Newsletter of the Issaquah Alps Trails Club

EALPINERSAF

October ▲ November ▲ December ▲ 1997

Cougar ▲ Squak ▲ Tiger ▲ Grand Ridge

Victory! Manke Property Acquired by King County!

Ken Konigsmark

nother huge victory for the Issaquah Alps! After years of contentious battles over Manke Lumber Company's plans to develop its 1732-acre parcel of land that straddles the gap between South Tiger Mountain and the Seattle Watershed, King County has stepped forward to acquire this parcel as permanent public open space.

An intensive effort led by the Hobart Rural Association, particularly attorney Rhys Sterling and IATC member Harry Morgan, and supported by IATC and Save Lake Sammamish, appealed and countered efforts by Manke to carve the property up into rural homesites under the guise of a forest practices application whose rules require no environmental reviews. Sterling's and Morgan's efforts were critical to "buying the time" needed for King County to identify funding for an acquisition effort, which was successfully completed in August, and announced by King County Executive Ron Sims at an August 13th press conference.

A complex \$10 million agreement will allow King County to immediately purchase 1291 acres of the property and to retain an option to purchase the remaining 431 acres with additional future funding. The property covers the southerly slopes of Taylor Mountain down to the rural Hobart area, and includes the sensitive headwaters of Issaquah Creek (Carey and Holder Creeks). The property and streams provide exceptional habitat for both fisheries and wildlife, and serves as a critical migratory corridor for

wildlife between the Seattle Watershed and Tiger Mountain. Development of the property would have caused severe impacts to water quality, flooding, and downstream effects on Lake Sammamish.

IATC applauds the heroic efforts of those who devoted so much time and effort to preserving this land as open space. We salute King County Executive Ron Sims and the County Council, particularly Councilman Larry Phillips, for stepping forward when needed to take action before it was too late. What would have been a disaster will, instead, forever be another jewel in the Issaquah Alps, and another critical link in preserving connected open spaces. Well done!

Salmon Days is A-spawn Us!

By the time this Alpine reaches you, it will be very close to Issaquah's annual celebration of the return of the Salmon—Salmon Days! Held the first weekend of each October, this year's event falls on October 4 and 5th. There are still shifts available to volunteer in the IATC booth (shifts are two hours long). This is a once-a-year volunteer opportunity, so if you have two hours to spare, give Marilyn Moon a call at (425) 392-1732.

Agreement Reached Over Cougar Mountain Parcel

Christina Jackson

Since the April 21 hearing regarding the annexation and rezoning of Coal Creek Development Property adjacent to Cougar Mountain Park, IATC board members and Cougar advocates have attended 5 meetings with representatives of the Coal Creek Development Corporation(CCDC) to give our input regarding affects of the development plans on the Park and trails (see letter to Nadine Zackrisson). Due largely to the input of the IATC, the King County (KC) Parks Department, and The Four Creeks Unincorporated area Council, (The Four Creeks Unincorporated Area Council is an advisory board to the King County council regarding issues affecting the unincorporated area around the Cougar Mountain and May

Valley region. Council member and IATC member Patrick Spencer has contributed greatly to the KC council's interest in this affair via the Boundary Review Board. Good work Patrick!!), and KC Surface Water Management Department, King County executive Ron Sims asked the KC to "take jurisdiction" and hold a hearing regarding the annexation of this parcel. Under threat of an additional hearing, the CCDC and the City of Newcastle have been in intense negotiations with KC surface water management and KC parks department and have reached an agreement addressing the concerns of all parties involved, including many issues brought up by the IATC.

see Agreement, Page 3

The Apparatus

President: Ken Konigsmark • 222-4839 VP, Operations: Marilyn Moon • 392-1732 Treasurer: Christina Jackson • 837-0417 Secretary: Pam Wallenstein • 392-7813

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and Ralph Owen • 746-1070

Squak Advocate: Ken Konigsmark • 222-4839 Tiger Advocates: Larry Hanson • 392-2458 and Ken Konigsmark • 222-4839

