



October ♦ November ♦ December 2008

Cougar ♦ Squak ♦ Tiger ♦ Grand Ridge ♦ Taylor ♦ Rattlesnake

TIGER TRAVERSE NOW CLOSED

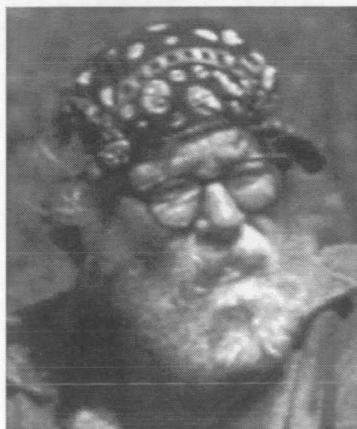
Hikers in the south Tiger Mountain area be advised. The Tiger Traverse Trail—up to to the South Tiger summit—is now closed down due to a timber harvest.

Tiger Mountain, remember, is a working state forest. The cooperative program with the Department of Natural Resources and the Issaquah Alps Trails Club and other outdoor recreation groups has been a very successful one over the years.

DNR timber sales are very profitable and generate important revenue for public education, state institutions and county services. The sale will generate over \$850,000 of revenue.

Historically, DNR has sold timber in the south and east regions of Tiger, generally minimizing inconvenience to hikers, who primarily utilize trails in the mountain's northern and western exposures.

The southern end of the Tiger Mountain Trail, which had been impacted by other recent timber sales, will apparently be unaffected this time, as will trails that emanate from the Highway 18 summit. →



Harvey Manning

STATUE GOAL MET

Several sizable contributions during the summer have enabled IATC's fund for the Harvey Manning statue to exceed its initial goal of \$60,000.

Doug Simpson, chair of the fund-raising committee, feels that \$65,000 would enable the club to pay for related expenditures such as transportation of the base boulders to the site and a plaque identifying donors of \$1,000 or more. He hopes a few more donations will provide funds to cover all costs.

Once the timber harvest—conducted by Hampton Tree Farms of Portland—is complete, roads and trails will be cleared up and reopened.

The life-size statue is scheduled to be unveiled next May on the grass below the trail center at First and Andrews streets.

LONGWELL TRAIL ON HORIZON?

Guest Heather Cole of the State Department of Natural Resources (DNR) spoke with the IATC board at the July 24 meeting, asserting DNR's willingness to cooperate with the club on its wish to name the Tiger Mountain Trail for the recently deceased Bill Longwell.

"Longwell and his work crews built the TMT," President Steve Williams pointed out. "We want the trail named for him as a token of his vast contributions to Tiger Mountain."

A committee of Williams, Larry Hanson and Sally Davies was formed to work with Cole and DNR to work out the details. It is likely that signs at either end of the 16-mile trail will read "Bill Longwell Tiger Mountain Trail," with interior signs remaining unchanged.



"It has become evident that wilderness is not the business merely of hikers seeking refuge, but of the entire community of life." --H.

The Apparatus

CLUB FOUNDER

Harvey Manning

PRESIDENT

Steve Williams • 453-8997 • wilbs@worldnet.att.net

VICE PRESIDENTS

Ken Konigsmark • 228-4839 • kenkonigsmark@yahoo.com

Doug Simpson • 392-6660 • d.simpson@msn.com

TREASURER

Jackie Hughes • 641-3815 • jhughes62003@yahoo.com

Cornelia Remy • 425-255-6999 • timcreamy@q.cm

SECRETARY

Sally Pedowitz • 206-323-2714 • sjoped1@msn.com

BOARD OF DIRECTORS

Sally Davies • 641-0676 • sallyd50@hotmail.com

Larry Hanson • 392-2458 • larmarhan@msn.com

Jackie Hughes • 641-3815 • jhughes62003@yahoo.com

Rich Johnson • 392-0288 • richj@yahoo.com

Richard Mann • 391-0410 • hiker67@yahoo.com

Harry Morgan • 432-3249 • hcmorgan@gmail.com

Scott Semans • 369-1725 • ssemans@aol.com

Karen Tom • 391-7585 • karentom98027@yahoo.com

Joe Toynbee • 228-6118 • toynbee@blarg.net

HIKES COORDINATION

Melinda Livingstone • 392-7455 • melindal@blarg.net

Jackie Hughes • 641-3815 • jhughes62003@yahoo.com

Joe Toynbee • 228-6118 • toynbee@blarg.net

BOOK SALES/DISTRIBUTION

Scott Semans • 369-1725 • ssemans@aol.com

WEBMASTER

Richard Amidei • 425-313-9901 • damidei1@comcast.net

THE ALPINER

Doug Simpson • 392-6660 • d.simpson@msn.com

ADVOCATES

Cougar Mountain: Steve Williams • 453-8997 • wilbs@worldnet.att.net

Issaquah: Connie Marsh • 392-4908 • auntgrumpy@comcast.net

Tiger Mountain: Larry Hanson • 392-2458 • larmarhan@msn.com

Raging River/Preston: Maryanne Tagney Jones • 222-7615 • branches@mindspring.com

Rattlesnake Mountain/Taylor Mountain: Ralph Owen • 746-1070

Squak Mountain: Doug Simpson • 392-6660 • d.simpson@msn.com

and Cathy Brandt • 430-9877

VOLUNTEER TRAIL MAINTENANCE COORDINATOR

Scott Semans • 369-1725 • ssemans@aol.com

MOUNTAINS TO SOUND GREENWAY

Ken Konigsmark • 222-4839 • kenkonigsmark@yahoo.com

Whenever possible, please use e-mail to contact any member listed below.

