

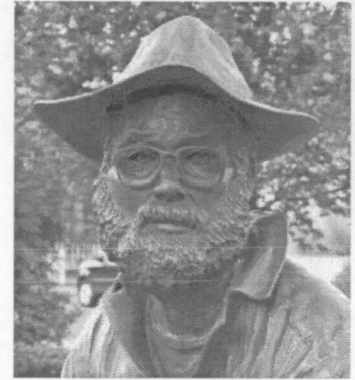
Newsletter of the Issaquah Alps Trails Club

THE ALPINER



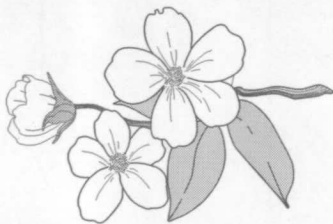
January ♦ February ♦ March 2010

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

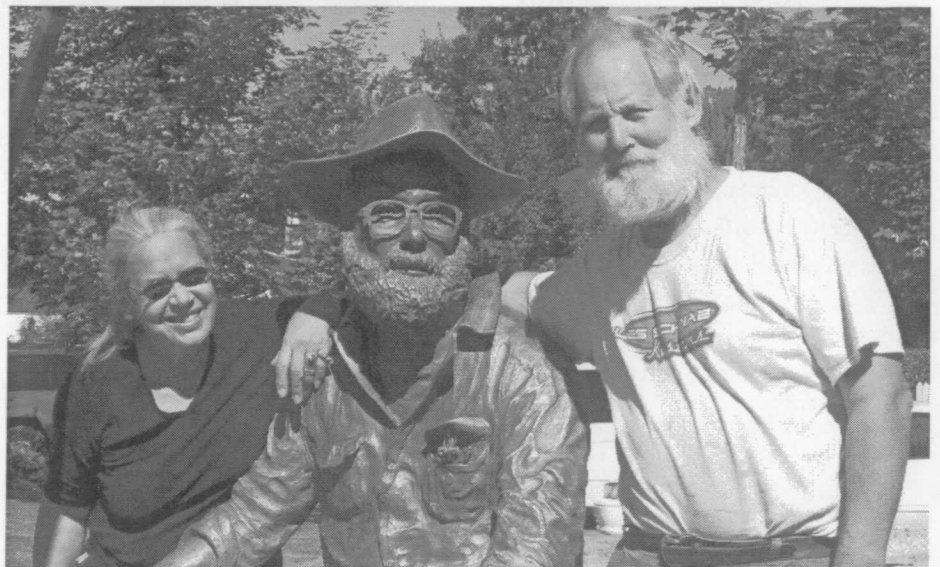


MANNING AND SUCCESSORS:
Six IATC presidents posed with founding father Harvey Manning at his statue dedication on September 20. Left to right are Barbara Johnson, David Kappler, Ken Konigsmark, Steven Drew, Doug Simpson and Steve Williams. The only elected president missing from the photo is Gus Nelson. (Photo by Marilyn Simpson)

SEPTEMBER 20 DEDICATION



DISPLAYING HARVEY:
Foundryman Tom Jay and sculptor Sara Johani of Lateral Line Studios proudly display their creation, the statue of Harvey Manning.
(Photo by Larry Hanson)



The Apparatus

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Harvey Manning

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MOUNTAINS TO SOUND GREENWAY

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

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

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

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

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

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

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

PRESIDENT'S REPORT

By Steve Williams

What did IATC do in 2009? **Hikes :** We are well on-track for another big year offering 2+ hikes/week; leading 1,000+ people/year through the woods and trails of the Issaquah Alps. Also, Dick Amidei reports an average of over 2,000 'hits' per day on our web-site from July '08 to July '09! **Trails :** Scott Semans and his volunteer crews completed the Terrace Trail in Newcastle and the Talus Bridge Trail on Cougar Mountain. Scott and Sally Davies, Ed Vervoort and others also did lots of work on Tiger Mountain, especially on the hard to reach sections of the TMT around miles 7-8-9. If you did trailwork or monitoring on your own, be sure and report your '09 volunteer hours to Scott, or log them in on the website. (Those hours can really help with matching grant applications.) **Advocacy :** We participated in lots of meetings and submitted statements on a number of issues to city, county, state and even federal officials. However, in these tough economic times budget cuts threaten many things and on-going vigilance will be required:

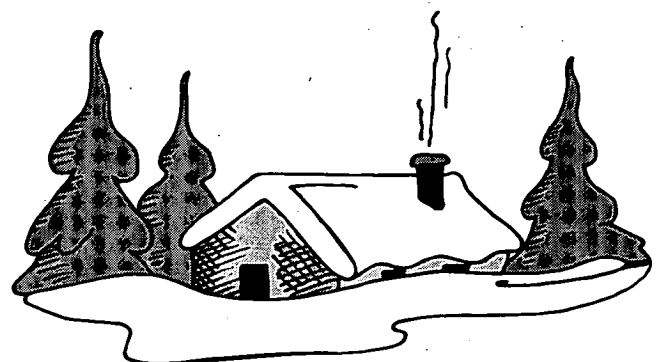
Now would be a good time to call your state representatives and ask them to find sustained funding for the "education and enforcement" programs of the Department of Natural Resources. (Did you know that the Tiger enforcement officer is funded by a grant which expires 12/31/09 ?) Likewise, NOVA funding for trails, which was taken from DNR to keep State Parks alive last year, needs to be returned this year. Perhaps the \$5 State Parks option on car tabs should be extended to all state recreational lands? Public comments would also be helpful in trying to conserve the Park Pointe lands on Tiger just east of downtown Issaquah. Let your elected reps know that you value trails and wildlands, parks and signs, wildlife and interpretation, and, yes, enforcement when necessary. We are very fortunate to have a lot of good places enjoyed by a lot of good people. Let's try to keep it that way!

Our big project for the year was the Harvey Manning statue, and I again want to say "thank you" to all those who helped with the project and dedication ceremony. Doug Simpson deserves a hero's medal for making it

all happen. The Manning family and the artists Sarah Johani & Tom Jay collaborated to produce an accurate and very impressive "Harvey." The Marenakos Rock Center (Bill Hyde, Roger Brekke and Rich Hestekind) hauled the 5-ton boulders from Cougar Mountain, deftly placed them, and installed the "Champion of the Issaquah Alps" plaque - all at no charge - as their donation! If you can use their services in the future, please do so; and tell them again thanks from all of us.

So many other people helped in so many ways I'm sure that I can't name them all. It was a great event. I think we finally gave Harvey his due; and reminded ourselves of what a wonderful trails and environmental heritage we have here in the Northwest. One thing I would like to share with you: On Monday I went back to install the Harvey photo-board on the outdoor kiosk opposite the statue...suddenly Harvey was swarming with grade-school kids on a tour of Issaquah's outdoor sculptures. They didn't know who he was or what he had done, so I gave them the five minute story of Harvey, IATC and their mountains, the Issaquah Alps! It was fun to see growly bear Harvey covered with kids trying to find the secret inscriptions. . . he has a whole new career now! (What a difference he made in all of our lives.)

Finally, thanks again to all of you for all your time & effort with the club. Please donate time, money, e-mails, letters or phone calls in 2010; and if you can, take a kid or a neighbor on a hike - it's good for all of us !



OBITUARIES

Dick Heintz (1920-2009)

Known in some circles as "the old man of the mountain," Richard L. Heintz passed away in June at the age of 89. Heintz was a complex man of many interests who led a life of accomplishment and historical significance.

In the 1950s, even before Harvey Manning and other members of the Issaquah Alps Trails Club crossed paths with him, Heintz explored Tiger Mountain, developing trails and building "blinds" for his active deer hunting. He built on Tiger two cabins and numerous other structures, some of which still stand.

Besides hunting and trail-building, Heintz enjoyed fishing, skiing, folk-dancing, Wagnerian opera and traveling. He remained an active member of Northwest Folkdances, Inc. until his death from a heart attack while swimming in Lake Washington.

Mr. Heintz enlisted in the army in 1939 and served first as a radio operator fighting the Japanese at Dutch Harbor, Alaska. Later he served in Europe and fought at the Battle of the Bulge, one of the bloodiest battles of World War II. After the armistice, he was involved in liberating Buchenwald, one of the Jewish death camps.