Grand Ridge Advocate:

Melinda Livingstone • 392-7455

Raging River and Preston Advocate:

Maryanne Tagney Jones • 222-7615

Rattlesnake Mtn. and Taylor Mtn. Advocates:

Ted Thomsey • 454-8643/Ralph Owen • 746-1070 Chief Ranger/Trail Maintenance: Bill Longwell • 222-6775/

Charles Crone \$392-3466

MTS Greenway: Ted Thomsen • 454-8643

Legal Advice: Tom Lucas

Hotline: 328-0480

Web site: http://www.issaguah.org/comorg/ialps/mlalps.htm

The Alpiner is published in January; April, July and October by The Issaquah Alps Trails Club P.O. Box 351, Issaquah, WA 98027. Subscriptions: \$15Iyear.

Distribution:Rodi Ludlum

Articles are welcome. Preferably on diskette or e-mail: gitblue@worldnet.att.net. Send diskette or hard copy to P. O. Box number above. Deadlines: Nov 15 for January issue; Feb 15 for April; May 15 for July; Aug 15 for October issue. NOTE: All phone numbers are area code 425 unless otherwise noted.

Agreement, From Page 2

The agreement, which will become an addendum to the original annexation agreement, contains the following (to the best of my knowledge):

- 1. Buffers along the wild side trail will be a minimum of 20 feet and as much as 40 to 50 feet in other areas. In all areas, topography of the golf course is designed in such a way that fairways are above the trails, minimizing sound and visual affects of the golf course on trails. Buffering will take place primarily on development property and only supplementally on park property in his region.
- 2. Developers will work with KC park planners to choose appropriate native plants as screening.
- 3. Along the proposed residential area along the Marshall Hills Trail, buffering will be supplemented as needed on park property. Residential lots will abut park property in this region. However, as mitigation, three valuable residential parcels that border park property in this region and contain wetlands have been given up.
- 4. A 6-foot black chain-link fence will be installed along park boundaries in the residential areas and along the retention pool areas to the North. A bond will be put up for the monitoring and repair of the fence for a three year period at which point the parks department, developers, and City will evaluate whether the fence meets the needs or should be ex-

tended or altered.

5. Perhaps the most important agreement is a bond with a financial guarantee put up by he developers which will be used in the event of erosion damage, replanting in the event of dying or damaged vegetation, or any other damage to park property. The parks department is to work with the county on the appropriate amounts of the bond.

Though our gains have been small in this battle, the most important effects of our involvement have been the installation of a fence between the park and residential areas of the development, and the fact that developers and the City of Newcastle are now actively including and acting upon input from the Parks Department.

Though we did not get everything we asked for, our job now is mainly to keep abreast of details put into the plat proposal, grading permits, and environmental impact statements to make sure the details of buffering and trail connectors are as much to our liking as possible.

Sandra Towne of the KC Parks Department took the lead on negotiating this agreement on behalf of the park and did a great job. She reports that she and the Parks department are very pleased with the negotiations and feel that they came to the best possible agreement given the situation. She feels comfortable with the financial assurance that things will go well.

(Editor's Note: See Letter, page 4)

IATC Records Now A Part Of History

Ken Konigsmark

A rehived records and documents dating to the beginnings of IATC were recently donated to the University of Wash ington Library Archives Division for permanent storage and public access. The IATC Board voted to approve this action in order to ensure that historic club documents are preserved and catalogued, and will always be available for future research about the club and its efforts over the years. If you are ever interested in reviewing these club documents, contact the University Library for further assistance.

Letter to Coal Creek Development Corporation

July 5, 1997

Nadine Zackrisson, Project Manager Pacific Properties, Inc.

Dear Nadine:

On behalf of the The Issaquah Alps Trails Club (IATC), I would like to thank you and all those involved with the CCDC property for taking the time to meet with IATC members, walk the trails which will be impacted by your proposed development, and hear our concerns.

