

Newsletter of the Issaquah Alps Trails Club

THE ALPINE



October ▲ November ▲ December ▲ 2000

Cougar ▲ Squak ▲ Tiger ▲ Grand Ridge

President's report

Steven Drew

As I write this, summer vacation in the Alps is almost over. For some, the summer is a time to explore the great higher elevation trails and backcountry that this state has to offer and for others summer vacation and good weather allow for more enjoyable time spent right here in the Issaquah Alps. So if you have been away, welcome back. What a luxury it is to have these great trails and open spaces to come back to and enjoy throughout the rest of the year.

So far, this year has been one filled with major accomplishments. The new trails on Squak Mountain as well as those on Cougar Mountain and Coal Creek are immense additions and provide the hiker with quality hiking trails from the easternmost point in the Alps continuing all the way to the shores of Lake Washington. Our construction crews and ongoing advocacy work played a major roll in the new trails on the Tiger Mountain side of Squak and we contributed substantial finances to the project as well. Special thanks

are due to Jennifer Thomas with State Parks and Margaret Macleod, Washington Trails Association (WTA), Cascadia Quest, Mountains To Sound Greenway, and many volunteer hours. Just as crucial in getting the final link near the valley floor has been the strong and steady support of Issaquah's mayor, Ava Frisinger, and the City Council. Both were instrumental in seeing to it that promises were kept, which preserved the byproduct from years of advocacy by the Issaquah Alps Trails Club (IATC). Above all, we owe our most sincere thanks to Steve Williams, the Cougar district rangers, and the County Parks construction crew who did so much in so many places that it is hard for one hiker to digest. The cooperation between all these entities stretched limited dollars and each of us should find a moment to pass on our individual thanks. For now, you may need to take a led hike or two in order to find all the new trails on Squak. As for Cougar, you are in luck because the Revised Cougar *continued on page 4*

Salmon Days 2000 October 7 and 8



Issaquah celebrates the return of the salmon with a traditional parade on Saturday morning, October 7, followed by a street fair through Sunday afternoon, October 8. The Issaquah Alps Trails Club needs volunteers to staff their booth for two-hour shifts on either day. If you would like to help and share your knowledge of the Greater Issaquah Alps, please call Kitty Gross at 425-641-4393. ▲

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Another dog walk for dog lovers

Fred Zeitler

Saturday
November 11

On August 13, we held our first Dog Walk. For this special event we had a turnout of 15 people and 10 dogs. This total of 70 legs on one hike is probably a record of sorts. The best part of the hike was that everyone—people and dogs—got along well together. The dog owners carried enough water for their pooches and had all kinds of creative drinking devices. Some dogs even got baths to cool down at our lunch spot (Rainier view on Squak Mountain).



Every human on the hike told me that they wanted to see more hikes like this. So, for next quarter we will have another Dog Walk. ▲

Halloween hike

Aurela Sequoia



In addition to our usual hikes, WomenWalk Hikes is having a special mother-and-child Halloween hike on Saturday, October 28, at 9:00 a.m. Our marvelous mother-and-daughter team, Irene and Rachel Stanford, will boldly lead you through the spooky Swamp Trail around Tradition Lake. We have some *i-n-t-e-r-e-s-t-i-n-g* surprises in store along the way, so come prepared for the unexpected! Curious? Call 425-255-5558 for more information. ▲

The Apparatus

President: Steven Drew · 392-4432
 VP, Advocacy: Ken Konigsmark · 222-4839
 VP, Operations: Barbara Johnson · 746-5573
 Acting Treasurer: Steven Drew · 392-4432
 Secretary: Kitty Gross · 641-4393
 Board of Directors:
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 Kitty Gross · 641-4393
 Christina Jackson · 888-8385
 Barbara Johnson · 746-5573
 Ken Konigsmark · 222-4839
 David Langrock · 313-1971
 Bill Longwell · 222-6775
 Dan McCrea · 837-0417
 Charles McCrone · 392-3466
 Malena McCrone · 392-3466
 Fred Zeitler · 882-3435
 Club Founder: Harvey Manning · 746-1017
 Hikes Coordinator: Fred Zeitler · 882-3435
 Membership Records: Steven Drew · 392-4432
 Book Sales/Distribution: Marty Hanson · 392-2458
 Volunteer Coordinator: Open
The Alpiner: Linda St. John · 235-2736
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 Issaquah Advocate: Christina Jackson · 888-8385
 Cougar Advocate: Charles McCrone · 392-3466
 Squak Advocates: Steven Drew · 392-4432 and
 Ken Konigsmark · 222-4839