After a short stint with the Virginia Highway Department, Heintz moved to Washington to work for the Boeing Company. He was an instrumental designer for the trail sections of Boeing's 727 and 737 airplanes. In the 1970s he became a hydraulics specialist for the State Highway Department. He also developed fish ladders on Issaquah Creek near Preston to facilitate salmon spawning.

"Dick attributed his long, happy, productive and healthy life to knowing what he loved, doing what he loved frequently and with great enthusiasm, and loving to exercise," according to friend Noel Wannebo of Northwest Folklife.

He is survived by sons Siegfried and Robert, who live in the Seattle area.

(Thanks to Noel Wannebo and the Northwest Folklife group for the information on Mr. Heintz.)

Ted Thomsen (1924-2009)

By Ralph Owen

The Issaquah Alps Trails Club and the Mountains-to-Sound Greenway recently lost a great friend, F. Theodore "Ted" Thomsen. Ted died from cancer, at the age of 85, on September 19. Ted moved to the Seattle area in 1950 to begin a long and successful career at the law firm now known as Perkins Coie. After retiring in 1989 he became active in the IATC, where he served on the board and led hikes.

I remember Ted as a good friend, hiking partner and fellow trail pioneer and builder. We were fellow board members and hike leaders for the club. We worked together in a small group that helped another good friend, Jack Hornung, plan and carry out the IATC sponsored Mountains-to-Sound March. In his obituary, which Ted wrote before his death, he said that "He was proud to have participated in the 1990 5-day Mountains-to-Sound March from Snoqualmie Pass to Seattle."

When Jack Hornung came up with the idea of the March, he did not realize that there were gaps in the through route that he envisioned. Ted and I, along with a small group of fellow hikers, took on the task of defining a through route and building rough trails where needed to fill gaps in this route. Ted filled in several gaps by himself ~ most notably by stringing a rope between trees to help in descending a steep hillside between the Pacific Crest Trail and the John Wayne Trail on the railroad grade below. He even persuaded the ladies in his wife Gretchen's Wednesday hiking club to do some trail building for the March. Many days were spent in defining and building a route across Rattlesnake Mountain.

After the March, Ted continued his special interest in Rattlesnake Mountain and became the IATC's official advocate for Rattlesnake. Ted drew his own private maps of Rattlesnake and distributed copies to his "Rattlesnake Rangers." I was proud to have been included in this small group. Ted led his Rangers on

continued on page 7

HIKER'S CORNER

By Joe Toynbee



What is a GREENWAY?

Motorists driving east out of Issaquah will soon notice a signboard that says "Mountains to Sound Greenway." Newer members of the club might not

be aware of the role the Issaquah Alps Trails Club played in establishing the Greenway.

The concept of the Greenway, like so many other club programs, originated in the fertile mind of Harvey Manning. He envisioned a greenbelt corridor stretching along I-90 from Lake Washington to Snoqualmie Pass and beyond. Harvey's idea was picked up by Jack Hornung. Jack felt that the way to bring the Greenway idea to life was to have a March along the route with maximum publicity. He sold the IATC board on the idea, and in July of 1990 some 92 people hiked the 88 miles from the Pass to the Seattle waterfront.

Shortly after the March, the Mountains to Sound Greenway Trust was founded to carry the concept forward. In July of 2000, spearheaded by Ken Konigsmark, a second ten-day March was held, stretching 122 miles from Thorp in Central Washington to the Seattle waterfront. In 2002, a shorter three-day March of 31 miles went from the Pass to Snoqualmie Point.

It is impossible to overstate the impact these Marches and the Greenway concept in general have had on the I-90 corridor, whether we are talking about land acquisition, reforestation, trail building and maintenance, or environmental education. IATC members can be justly proud of the role their club had in starting the ball rolling with this wonderful idea and greenspace reality.