The Alpiner is published in January, April, July, and October.

Issaquah Alps Trails Club
PO Box 351, Issaquah, WA 98027
Website: www.issaquahalps.org

IATC subsists on member donations only. Please send your tax-deductible contributions to the address above to help sustain our efforts to preserve, protect, and promote the Issaquah Alps and local environment.

Articles are welcome, preferably via e-mail to: d.simpson@msn.com
Send diskette or hard copy to post office box number above.

Issue deadlines: November 21 for January; February 21 for April; May 21 for July; August 21 for October.

(Note: All telephone numbers are area code 425 unless otherwise noted.)

PRESIDENT'S REPORT

By Steve Williams

At the top of Cougar Mountain (elevation 1595'), there is a trail register which has served as a hiker's blog since before there were cell phones, electronic "blackberries," or web-net "blogs." The comments written in the little notebooks make for entertaining reading, and also offer valuable insight into our reasons for hiking and maintaining trails:

"I've lived in the area for 17 years, but never hiked Cougar Mt. before. I loved it! Seemed as though we were hundreds of miles from the Big City." Wonderful! Thank you!"

"I made it to the top!" (Hailey, age 6) "Escaping from the office again." (Daddy, age 45).

"I'm here every day: doctor's orders since the heart exam. --Mary, now 10 lbs lighter."

"Wonderful park and nice trails. Even Grandpa Bill (83, with cane) made it."

"We just love to get out in the woods; please, don't ever change it." --Simmons family

"Huffing and puffing all the way. Where is the view? Oh, well, good exercise anyway."

"Thank you for the trails, Shy Bear. Please leave some berries for us." --Michael, 9.

"40 years old and out of shape. Sweating my butt off, but well worth it. Look forward to coming back." --LM

"This park has changed my life. Depression is such a long personal battle. Being able to get into the

wild so close to town is a precious gift. Thank you." --Janice M

First time to the peak in a long time. It's gorgeous with snow." --James

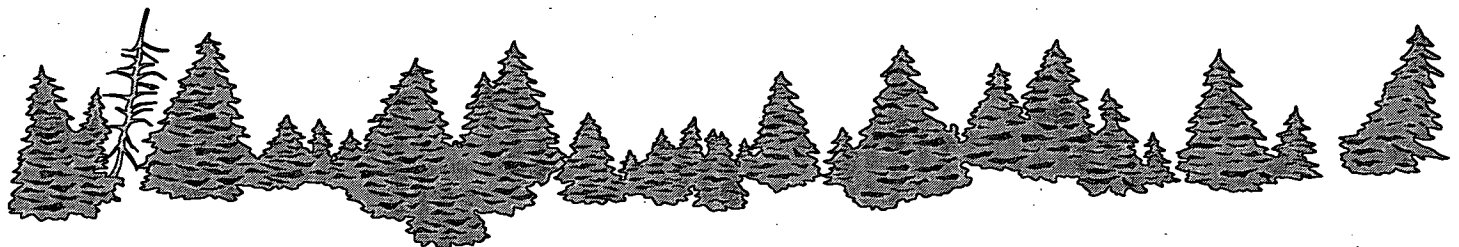
"Standing in a cloud. Rays of sun shoot through the mist. Trees sway in the breeze."

"We are feeling ALIVE!" --Lorra and David

"Great day to be in the woods. Frog chorus is amazing. Dewey spider webs everywhere. Abundant slugs. Deer tracks and bounding noises. Alder trees love rain, and so do we!"

For years the register was provided by Claude Glenn, a retired logger and avid hiker from Renton, who signed his comments "Shy Bear." (He may even have been the "Mysterious Red Plastic Creature" who preceded Harvey on that side of the mountain, flagging trail routes with squares of red plastic.) However, one of Cougar's most popular trails there is also called the "Shy Bear Trail," and it has numerous alder trees with claw marks to show a quick scurry to safety by shy bear cubs. The register box also has a cover saying, "leave a note for Shy Bear," so for many of us the "Shy Bear" has come to represent all of the resident critters, and even the spiritual essence of the wildland park.

So far, signed in visitors have come from 23 foreign countries, 35 different states, and Washington State locales like Walla Walla, Bellingham and Hoquiam. Our local little hills really are functioning as regional wildland "Alps."



NEW LEADERS EMERGE TO KEEP IATC ALIVE

by Doug Simpson

Just a few years ago, I was the new guy in the club. Because I had some ideas, I was reluctantly rushed into the club presidency before I was comfortable with the responsibility. After all, this was the club that had built its status and reputation through the efforts of giants like Harvey Manning, Bill Longwell, Jack Hornung, Ralph Owen, Ken Konigsmark, Steve Drew and many other outstanding leaders. Who was I to step in their shoes after just one year on the IATC board?

No longer president after four years in that office, I am now third in seniority on the board—after Konigsmark and Scott Semans. In recent years three of our giants have passed away, in order Hornung, Manning and Longwell. Others have moved away or retired. How can a small club like IATC survive such losses?

One thing life has taught me is that no one is indispensable. After several years of leadership from Konigsmark and Drew, somehow with their help I managed to keep the club functioning at a fairly high level. Now we are led by Steve Williams, who stepped up as I did when the need arose. IATC is indeed fortunate to have Steve as its president after his twenty-plus years of experience as manager of the Cougar Mountain Regional Wildland Park. He brings valuable knowledge and new ideas that are revitalizing the club.