Tiger Advocate: Larry Hanson · 392-2458
 Grand Ridge Advocate:
 Melinda Livingstone · 392-7455
 Raging River and Preston Advocate:
 Maryanne Tagney Jones · 222-7615
 Rattlesnake Mountain and Taylor Mountain Advocates:
 Ted Thomsen · 454-8643 and
 Ralph Owen · 746-1070
 Chief Ranger/Trail Maintenance Crew Chief:
 Bill Longwell · 222-6775
 Volunteer Trail Maintenance Coordinator:
 Charles McCrone · 392-3466
 MTS Greenway: Ted Thomsen · 454-8643
 Legal Advice: Tom Lucas · 206-624-2650

NOTE: All telephone numbers are area code 425 unless otherwise noted.

Hotline: 206-328-0480
 Website: www.issaquahalps.org

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Cougar Mountain: east point of the compass

Charles McCrone

This article is the fourth in a series about Cougar Mountain as a geographic whole, and the status of the trails and open space on all four of its flanks. I hope that this series will inspire hikers to check out more of the peripheral trails of the mountain, and to get more involved in the significant development and planning issues impacting them.

On the northeast side of Cougar Mountain Park is an important—but not yet protected—system of trails across the geologic Precipice of the mountain. At the heart of this system is a surviving piece of the same historic Military Road whose other end is preserved in the park near Red Town. A magic quarter mile (as Harvey Manning has termed it) of the late 19th century road runs northwest from that E-W powerline which drops to the junction of Newport Way and SR 900 soon joining the top of Big Tree Ridge. From there, the Precipice Trail (which uses the powerline and then the Military Road as its path from the northeast park boundary) follows Big Tree Ridge down into the gorge of Anti-Aircraft Creek, passing through or above Summerhill neighborhood open space before riding the Precipice over to Kline Hill Road. Some of the trails in this area are protected by topography or as part of Summerhill; however, there is much that could be lost. The next year may be critical for this unde-

veloped but unprotected portion of the mountain, as East Village development brings utilities close by for the first time. As well, the City of Issaquah recently looked at a proposal to extend water to some plats above the Precipice. Now is the time to get to know this area: get out and walk the trails (featured on the 1999 Cougar map) and let the City Council (and the King County Council) know how beautiful and valuable it is. This is one of only a few large tracts of land still available to be added to our Cougar Mountain Park legacy and, while it has been in limbo for years, nearby development may finally push the issue.

South of the powerline and along the eastern border of the park, the development of East Village has commenced. As prior editions of *The Alpinist* have recounted in detail, the Trails Club served on the Environmental Impact Study reader team, working with the developer to craft agreements preserving a majority of the developable land as permanent open space. The main trail route, Bear Ridge Trail (E3), is protected in its current state for perpetuity, as is the informal West Tibbetts Creek trailhead off SR 900. Most importantly, the splendid West Tibbetts Creek Gorge was preserved from development and the area south of it remains a wildlife corridor between Cougar and Squak mountains. So what is left to be done?

Our main responsibilities have to do with that portion of the site that is to be developed. The development agreement stipulates that corridors will be preserved for the Precipice, Surprise Creek, and Shangri La trails where they enter the development, guaranteeing future and neighborhood access. It also stipulates that neighborhood walkways or trails will connect the first two of these to one another and to the reservoir road. While we applaud the fine print, it is up to us to make sure it takes on flesh as development proceeds, and that all agreements are met at every stage in the process.

Finally, a critical trail corridor to be acquired is the slice of private land between East Village and the northeast corner of the park, through which the bottom of Surprise Creek Trail (E2) currently runs. Without this, most of the above connections—which we thank the developer for providing us—won't lead anywhere but into another development. Ideally, this area would be protected along with the Military Road just to the north of it.