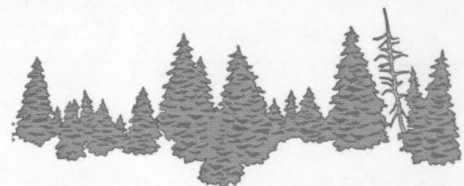


WCC JOBS FOR YOUTH

The Washington Conservation Corps (WCC) provides a unique and valuable opportunity for young people, aged 18 to 25, who want on-the-ground experience doing stewardship projects with agencies such as the Washington State Department of Natural Resources (DNR). The WCC program offers employment for six months to one year, minimum wage (\$8.55 per hour), and an AmeriCorps Education Award of \$2,300 to \$4,725 toward a college education.

In Washington State, WCC crews provide a critical labor force in the stewardship of our state lands and recreation areas. They install signs, build and maintain trails, install fences, remove garbage, maintain campsites and facilities, and much more.

DNR is now looking for new funding partners, however, since State Parks and the Department of Fish and Wildlife are no longer able to participate due to budget cuts.



TIMBER SALES PROGRESS

The Washington State Department of Natural Resources (DNR) has ongoing timber sales each year to contribute to state revenue. The Cougit Sale on Tiger Mountain was to have been finished last month, according to Tyler Traweck of DNR.

The 90-acre Mosey Timber Sale (so called because of the long walk to access it) on Mitchell Hill will go to bid next January, to be logged in the summer of 2011. It is located a half mile off 308th Avenue.

Rattlesnake's Livery Timber Sale is in the roadwork phase, with operations expected to begin in the spring.

Railroad Cars Fallen Off Bridge

By Calmar A. McCune

On a bushwhacking trip with my son and his two kids last year, we took Exit 38 off I-90 and drove east along the old highway to the third intersecting river along the south side of the freeway. We made our way south over and along the river. Eventually we could see the old railroad bridge ahead. Much to our surprise we found hidden in the salmonberry bushes and surrounding alders two rusting railroad freight cars. We climbed a scree to the old railroad bed and then walked west over two bridges till we reached our trail back to the car.

This year I was curious if there were any signs on the bridge itself of the railroad cars falling off. Examination of the bridge above the fallen cars showed a huge cut in a vertical half-inch thick steel beam on its east edge, which suggests the cars were heading west, downhill, perhaps out of control and speeding, when the cars reached the curving bridge and went over.

The bridge can be accessed at least four ways, the easiest being to drive up the road to the railroad bed, park, and then walk a quarter mile to the bridge. A more interesting way would be to turn off at Exit 38 and park at the first creek and then take the trail at the west side of the creek up to the old railroad bed and then walk east to the third bridge.

SAMMAMISH PARK OFFERS TRAILS



The 630 acre Soaring Eagle Regional Park now offers 12 miles of trails for area hikers as well as local residents. The 1.5-mile Pipeline Trail, the park's main route, ventures through mature forests and is relatively flat, unlike some of the steeper side trails.

The main entrance to the park is at 26015 East Main Drive in Sammamish. It is reached via 224th Ave. SE and SE Eighth Street that curves and becomes 244th Ave. SE. It can also be reached from the south from Trossachs Boulevard via the SE Douthie Hill Road. Hikers can reach it from the Beaver Lake Preserve.

The park, also available to bikers and equestrians, is a refuge for black tail deer, black bears, bobcats and more than 40 species of birds.

Check www.kingcounty.gov/recreation for more information and map of the park.



**TEDDY BEARS
RULE:** Many of the 20 hikers on the joint IATC-Teddy Roosevelt Society hike proudly display their Teddy bears on the October 10 hike on Cougar Mountain. Hike leader Joe Toynbee (2nd on left) featured Winnie the Pooh. (Photo by Gene Kopelson)



FEBRUARY 2010 cont.

Saturday, February 20 – 9:30 am
Lake Tradition Loop
2B, 4 miles, 300' gain
Joe Toynbee 425-228-6118

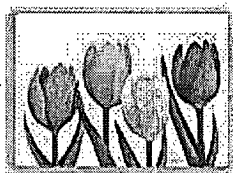
Sunday, February 21 – 9:30 am-2 pm
Sammamish Plateau – Soaring Eagle Peak
2B, 5.5 miles, 200' gain
Steve Williams 425-453-8997

Friday, February 26 – 10 am
MIDWEEK HIKE
Dogs Welcome Hike
Bring leash, baggies, water
Leader's Choice in Issaquah Alps
2B, 4-5 miles, 600-1000' gain
Jean Lanz 206-322-0990