Similarly, when Fred Zeitler stepped down as hikes coordinator after years of exemplary leadership, the club seemed to have a serious crisis on its hands. No one person could or would do all that Fred had been doing, but a trio of capable and caring members—Jackie Hughes, Melinda Livingstone and Joe Toynbee—took on the tasks and have done stellar work.

David Langrock and Sue Johnson were both very capable webmasters for the club, but needed to step down. And now Richard Amidei has taken control of the website (issaquahalps.org) and promises to further improve the efforts of his predecessors.

You get the idea. We're a little like the mythological hydra-headed monster. Lop off one head and another grows back. The recent losses of Manning and Longwell were very great ones to endure. But the Issaquah Alps Trails Club is a strong organization that countless people care about. When the need arises for new blood—and it will from time to time—there is always someone to step up and take care of business.

WEBMASTER IS AMIDEI

Richard Amidei, an active member of the Issaquah Alps Trails Club, is the club's new webmaster. "I'm learning as I go," he said. "This is my first website."

Amidei has been an active hiker in the club for months and was responsible for most of the pictures on the club's website (www.issaquahalps.org), which led to efforts to get him to succeed Sue Johnson as webmaster.

He remains flexible and open to website content. "I'll be maintaining the site as it is, and seeking direction from the IATC board as to what they want included."

"I've always enjoyed photography," Amidei stated. "I always carry a camera with me on hikes. If anyone wants a picture from a hike or wants to send one to the website, just let me know." He also plans to help the club update its photo displays, particularly for the Salmon Days booth.

Amidei grew up in Chicago and spent 18 years in Milwaukee, until Safeco transferred him to Seattle to work in commercial real estate in this area. His specialties were property development, such as Redmond Town Center, and management, such as University Village. He retired three years ago after 28 years with Safeco.

"We love the Northwest for many reasons," he said, though he misses his three children, two in San Diego, one in Charlotte.

Webmaster Amidei can be reached at 425-313-9901 or at www.iatcwebmaster@comcast.net.

CABLE LINE TRAIL TESTS SEAHAWKS

The Cable Line Trail on Tiger Mountain is often used for training or to test one's uphill skills. Now we learn that it is a favorite training ground for Seattle Seahawks' players and coaches.

Mark Pattison, 46, a former Husky and pro football wide receiver, introduced Jim Mora, former college teammate and next year's Seahawks head coach, to the trail as a rigid conditioner. The two now take on the trail at least once a week (early in the morning) and have since brought players out for the conditioning challenge.

According to defensive back Josh Wilson, "It's a mental challenge. You get back on the football field, none of this can break us if you've done that mountain. This (tough preseason practice) ain't got nothing on that mountain."

Rugged defensive end Patrick Kerney reportedly lost his breakfast in the effort, and safety Brian Russell said, "Your legs are burning the whole way." Wilson got lost coming down.

Pattison's time of 32 minutes for the 2.8-mile trail is better than any of the players have managed for the 2,300 foot gain, but even Red Bryant, 318-pound rookie defensive tackle, completed the arduous task.

Russell exclaimed, "It became obvious within 30 seconds that this was going to be miserable. If it were any steeper, you'd need a ladder."

Welcome to the Issaquah Alps, Seahawks!

(Note: Quotes are borrowed from a story in the *Seattle Times*.)

CALLAHAN ON PATROL

Sean Callahan, the Department of Natural Resources agent hired to patrol and enforce regulations in DNR territory, has reported a very active July. Callahan, who met with the IATC board at its April meeting, has pledged to work closely with the Issaquah Alps Trails Club.

Callahan reported his efforts in six areas in July, with the Tiger Summit and High Point areas having the most relevance to IATC. Most notable were his contacts with 42 mountain bikers in the Tiger Summit area. He issued three warnings and cited bikers for being on the closed Northwest Timber Trail. He noted that a "No Bikes" sign had been stolen from the Middle Tiger trailhead.

In the High Point area, he encountered 39 hikers and issued two warnings for unleashed dogs. He also put up new signs for the Cable Line Trail.

Callahan also visited the Rattlesnake, Mount Si NCRA, Big Si and Middle Fork Road areas. In the latter region, he drove 36 miles, issued four

illegal camping citations, and hiked the Mailbox Peak Trail.

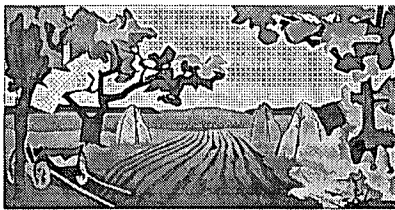
In his encounters with hikers and bikers, Callahan discussed possible issues and problems. He held a special meeting with the Dirt Corps biker group, recommending appropriate areas for their outings and discussed their illegal bike course and plans for its removal.

HIKING IN RAIN

It's a rainy day and you're not sure if you want to go on the scheduled IATC hike today. What if you drive all the way to Issaquah and nobody shows up?

First of all, the hike leader will be at the trail center regardless of the weather. If two people show up wanting to hike, the leader must take them—unless the weather has created unsafe conditions. He/she can say "no go" to a single hiker, however.

In adverse weather, the hike leader may opt to take the group on a shorter, simpler or closer hike. If you are unsure about what to expect, call the hike leader, whose name and number are listed with the hike in the *Alpiner* or website.