As I mentioned in my prior article, we need your help. If you are concerned about completing our Cougar Mountain legacy, get involved. One easy first step is to at least get me your e-mail address, so when the need is critical, I have a large pool of supporters to draw on. *continued on page 10*

President's report

continued from page 1

Guide has just come back from the printer. Charles McCrone did a fabulous job updating, rewriting, and even adding photos. The 10th anniversary Mountains To Sound march was a great success as was our first-ever dog hike.

This year our volunteer maintenance crews, led by Charles McCrone and Bill Longwell, have already booked more hours than in 1999—all aimed at keeping our trails safe and enjoyable. Our website is in the process of a major upgrade thanks to Board member David Langrock, so check it out when you have a chance. This fall we will continue trailwork across the Alps and will closely watch road and new construction projects, which must not be allowed to block access, destroy views, or otherwise degrade the Alps hiking experience. New trail projects will be started and ongoing ones will progress. There is much to be done, so contact any of us listed in the Apparatus on page 2, stop by our booth at Salmon Days, or check out the website to see how to get involved. I hope to see you all out there. Have a great fall. ▲

Help releaf the Sammamish River!

October 21 (9:00 a.m.–1:00 p.m.)
October 28 (10:00 a.m.–2:00 p.m.)
Marymoor Park near Redmond
Contact Polly Freeman, King
County Water and Land Resources
Division, 206-296-8359 or e-mail
polly.freeman@metrokc.gov.

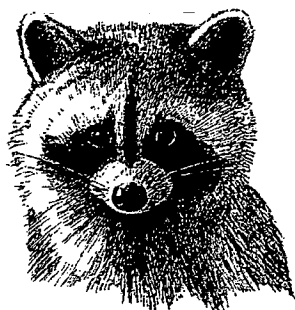
King County wildlife program honored

Ken Konigsmark

Founded in 1992, King County has the only comprehensive local wildlife program in the nation, enabling landowners to protect wildlife through incentives, education, and grants. A main focus is creating "linked networks" of habitat between streams and wetlands and from mountains to the lowlands.

This program was honored as a semifinalist in the 2000 Innovations in American Government Award competition (one of 96 out of 1317 competitors), one of the most prestigious public service awards in the United States. The award recognizes the comprehensive services provided in support of wildlife, crossing jurisdictional and departmental lines to ensure integration of wildlife protection measures in all aspects of government responsibility.

If you have interest in or questions about the County wildlife program, please call Kate Stenberg at 206-296-7266 or e-mail kate.stenberg@metrokc.gov. ▲



IATC endorses Initiative 713

Ken Konigsmark

The Issaquah Alps Trails Club (IATC) Board voted to officially endorse Initiative 713 (I-713), which will appear on the November ballot. This initiative would ban use of inhumane and indiscriminate traps and poisons in Washington, which are estimated to kill 2–3 "non-target" animals for every target animal trapped (dogs, cats, songbirds, birds of prey, and even threatened or endangered species). Animals caught in traps also suffer prolonged and painful deaths.

This is a hiking issue as well; there are currently no laws regulating where traps are allowed. There are numerous cases of dogs caught in traps while hiking with their owners and one confirmed case of a child caught in a trap along a trail.

Volunteers are needed to help educate voters about I-713's common sense and practical restrictions on traps and poisons through letters to the editor, e-mail, and mailings. If you are interested in getting involved, please contact:

Yes! on I-713
Protect Pets and Wildlife
5200 University Way NE #201
Seattle, Washington 98105
206-526-0949
Fax 206-526-0989
E-mail bantraps@seanet.com

The IATC Board urges members to vote *yes* in support of I-713. ▲

● Halloween bust on Squak Mountain

Bill Longwell
Chief Ranger

In the 60s and early 70s, Squak Mountain ruled as my favorite walk. In some of those years I reached its 2000-foot summit as many as 70 times.

My children and several of my students learned its trails, routes, and various summits. My interest in trail building received its birth pangs in those Squak years.

Occasionally several of us would take night walks on Squak. Once my younger daughter and I began hiking at 10:00 on a cold, clear December night (the first evening of Christmas vacation), walked up the service road a mile and a half, ate a light dinner, all the while listening to the howls of numerous coyotes on that moonlit night.

