

THE ALPINE



January ♦ February ♦ March 2006

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

Hiking Program Features Peaks

By Joe Toynbee

Every organization should return to its roots occasionally in order to refresh its spirit and renew its mission. In the case of the Issaquah Alps Trails Club, these roots go back to the formation of the club in 1979 and the effort to preserve the core peaks of the Alps—Cougar, Squak and Tiger—from rampant development. During the first quarter of 2006, hikes will be held with the intent of acquainting, or reacquainting, interested hikers with these peaks. This article will be supplemented with hikes designed to feature each of the peaks: Cougar in January, Squak in February and Tiger in March. Hikers are encouraged to review maps and guidebooks for each of these peaks, and hike leaders will be asked to discuss history and geography of each featured peak hike.

JANUARY: COUGAR MOUNTAIN

The westernmost of the Alps, and the one most visible from Seattle, is Cougar Mountain. In spite of its name, Cougar is not one peak, but a series of ridges, valleys and peaks, culminating in Wilderness Peak at 1595 feet. Development came many years ago to the western slopes of Cougar, and in recent years the Talus development to the northeast corner, but nestled in the southeast quadrant of the area is a jewel called Cougar Mountain Regional Wildland Park. This King County park is about 3000 acres in size and measures about 2.5 miles from east to west and 2 miles north to south. Over 50 miles of hiking trails are within the park. Most of the old growth timber is gone, but some original forest remains on Wilderness Peak.

Various areas of the park have particular meaning. The area around the Redtown trailhead at the west end features coal mining history. The many mine tunnels are one reason this area was available for park land. At the northern end is AA Peak, which has a lot of military history connected with it. The eastern end of the park between the Bear

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IATC Board Changes Pending

At its annual board meeting Thursday, January 26, the Issaquah Alps Trails Club board will not only hold its annual election for new board members, including president, but will also vote upon some proposed by-laws changes that will affect the nature of the board itself. It is proposed that the presidency be made into a two-year term for one thing, and also that the board elect a president-elect in the second year of a president's term to prepare the next president and to ensure a succession of leadership within the organization.

The meeting is a public forum for members of the club to voice their concerns about these issues and possible candidates for office. Besides the office of president (and president-elect if approved), two board seats are open, to replace Frank Gilliland and Steve Drew, who will be moving out of the area in the early summer. The meeting is at 7 p.m. at the club house at 1st and Bush streets.

The Apparatus

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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
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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: dgjsimpson@aol.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.

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Ridge and Wilderness Peak trails is being kept free of trails to serve as a habitat conservation area. Fourteen creeks originate within the park, the most important of which are May Creek, Coal Creek and Tibbetts Creek.

The Cougar Mountain Park is big, beautiful and surprisingly wild. Come and take a look at it.

Suggested reading: **GUIDE TO THE HIKING TRAILS OF COUGAR MOUNTAIN**, by Charles McCrone.

FEBRUARY: SQUAK MOUNTAIN

Squak lies between Cougar and Tiger. From some angles these three peaks appear to hold Issaquah in the palm of their hand. The total land area of Squak is 5600 acres, with about 40% of this in public ownership, divided between King County and Washington State Parks. Squak stretches about four miles from north to south and two miles from east to west with the high point, Central Peak, rising to slightly over 2000 feet. The well-marked trail system is a bit over 30 miles in all.

Squak seems to be the least hiked of the three core Alps, probably because of the difficulty of access. The only large, formal trailhead is the State Park facility at the south end off the May Valley Road. There are approaches to Squak on the west, the north and the northeast, but they are not obvious. This access problem makes the role of the IATC in leading hikes even more important.

The lack of crowds lends a peculiar sense of solitude to hiking on Squak. The mountain is heavily wooded, and rises steeply on all sides with few views. It is a wonderful thing to hike such a short distance and feel so remote.

Suggested reading: **SQUAK MOUNTAIN: AN ISLAND IN THE SKY**, by Douglas Simpson.

MARCH: TIGER MOUNTAIN

In the Issaquah Alps family, Tiger is big brother. Most of its area is occupied by the 13,500-acre Tiger Mountain State Forest. Of this, 4400 acres in the northwest corner are protected as a Natural Resources Conservation Area. The rest of the state forest is managed by the Washington State Department of Natural Resources as a working forest, meaning timber harvesting. The City of Issaquah owns land in the Tradition Lake area, and there are several residential developments on the west slopes of Tiger, most notably Mirrmont. Tiger has over a hundred miles of trails, and its high point, East Tiger, tops out at 3004 feet.

Because of its large size, Tiger has a great variety of landscapes and vegetation. A good way to sample this variety is to do the Tiger Mountain Trail, which stretches 16 miles from High Point to the south end of Tiger. Many of the trails on Tiger are old railroad grades from logging days. Trail use on Tiger is uneven, with trails such as West Tiger 3 being heavily used whereas others have very little use. A hiker can find whatever he wants on Tiger.

Suggested reading: **GUIDE TO TRAILS OF TIGER MOUNTAIN**, by William K. Longwell Jr.

To summarize, the three core Issaquah Alps offer superb close in and year-round hiking on over 200 miles of trails on 20,000 acres. Please use our Featured Peak hike series to better know these marvelous peaks.

President's Report

By Doug Simpson

"History is bunk!"

Henry Ford may have been a brilliant automotive/industrial pioneer, but he was all wet when he made that statement. A lifetime of learning and teaching have taught me that history is extremely important. But what has this got to do with the Issaquah Alps Trails Club, you ask?

