summer. Many people say that Snoqualmie Pass is even more appealing in the summer! At these times you will find the Cabin is generally quiet and relaxed. We will do some work parties starting in May. We'll do a few Cabin improvements and will focus on Trail work and firewood. The Cabin is a great place to meet new friends and renew old friendships!

April 19/20 is the 15th annual Olympic Beach Cleanup, our yearly service trip. The winter storms, unfortunately, bring a new delivery of flotsam and jetsam to our beaches. Will there be debris from the Tsunami this year? Started as a grass roots effort by our good friend Jan

Klippert, the coastal clean now goes all the way from the Long Beach Peninsula to Cape Flattery. The WAC portion is Hoh Beach. Come join the fun! We have participated since the second year and each year it has been even more fun than the year before! It makes everyone feel good to know they help cleanup the only wilderness coastline in the lower 48. Come on out on April 19, to where the cold glacier water from Mount Olympus meets the Pacific Ocean! You can come for the day, or overnight. Sign up with Mike.

What is the Washington Alpine Club? An all volunteer grass roots local community organization that supports outdoor recreation and each other. It is a huge effort to run our organization. There are over 200 people that play key roles in teaching, organizing, and motivating students on a yearly basis. They do this for no reason other than the satisfaction it brings them to see others experience the wonders of the Pacific NW and grow in skills and confidence! A long standing tradition, the WAC began in 1893 helping to create Mount Rainier National Park, and is stronger than ever with 500 members! Most of them actually know each other. Do you know someone who would be a good fit for the WAC? Please take some time and introduce them to some of the many benefits our unique Club has to offer, and get them online to sign up! They will thank you for it!



**New parking procedures in place this winter. Park in the lot to the north of the Cabin. Details on page 6.**



## Pico deOrizaba (cont. pg 1)

requirement. By being ready I had already reached my goal. But no one told me about the intense emotions that awaited.

I did not expect the level of passion that guides have. All of them love what they do, and because of that I could not avoid being inspired, motivated and dragged into the climbing world. Unfortunately, due to a couple of mistakes, I got to the summit half-conscious and with a pes bursitis already developed on the knee. I can tell you that the descent was not a walk around flowers. However, when we eventually got back to Paradise I realized I had not been so happy in a long time. The post-trip depression started as soon as we said our thanks and good-byes, and it lasted about a week.

“What’s next? What’s next?” That question kept popping over and over inside my head. I was well beyond the turning point. The doctor forced me to stay away from the mountains for a few weeks, but as soon as my knee recovered I went back to my training grounds with the Mexican volcanoes in mind. I learned my lessons and three months later I summited Pico de Orizaba completely healthy and conscious. This time the post-trip depression stayed for a month.

As much fun and convenient as it is, climbing exclusively with a guiding company is certainly not scalable financially or technically; that’s why I’m writing this article. I am ready to learn how to fish. Almost every day I find myself reading about climbing, telling people the last thing I’ve learned about climbing and daydreaming about climbing. You could never tell that I am the girl who was shipped to the Seattle area four years ago directly from Cancun, Mexico. I’m looking forward to meeting you.

## Snoqualmie Loppet - March 9, 2014



Seventh Annual! From Hyak to Cabin Creek.  
9 am Mass Start

Couldn’t do the Hog Loppet? Had so much fun you want to do it again? Here is a second chance and a easy way to experience the fun, thrills, adventure, and drama of a long distance ski tour. What a great way to introduce people to the entire Nordic trail system! This is an informal event with no sponsors, no support, no prizes, and no responsibility! Just a group of friends out for a challenging ski! I have some great shirts for \$20! We will arrange car shuttles to Cabin Creek.

The course is about 35 kilometers total distance, a little more than the Hog Loppet. You can also do any of the sections if you are not up to full Loppet. The first year in 2008 there were 6 of us, and in 2009 thru 2012 there were 30+ participants. Come join the fun!

1. New Hyak lift to the top and the upper trails at 9 am. Course instructions, then a mass start
2. Around Mount Catherine counter clockwise all the way to Hyak Lodge
3. Descend to the Iron Horse and the long fast 10K to the Stampede Pass Road

4. Ski North on the Stampede Pass Road, then enter the Trollhagen trail system

5. Ski a loop in the Troll Hagen ( visit their Cabin if you want)

6. Exit Troll Hagen and ski toward I90 until you connect with the Stampede Pass Road

7. Walk the road, then take the new trail east just after the Yakima River

8. Turn left on the Cabin Creek South Loop to the parking area

9. Ski the Viking course and Berg course to the end!

10. Meet back at Advaark Food Wagon by the gas station for an Iron Horse Buritto & Juice.

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! Briefing at the Hyak Lodge at 8:45. Ride the lift up promptly at 9 am for the best snow conditions.

We will meet at Hyak at 8 sharp to shuttle cars to Cabin Creek. I am also willing to make a return trips if necessary. (cell 206.931.4713)



# Classes

## Snoqualmie Loppet

March 9, 2014 (cont.)



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.