The IATC would, of course, prefer that the property remain undeveloped and somehow added to the Cougar Mountain Regional Wildland Park. Assuming this does not become possible and the project goes forward as we understand it, we would like to summarize again in writing the concerns we have expressed to you over the past four meetings. We have been frustrated that to date you and CCDC have yet to propose to us any sort of mitigations to address these concerns, and ask for your reply as to how you will address these issues.

- 1. After walking the Wildside Trail and Marshall Hills trails with your team and project maps, the width of the buffers between the golf course, residential areas, and the trails still remains insufficient in most areas. We continue to insist that buffer zones need to be expanded significantly in order to maintain a wild land feel to park users, and protect wildlife habitat.
- 2. The IATC still continues to insist that the majority of buffering should take place on CCDC property and only supplementally, on Park property. Along the Marshall Hills Trail where houses will abut the park boundary, buffering would have to be accomplished within park boundaries. This is unacceptable to us.
- 3. We support your efforts to work with the King County Parks Department to use appropriate native species to create an adequate natural buffer on your property between the golf course, residential areas, and the park.
- 4. The IATC is concerned about residential homes abutting park boundaries. The impacts of pets, children, yard waste, unplanned spur trails, and park trees cut in order to protect residents' properties would further cut into wildlife habitat in the park. The issue of suitable barriers, buffers, and adequate setback of homes bordering the park remains unresolved.
- 5. We support your efforts to retain existing trail corridors through your property either in their original form or rerouted. We are concerned however that a wildland feel be maintained as much as possible, that the public continues to have access to a trail connector through the project, and that suitable trail material be used to maintain the existing highly utilized horse loop along the China Summit trail.

I look forward to hearing your concrete plans for addressing these issues. We have reiterated our concerns numerous times and we feel it is now appropriate for you to tell us what you intend to do to address these concerns. Feel free to contact me at 557-9519 if I may be of assistance to you.

Sincerely,

Christina Jackson (For the Board and Membership of the IATC)





Perseverance Does Pay Off!

Ken Konigsmark

The hugely important Manke property acquisition provides a clear example of this, and of how average citizens and dirt poor non-profit groups can have a tremendous impact on the outcome of critical land use decisions. Combine that with a responsive County government that stepped forward with creative means to generate timely funding for an acquisition and the result is a significant, long-term win for the public. This is just one example of IATC members and our allies working together to protect and preserve the scenic, environmental, and recreational qualities of our Issaquah Alps area. Sometimes the outcome is a win, but other times there are losses. As the pressure for growth and development continues to boil upward, the Issaquah Alps will be faced with never ending attempts to exploit our natural treasures for monetary gain.

Whether it's a golf course and homes being built to the western edge of Cougar Mountain Park in Newcastle, or placement of a developers water tank and road on public open space, or new condos proposed to the edge of Tiger Mountain State Forest, there is always need for vigilant protection of what most of us take for granted. IATC has been fortunate this year to have several members step forward in more active and involved ways to assist on these and other issues. We need more of you willing to be involved and to expend effort in protecting the Alps as well. Give me or Marilyn Moon a call if you're interested in exploring how you might be able to help. The future of the Issaquah Alps depends on those willing to volunteer their time and efforts.















City Pushes for Water Tank in County Open Space

Ken Konigsmark

espite consistent objections from IATC, other citizens, King County Parks Department, and some City Council members, the City of Issaquah continues to push ahead with proposals to locate a large water storage tank and access road on County open space lands abutting Squak Mountain State Park above the Sycamore area. The water tank and access road are needed to support the new Foothills and Kelkari developments being built on Squak Mountain and to provide additional capacity for City fire protection. It was originally to be placed on the developers land, but after clearing, a slope failure occurred which generated a desire to place the tank into County open space. However, these pristine public lands, directly

abutting Crystal Creek, were purchased with taxpayer dollars specifically to provide a wildlife corridor and habitat, and to protect them from precisely the type of development activity that is now being proposed. It is inappropriate, and a horrible precedent, to allow public lands to begin to be used to support private developer needs. The latest proposal, worked out in backrooms by political lobbyists paid for by the developers, would apparently allow the tank and road to be approved as a simple "water line easement," and require NO MITIGATION from the City or developers. IATC has gone on record to the County Council stating that this is unacceptable. Stay tuned for more....