Plenty. The IATC is no longer a young organization—we are now well into our 26th year—and we have a history we can be proud of. Not even founder Harvey Manning could have anticipated back in May of 1979, during the "Day of Three Thunder Storms"—when he, Dave Kappler, Tim O'Brien and Buz Moore decided to form a hiking club—that his idea could be carried so far. With a prescient sense of what was needed to preserve the beautiful wildness of Cougar Mountain and forested peaks to the east, Manning understood that he needed a base from which to make his case that much of this area needed to be preserved for outdoor recreationists—and not axed down by developers in their relentless push to build more and more homes, neighborhoods and shopping centers.

The rest, as they say, is history.

Today we take for granted the glories of Cougar Mountain Regional Wildland Park. However, the park would not exist were it not for Harvey Manning, Barbara Johnson, Ralph Owen and other dedicated and persistent IATC leaders who were very vigilant in confronting county political leaders and urging them to "do the right thing." If you don't believe me that this happened, ask former King County Executive Randy Revelle or long-time County Council leader Larry Phillips. I did.

The same is true for Squak Mountain. Manning, Bill Longwell, Jack Hornung, Gus Nelson, Ken Konigsmark and others from IATC recognized the hiking and recreational potential of Squak and

worked with state, county and city officials to establish and maintain parkland while limiting developer encroachment. It's still happening, an ongoing process. And it's part of not just club history, but the Issaquah community history.

The same is true on Tiger Mountain and up the entire Mountains to Sound Greenway. Washington State and King County have benefited immensely from the efforts of a dedicated cadre of IATC leaders. The Issaquah Alps could easily have been raped by developers; against great odds, the IATC has kept them green and open for the enjoyment of outdoor enthusiasts and even those who just enjoy looking at our green mountains. We have made a vital contribution to the history of the region.

And we're being recognized for it. Harvey Manning and Bill Longwell have received much recognition from diverse environmental groups for their historical contributions. Locally, the Issaquah Historical Society has recently asked me to speak on Squak Mountain and Tom Mechler, a pioneer IATC member, to speak on the origins and history of the Issaquah Alps Trails Club.

We are history, folks. And we're still making it. See the stories on page 10 for some important IATC history.

UNSUNG HERO #3

This quarter I am adding JOE TOYNBEE to IATC's pantheon of "Unsung Heroes," joining Dave Kappler and Ron Howatson from earlier recognition. Like the others, Toynbee has been a selfless, but persistent contributor to the Issaquah Alps Trails Club over the years.

Toynbee has served the club in many ways. Even before the club was formed, Joe was eager for

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the construction of the Tiger Mountain Trail. He went on the Mountaineer's exploratory hike over the proposed route in February of 1974, through some deep snow, according to Bill Longwell, IATC's Chief Ranger. After construction started in the fall of 1976, "he went on virtually all work parties to build and later maintain the TMT," Longwell states. And he's still doing so.

One of IATC's earliest members, Joe has served the club in many capacities. For many years he was the club's representative for Volunteers of Outdoor Washington. He was an important financial advisor in planning for the early Mountains to Sound marches. He served on the board for five years in the early nineties.

Toynbee has always been a doer. As a longtime Mountaineer, he won the organization's service award in 1996. He is a legendary hike leader, with over 400 Mountaineer hikes to his credit. With that organization, he has climbed peaks all over Western Washington. He leads frequent hikes for IATC as well. Now in his 70's, Joe and his legs have hiked nearly 35,000 miles over the years—and he's still going strong.

Joe takes great pride in his "Weedwhacker" efforts. "I've gone on 26 backpacks with Joe, often for trail maintenance, mostly on Forest Service trails," says Longwell. Since 1994, Longwell credits him with over 200 work parties, on Tiger Mountain and wherever there was work to do.

Fred Zeitler adds that Toynbee single-handedly has taken on the maintenance of the Chybinski Trail on Squak Mountain, where is also responsible for most of the trail signage.

In my three years on the IATC board, I have sought out a handful of people for advice and information. One of my best sources has been Joe Toynbee. I have cherished our conversations on hikes and have gained valuable insights and perspectives. In my "cabinet" of advisors, Joe is preeminent.

Rather than sit back and rest on his laurels, when the IATC was in great need of help recently in replacing Zeitler and maintaining the hikes program, Joe Toynbee was the first person to step up. If he weren't involved in more outdoor/environmental organizations than he can list on both hands, he probably would have undertaken the whole thing.

Zeitler says he is always dependable on hikes and work parties. Longwell says his advice has always been valued and well-reasoned. I say he has been a tremendous asset to the IATC, and one of its noblest UNSUNG HEROES.

Cougar Plans Outlined

by Bobbi Wallace

King County is looking forward to an exciting 2006 for users of the Cougar Mountain Regional Wildland Park and the surrounding areas. With many trail restoration and improvement projects slated for the upcoming year, park visitors will have the opportunity to experience the enhanced trails on their own or through organized events.

As one of the most incredible natural resources in the King County Parks system, Cougar Mountain Park covers more than 3,000 acres and is famous for its many trails, with more than 36 miles of trails for hiking, plus more than 12 miles for horseback riding.

King County will be teaming with the Washington Trails Association for restoration work on the Indian Trail and the De Leo Wall in late February. Repairs will also be made on trail signs and structures throughout Cougar Mountain Park.

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King County will also install new informational kiosks at trail gateways and trailheads, thanks to a \$250,000 donation to King County Parks by Starbucks. This gift will also support trail maintenance and operations, plus additional signage at other parks within the King County Parks system. For more information on the Starbucks gift, please visit <http://www.metrokc.gov/parks/>.

King County is partnering with Seattle Running Company to bring a series of trail runs to Cougar Mountain. Four runs will be held throughout 2006 with dates and times still to be determined. Trail running is growing in popularity in the Pacific Northwest. Many runners enjoy trail running because of the all-over body workout, the naturally beautiful settings and because running on a trail has less impact on the body than running on roads and other hard surfaces.