OCTOBER 2008

Saturday, October 4 + Sunday, October 5
SALMON DAYS
NO HIKES SCHEDULED

Friday, October 10 – 9:30am
MIDWEEK - DOGS WELCOME
Bring leash, baggies, water
Hikers' Choice in Issaquah Alps
2B, 4-5 miles, 800-1000' gain
Jean Lanz 206-322-0990

Saturday, October 11 - Call leader
Wilderness Area - Group limited to 12
Melakwa Lake – Old growth forest
2 falls and an alpine lake
3D, 9 miles, 2600' gain
Richard Mann 425-281-8465

Sunday, October 12 – 9am
Middle Fork Snoqualmie River
Access road has been re-graded so
We can get to trail following river
2B, 6 miles, 600' gain – Slow Pace
Fred Zeitler 425-882-3435

Saturday, October 18 – 9am
Loop hike over W. Tiger 2 via
TMT + K3; return W Tiger 3
3D, 8 miles, 3000' gain
Scott Prueter 425-292-9115

Saturday, October 18 – 10am
Twin Falls – hike up a gorge to
Beautiful falls on the Snoqualmie R.
2A, 3 miles, 500' gain
Bert Drui 425-746-0709

Sunday, October 19 – 9:30am
One way hike to PooPoo Pt via
Chirico Trail – car shuttle
3C, 7-8 miles, 1700' gain
Denis Harney 206-545-2829

Thursday, October 23 – 7pm
IATC BOARD MEETING
Trails Center – 1st + Bush

Friday, October 24 – 9:30am
MIDWEEK – DOGS WELCOME
Bring leash, baggies, water
Hikers' Choice in Issaquah Alps
2B, 4-5 miles, 800-1000' gain
Jean Lanz 206-322-0990

Saturday, October 25 – 9:30am
PooPoo Pt – Hike to the popular
Hang glider take-off spot
2C, 5 miles, 1700' gain
Mary Nolan 425-837-1535

Sunday, October 26 – 9am
W Tiger 2 Loop – Climb to Tiger's
4th highest summit + return to High Pt
Via steep trails - Nook, Section Line,
K3 + Cable Line. Moderate Pace
3D, 8 miles, 2800' gain
Ralph Owen 425-746-1070

Wednesday, October 29 – 9:30am
MIDWEEK HIKE – Soaring Eagle,
Beaver Lake (Snoqualmie Plateau)
2B, 5 miles, 600' gain
Steve Williams 425-453-8997

NOVEMBER 2008

Saturday, November 1 – 10am
Cougar Mt Loop – Red Town to
DeLeo Wall via Wildside Trail
2B, 4-5 miles, 700' gain
Katharine Wismer 425-391-5995



NOVEMBER 2008

Sunday, November 2 – 9:30am
Cougar Mt – Sky Country to AA
Peak and Clay Pit – Slow Pace
2B, 4-5 miles, 600' gain
Fred Zeitler 425-882-3435

Saturday, November 8 – 9am
Lower Tiger Traverse –
Preston to Issaquah
3B, 7 miles, 1200' gain
Joe Toynbee 425-228-6118

Sunday, November 9 – 8:30am
Mt Washington West Ridge + Cedar
Butte. Trails thru the Black Forest;
Return via Christmas Lake.
3C, 8 miles, 2400' gain
Ralph Owen 425-746-1070

Wednesday, November 12 – 9:30am
MIDWEEK HIKE – Taylor Mt Trails
2C, 5 miles, 1200' gain
Steve Williams 425-453-8997

Friday, November 14 – 9:30am
MIDWEEK – DOGS WELCOME
Bring leash, baggies, water
Hikers' Choice in Issaquah Alps
2B, 4-5 miles, 800-1000' gain
Jean Lanz 206-322-0990

Saturday, November 15 – 9am
Mt Si – Old Trail
4D, 6-7 miles, 3200' gain
Richard Mann 425-281-8465

Saturday, November 15 – 10am
Tiger Mt Tradition Plateau - see the
Swamp, Big Tree and lakes.
2A, 3-4 miles, 420' gain
Bert Drui 425-746-0709

Sunday, November 16 – 9:30am
Cougar Mt – Loop hike around
Wilderness Peak
3C, 6-7 miles, 1900' gain
Denis Harney 206-545-2829

Sunday, November 16 – Noon
Tiger Mt – Tradition Plateau
Explore trails, lakes, wetlands +
Biological diversity.
2B, 5-6 miles, 600' gain
Dave Kappler 425-392-3571

Thursday, Nov 20 – 7pm
HIKE LEADERS' MEETING
Trails Center – 1st + Bush

Saturday, November 22 – 9am
Squak Mt – Loop hike over Central +
West Peaks. Rainier view at lunch
3C, 7 miles, 2000' gain
Scott Prueter 425-292-9115

Sunday, November 23 – 10am
DOGS ALLOWED HIKE
Tiger Mt – Tradition Plateau
2B, 5-6 miles, 600' gain
Karen Tom 425-391-7585

Friday, November 28 – 9:30am
MIDWEEK – DOGS WELCOME
Bring leash, baggies, water
Hikers' Choice in Issaquah Alps
2B, 4-5 miles, 800-1000' gain
Jean Lanz 206-322-0990

Saturday, November 29 – 10am
Cougar Mt – Licorice Fern Trail to
Wilderness Ck TH – car shuttle
2B, 7 miles, 1100' gain
Bob Gross 425-427-8449

Sunday, November 30 – 9:30am
Cougar Mt – Explore the many
Trails around Sky Country
2B, 5 miles, 600' gain.
Doug Simpson 425-392-6660.