Saturday, February 27 – 9:30 am
Squak Mt Loop – Sunrise TH to Central & West Peaks.
Chybinski & Eastridge Trails return
3D, 10 miles, 3000' gain
Richard Mann 425-281-8465

Sunday, February 28 – 9:30 am
Trail center to Central Peak on Squak Mt.
Return back to Trail Center
3C, 8-9 miles, 2100' gain
Denis Harney 206-545-2829

**IATC ENCOURAGES CARPOOLING +
RECOMMENDS \$1 MINIMUM OR
15¢/MILE GAS CONTRIB TO DRIVER**



MARCH 2010

Saturday, March 6 – 9:30 am
Cougar Mt – Licorice Fern /Far Country Loop
2B, 6 miles, 600' gain
Doug Simpson 425-823-0747

Sunday, March 7 – 9:30 am
Snoqualmie Ridge Overlook.
Loop to views of Snoqualmie Valley
Return through housing development.
2B, 5.5 Miles, 850' Gain
Fred Zeitler 425-882-3435

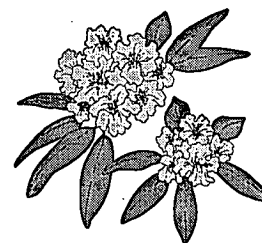
Thursday, March 11 – 9 am
MIDWEEK HIKE
Northern RR Grade on West Tiger 1
via High Point Trail
3C, 11.5 miles, 2200' gain
Robb Mitchell 425-785-8469

Saturday, March 13 – 8:30 am
A Peak and a Half
One way hike from Cougar Mt's Radar Park to
IATC Clubhouse in Issaquah with car shuttle
3C, 10 miles, 2200' gain
Ralph Owen 425-746-1070

Sunday, March 14 – 10 am
Dogs Welcome Hike
Bring leash, baggies, water
Leader's Choice in Issaquah Alps
2B, 4-5 miles, 600-1000' gain
Jean Lanz 206-322-0990

Saturday, March 20 – 10 am
Cougar Mt – Cold War History Sites.
Nike Launch to Headquarters @ AA Peak
2A, 3 miles, 300' gain
Bert Drui 425-746-0709

Sunday, March 21 – 9:30 am-2:30 pm
Cougar Mt – Red Town Military Rd
to AA Peak and back
2B, 5 miles, 800' gain
Steve Williams 425-453-8997



Friday, March 26 – 10 am
MIDWEEK HIKE
Dogs Welcome Hike
Bring leash, baggies, water
Leader's Choice in Issaquah Alps
2B, 4-5 miles, 600-1000' gain
Jean Lanz 206-322-0990

Saturday, March 27 – 9:30 am
West Tiger Mt 2 Loop from High Point TH
Return via West Tiger 3
3D, 9.5 miles, 2700' gain
Richard Mann 425-281-8465

Sunday, March 28 – 1-3:30 pm
Coal Creek History – Easy walk with lots of talk
2A, 1.5 miles, 150' gain
Steve Williams 425-453-8997

★ ★ ★

**GEAR CHECKLIST = WATER, FOOD,
DAYPACK, RAINGEAR, WARM CLOTHES,
HIKING SHOES/BOOTS**

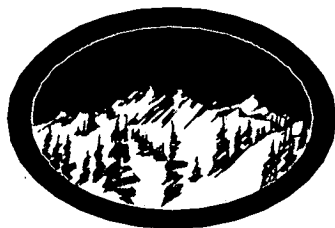
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**PLEASE CHECK
NUMBER / LETTER CLASSIFICATION
FOR HIKE DIFFICULTY**

★ ★ ★

**ALL HIKES MEET AT THE TRAILS
CENTER – 1ST AND BUSH IN ISSAQUAH.
HIKES LEAVE AT THE TIME STATED
SO PLAN TO ARRIVE A BIT EARLIER**

★ ★ ★



JANUARY 2010

Friday, January 1 – 10 am
NEW YEAR'S DAY

Dogs Welcome Hike
Bring leash, baggies, water
Leader's Choice in Issaquah Alps
2B, 4 miles, 600 – 1000' gain
Jean Lanz 206-322-0990