An effort to restore and improve the Red Town Meadow at Cougar Mountain has been under way for a decade. Started in 1995 by Penny Manning with sponsorship by the King County Park System, the meadow restoration project has greatly benefited from the hard work of more than 400 volunteers who have contributed thousands of hours of work clearing "invasive exotic plants," moving soil, growing native plants from seed and planting thousands of native meadow plants.

IATC Needs Donations

Since membership in the Issaquah Alps Trails Club no longer requires a payment of dues, it is critical that supporters of the club make at least annual donations.

Ongoing income is necessary to the club publish the quarterly *Alpiner* and its books and maps. Additional expenses are incurred for trail building and maintenance tools, and for activities such as Salmon Days.

The next few months are an ideal time to make a contribution, as any donations to the club are tax free. If you are among the numerous members who haven't given in over a year, please consider the importance of well-maintained trails, experienced hike leaders and quality publications to assist you with your hiking.

The club needs and deeply appreciates the support of its members.

Help Wanted! Web Site and Publications Marketing

IATC is looking for "idea people" to help the club in two areas:

- 1) Web Site: Help transform our bare-bones site (Issaquahalps.org) into something more. We have additional content that needs a bit of work, and there is a lot more that could be done to attract viewers and educate the public on the wonders of our natural spaces. Your ideas are wanted.
- 2) Publications: We publish some great guides and trail maps to the local mountains, but have few outlets selling them. Can you help us get the word out to potential buyers and retailers?

Hiker's Corner

Greetings fellow Hikers,

As I mentioned in last quarter's newsletter, I have resigned as IATC Hikes Coordinator. I outlined some highlights in that newsletter and would now like to expand on hiker participation in the Hikes Program.



Once again I would like to thank the hike leaders for their dedication and leadership in IATC's hikes program.

See you on the trails.

Fred Zeitler

* From 1998 through December 2004 we led 1004 hikes and had participation of 8,962 hikers. Year by year statistics are as follows:

Year	# Hikes Taken	# Hikers	Hikers/Eve
1998	113	969	8.6
1999	128	1228	9.5
2000	143	1393	9.7
2001	158	1191	7.5
2002	140	1225	8.7
2003	166	1459	8.7
2004	156	1497	9.6
TOTAL	1004	8962	8.9

* Through the first 9 months of this year we led 121 hikes attended by 1151 hikers (9.5 per event), about the same averages as before.

* For October and November attendance has dropped to about 6 hikers per event. One reason for the lower attendance might be that the 4th quarter typically has lower hiker participation than the other quarters.

Another reason might be the fact that IATC no longer lists hikes in the newspapers or on the Web. Other organizations like the Mountaineers have lost 25% of their membership and attendance is down as well so maybe we have fewer hikers than in the past. Let's hope the drop off is just a seasonal thing.

Hike Leader Training

All Issaquah Alps Trails Club hike leaders, current and prospective, are encouraged to take a half-day training workshop under the direction of Joe Toynbee on Saturday, February 25. In the course of a three-mile ramble around Tradition Lake, the group will explore leadership techniques, response to emergencies, and other topics.

"Hikers experience the club through its leaders," Toynbee stated. "A good leader makes the club look good."

The meeting time is 9 a.m. at the stationmaster's house in Issaquah at 1st and Bush, where most club hikes originate. Toynbee has considerable experience in such training, having frequently conducted such programs with the Mountaineers.

Call Toynbee (206-723-6716) if you have questions.

Squak Map Available

The new Squak Mountain Trails Map, a long-time IATC project, is fresh off the press. You can purchase it at the club's booth at Salmon Days or through this issue's order form. The cost is \$5 for the map, \$18 in combination with the Squak Mountain guide, which sells for \$15.

JANUARY

Sunday, January 1 - Holiday

Saturday, January 7, 9:00 AM

Cougar Mountain

Newport, Surprise trail loop to Wilderness Peak,

Longview, AA Peak and back

4C, 8 miles

Richard Mann 425-391-0410

Sunday, January 8, 9:00 AM

Cougar Mountain

Redtown History loop, 3C, 4 miles

Joe Toynbee 206-723-6716

Saturday, January 14, 10:00 AM

Cougar Mountain

Far Country Lookout loop, 2B, 4 miles

Bert Drui 425-746-0709

Sunday, January 15, 9:00 AM

Cougar Mountain Loop

Visit multiple summits and trails on the south side of Cougar Mt.

3C, 8 miles, 2000 ft. gain

Tom Palm 206-783-6005

Saturday, January 21, 9:00 AM

Cougar Mountain

Double loop around Wilderness Peak; on to Longview Peak

3C, 7 miles 1900 ft. gain

Scott Prueter 425-369-6016

Sunday, January 22, 9:00 AM

Cougar Mountain

Redtown-perimeter loop to DeLeo Wall to Far Country Trail, Long View and return via Shy

Bear Trail and Coal Creek Falls

3C, 10 miles

Richard Mann, 425-391-0410

Sunday, January 22, 1:00 AM

Tiger Mountain Tradition Plateau

hike at the Trail Center, hike parts of many

Monday, February 6, 8:00 AM

Bird Watching – easy pace

Annual stroll from Stillwater to Duvall; trail skirts acres of water along Snoqualmie River

3A, 6 miles, 100 ft. gain

Bill Longwell, 425-222-6775

Saturday, February 11, 10 AM

Cougar Mountain

AA Peak perimeter from the top down 2A, 3-4 miles

Bert Drui, 425-746-0709

Saturday, February 11, 1:00 PM

Lake Sammamish State Park-the wild parts. A large loop using city, county and state park trails; some muddy spots; good chance to see herons, hawks and eagles