DECEMBER 2008

Saturday, December 6 – 9:30am
Rattlesnake Mt – Stan's Overlook
2C, 5 miles, 1400' gain
Mary Nolan 425-837-1535

Sunday, December 7 – 9:30am
Cougar Mt – Licorice Fern to
Redtown with car shuttle
2B, 5 miles, 800' gain
Steve Williams 425-453-8997

Friday, December 12 – 9:30am
MIDWEEK – DOGS WELCOME
Bring leash, baggies, water
Hikers' Choice in Issaquah Alps
2B, 4-5 miles, 800-1000' gain
Jean Lanz 206-322-0990

Saturday, December 13 – 9am
Tiger Mt 2 and 3
3D, 8 miles, 3200' gain
Richard Mann 425-281-8465

Saturday, December 13 – 10am
Tiger Mt – Tradition Lake Plateau
Loop hike past Talus Rocks
2B, 5-6 miles, 7-800' gain
Katharine Wismer 425-391-5995

Sunday, December 14 – 9am
Cougar Mt – Double Loop to
Wilderness + Longview Peaks
3C, 7 miles, 1900' gain
Scott Prueter 425-292-9115

Saturday, December 20 – 9am
Tiger Mt – Loop hike from Trails
Center to Plateau and Talus Caves
2B, 6 miles, 1000' gain
Doug Simpson 425-392-6660

Saturday, December 20 – 10am
Lewis Gorge – See Montreaux with
Suburban trails + a beautiful gorge
2A, 4 miles, 400' gain
Bert Drui 425-746-0709

Sunday, December 21 – 9am
Tiger Mt – Lingering Loop
2C, 4 miles, 1200' gain
Ron Howatson 425-392-8344

Thursday, December 25 – 10am
CHRISTMAS DAY HIKE
Cougar Mt – AA Peak from
Newport Way
2C, 6 miles, 1400' gain
Bob Gross 425-427-8449

Saturday, December 27 – 9am
Twin Falls – Great winter hike
To popular waterfalls
2B, 3-4 miles, 600' gain
Fred Zeitler 425-882-3435

Sunday, December 28 – 10am
DOGS WELCOME HIKE
Cougar Mt – Sky Country trails
2B, 5-6 miles, 6-700' gain
Jean Lanz 206-322-0990

JANUARY 2008

Thursday, January 1 – 9:30am
NEW YEAR'S DAY HIKE
Leader's Choice
2B, 5-6 miles, 1000' gain
Mary Nolan 425-837-1535

IATC ENCOURAGES CARPOOLING +
RECOMMENDS \$1.00 MINIMUM OR
\$.20/MILE GAS
CONTRIBUTION TO DRIVER

PIONEER THOMPSON PASSES AWAY

By Sally Davies

Will Thompson, who died recently at 91, was a great hiking buddy and good friend. He and his wife Helen have two sons, Rusty a molecular biologist at North Carolina State and Bob, writer for the Washington Post.

Will's family had a cabin in the North Cascades, and I was fortunate to enjoy many hikes with him in that area he knew so well—Mt. Higgins, Squire Creek Pass, Mt. Dickerman (annually for many years), the Bedal Basin behind Sloan Peak, and several other backpack trips in that area.

Will was a climber with many first ascents in Becky's Guides (climbers' guidebooks). He was very strong and always a good guide for our adventures. He had great tales of early climbing days—train rides to Snoqualmie Pass after work on Fridays to hike/climb the weekend, and train trips up to the hotel near Three Fingers (in the North Cascades near the Mt. Loop Highway) for climbing.

I also spent many happy days doing trail work with Will on the Tiger Mountain Trail, particularly in the area near Middle Tiger. I also worked with him on the Little Si Trail, did maintenance on the Old Mount Si Trail, and various other trails in that area. Always along was his female husky dog with her blue eyes and little jingling bell.

In 1990, Will's monograph "Different Mountains" on mountain climatic landscape was initially completed; however, in 1994 he was still working on a revision.

Cascade Voices, by Malcomb Bates (1992), included an interview with Will.

Will took many pictures with his split field lens, and many Christmas cards had a wild flower in the foreground and a named peak in the background. The 2007 card was a 1936 photo of the North Face of Mt. Fury (8,292 feet) in the Northern Picket Range of the Cascade Mountains with the red leaves of huckleberry in the foreground. They are cherished.

Other Christmas cards featured a photo of one of his wife Helen's paintings. I treasure almost twenty of these cards and look at them often, along with re-reading about the ongoing lives of his sons.

In the 1996 Christmas letter, he wrote: "Will has realized at 80 that if he insists on hiking, he will eventually have to be carried off one of the few unexciting mountains he can still reach. That would be most undignified, so he is saying, 'been there, done that.'"

In 2004, the Thompsons moved to Hearthstone, a retirement center near Green Lake in Seattle. In 2005, he was still walking up three flights at Hearthstone and walking around Green Lake.

I hold dear all those happy times in the beloved mountains with Will Thompson. His passing on June 21 leaves a large hole in the hiking/climbing community. He is missed, but will always be remembered.

Memorial donations may be made to the Issaquah Alps Trails Club, PO Box 351, Issaquah, WA 98027.