Another time I took students who had hiked with me for years to Squak's summit where we remained for a midnight supper. We listened to two-way conversations from radios inside the buildings and then walked downhill in the new morning to our cars for the ride home.

Once in a late October, a former student called and wondered where he could go with friends on a Halloween hike. I told him about Squak and my dark hikes. He took his friends to the summit.

On Monday morning, he came to tell me he had been arrested there.

Before the major fences on Squak's summit, hikers could seek shelter in

the doorway nooks of the several buildings there. But after someone dismantled and stole the first fence, authorities began to "bug" the buildings. Until that Halloween, we found the bugs only amusing.

My student and his friends had reached the summit, had begun to eat their dinners in a protected nook when a voice from a radio inside a building demanded they "identify yourselves." They did. The voice then told them "to wait right there." They did.

Half an hour later a state patrolman arrived to arrest the whole group. However, all were underage except for my student. He was arrested.

Shortly after he received a sum-

mons to appear in court. He was distraught. So was I.

I did what I could. On the night before the trial, I called the judge at his home and told him the whole story, all the while expecting him to cut me off. But he patiently listened and ended our conversation by saying, "You know, when I was young, I often climbed Squak Mountain."

On the morning of his court appearance, my student stood before the judge with a letter I had written explaining the student's innocence and my guilt.

After he looked at the letter, the judge took one look at my young student and said to him, "Case dismissed." ▲

Bike ride to the falls

October 1, 1:00–3:30 p.m.

Join a King County Park System naturalist for a bike ride on the Preston–Snoqualmie Trail. Enjoy the sights and sounds along this paved trail that ends with a stunning long-distance view of Snoqualmie Falls. This moderately paced ride will be approximately 12 miles roundtrip. Bring plenty of water and a lunch. Don't forget your bike and helmet! Best for ages 8 and up. Meet at the trailhead in Preston. Call 206-296-4171 for directions and to register!

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!



October

Sunday, October 1, 9:00 a.m.

Cougar Mountain
Hike to Wilderness Peak from Wilderness Creek trailhead. With luck, some views of Mount Rainier.

2B, 4 miles, 1200-foot gain
Kay Tarapolsi 425-867-5355

Saturday, October 7

Salmon Days (no hikes)

Sunday, October 8

Salmon Days (no hikes)

Tuesday, October 10, 9:30 a.m.

Northwest Rattlesnake Loop
Criminally steep up, gentle down. Great views of the valley.

2C, 6 miles, 1250-foot gain
Warren Jones 425-888-0262

Saturday, October 14, 10:00 a.m.

Tiger Mountain
Nook loop.
2B, 4 miles, 600-foot gain
Trudy Ecob 206-232-2933

Sunday, October 15, 9:00 a.m.

Trail Maintenance Work Party
All volunteers welcome. For more information, contact Charles McCrone at 425-392-3466 or pollopng@juno.com. No RSVP necessary.

Sunday, October 15, 9:30 a.m.

West Tiger 3
Tiger Mountain Trail (TMT) to West Tiger 3.
Moderate pace (2 miles per hour).
3C, 8 miles, 2500-foot gain
Denis Herney 206-545-2829

Saturday, October 21, 8:30 a.m.

Squak Mountain Circumambulation
Hike a series of trails (old and new) making a complete loop around the mountain.
3C, 8-9 miles, 2000-foot gain
Joe Toynbee 206-723-6716

Saturday, October 21, 9:30 a.m.

Cougar Mountain
Loop from Red Town to Far Country and Nike Launch Site.
2B, 5 miles, 600-foot gain
Bert Drui 425-746-0709

Sunday, October 22, 10:00 a.m.

Cougar Mountain, North Face
Newport Way to A-A Peak.
2C, 6 miles, 1400-foot gain
Bob Gross 425-427-8449

Monday, October 23, 7:00 p.m.

Board Meeting
Trails Center, First and Bush streets, Issaquah

Saturday, October 28, 9:15 a.m.

WomenWalk Hikes (3)
Easy (1A-2A): Irene and Rachel Stanford 425-255-5558 (davers2@earthlink.net)
Moderate (2A-2B): Marilyn Moon 425-392-1732 (Womanwalk@aol.com)
Strenuous (2C-3C): Lauren Hutchinson 425-837-1701 (laurendrum@hotmail.com)

Saturday, October 28, 10:00 a.m.