2A, 3-4 miles, 0 elevation gain

David Kappler, 425-392-3571

Sunday, February 12, 9:00 AM Squak Mountain

Mountainside to Eastside Trail, Phil's Creek,

Old Griz, Summit, the Bullitt Fireplace,

Chybinski Trail and Mine Hill Trail

2C, 6-8 miles, 2000 ft. gain

Doug Simpson, 425-392-6660

Monday, February 13, 8:00 AM

Preston-Snoqualmie

Hike with lots of railroad and trail history and photos. Car shuttle

3A, 7 miles, 300 ft. gain

Bill Longwell, 425-222-6775

Saturday, February 18, 9:00 AM

Squak Mountain

Loop hike over Central Peak and West Peak with Rainier view for lunch

3C, 7-8 miles, 2000 ft. gain

Scott Prueter, 425-369-6016

Sunday, February 19, 8:30 AM

Cougar and Squak Mountain

hike and a Half

3C, 10 miles, 2300 ft. gain

Tom Palm

206-783-6005

Saturday, March 11, 10:00 AM

Tiger Mountain

Tradition Plateau Tour to Swamp and Blg Three lakes

2A, 3.5 miles, 150 ft. gain

Bert Drui, 425-746-0709

Saturday, March 11, 9:00 AM

Tiger Mountain

From Trail Center, hike to Lake Tradition, up to Tiger 3 and 2; down via TMT to the high school

3D, 10 miles,

Richard Mann, 425-391-0410

Sunday, March 12, 8:30 AM

Tiger Mountain

Climb to West Tiger 1 and 2 via the Chirico Trail and others before returning to starting point via the West Side RR and Chirico

Trails

4D, 10 miles, 3500 ft. gain

Ralph Owen, 425-746-1070

Saturday, March 18, 9:00 AM

Tiger Mountain

Loop hike over West Tiger 2 via TMT and K3; return via West Tiger 3 Trail

3C, 8 miles, 2500 ft. gain

Scott Prueter, 425-369-6016

Sunday, March 19, 9:00 AM

Tiger Mountain

From High School Trail, hike to Poo Top Trail and One View Trail to Tiger 2 and 3

4D, 10 miles

Richard Mann, 425-391-0410

Sunday, March 19, 11:00 AM

Tiger Mountain

Tradition Plateau Exploratory Loop-starting at the Trail Center, hike parts of many trails

on the plateau; visit 2 lakes, creeks and wetlands

2B, 5-6 miles, 600 ft. gain
Dave Kappler 425-392-3571

Thursday, January 26, 7:00 PM
IATC Annual Meeting
Issaquah Trail Center

Saturday, January 28, 8:00 AM
Cougar Mountain Traverse

I-90 Exit 13 Trailhead, climb the north side of Cougar Mt. visiting Cougar's highpoint, Wilderness Peak en route. The route will follow a series of neighborhood trails, park trails and along paved roads before ending at the Wilderness Creek Trailhead Car shuttle involved

3C, 9 miles, 2000ft. gain
Ralph Owen, 425-746-1070

Sunday, January 29, 9:00 AM
Cougar Mountain
Licorice Fern, Coal Creek, Far Country Loop hike

2B, 5-6 miles, 600-800 ft. gain
Doug Simpson, 425-392-6660

February 2006

Saturday, February 4, 9:00 AM
Squak Mountain

Trail Center sunrise to sunset loop up to Central Peak via Eastside trail to Bullit fire place, lunch spot with Rainier view; return via Issaquah Junction

3C, 10 miles
Richard Mann 425-391-0410

Sunday, February 5, 9:00 AM
Squak Mountain
Visit Squak summit and see an interesting descent variation
3C, 8 miles, 2000 ft. gain
Tom Palm, 206-783-6005

Hike from Anti-Aircraft Park on Cougar down to cross Highway 900 before climbing over Squak and back to the Issaquah Trail Center
4C, 10 miles, 2400 ft. gain
Ralph Owen, 425-746-1070

Monday, February 20, 8:00 AM
Snoqualmie Ridge
Grand loop through forest and city trails
3B, 12 miles, 600 ft. gain
Bill Longwell, 425-222-6775

Wednesday, February 22, 7 PM
Hike Leader's Meeting
Issaquah Trail Center
Jackie Hughes, 425-641-3815

Saturday, February 25, 9:00 AM
Hike Leader Training-Workshop
Tiger Mountain-Lake Tradition
Present & prospective leaders
Joe Toynbee, 206-723-6716

Sunday, February 26, 9:00 AM
Squak Mountain
From Trail Center, hike up Phil's Creek and Perimeter Trail to Rainier view; back via Chyminsky Trail, through cemetery and Sunset Way

3C, 8 - 10 miles
Richard Mann, 425-391-0410

March 2006

Saturday, March 4, 9:00 AM
Tiger Mountain
From the Trail Center to High School Trail to Tiger 1,2, and 3 via One View; down via Tiger 3, wetlands and Lake Tradition
3D, 10 miles
Richard Mann, 425-391-0410

Sunday, March 5, 9:00 AM
Tiger Mountain
Traverse of Tiger west slope; up Chirico and One View Trails to TMT 3; down to Sunset Way; car shuttle

on the plateau and visit 2 lakes, creeks and wetlands

2B, 5-6 miles, 600 ft. gain
David Kappler, 425-392-3571

Saturday, March 25,
Tiger Mountain
South Tiger Trail
3C, 7 miles
Joe Toynbee, 206-723-6716

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!