HIKES ON UPSWING

"We have an excellent group of hike leaders," said Joe Toynbee at the July 24 board meeting. Toynbee, IATC's hikes coordinator, cited an increase in the number of hikers this year.

"As of mid-July," Toynbee pointed out, "we are averaging 10.3 hikers, an increase from recent averages of nine hikers."

The hikes have been fairly well distributed thus far, with 24 hikes on Tiger, 21 on Cougar, 10 on Squak and 15 at other destinations.

During the summer months, many IATC hikes explore trails located east out to the Snoqualmie Pass area.

CABLE LINE TRAIL TESTS SEAHAWKS

The Cable Line Trail on Tiger Mountain is often used for training or to test one's uphill skills. Now we learn that it is a favorite training ground for Seattle Seahawks' players and coaches.

Mark Pattison, 46, a former Husky and pro football wide receiver, introduced Jim Mora, former college teammate and next year's Seahawks head coach, to the trail as a rigid conditioner. The two now take on the trail at least once a week (early in the morning) and have since brought players out for the conditioning challenge.

According to defensive back Josh Wilson, "It's a mental challenge. You get back on the football field, none of this can break us if you've done that mountain. This (tough preseason practice) ain't got nothing on that mountain."

CALLAHAN ON PATROL

Sean Callahan, the Department of Natural Resources agent hired to patrol and enforce regulations in DNR territory, has reported a very active July. Callahan, who met with the IATC board at its April meeting, has pledged to work closely with the Issaquah Alps Trails Club.

Callahan reported his efforts in six areas in July, with the Tiger Summit and High Point areas having the most relevance to IATC. Most notable were his contacts with 42 mountain bikers in the Tiger Summit area. He issued three warnings and cited bikers for being on the closed Northwest Timber Trail. He noted that a "No Bikes" sign had been stolen from the Middle Tiger trailhead.

In the High Point area, he encountered 39 hikers and issued two warnings for unleashed dogs. He also put up new signs for the Cable Line Trail.

Callahan also visited the Rattlesnake, Mount Si NCRA, Big Si and Middle Fork Road areas. In the latter region, he drove 36 miles, issued four

Rugged defensive end Patrick Kerney reportedly lost his breakfast in the effort, and safety Brian Russell said, "Your legs are burning the whole way." Wilson got lost coming down.

Pattison's time of 32 minutes for the 2.8-mile trail is better than any of the players have managed for the 2,300 foot gain, but even Red Bryant, 318-pound rookie defensive tackle, completed the arduous task.

Russell exclaimed, "It became obvious within 30 seconds that this was going to be miserable. If it were any steeper, you'd need a ladder."

Welcome to the Issaquah Alps, Seahawks!

(Note: Quotes are borrowed from a story in the *Seattle Times*.)

illegal camping citations, and hiked the Mailbox Peak Trail.

In his encounters with hikers and bikers, Callahan discussed possible issues and problems. He held a special meeting with the Dirt Corps biker group, recommending appropriate areas for their outings and discussed their illegal bike course and plans for its removal.

HIKING IN RAIN

It's a rainy day and you're not sure if you want to go on the scheduled IATC hike today. What if you drive all the way to Issaquah and nobody shows up?

First of all, the hike leader will be at the trail center regardless of the weather. If two people show up wanting to hike, the leader must take them—unless the weather has created unsafe conditions. He/she can say "no go" to a single hiker, however.

In adverse weather, the hike leader may opt to take the group on a shorter, simpler or closer hike. If you are unsure about what to expect, call the hike leader, whose name and number are listed with the hike in the Alpiner or website.

PIONEER THOMPSON PASSES AWAY

By Sally Davies

Will Thompson, who died recently at 91, was a great hiking buddy and good friend. He and his wife Helen have two sons, Rusty a molecular biologist at North Carolina State and Bob, writer for the Washington Post.

Will's family had a cabin in the North Cascades, and I was fortunate to enjoy many hikes with him in that area he knew so well—Mt. Higgins, Squire Creek Pass, Mt. Dickerman (annually for many years), the Bedal Basin behind Sloan Peak, and several other backpack trips in that area.

Will was a climber with many first ascents in Becky's Guides (climbers' guidebooks). He was very strong and always a good guide for our adventures. He had great tales of early climbing days—train rides to Snoqualmie Pass after work on Fridays to hike/climb the weekend, and train trips up to the hotel near Three Fingers (in the North Cascades near the Mt. Loop Highway) for climbing.

I also spent many happy days doing trail work with Will on the Tiger Mountain Trail, particularly in the area near Middle Tiger. I also worked with him on the Little Si Trail, did maintenance on the Old Mount Si Trail, and various other trails in that area. Always along was his female husky dog with her blue eyes and little jingling bell.

In 1990, Will's monograph "Different Mountains" on mountain climatic landscape was initially completed; however, in 1994 he was still working on a revision.

Cascade Voices, by Malcomb Bates (1992), included an interview with Will.

Will took many pictures with his split field lens, and many Christmas cards had a wild flower in the foreground and a named peak in the background. The 2007 card was a 1936 photo of the North Face of Mt. Fury (8,292 feet) in the Northern Picket Range of the Cascade Mountains with the red leaves of huckleberry in the foreground. They are cherished.

Other Christmas cards featured a photo of one of his wife Helen's paintings. I treasure almost twenty of these cards and look at them often, along with re-reading about the ongoing lives of his sons.