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Issaquah Alps Trails Club Hikes and Events Hike Schedule-Fall 1997

October

Salmon Days!

Sunday, October 5 Salmon Days!

Wednesday, October 8; 1:00 pm Cedar Butte Loop 2B 4 mi. 1000 ft. Warren Jones 888-0262

Saturday, October 11; 8:30 am East Tiger Loop; little traveled trails to best views on Tiger 3C 9 mi. 1800 ft. Ralph Owen 746-1070

Sunday, October 12; 9:00 am Tiger Mt. Caves, Big Tree and Swamp Trail; 2A 500 ft. 8 mi. Bert Drui 746-0709

Friday, October 17; 9:00 am Squak Mt. Loop from south side 3C 8-10 mi. Mary Cadigan 641-4046

Sanday, October 18; 9:00 am Tiger; Nook Loop 2B 5 mi. 1000 ft. The Ecob 232-2933

Sunday, October 19; 9:00 am High Point Mill Pond, Old Tiger Mt. Trail to Dwights Way, Ruth's Cove, new Railroad Grade bridge. 2B/C 8mi. 1600 ft. Jamie McKenzie 746-6683

Saturday, October 25; 1:00 pm West Tiger 3C 6 mi. 2100 ft. Bob Gross 253-529-2139

Saturday, October 25; 9:30 am Womanwalk 3B Marilyn Moon 392-1732

Sunday, October 26; 9:00am-1:00pm Trail Maintenance Work Party,

Squak Mt, beginners encouraged Charles McCrone 392-3466

Monday, October 27; 7:00 pm IATC BOARD MEETING Stationmaster's House Ken Konigsmark 222-4839

November

Saturday, November 1; 9:00 am Anti-aircraft Peak, the Erratic, Clay Pit and Nike Launch Site Bert Drui 746-0709

Sunday, November 2; 8:30 am Poo Poo Point, TMT and W. Tiger 3 4D 13 mi. 3000ft Fred Zeitler 882-3435

Sunday, November 2; 9:00 am Little Si and Moss Vista 3C 7 mi. 2000 ft. Peggy Owen 746-1070

Saturday, November 8; 8:00 am Snoqualmie Ridge Sampler 3B Bill Longwell 222-6775

Sunday, November 9; 1:00 pm Lake Tradition Plateau 2A 5 mi. 400 ft. Bob Gross 253-529-2139

Friday, November 14; 9:30 am Cougar Mt. Wilderness Loop 2B 6.5 mi. Mary Cadigan 641-4046

Saturday, November 15; 9:00 am South TMT, Hobart Gap, Holde Creek, South Tiger, Otter Lake. 2B 7.5 mi. 1200 ft. Jamie McKenzie 746-6683

Sunday, November 16; 9:00 am
East Cougar Loop on seldom
visited route to North Cougar
Park.
3C 10 mi. 1700 ft.
Ralph Owen 746-1070

Saturday, November 22; 9:00 am Tradition Lake Loop 2A 4 mi. no gain Trudy Ecob 232-2933

Sunday, November 23; 9:30 am Talus Caves from downtown Issaquah 2B 5 mi. 1200 ft. Joe Toynbee 723-6716

Monday, November 24; 7:00 pm IATC Board Meeting Stationmaster's House Ken Konigsmark 222 4839

Far Country Lookout from May Valley via old trail (new park expansion possibility 2A Harvey Manning 746-101

December

Friday, December 5; 9:30 am South Tiger Loop 2B 6 mi. Mary Cadigan 641-4046

Saturday, December 6; 10:00 am Cougar Mt. Far Country Lookout and Nike Launch Site 2A 500 ft. 5 mi. Bert Drui 746-0709

Monday, December 8; 8:00 am Birdwatching near Stillwater/ Duvall 3A no gain Bill Longwell 222-6775