Sunday, March 26, 9:00 AM
Cougar Mountain
New Sky Mountain Trailhead and loop hike, relaxed pace
2B, 4-5 miles
Doug Simpson, 425-392-6660

Wednesday, March 29, 10 AM
Cougar Mountain
NE Cougar loop; a full circle between Talus and Anti-Aircraft Peak - slow pace
2B, 4 miles, 1000 ft. gain
Warren Jones, 425-391-7409

Hornung's 'Grand' Traverse

By Doug Simpson

(Note: Thanks to Ted Thomsen, I received a wonderful, epic letter written in February 1991 by Jack Hornung, whose obituary I wrote for the last *Alpiner*. The contents of the letter provide fascinating history of Hornung, the Issaquah Alps Trails Club, the Grand Traverse of 1988, and the origins of the Mountains to Sound Greenway. This first of two articles focuses on events leading up to the Grand Traverse; the next issue will have an article on the Greenway itself. In addition, I asked Ralph Owen to write his perspective on the Grand Traverse.)

Using one of Harvey Manning's guidebooks back in November of 1986, Jack Hornung found the snows on a hike to Snow Lake a little formidable and settled instead for a hike on a lower peak with the curious name of "Squak." He ascended from SR-900 to the summit, took in the views, and then explored other trails and old roads that were mostly overgrown and unmarked.

"... it seemed very odd to me that with Seattle and suburbs so close, I didn't see another soul all day." Later, he wondered why the Squak routes were so neglected and unkempt. His curiosity led him to learn of the Issaquah Alps and of an "Alps Club" working to preserve it.

Hornung was caught up in Manning's term that Squak presented a "social opportunity" to save it before the developers took it over. "Readers were invited—no EXHORTED—to do their part helping to save the Issaquah Alps," Hornung wrote.

As a result, Jack was smitten by the encouragement to "adopt a trail," and he proceeded to adopt the whole mountain, which he plunged into with a passion. "I decided that Squak Mountain, some four square and wild miles, would become MY

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The IATC's Two Grand Traaverses

By Ralph Owen

The Issaquah Alps Trails Club led its first Grand Traverse, a 26-plus mile, 6500' total gain Marathon Hike over Cougar, Squak and Tiger, on Saturday October 29, 1988. This was followed up with a second, and longer, Grand Traverse on September 30, 1989. These two events, which served as the warmups to the initial Mountains to Sound March in 1990, came about as the result of a two-year love affair that Jack Hornung had developed for the Issaquah Alps. After "discovering" Squak in 1986, he found the IATC and the club then pointed him toward adopting Squak. Jack found that many of the trails on Squak, which had originally been Bill Longwell's mountain before Bill moved on to Tiger and the TMT, needed a lot of loving care to save them from going back to nature. He spent almost every Sunday for the next two years working on Squak, clearing and rebuilding the existing trails, planning an expanded complete trail plan for Squak and building new trails to that plan.

Jack's high energy personality led him to expand his view beyond Squak. Before moving to Seattle from the east coast, Jack's professional life had been as an urban planner in Philadelphia. He soon used his talents as a trained planner in evaluating the IATC's overall plans and goals for the Issaquah Alps. He was amazed at the IATC's accomplishments in preserving the three mountains and putting people's feet to the trails in its 9-plus years of existence. The one area that he felt was still lacking was in planning and acquiring the corridors and trails to connect the individual mountains. He soon began actively promoting these connections. One of his first ideas was a Marathon Hike over Cougar, Squak and Tiger to publicize the need for these connections and to demonstrate a possible routing.

When Jack proposed the first of these Marathon Hikes to the IATC board it was initially consid-

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ered to be one more crackpot proposal. However, one of the strengths of the IATC in its early years under Harvey Manning was that if a member proposed a new scheme which would help promote the club's goals, and if that member would lead the work on that project, Harvey would support it by putting the club's environmental and political contacts, as well as his own many personal contacts, behind it. So with his blessing, it was decided that Jack's marathon hike was a go.

While my introduction to the first Grand Traverse was as an IATC board member at the time of Jack's proposal to the board, my first personal involvement was at Jack's first planning meeting. He issued an invitation to all IATC members to attend a special meeting at his house in Wallingford. When I arrived at his house, I was met by a mass of refreshments, Jack and his wife, Robin. When it became apparent that I was the only one showing up that evening, the two of us held the first planning meeting. We both felt that the project was vital and that as the hike date neared, we would find more volunteers. In the meantime, there were several serious problems that had to be solved and we had less than a month to go before the selected date of the hike.

The first of these problems was that there were no connecting trails between the three mountains and in some sections there were no trails on the mountains themselves. We were planning to start on Lake Washington at Newcastle Beach Park, walk up to and over Cougar Mountain through King County's undeveloped Coal Creek and Cougar Mountain Regional Wildland Parks before dropping to cross SR900. From here we would continue over Squak through private land and the Squak Mountain State Park before dropping into Issaquah. We then planned on climbing up to West Tiger 2 before dropping to end at the Preston Park and Ride lot. While Jack knew a lot about Squak, I knew a lot more about Cougar and Tiger than he did. The higher ups in King County Parks seemed

not to want to even acknowledge the existence of the two undeveloped county parks on Cougar and had not yet begun any trail construction or maintenance. While the IATC volunteers, led by Harvey, had developed a volunteer-built trail system across Cougar, it was sketchy and poorly signed. Harvey's Cougar Mountain Trail Guide described routes through Coal Creek Park, but many of these were nonexistent. This was especially true in the mud and hell berry-filled section of the park downstream from Coal Creek Parkway. While Squak had routes on old roads and trails up the west side of the mountain to Central Peak and on down to Thrush Gap, there was not even a pioneer boot route down the steep northeast side into Issaquah. We know that Bill Longwell's hours of trail building would provide us an existing continuous route on from Issaquah to Preston.