In the 1996 Christmas letter, he wrote: "Will has realized at 80 that if he insists on hiking, he will eventually have to be carried off one of the few unexciting mountains he can still reach. That would be most undignified, so he is saying, 'been there, done that.'"

In 2004, the Thompsons moved to Hearthstone, a retirement center near Green Lake in Seattle. In 2005, he was still walking up three flights at Hearthstone and walking around Green Lake.

I hold dear all those happy times in the beloved mountains with Will Thompson. His passing on June 21 leaves a large hole in the hiking/climbing community. He is missed, but will always be remembered.

Memorial donations may be made to the Issaquah Alps Trails Club, PO Box 351, Issaquah, WA 98027.

HIKES ON UPSWING

"We have an excellent group of hike leaders," said Joe Toynbee at the July 24 board meeting. Toynbee, IATC's hikes coordinator, cited an increase in the number of hikers this year.

"As of mid-July," Toynbee pointed out, "we are averaging 10.3 hikers, an increase from recent averages of nine hikers.

The hikes have been fairly well distributed thus far, with 24 hikes on Tiger, 21 on Cougar, 10 on Squak and 15 at other destinations.

During the summer months, many IATC hikes explore trails located east out to the Snoqualmie Pass area.

Hiking Information

Hike Leaders

Hike leaders are volunteers who donate their time to lead people who want to hike and explore the trails in the Issaquah Alps and other nearby foothills (Cascades) in King County. Hikes are scheduled and led year-round unless severe conditions pose a safety hazard.. Minimum attendance is three, including the leader.

Trails in the Issaquah Alps may be good or bad, easy or hard, muddy or dusty, brushy or clear, steep or flat—or all the above. Some are not much more than animal trails. As volunteers, neither hike leaders, the Issaquah Alps Trails Club (IATC), or Club directors are in any way responsible or liable for a hiker's comfort, transportation, property, safety, or general well-being while traveling to and from the trailhead or hiking or working on any trail.

The Club's sole purpose is to show hikers where the trails are and to lead the way. The public, other clubs, youth groups, church groups, and others are welcome and wholeheartedly invited to join hike leaders and others who want to hike these trails. Children under 18 should be accompanied by an adult. Please, no dogs on hikes.

Hike Classifications

Each hike has a number and letter designation after it (e.g., 2C). Numbers indicate hiking time and letters indicate degree of difficulty.

Hiking Time

Class 1: 2 hours Class 3: 6 hours
Class 2: 4 hours Class 4: 8 hours

These are approximate hiking times. They do not include travel time to and from the trailhead (20 to 40 minutes depending on the location of the hike) or meal times (lunch will add another 20 to 40 minutes depending on the mood of the group).

Times are based on an assumption of a two-mile-per-hour pace with one-half hour added for each 1000 feet of elevation gain. Trail conditions, weather, and unexpected hazards could extend the hiking time.

Degree of Difficulty

A: Little or no elevation gain, up to 500 feet, no difficulties for average walker.

B: Some climbing, up to 1200 feet, or some other difficulty.

C: More climbing, up to 2500 feet, or some other difficulty.

D: Much climbing, over 2500 feet of elevation gain.

Hike Description Modifiers

Leader's choice: The leader had not decided where to hike before publication of the hikes schedule.

Trail party: Trail maintenance work party.

Exploratory: The leader goes cross country off the main trail system to explore animal trails, canyons, old logging roads, or old railroad grades.

Expect to go through brush, over logs, tiptoe through wildflowers, and/or mud while having a good time hiking where others seldom tread.

Hike Information *continued from page 9*

Family hike: For parents and children. Easy pace. Call leader for hike particulars.

NOTE: Group hikes do not lend themselves to dogs. Please leave your dogs at home when going on a Trails Club hike.

Meeting Place

Trails Club hikes meet in the parking lot at the corner of First and Bush streets next to the IATC clubhouse (the little yellow stationmaster's house). To get there, take exit 17 (Issaquah Front Street) from Interstate 90 and turn south into downtown Issaquah. Go about one mile through town on Front Street, then go two blocks past the light at Sunset Way, and then turn left on Bush Street. Go two blocks to Rainier and turn into the lot on the left.

Clothing

Dress for the Pacific Northwest outdoors. Expect rain, snow, sunshine, fog, and everything in between. Bring extra clothing, raingear, food, drink, matches, flashlight, and first-aid supplies. Wear comfortable hiking boots or hiking shoes.

Trail Maintenance

Volunteers periodically organize and schedule trail maintenance parties as listed in the hikes schedule. Work parties meet at the same place as hikes (see above). The Club is well supplied with heavy trail maintenance tools, but workers may also bring their own loppers, weed whackers, and other tools.

Trail work parties last at least four hours. Trail maintenance is vital to the Club's work and is

✓ Checklist:

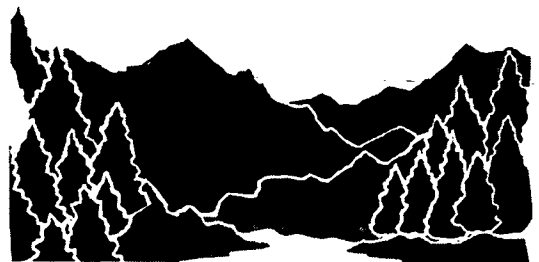
- Food
- Water
- Daypack
- Raingear
- Warm clothes
- Hiking Shoes

Each item is required in order to participate in an Issaquah Alps Trails Club hike!