Saturday, December 13; 9:00 am Cougar Mt. Ramble, AA Peak, Clay Pit view point and more. 2B 6-8 mi. modest gain Jamie McKenzie 746-6683

Sunday, December 14; 1:00 pm Lewis Creek Canyon (Lakemont devastation) 2A Harvey Manning 746-1017

Saturday, December 20; 9:30 am Lower Mt. Si; several valley vistas via old and middle-aged Si trails. 2B 6 mi. 1500 Ralph Owen 746-1070

Sunday, December 21; 9;00 am Cougar Mt. Views; loop on Cougar, DeLeo Wall, Far Country, Longview Peak, Claypit 3C Fred Zeitler 882-3435

Monday, December 22; 7:00 pm IATC Board Meeting Stationmaster's House

Sunday, December 27; 1:00 pm Rattlesnake Ledge 2B 3mi. 1000 ft. Bob Gross 253-529-2139

Interest has been expressed for renewed Toddler Hikes of the "Peggy Barchi" type (easy and weekday)
Need hike leaders! Call Ann Weinmann for input; 392-9230



Note: All telephone numbers are Area Code 425 unless otherwise noted.

24 -HOUR HIKES HOTLINE: 328-0480

HIKE LEADERS

The hike leaders are volunteers who have donated 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 regardless of weather. Minimum attendance is 3, 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, easy or hard—or all of the above. Some are not much more than animal trails. As volunteers, neither the hike leaders, the Trails Club or club directors are in any way responsible or liable for hiker's comfort, transportation, property, safety, or general well-being while traveling to and from the trailhead or while hiking or working 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 with the hike leader and others who want to hike these trails. Children under 13 should be accompanied by an adult. Please, no pets on these hikes.

HIKE CLASSIFICATIONS

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

Hiking Time

Class 1: 2 hours

Class 2: 4 hours

Class 3: 6 hours

Class 4: 8 hours

These are approximate hiking times, not including travel time to and from the trailhead (20 to 70 minutes, depending on the hike) and meal times (lunch will add another 20-70 minutes, depending on the mood of the group). The times are based on an assumption of a two mile per hour pace, with a half hour added for each 1000 feet in elevation gain. Trail conditions, weather, and unexpected hazards can 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 elevation gain

This is an estimated degree of difficulty. Most trails in the Issaquah Alps are not up to the high standards of state and national parks. Issaquah Trails can be very steep in parts or muddy and brushy. Hikers may gain 1000 feet in just one mile of a five-mile, 1500-foot elevation gain hike. Sometimes there are trees to climb over or nettles and berry bushes to beat through. Short doesn't automatically mean easy and long doesn't automatically mean tough.

HIKE DESCRIPTION MODIFIERS

Leader's Choice: The leader had not decided where to hike before publication of the hike 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 and have a good time hiking where others seldom tread.

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

NOTE:

Group hikes do not lend themselves to pets. Please leave your pets at home when coming on a Trail's Club hike.

Continued next page—

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MEETING PLACE

CLOTHING

Trails Club hikes meet in the parking lot at the corner of 1st and Bush 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 past the light at Sunset and turn left on Bush Street. Go block and turn into the lot on the left. Park beside the Clubhouse or on the east side of the concrete bumpers opposite the Issaquah Food Bank. Do NOT park on the side of the bumpers closest to the Food Bank.

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

Volunteers organize and schedule trail maintenance parties periodically as listed in the hike schedule. These work parties meet at the same place as the regular hikes (see "Meeting Place" 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 an integral part of the DNR management plan for Tiger Mountain. Work parties must limit their activity to those trails listed by DNR as scheduled for maintenance—no construction of new trails is allowed. Work parties are a great way to meet people! Individuals and groups are also encourage to adopt a trail, or section of trail, and be responsible for maintaining it.