We decided to leave the problems in Coal Creek till later. We found more volunteers to help us search for a route down the east side of Squak. Our first exploratory "hike" started down on the approximate route of the current East Ridge Trail. Partway down, we began to slide steeply downhill into the valley below. At the bottom we found ourselves having to first wade Issaquah Creek, climb through a barbed wire fence and then step gingerly over an electric fence before reaching the Issaquah Hobart Road near the current hang glider landing zone. This route was obviously not ready for prime time. After consulting with the old Squak expert, Bill Longwell, we then flagged a route into town down a ridge along Cabin Creek. This steep and makeshift route was used for the first and only time for the first Grand Traverse.

Having solved the east Squak problem as a committee, we decided to solve any other route problems by dividing up the responsibilities. I was assigned Cougar Mountain and was to plan the route and lead the hike over from Newcastle

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Beach Park to SR900. Jack was to plan the route and lead the hike from there over Squak and down to the Issaquah Fire Station. Longwell was then to lead the hike from the Issaquah Fire Station up to West Tiger 2 and on to Preston.

Jack had previously participated in one-day Marathon Hikes in Pennsylvania. He knew from that experience that adequate food and drinks were required to get through the effort involved in a nearly 30-mile day. He strongly felt that these had to be provided to the hikers along the way in order to keep the weight of their packs down as well as ensuring that enough was eaten by all participants. Robin was assigned the responsibility for getting food and volunteers to serve a pre-hike continental breakfast, as well as lunch between Cougar and Squak and dinner in Issaquah. These volunteers also were responsible for taking some hikers, who found along the way that the entire hike was too much for them; back to their cars.

We also had an initial problem of getting the word out about the hike. Only four days remained before the hike and only seven people had signed up. Dave Kappler and Connie Fair helped to get good write-ups into both the Seattle and Issaquah papers on that Wednesday and by Friday evening there were over 40 hikers signed up.

Since the idea for the Traverse had come late in the year, we only had limited daylight hours on our selected date. We started and finished our Marathon Hike in the dark. Shortly after meeting at 6 a.m. on the shores of Lake Washington and finishing our continental breakfast, I led the group toward Cougar Mountain. We had run out of time to solve the lower Coal Creek Park problem, so I elected to lead them on sidewalks and along the road to Coal Creek Parkway's crossing of Coal Creek. We then followed, in increasing daylight, a muddy pioneer route up Coal Creek to Red Town where we entered the Cougar Mountain Regional Park. After climbing to the Far

Country, Shy Bear Pass and Cougar's high point at Wilderness Peak, we dropped steeply on long abandoned trails to the Boulders and on to SR900 across from the Sunset Quarry. Here we met Robin and her volunteer group who had a seemingly unlimited supply of hearty sandwiches, hot soup, fruit and hot and cold drinks waiting for us. (The decision had been made to charge each of the hikers \$5 to help pay for the food and a patch. These were the least expensive meals I have ever eaten.) Several of the hikers dropped out here after the 10-plus mile Cougar leg.

After this quick lunch stop, Jack took over as the guide. This next leg over Squak was the shortest, but also the most rugged. We started up the West Side Road, passed the Bullitt Fireplace and crossed over Squak's highpoint at Central Peak before descending into Issaquah by way of our makeshift and slippery route down along Cabin Creek. By the time we had walked past the fish hatchery and on to the Issaquah Fire Station to finish this 6-mile leg, the daylight hours were drawing to a close. At the fire station we were again met by Robin and her volunteers who helped us to a sit-down dinner of chili, sandwiches, fruit and hot and cold drinks. Again a few of our hikers dropped out here.

It was dark by the time Bill Longwell started our next 10-plus mile leg. He led us up onto the Tradition Lake Plateau and on up to West Tiger 3 and West Tiger 2. Up to this time we had hiked as a group. However, as it became more apparent that some of the hikers were really slowing down and only some had flashlights, we divided into several groups at the top. I was assigned to lead some of the slower hikers, only about half of them with lights. We banded together to share the available light as we descended from West Tiger 2 to Tom's Crossing and then followed the TMT down to the Power Line service road. The service road was then followed out to Preston. It took the last of the remaining 24 hikers 16 hours to complete the whole Traverse.

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By the time we led the Second Grand Traverse the next year, we made several changes based on the feedback and lessons learned from the first one. We scheduled it a month early to provide more daylight hours. On the first Traverse some of the stronger and faster hikers felt that they had been slowed down too much by the slower hikers in the one group hike format. We had the hikers sign up for a slow, medium and fast group. We ended up with four groups (1 fast, 2 moderate and 1 slower group), each with an assigned end-to-end leader. In order to insure that all the leaders knew the way, we liberally flagged the entire route with orange and black tiger stripe flagging.

We also had opened up a primitive route on Lower Coal Creek and had pioneered an improved, but still rough, route down Squak's East Ridge. The lunch break between Cougar and Squak was moved down the road to the Issaquah Highlands Camping Club and was now a sit-down affair. The effect of these changes was to increase the total distance to somewhere between 28 and 30 miles.

The fast group, led by Longwell, finished in daylight. The slowest group, which I led, reached Preston by dusk. (The fifth and very last group, consisting of a reporter and Jack, came out at around 10 p.m.) Of the nearly 70 participants, all but 12 completed the second Traverse.

Much of Jack's and the IATC's dreams that were publicized by the two Grand Traverses have been since realized. The inter-mountain connections that we pioneered for the two Traverses have been completed and improved several times and now are in regular use. Major improvements were made to these connectors by both IATC members as well as the WTA in preparation for both the 1990 and the 2000 Mountains to Sound Marches.