Don't leave the trailhead without them!

an integral part of the Department of Natural Resources (DNR) management plan for Tiger Mountain.

Work parties must limit their activity to trails listed by the DNR as scheduled for maintenance. Construction of new trails is not allowed. Work parties are a great way to meet people! Individuals and groups are encouraged to adopt a trail—or section of trail—and take the responsibility of maintaining it.



Issaquah Alps Trails Club Publications Order Form

Return this completed form along with your check to:
 Issaquah Alps Trails Club Publications, P.O. Box 466, Issaquah, WA 98027

Name: _____ Address: _____

ITEM	PRICE*	QTY.	TOTAL
Book: The Flowering of the Issaquah Alps--Revised!	\$ 9.00		
Book: The Authoritative Guide to the Trails of Cougar Mountain Wildland Park and Surrounds	15.00**		
Book: Guide to Trails of Tiger Mountain	15.00***		
Book: The Coals of Newcastle: A Hundred Years of Hidden History	15.00		
Book: Eastside Family Hikes	3.00		
Book: Squak Mountain: An Island in the Sky	15.00		
Book: 55 Hikes Around Snoqualmie Pass	10.00		
Map: Issaquah Alps Tiger Mountain, 1998 revision	2.00		
Map: Issaquah Alps Cougar Mountain, 2001 revision	2.00		
Map: Issaquah Alps Squak Mountain (2005)	6.00		
Green Trails Map: Tiger & Taylor Mountains, Map 204S	8.00		
Green Trails Map: Cougar & Squak Mountains, Map 203S	8.00		
Green Trails Map: Rattlesnake Mountain & Upper Snoqualmie Valley Map 205S	8.00		
Green Trails Map: Mount Si NRCA & Snoqualmie Corridor, Map 206S	8.00		

*All prices include shipping and handling.
 **One (1) IATC Cougar Mountain Map included.
 ***One (1) IATC Tiger Mountain Map included.

Total: _____

Issaquah Alps Trails Club Foundation and Membership Request Form



Name: _____

Address: _____

Telephone: _____ E-mail: _____

All donations are tax deductible. Your donations fund The Alpiner publication costs and the club's minimal operating costs first, with 100% of remaining funds being directed where they can best address the trail design, construction, maintenance and advocacy needs throughout the Issaquah Alps. **Note:** Membership does not require a donation; however, donations help us preserve and enhance your Issaquah Alps.

Annual donation levels:
 p The basic hiker.....\$15 p The project supporter.....\$25
 p The IATC sponsor.....\$50 p The visionary.....\$100 and above

IMPORTANT: This form and your donation and/or membership request form should be mailed to:
 IATC Foundation, P.O. Box 351, Issaquah, WA 98027

Issaquah Alps Trail Club
P.O. Box 351
Issaquah, WA 98027

Non Profit
U.S. Postage
PAID
Issaquah, WA
Permit #70

Address Service Requested

Last Contrib Date 8/8/2008



Charles & Malena McCrone
PO Box 593
Issaquah WA 98027-0022

1/158

16

Issaquah Alps Trails Club

Issaquah Alps Trails Club Publications

See page 11 for the publications order form.

Note: All of the following prices include shipping & handling.

o *Flowering of the Issaquah Alps*—Revised! By Fred and Ann Weinmann and Harvey Manning. 1996 updated edition. This new edition lists trees, shrubs, ferns, and flowers found in the Issaquah Alps. Flowers are listed by color, season when flowering, and where many of the plants can be found. \$9.

o *Guide to the Trails of Cougar Mountain Regional Wildland Park and Surrounds*—By Charles McCrone. 2000 edition. Completely updated version gives historical background and descriptions for every park trail, plus 30 other trails in the surrounding area including Bellevue, Newcastle, Renton, and the Precipice. \$15 (includes map listed in next column).

o *Guide to Trails of Tiger Mountain*—By Bill Longwell. 2003 revised edition. Updated trail information, two new trails and numerous photographs. \$15 (includes map listed in next column).

o *The Coals of Newcastle: A Hundred Years of Hidden History* By Richard K. McDonald and Lucille McDonald. A complete history of the once-thriving coal mining area of Cougar Mountain now hidden from all but hikers. 100+ photographs, 4 maps, and Tim O'Brian's account of the incredible Seattle and Walla Walla Railroad. \$15.

o *Eastside Family Hikes*—By Peggy Barchi. 2001 revised and updated edition. Descriptions of family hikes (annotated for stroller use and picnicking) on the Eastside. \$3.

o *Squak Mountain: An Island in the Sky* By Doug Simpson with trail descriptions by David Langrock. Provides a history of Squak Mountain and its gestation as a park. Includes 4 loop hikes covering most of the mountain trails. Includes many earlier writings by Bill Longwell and vignettes by others. \$15.

o *Green Trails Tiger & Taylor Mountain*. Map 204S. \$8.

o *Green Trails Cougar & Squak Mountains*. Map 203S. \$8.

o *Green Trails Rattlesnake Mountain & Upper Snoqualmie Valley*. Map 205S. \$8.

o *Green Trails Mount Si NRCA & Snoqualmie Corridor*. Map 206S. \$8.

o *Green Trails Quality Squak Mountain Map*. By IATC member Harry Morgan. \$6.

o *IATC Tiger Mountain map*. 1998 revised. \$2.

o *IATC Cougar Mountain map*. 2001 revised. \$2.

o *55 Hikes Around Snoqualmie Pass* By Harvey Manning. \$10.