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

Sunday, January 3 – 1 pm
Tiger Mt. – Tradition Plateau
Explore trails, Lakes, Wetlands +
Biological diversity.
2B, 5-6 miles, 600' gain
Dave Kappler 425-392-3571

Saturday, January 9 – 10 am
100 Years of Hidden History at Newcastle
2A, 3 miles, 100' gain
Bert Drui 425-746-0709

Sunday, January 10 – 9:30 am
Cougar Mt. – Partial loop from Sky
Country to Longview Peak. Return
via seldom seen Doughty Falls
2B, 5.5 miles, 850' gain
Fred Zeitler 425-882-3435

Thursday, January 14 – 9 am
MIDWEEK HIKE
West Tiger 2 via TMT & K3
then to West Tiger 1.
Down TMT to High Point Trail
2C, 7 miles, 2280' gain
Robb Mitchell 425-785-8469



Saturday, January 16 – 8:30 am
West Cougar Loop – Greens & forests of
Newcastle Golf Course & Regional Wildland Park,
Coal Creek Falls and more wonders.
3C, 10 miles, 2200' gain
Ralph Owen 425-746-1070

Sunday, January 17 – 10 am
Taylor Mt – One-way-hike with car shuttle
2B, 4 miles, 600' gain
Harry Morgan 425-432-3249

Saturday, January 23 – 9:30 am
East Bellevue's parks & green spaces
on trails and streets. Lake Hills Greenbelt,
Weowna and Spiritridge Parks
2B, 8 miles, 500' gain
Ralph Owen 425-746-1070

Sunday, January 24 – 9:30 am
Cougar Loop – Red Town TH to De Leo Wall,
Far Country, Longview Peak,
to Fred's Trail & Coal Creek return.
3C, 10 miles, 2000' gain
Richard Mann 425-281-8465

Thursday, January 28 – 7 pm
IATC ANNUAL MEETING – All are welcome
Trail Center – 1st and Bush streets

Friday, January 29 – 10 am
MIDWEEK HIKE
Dogs Welcome Hike
Bring leash, baggies, water
Leader's Choice in Issaquah Alps
2B, 4-5 miles, 600-1000' gain
Jean Lanz 206-322-0990

Saturday, January 30 – 10 am
Cougar Mountain – AA Peak
2B, 4 miles, 1000' gain
Bob Gross 425-427-8449



Sunday, January 31 – 9:30 am
Squak – Mountainside Dr. TH
Bullitt Access Trail to Central Peak.
Back by Chybinski Trail
2C, 5 miles, 1800' gain
Doug Simpson 425-823-0747

FEBRUARY 2010

Saturday, February 6 – 10 am
Cougar Mt – Wilderness Peak
2B, 4 miles, 1100' gain
Bob Gross 425-427-8449

Sunday, February 7 – 9:30 am-1 pm
Weowna Beach Park in Bellevue
2A, 3.5 miles, 250' gain
Steve Williams 425-453-8997

Thursday, February 11 – 9 am
MIDWEEK HIKE
Cougar Mt Loop to Wilderness Peak twice,
Shy Bear Pass and Deceiver .
Back via Wilderness Creek
2C, 7.5 miles, 2250' gain
Robb Mitchell 425-785-8469

Saturday, February 13 – 10 am
Cougar Mt – Loop hike
Red Town to Marshall's Hill
2B, 4 miles, 600' gain
Bert Drui 425-746-0709

Sunday, February 14 – 9:30 am
Rattlesnake Mt – Hike to west edge of Rattlesnake.
Possibly to Stan's Overlook on return
2 B, 4.5 miles, 850' gain or 2C, 6 miles, 1400' gain
Fred Zeitler 425-882-3435

Thursday, February 18 – 7 pm
HIKE LEADERS MEETING

SVTC EXTENDS BEYOND IATC

The Snoqualmie Valley Trails Club is almost a sister group to the Issaquah Alps Trails Club. The SVTC was actually inspired by Harvey Manning, who was seeking an advocacy presence from Rattlesnake Mountain east to the Snoqualmie Summit.