Hornung's 'Grand' Traverse cont'd from page 10

mountain. He got in touch with Manning, who gave his blessing and the names of Bill Longwell and Dave Kappler, members of the club who knew Squak and could share their knowledge with him.

"Armed with this help, Harvey's encouragement, and my own sense of mission, I really went to work. On most Sundays over the next year and a half, I designed, built and marked a comprehensive trails system for the mountain, a system which I hope will be incorporated into the enlarged State Park there."

Then Hornung drafted a trails guide, began leading hikes on Squak every other Saturday for about a year, and got involved with the IATC. Though he was appalled by the club's informality and disorganization, he was impressed with its accomplishments in just ten years—its hike schedule, its publications, and its successes in protecting and preserving the mountains themselves. As he wrote, "The seeming contrast between the chaotic organization and the effective results proves the wisdom of the old management adage: good people can make a badly organized operation work; conversely, bad people will doom even the best-organized efforts."

In his letter, Hornung wrote extensively about IATC's good people: Manning, Kappler, Longwell, Ralph Owen, and others such as Gail Palm, Rodi Ludlum, Laurene McClane and, more recently then, Stan Unger, Gus Nelson, Tom Wood and Ted Thomsen.

"These leaders of the Issaquah Alps Trails Club are a CEO's dream—you couldn't BUY this assemblage of talent."

The seed for the Grand Traverse—and ultimately the Mountains to Sound Greenway itself—was planted when then vice-president Dave Kappler

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asked Hornung to lead a group of county parks officials on a tour of Cougar and Squak to help them plan an open space bond issue to acquire land to connect the two mountains for wildlife migration and hiking trails. He did, they planned accordingly, and the bond passed.

Jack Hornung, though, was distressed that the club had no policy for connecting the Alps, and that the three peaks had no trail connections. "It therefore came as a revelation to me that even though Harvey had given the 'Alps' a unifying name, that was as far as the matter went. . . little or no thought was given to connections or to the notion of the Issaquah Alps as a whole."

Recalling from years past his marathon hikes back East, Jack applied his experiences to the situation here. "Why not, I asked myself, create a marathon hike crossing all the summits of what I considered the main Issaquah Alps?" His plan was to hike from Lake Washington, across Cougar, Squak and Tiger and end up at Preston.

When Hornung presented his idea at the club's next board meeting, he was not expecting the reception he received. "I will never forget first the incredulous stares and then secondly the laughter." He was told, "Ridiculous! Impossible! Nobody will come! You're crazy, Hornung." And finally, "It can't be done!"

Jack's response: "It will be done, and I will show you how!"

Hornung called for a special planning meeting at his house in Seattle, and wife Robin prepared refreshments for an anticipated small crowd. However, the only person who came was Ralph Owen. Jack was discouraged by the low turnout, but Owen said simply, "Let's get to work on the hike." And they did.

Hornung credits Owen with doing some marvelous work with club members to help plan the route. Soon, the next Alpinist announced "The First Grand Traverse of the Issaquah Alps." Plans included a continental breakfast at the pre-dawn start, a brunch between Cougar and Squak, and an early supper in Issaquah before plunging on to Tiger and the Preston destination.

By Wednesday, October 26, only seven people had signed up. But Kappler and Connie Fair came through with some critical newspaper publicity—and the sign-ups poured in. The result: forty hikers showed up at Newcastle Beach Park October 29—and the 28-mile hike was on. Some 24 of the 40 hikers finished the hike, which took 16 hours and ascended 5500 feet. Jack Hornung had overcome great odds and grave doubts and achieved a great accomplishment.

Club Books More Easily Available

It has always been possible for club members or website users to purchase the books and maps published by the Issaquah Alps Trails Club. However, they have been very difficult to find elsewhere. Now that has changed.

With the acquisition of ISBN numbers and bar codes from the R.R. Bowker Company, IATC is now able to broaden its circulation. Check in area bookstores such as Barnes and Noble and sporting outlets to find and look over club books on Tiger, Cougar and Squak mountains, and the "Coals-to-Newcastle" history book.

"We are very pleased to finally have more outlets for our books," said IATC President Doug Simpson. "Not only will we benefit from additional book sales, but hopefully we can bring new hikers into the IATC fold."

Tiger Signage Improved

Less than a year ago, Seattle Post-Intelligencer "Hike of the Week" writer and avid hiker Karen Sykes wrote, "It's not that difficult to get lost on Tiger Mountain, so be sure you have the correct map, compass and route-finding skills." She and many other hikers have noted inconsistent and missing signs, and a single trail may have had different names.

Confusion may be coming to an end. Over the past several months, Mountains to Sound Greenway trail crews installed 42 new signs throughout the West Tiger Mountain Natural Resource Conservation Area (NRCA), the northwest 4400 acres of Tiger Mountain. An official name has been designated for each trail. New wooden signs appear on posts, and old signs that were nailed to trees have been removed, according to Mike Stenger, Trail Projects Coordinator for the Greenway.

"This project again shows the true cooperative spirit in the Mountains to Sound Greenway," says Stenger. "Greenway staff designed and located the new signs. Washington State Parks made the signs at their Lake Sammamish sign shop. Washington State Department of Natural Resources (WADNR) field staff that work full-time on projects in the Greenway installed them."

"These new signs will greatly improve the hiking experience," says Kelly Heintz, Natural Areas Program Specialist for DNR, the agency that owns and manages the land for public use. These trails can be accessed from the High Point trailhead, just south of I-90 exit 20.

This work was part of a campaign to improve the trails in the West Tiger NRCA, one of the busiest hiking areas in the state. Greenway and Washington Trails Association trail crews and volunteers spent over 5,000 hours this past year, improving 30 miles of trails by removing downed

trees and encroaching vegetation, repairing bridges and raised walkways, adding gravel to thousands of feet of trail, improving trail drainage and constructing barriers to separate bikers and hikers.