South Tiger Loop
Tiger Mountain Trail (TMT) to Otter Lake.
Return via bypass road/trail to great view for lunch.
2C, 7-8 miles, 1500-foot gain
Jamie McKenzie 425-746-6683

Sunday, October 29, 9:00 a.m.

West Tiger 3, 2, 1
Lynn returns to stretch out those sea legs.
3D, 8-10 miles, 3000-foot gain
Lynn Lively 206-789-0550

November

Thursday, November 2, 7:00 p.m.

Hike Leader Training
Trails Center, First and Bush streets, Issaquah

Saturday, November 4, 9:00 a.m.

West Tiger 3 Loop
Tiger Mountain Trail (TMT) to West Gap, West Tiger 3 summit, West Tiger 3 Trail for return.
3C, 8 miles, 2300-foot gain
Tom Palm 206-783-6005

Sunday, November 5, 8:30 a.m.

East Cougar Loop
Starting at Tibbetts Field, will climb to North Cougar Park via seldom-used trails.
3C, 10 miles, 2200-foot gain
Ralph Owen 425-746-1070

Sunday, November 5, 9:00 a.m.

Trail Maintenance Work Party
All volunteers welcome. For more information, contact Charles McCrone at 425-392-3466 or pollopng@juno.com. No RSVP necessary.

Wednesday, November 8, 9:30 a.m.

Cougar Mountain
Wilderness Peak loop, 4 or 6 miles depending on the weather.
2B, 4-6 miles, 1200-foot gain
Melinda Livingstone 425-392-7455

Saturday, November 11, 9:00 a.m.

Dog Walk!
Return by popular demand, special hike for dog lovers. For this hike only, you may bring your dog along with leash, doggie bags, and water for you and your pooch.
2B-2C, 4-6 miles, 1000- to 1400-foot gain
Fred Zeitler 425-882-3435

Sunday, November 12, 9:00 a.m.

West Tiger 3 Loop
Hike West Tiger 3 via the quiet route. Lunch at Manning's Reach with great views.
3C, 8 miles, 2500-foot gain
Karen Van Pelt 425-747-9381

Saturday, November 18, 9:00 a.m.

West Tiger 3 Loop
Tiger Mountain Trail (TMT) to RR grade to West Tiger 3 Trail to trailhead.
3C, 7 miles, 1800-foot gain
Tom Palm 206-783-6005

Sunday, November 19, 8:30 a.m.

Squak Mountain Exploratory
A hike for those who enjoy seldom-used and almost-never-maintained routes on the wooded slopes of Squak Mountain.
4C, 7-10 miles, 2000-foot gain (+)
Ralph Owen 425-746-1070

Sunday, November 19, 10:00 a.m.

Tradition Lake Plateau
2A, 4-5 miles, 300-foot gain
Bert Drui 425-746-0709

Wednesday, November 22, 9:30 a.m.

Poo Poo Point
2C, 5 miles, 1700-foot gain
Melinda Livingstone 425-392-7455

Friday, November 24, 9:00 a.m.

Cougar Mountain
Loop from Red Town via Far Country and A-A Peak.
3C, 8-10 miles, 1600-foot gain
Fred Zeitler 425-882-3435

Saturday, November 25, 10:00 a.m.

Tiger Mountain
Nook loop.
2B, 4 miles, 600-foot gain
Trudy Ecob 206-232-2933

Sunday, November 26, 9:00 a.m.

Squak Mountain
New trails (access and eastridge) plus old trails.
Lunch at Central Peak.
3C, 8-9 miles, 2000-foot gain
David Langrock 425-313-1971

Monday, November 27, 7:00 p.m.

Board Meeting
Trails Center, First and Bush streets, Issaquah

Wednesday, November 29, 7:00 p.m.

Hike Leaders' Meeting
Finalize hikes schedule for next quarter.
Trails Center, First and Bush streets, Issaquah

December

Saturday, December 2, 9:30 a.m.

Tiger Mountain
North Tiger Mountain Trail (TMT)
3-bridges loop.
2C, 5-6 miles, 1200-foot gain
Jamie McKenzie 425-746-6683

Sunday, December 3, 9:00 a.m.