Please bring plenty of snacks and water. There is no support in terms of food on the course other than Hyak Lodge. This is a good stop for a hot drink or piece of pizza, and a place to leave a drop bag.

After the finish we will regroup for a tailgate party to relive the day's excitement at Advaark mobile café near the upper Hyak parking area. He has fresh Iron Horse Burritos, Tacos, Organic juices and Treats.

Keep track of your time and we'll post the results.

Please RSVP on the Facebook page or directly with Mike.



## Great News!!!

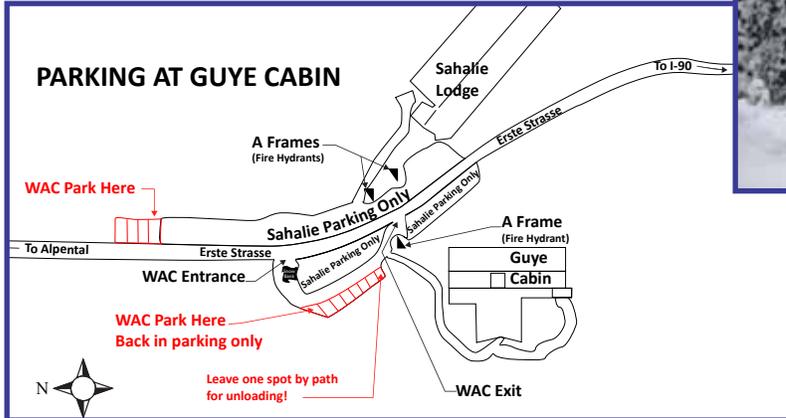
The 15% discount on full priced Outdoor Research items and 10% on full priced non-OR items is back at the Outdoor Research Retail Store for WAC members. The only requirement we have is as follows:

-All individuals offered discounts, club members or otherwise, are now required to create a store account to utilize the discount. They will get general sale and event e-mails from OR Retail Store but they can easily opt out. These will not be targeted to your members or anyone else.

Outside of signing up, all your members have to do is let us know they're a member of the WAC. Feel free to pass this information along to your members.



# Events/Guye Cabin



## Guye Cabin Work Parties Beginning in May

This year we would like to see if we can find folks to commit to working on certain projects at the cabin on specific weekends. This will allow us to have the materials and helpers etc they need to accomplish the tasks.

Here is the list we would like to do this summer. Some are must dos, and others are nice to have.

Normal summer work:

Chainsaw rounds / Split wood

Trail work / yard work

Paint /repair outside Cabin

Guye Cabin Work Party Dates are on the website!

We would like to thank all our volunteers for helping us for the last year (and years past). Working together we have made the WAC into something very special. We certainly appreciate the continuing support of those who have already contributed. But we would especially welcome anyone who has not yet contributed in the past to take a volunteer job to help our devoted "regulars". We would like to get to know you better and we could really use your help. Volunteering with the WAC can be very rewarding and provide an additional avenue to finding interesting things to do with the club.



# Membership

## It's time to renew your membership! Support the WAC and renew your membership for 2014 now!

Fall is the time to renew your membership in the WAC for another year. These rainy days and long nights make it is super easy to do! Just look yourself up in the members section (climbing/ climb on is the user name/password) to see when your membership expires.

**We recommend you just renew online via Paypal.**

Just go to this link, and scroll down to the renewal section:

<http://www.wacweb.org/About/join.view>

Please consider adding an additional gift to your membership renewal check. Your contribution will help us with scholarships and 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 Membership  
P. O. Box 352  
Seattle, WA 98111**

[Membership@washingtionalpineclub.org](mailto:Membership@washingtionalpineclub.org)

We hope that you continue to support the Washington Alpine Club and take advantage of all the opportunities that membership offers.

**RENEW ONLINE >>**

<b>Annual Dues (renewals)</b>	<b>Regular Members (18-64yrs)</b>	<b>Senior Dues</b>	<b>Out of State Dues</b>
1 YEAR: Through Dec 2014	\$30.00	\$15.00	\$20.00
2 YEARS: Through Dec 2015	\$60.00	\$25.00	\$35.00
3 YEARS: Through Dec 2016	\$85.00	\$35.00	\$50.00
4 YEARS: Through Dec 2017	\$115.00	\$45.00	\$65.00
5 YEARS: Through Dec 2018	\$135.00	\$55.00	\$80.00

### Annual Cabin Fee:

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).

<b>Individual Member</b>	<b>\$80.00</b>
<b>Immediate Family of two WAC Members</b>	<b>\$130.00</b>
<b>Immediate Family of three or more WAC Members</b>	<b>\$150.00</b>

## Get your WAC tee shirt!

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, Pat O'Brien's, or at the Annual Meeting.

S,M,L,XL.



## The Washington Alpine Club is on Facebook!

Facebook is yet another way to keep up with the Washington Alpine Club. Once you've joined Facebook, go to the WAC page and join the group. And invite your friends to join the group. You can connect with other WAC members, get information on upcoming events and post messages for other members.



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



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