Major improvements were also made to the High School Trail that leads right into the City of Issaquah and the handicap accessible trail off of the trailhead at High Point. The Swamp Trail, which had been closed for a year due to its raised boardwalk being destroyed in the big 2003 windstorm, has been repaired and reopened, and the lower portion of the West Tiger 3 Trail has been repaired. The signs and other trail improvements were funded by grants from the state Interagency Committee for Outdoor Recreation.

"We really made a dent in the backlog of trailwork on West Tiger this year," says Stenger, "but we are just beginning. There is probably another \$500,000 worth of work replacing rotting bridges, rerouting sections that are too steep and other work to bring these trails to a standard that can keep up with the amount of public use that Tiger Mountain receives. With the help of many partners, we will keep at it."

(This article is reprinted with the courtesy of the Mountains to Sound Greenway.)

Manning, Longwell Recognized

More honors have rolled in for leaders in the Issaquah Alps Trails Club. In its October issue, the Washington Trails Association singled out twelve "Hiking Legends" for their exceptional contributions to hiking in the state of Washington. Two of them—Harvey Manning and Bill Longwell—devoted most of their hiking careers

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to the IATC and a third, Ruth Ittner, played a key role in developing the Tiger Mountain Trail.

It seems that only months pass between honors for Manning, IATC's venerable founder. In May, Harvey received a lifetime achievement award from the Cascade Land Conservancy. WTA's Karl Forsgaard called him "one of my heroes." Forsgaard credits Manning with "setting the standard for hiking guidebooks everywhere."

"Harvey's books continue to introduce people to some of the most beautiful country in the world, and also exhort people to protect these lands for future generations." Forsgaard also cites Manning's efforts for wildlife protection and for founding the IATC.

"Both hikers and ecosystems have benefited immensely from Harvey's informed books, his ceaseless activism, and his principled stands."

Bill Longwell, IATC's Chief Ranger, is credited for spending "a good portion of his life fighting to protect Tiger and Squak mountains from development." After spending years making and improving trails on Squak, Bill shifted his energies to Tiger, where he is the principle architect and developer of the 16-mile Tiger Mountain Trail and also penned the club's most detailed and enduring guidebook, "Guide to Trails of Tiger Mountain."

WTA's editor Andrew Engelson wrote of Longwell: "It's thanks to Bill that residents of the greater Seattle area have a great system of trails and greenspace only minutes from the population centers of Puget Sound."

Engelson also cited Longwell's ongoing trail maintenance and trail building efforts all over the Issaquah Alps and beyond. IATC's Dave Kappler is quoted by Engelson: "He really introduced hundreds of thousands of people to these areas.

Though Ruth Ittner is not an IATC member, her legendary efforts as a trail activist include an important role in the development of the Tiger Mountain Trail.

"She spent a multitude of days laying out and building the TNT," says Longwell. "She is the ONE person responsible for getting permission from Weyerhaeuser to build the TMT." Perhaps the most scenic place on the TMT, "Ruth's Cove," is named in her honor.

Ittner, now 87, has been "an unflagging advocate for trails," according to Madeline Ostrander of WTA. Ittner is lauded for her political advocacy for trails, having worked with the Washington Congressional delegation to improve funding and information for trails.

"She organized public seminars to advocate citizens on forest policy," Ostrander wrote. "She pushed the forest service to establish more rigorous trail information systems for the public. She also worked in Washington State to help create the Sno-Parks systems" to establish parking access to allow backcountry skiing.

All three "legends" are on the cover of the WTA magazine, illustrating that the Issaquah Alps Trails Club has been and continues to be in the forefront of hiking and wilderness leadership over the years.

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

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Hike Information, continued

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 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.

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!

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 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		
Map: Issaquah Alps Tiger Mountain, 1998 revision	2.00		
Map: Issaquah Alps Cougar Mountain, 2001 revision	5.00		
Map: Issaquah Alps Squak Mountain (2005)	2.00		
Green Trails Map: Tiger & Taylor Mountains, Map 204S	7.00		
Green Trails Map: Cougar & Squak Mountains, Map 203S	7.00		
Green Trails Map: Rattlesnake Mountain & Upper Snoqualmie Valley Map 205S	7.00		
Green Trails Map: Mount Si NRCA & Snoqualmie Corridor, Map 206S	7.00		

*All prices include shipping and handling.

Total: _____

**One (1) IATC Cougar Mountain Map included.

***One (1) IATC Tiger Mountain Map included.

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:

- | | |
|--|--|
| <input type="checkbox"/> The basic hiker.....\$15 | <input type="checkbox"/> The project supporter.....\$25 |
| <input type="checkbox"/> The IATC sponsor.....\$50 | <input type="checkbox"/> The visionary.....\$100 and above |

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



Issaquah Alps Trails Club Publications

See page 15 for the publications order form.

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

- ☐ ***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.
- ☐ ***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).
- ☐ ***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).
- ☐ ***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.

- ☐ ***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.
- ☐ ***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.
- ☐ ***Green Trails Tiger & Taylor Mountain***. Map 204S. \$7.
- ☐ ***Green Trails Cougar & Squak Mountains***. Map 203S. \$7.
- ☐ ***Green Trails Rattlesnake Mountain & Upper Snoqualmie Valley***. Map 205S. \$7.
- ☐ ***Green Trails Mount Si NRCA & Snoqualmie Corridor***. Map 206S. \$7.
- ☐ ***IATC Tiger Mountain map***. 1998 revised. \$2.
- ☐ ***IATC Cougar Mountain map***. 2001 revised. \$2.

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