Trail Maintenance Work Party
All volunteers welcome. For more information, contact Charles McCrone at 425-392-3466 or pollopng@juno.com. No RSVP necessary.

Monday, December 4, 8:30 a.m.

Cougar Wilderness Loop
A waterfall, a peak, and a view site will be included in this loop hike.
3C, 8 miles, 2000-foot gain
Peggy Owen 425-746-1070

Thursday, December 7, 9:30 a.m.

Leader's Choice
2B, 5-6 miles, 1000-foot gain
Jackie Hughes 425-641-3815

Saturday, December 9, 9:00 a.m.

West Tiger Loop
Tiger Mountain Trail (TMT) to West Gap.
3B, 7-9 miles, 1200-foot gain
Tom Palm 206-783-6005

Sunday, December 10, 10:00 a.m.

Cougar Mountain
Hidden history of Newcastle.
2A, 4 miles, 300-foot gain
Bert Drui 425-746-0709

Saturday, December 16, 1:00 p.m.

Cougar Mountain
Coal Creek Falls loop.
2B, 4 miles, 600-foot gain
Bob Gross 425-427-8449

Sunday, December 17, 8:30 a.m.

Taylor Mountain Park
We'll loop through King County's Taylor Mountain Park using a combination of at times muddy paths, roads, and seldom-used off-trail routes. Ponds, views, and other surprises.
3C, 8 miles, 1800-foot gain
Ralph Owen 425-746-1070

Saturday, December 23, 9:00 a.m.

Surprise Hike
Call the hotline for details.
Hotline 206-328-0480

Sunday, December 24, 9:00 a.m.

Weowna Park
Short workout on Bellevue Park's new trails among some old trees.
1B, 3 miles, 650-foot gain
Fred Zeitler 425-882-3435

Saturday, December 30, 9:00 a.m.

Squak Mountain
Travel on new as well as old and little-used trails in a loop around the mountain.
3C, 8-10 miles, 2000-foot gain
Fred Zeitler 425-882-3435

Hike Information

24-hour hikes hotline: 206-328-0480

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 regardless of weather. 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 13 should be accompanied by an adult. Please, no pets 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 70 minutes depending on the location of the hike) or meal times (lunch will add another 20 to 70 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.

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 does not automatically mean easy; long does not automatically mean tough.

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.

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 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. 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 Issaquah Food Bank.

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.

continued on page 9

Halloween bust on Squak Mountain

Bill Longwell
Chief Ranger

In the 60s and early 70s, Squak Mountain ruled as my favorite walk. In some of those years I reached its 2000-foot summit as many as 70 times.

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Occasionally several of us would take night walks on Squak. Once my younger daughter and I began hiking at 10:00 on a cold, clear December night (the first evening of Christmas vacation), walked up the service road a mile and a half, ate a light dinner, all the while listening to the howls of numerous coyotes on that moonlit night.

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Shortly after he received a sum-

mons to appear in court. He was distraught. So was I.

I did what I could. On the night before the trial, I called the judge at his home and told him the whole story, all the while expecting him to cut me off. But he patiently listened and ended our conversation by saying, "You know, when I was young, I often climbed Squak Mountain."

On the morning of his court appearance, my student stood before the judge with a letter I had written explaining the student's innocence and my guilt.

After he looked at the letter, the judge took one look at my young student and said to him, "Case dismissed." ▲

Bike ride to the falls

October 1, 1:00–3:30 p.m.

Join a King County Park System naturalist for a bike ride on the Preston–Snoqualmie Trail. Enjoy the sights and sounds along this paved trail that ends with a stunning long-distance view of Snoqualmie Falls. This moderately paced ride will be approximately 12 miles roundtrip. Bring plenty of water and a lunch. Don't forget your bike and helmet! Best for ages 8 and up. Meet at the trailhead in Preston. Call 206-296-4171 for directions and to register!

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!



Hike Information

24-hour hikes hotline: 206-328-0480

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 regardless of weather. 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 13 should be accompanied by an adult. Please, no pets 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 70 minutes depending on the location of the hike) or meal times (lunch will add another 20 to 70 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.

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 does not automatically mean easy; long does not automatically mean tough.