Issaquah Alps Trails Club Membership Application

P.O. Box 351, Issaquah, WA 98027	
Name:	
Address:	
Phone:	
□ Annual Regular Dues\$15	
☐ Annual Contributing Dues\$25	
☐ Lifetime Membership \$200	
☐ Limited Income	
▲ All memberships cover the entire family.	
▲ A regular annual family membership is \$15. This covers the cost of printing and mailing the Alpiner and a part of overhead expenses.	of the club's
▲ Contributing memberships at \$25 or more cover the rest of the club's overhead expenses and allow us some financin planning special events, publishing trail guides and keeping our trail maintenance tool supply fit and ample.	icial leeway
▲ Lifetime memberships at \$200 give us room to be creative and visionary, to venture forth on projects otherwise b means and dreams.	eyond our
☐ I would like to get involved with the club's activities. Please send me a volunteer questionnaire.	

Maintain It And They Will Come: A Trailworker's Confessional

Charles McCrone

In the IATC map for Cougar Mountain. I found I enjoyed hiking Cougar so much that it was not long before I resolved to locate every trail on the map. In the process I quickly discovered that many of the lesser used (and to my eyes some of the most interesting and beautiful) trails were in danger of disappearing. Especially after I saw the damage wrought to many of these fading trails by last winter's storms, starting to do maintenance work on my favorite trails was a natural progression.

Many of us have heard this before, but it's worth stating again: the majority of trail maintenance in the Alps is done by volunteers— and it is this ongoing work that keeps many of our trails literally "on the map". But we don't have to see trail maintenance as a grudging responsibility. Instead it can be a thoroughly rewarding opportunity: to explore the lesser traveled places in the Alps, to get to know a section of land more intimately, to get the immediate and tangible benefit of making a trail re-accessible to others' enjoyment.

If you would like to get involved in trail maintenance, there are many ways to do it! For a formal introduction, come out to our work party (co-sponsored with Volunteers for Outdoor Washington) on Sunday morning, October 26th; this party is planned with beginners in mind (please call me for more details). We also go out on a more informal basis every weekboth weekdays and weekends, sometimes for several hours, sometimes for a full day. Every project involves a variety of tasks so you can find one you like and work at your own pace. (For example, trailwork involves everything from clearing felled trees and brush to reconstructing eroded tread and diverting water off the path.) What we really need is simply a variety of people who want to help out! If you have never done trailwork before, don't worrymost of us were in the same position not long ago, and we all learn as we go. Please call Charles McCrone at (425) 392-3466 to find out more information—we would love to have your company and your help. A

Alpiner Assistant Needed

Want to learn PageMaker—a re ally cool publishing toy? If you're willing to learn, I'm willing to teach. Yours Truly, aka: THE EDITOR has accepted a new position that requires traveling. From time to time, I'll be out of town and will need a back up. If you're interested, let me know. I'll even show you how to make silly putty-type goo from stuff in your cupboards and other "way cool science"!

You may e-mail me at: grtblue@worldnet.att.net or call Marilyn Moon at 392-1732. We'll have fun, I promise!! Barb Johnson ▲



Deadline Extension: Urban Reforestation & Habitat Restoration Grants Kate Stenberg

The deadline for applications for the Urban Reforestation and Habitat Restoration (URHR) Grants has been extend ed to October 15, 1997. There is still time to apply for the 1998 funding cycle. Volunteer organizations, community groups, and government agencies are eligible to apply for grants for urban reforestation or wildlife habitat restoration projects within the urban growth area of King County. Projects within cities are eligible. A 50 percent match is required. For an application form or for further information, please call Kate Stenberg at 206-296-7266 or via e-mail at kate.stenberg@metrokc.gov.

WomanWalk Continues

Marilyn Moon

s fall approaches, some of the best hiking conditions avail. At time of publication WomanWalk, co-sponsored by Issaquah Parks and Recreation and IATC, will have 2 final dates scheduled for hikes: Saturday, September 27th and Saturday, October 25th. Participants meet at the Issaquah Trail Center at 9:30 a.m. for a 3-4 hour hike, as planned by specific hike leaders. Our goal is to offer 2-3 hikes for each Saturday, for women who want to hike with women, and hikers can choose the level of difficulty they prefer.