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.

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 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. 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 Issaquah Food Bank.

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.

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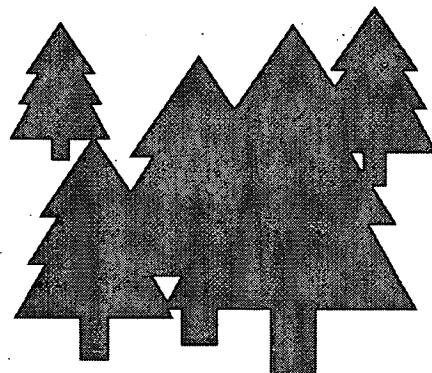
Trail Maintenance

Volunteers periodically organize and schedule trail maintenance parties as listed in the hikes schedule. Work parties meet (see *Meeting Place* on previous page) at the same place as regular hikes. 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 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 Membership Application

Post Office Box 351, Issaquah, Washington 98027

Name: _____

Address: _____

Telephone: _____

E-mail: _____

- ☐ New ☐ Renewal
- ☐ Annual regular dues \$15
- ☐ Annual contributing dues \$25
- ☐ Lifetime membership \$200
- ☐ Limited income \$6

▲ 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 the Club's overhead expenses.

▲ Contributing memberships at \$25 or more cover the rest of the Club's overhead expenses and allow us some financial leeway to plan special events, publish trail guides, and keep our trail maintenance tool supply fit and ample.

▲ Lifetime memberships at \$200 give us room to be creative and visionary and to venture forth on projects otherwise beyond our means and dreams.



I would like to volunteer with the Club in the area(s) of:

- ☐ Hike leadership
- ☐ Trail maintenance
- ☐ Hotline
- ☐ WomenWalk Hikes
- ☐ Trails Center staffing
- ☐ Administrative support
- ☐ Event coordination

Hikers' corner



Fred Zeitler

Greetings fellow hikers:

I have two topics today: 1) a plea for help and 2) a medical report.

As some of you may know, we are looking for more hike leaders to lead hikes in the Issaquah Alps. If you like hiking in our beautiful Issaquah Alps and enjoy sharing this experience, you may be a candidate to lead hikes for us. To find out more, please join us during our next hike leader training session scheduled for November 2 from 7:00–9:00 p.m. at the Trails Center.

During the past quarter, a common hikers' and runners' problem caught up to me: I was diagnosed with *plantar fasciitis*. What I thought to be a severe pain in the heel turned out to be much worse. The plantar fascia is a thick fibrous material on the bottom of the foot. It is attached to the heel bone, fans forward toward the toes, and acts like a bowstring to maintain the arch of the foot. When part of this inflexible fascia is repeatedly placed under tension (as in running), a problem may occur, producing inflammation and small tears at the point where the fascia is attached to the heel bone. Treatment for this problem is rest, icing, stretching, orthotics (shoe inserts), and sometimes surgery. After four weeks of rest, I'm getting back to hiking with my orthotics and icing after every hike. ▲

Six new crew leaders complete qualification

Charles McCrone

The Trails Club's roster of qualified crew leaders jumped 400 percent this past summer, putting the icing on the cake of a year of hard work on the now complete Squak Mountain Access Trail (featured in last quarter's issue of *The Alpiner*). The Volunteer Trailwork Coalition (VTC) qualification process was put into place several years ago to provide a standard training procedure and knowledge requirement for all trail maintenance leaders in Washington State. Two Issaquah Alps Trails Club (IATC) trailworkers—Charles McCrone and Matt Neville—finished the training in 1999, and in the fall of that year six more leaders stepped up to go through the VTC training. Our work on the Squak Mountain Access Trail was a great venue for the training, with the opportunity to install steps and culverts, cut brand new trail to rigorous specifications, and work alongside seasoned Cascadia Quest and Student Conservation Association leaders. All six trainees put in a lot of time and effort and did splendidly. Here's our new list of leaders:

- ▶ Steven Drew
- ▶ Frank Gilliland
- ▶ David Langrock
- ▶ Sandra Roubal
- ▶ Scott Semans
- ▶ Jeff Warner