Since its kickoff event in April, nearly 100 women have joined WomanWalk outings. Ages of women participating range from mid-twenties to mid-seventies. Most ages fall in the middle. So many women have been an inspiration to me during our hikes over the past four years of WomanWalk. There've been those who weren't sure if they were up to the rigors of a more strenuous hike, but did it anyway. There are those who knew their limits and chose the easier, less de-

manding path, enjoying all the beauty along the way, appreciating the flora and fauna. And then there was Joan on our last hike up West Tibbetts Creek trail.

Let me tell you about her. Joan is a real powerhouse. She and Rita served as 'sweep' hikers, following almost three dozen women as they zig-zagged up the mountainside of Cougar. It was slow and steady as she goes. And each time I'd look back or peek around a corner to see if she'd be far behind, there was Joan, recipient of the Mountaineers' Six Peak Medal, former climber. She had a glow about her, a smile on her lips, and always this tremendous sense of quiet strength. From time to time, I'd drop back to check in with her, and she was always just a few steps from me. In conversation, I learned Joan had undergone two hip replacement surgeries. And here she was, beating it up the hill with the rest of us. Joan is 71 years-old. I want to be like Joan when I grow up!

King County Parks Programs

King County Parks Interpretive Programs Office is offering several programs this fall in the Issaquah Alps vicinity. Listed below are the events, dates and times. To register or for more information, call 206-296-4171.

Snoqualmie Valley By Bicycle-Tokul Canyon to Camp Don Bosco, Saturday, October 4, 9 am to Noon. Camp Don Bosco to Stillwater Wildlife Refuge, Tuesday, October 7, 9 am to Noon.

Snoqualmie Tribal Story-Telling and Drumming, Tolt-McDonald Park, Carnation, Saturday, October 18, 11 am to Noon.

Three Forks Sampler, Come along on a series of short walks in Three Forks Natural Area. We'll explore some historic areas, peek into wildlife habitats and enjoy breathtaking close-up views of Mt. Si. Saturday, October 25, 10 am to Noon.

Special Spooky Spiders, We have some excellent spiders around Seattle, come learn more about their incredible lives. We'll learn about different webs, how they are made, and which spiders are safe or scary. Red Town. Sunday, October 26, 10-11:15 am.

Issaquah Alps Trails Club Mail Order Service

P.O. Box 351, Issaquah, WA 98027

▲ 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. \$9.00 (includes shipping and handling)

A Guide to Trails of Cougar Mountain Regional Wildland Park, Coal Creek Park, May Creek Park

By Harvey Manning and Ralph Owen. 1990 updated edition. This new edition brings you all the old favorites plus new favorites—new trails on the west side connecting to Renton and May Creek plus all new maps! \$10.00 (includes map listed below, tax and shipping)

▲ Guide to Trails of Tiger Mountain

By Bill Longwell. 1995 revised edition. Updated trail information plus the new East Tiger Trail and new DNR trails. Plus encounters with animals. \$10.00 (includes map listed below, tax and shipping)

▲ 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 on Cougar Mountain, now hidden from all but hikers. More than 100 photos, four maps and Tim O'Brian's account of the incredible Seattle and Walla Walla Railroad. \$12.00 (includes tax and shipping)

▲ Eastside Family Hikes

By Peggy Barchi. 1995 revised and updated edition. Descriptions of family hikes (annotated for stroller use and picnicking) on the Eastside. \$3.00 (includes tax and shipping)

- ▲ Tiger Mt. map, 1995 revision, \$2.00 (includes tax and shipping)
- ▲ Cougar Mt. map \$2.00 (includes tax and shipping)
- ▲ Tradition Lake map Free with self-addressed stamped envelope.
- ▲ T-Shirt: "Issaquah Alps Trails Club" Specify size (S,M,L,XL,XXL) color (blue or white) and sleeve length. Short sleeve: \$13.00, long sleeve: \$17.00.
- ▲ T-Shirt: "Mountains to Sound March" Specify size (S, M, L, XL). \$11.00. All shirts are blue and short-sleeved.

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