Having eight crew leaders is a great boon, giving us the ability to

handle much larger volunteer turnouts (so come on out and meet them, everyone!) and tackle a wider variety of projects. Having eight *qualified* leaders will give local agencies greater confidence that our work will meet an established and professional standard. Thanks to each of our new leaders for their hard work. Congratulations! (To join our e-mail list for trail maintenance, e-mail Charles at pollopng@juno.com). ▲

Cougar Mountain: east point of the compass

continued from page 3

Another great step is to get out and walk the trails I have mentioned in this article, armed with the IATC map. Make the issues tangible to your eyes, feet, and memory. Also, I am developing a Cougar issues page on the new website at www.issaquahalps.org/cougar.htm; updating is a little slow yet, but stay tuned. To get on the advocacy list, e-mail me at pollopng@juno.com. Let us not miss our opportunity to have a good plan for trails and open space on the northeast flank. ▲

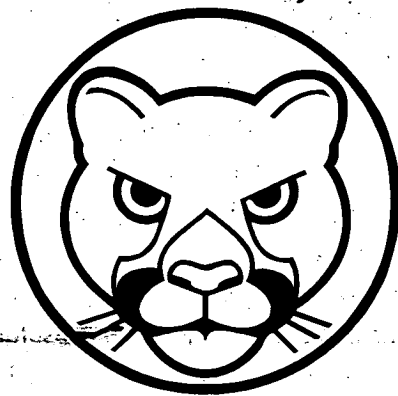


Rediscover Cougar Mountain

(or experience it for the first time)...

...WITH THE BRAND NEW, COMPLETELY
REVISED AND UPDATED

2000 EDITION



GUIDE TO TRAILS OF COUGAR MOUNTAIN

HOT OFF THE PRESSES AND AVAILABLE NOW!

Author Charles McCrone, the IATC's Cougar Mountain Advocate, spent two years revising and adding new text to Harvey Manning and Ralph Owen's classic 1991 edition. New features include:

- ◆ An informative new foreword by Harvey Manning, How We Got the Park
- ◆ A complete roster of Bellevue Parks, City of Newcastle, and Precipice area trails
- ◆ Expanded list of 21 trailheads complete with driving directions
- ◆ Photos of trail features
- ◆ Easier to read format with:
 - ◆ separate background and description sections for each trail
 - ◆ special features noted for each trail
 - ◆ hikes for kids markers
 - ◆ trails keyed to King County Parks numbering system and signs
- ◆ A new Superloops section and Afterword
- ◆ All trail descriptions completely updated to reflect a decade of change on Cougar Mountain: new acquisitions, the Park Master Plan, new City Parks trails, trail reroutes and changes, East Village trail planning, and more!

Each book comes with the 1999 IATC Cougar Mountain Map enclosed.

A preview of the Guidebook (with two sample trail descriptions and a complete list of featured trails) is available on the web at: www.issaquahalps.org/cougar.htm.

To order your copy of the Guidebook, see the mail order information on page 12 or it will be available at REI soon—maybe as soon as you read this!

Issaquah Alps Trails Club Mail Order Service

Mail your request with your check payable to:
Issaquah Alps Trails Club
Post Office Box 351
Issaquah, Washington 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 many of the plants can be found. \$9 (includes tax and shipping).

▲ *Guide to 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, tax, and shipping).

▲ *Guide to Trails of Tiger Mountain*

By Bill Longwell. 1998 revised edition. Updated trail information plus the new East Tiger Trail and new DNR trails. Plus encounters with animals. \$12 (includes map listed in next column, 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 of Cougar Mountain now hidden from all but hikers. More than 100 photographs, four maps, and Tim O'Brian's account of the incredible Seattle and Walla Walla Railroad. \$12 (includes map and shipping).

▲ *Eastside Family Hikes*

By Peggy Barchi. 1995 revised and updated. Descriptions of family hikes (annotated for use and picnicking) on the Eastside. \$3 (includes tax and shipping).

▲ *Tiger Mountain map*. 1998 revised. \$2 (includes tax and shipping).

▲ *Cougar Mountain map*. 1999 revised. \$2 (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, long sleeve \$17).

▲ T-Shirt: "Mountains To Sound March." Specify size (S, M, L, XL). \$11. All shirts are blue and short-sleeved.

Issaquah Alps Trails Club
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