Pat Brewington, at Harvey's urging, founded the SVTC in July of 1989. Club members, however, had little interest in political advocacy, choosing a heavy focus on hiking. The club tends to run more strenuous hikes than the IATC and to go farther afield.

June Stevens succeeded Brewington in December of 2003 and served until 2008, when Steve Tyler took over as president.

The SVTC is seeking expanded membership to maintain its program of hikes, snowshoeing activities, and cross-country ski trips. Their activities range primarily in the Snoqualmie Valley, the I-90 corridor, Teanaway, Mt. Rainier, Stevens Pass and the mountain loop highways.

The club's website is snoqualmievalleytrailsclub.org, and the email address is snoqualmievalley@ymail.com. The SVTC recently celebrated its twentieth anniversary.

"Ted Thomsen" *continued from page 4*

had put in for the March. He named many places for his Rangers along the traverse route now known as the Rattlesnake Mountain Trail (RMT). He became an author by writing a description of the route which was included in Harvey Manning's 1993 edition of *Hiking the Mountains to Sound Greenway*.

One of the primary goals of the 1990 March was to publicize the need to protect the natural, green entrance into Seattle along the undeveloped land of the I-90 corridor. While Jack's ideas began the process, Ted was instrumental in the work that turned the idea into reality. The March directly led to the establishment of the Mountains-to-Sound Greenway Trust, a public-private partnership that stewards the land in this corridor from Seattle east to Central Washington. Ted was appointed to be the IATC's representative to the Trust, where he served as the Trust's founding secretary and longtime member of the executive committee.

One of the Trust's first major actions was in brokering the public acquisition of 1800 acres of Weyerhaeuser's forested land along the upper slopes and ridgeline of Ted's beloved Rattlesnake Mountain. Much of the route of the 1990 March lies within this land, now known as the Rattlesnake Mountain Scenic Area. Today's RMT and the Scenic Area serve as memorials to Ted. A bench in his memory is to be placed at the RMT trailhead.

Harvey Manning Film - "the Irate Birdwatcher"

On October 28th IATC co-sponsored an advance showing of a new film with the Foothills Branch of the Mountaineers. It is all about wilderness preservation, with gorgeous footage of Washington State's best wildland areas. And, it is all narrated by a personal interview and direct quotes from Harvey Manning's many books. Early in 2010, the producers will have a DVD available which will also include clips from our statue dedication ceremony. You can view a sample and check on availability at www.crestpictures.com.



A Strange Bird

By Marty Hanson

It was a cold and clear winter day a few years ago. The upper slopes of Tiger Mountain were covered with a heavy blanket of snow – a perfect day for a quiet hike on the mountain. My son drove me to the parking area at the Tiger Summit on Highway 18.

My plan was to walk/hike the Main Tiger Mountain Road (Road 4000) to the junction with the Crossover Road and then to continue on Road 4000, past Middle Tiger to the Hidden Forest Trail, which would eventually lead to home. The snow cats which regularly were used to reach the towers on West Tiger 1 and 2 made hiking easy with nice tracks in the snow. After reaching the Crossover Road junction, the grade became less, a lovely stroll in almost pristine snow.

I began to look for a nice spot for lunch on the slopes above the road, but was quickly distracted by a most unusual sight. Not more than 20 feet ahead in the snow track was what appeared to be a white chicken walking toward me. I stopped and it stopped, we stared at each other, and then the “chicken” continued on its path. As we approached each other, it stepped out of the tracks to continue past me. We again stared at each other as we passed.

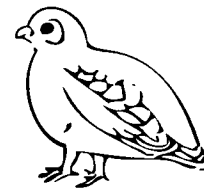
I noticed that its tracks in the snow looked like little snowshoe prints. I knew right away that the strange “chicken” was actually a White-tailed Ptarmigan. We had seen these birds at higher elevations in summer in the Enchantments and the North Cascades. In summer they are mottled blackish to brown, a perfect plumage to become almost invisible in the rocks and scree where they lived.

I don't remember my lunch stop or my hike home; my mind was reeling with the wondrous encounter I had experienced. I did some reading and checking my field guides and learned more, also reported it to Audubon Society's rare bird hotline. Ptarmigans and some other Northwest birds do a vertical migration as opposed to a long distance north to south migration that most other birds do. Grouse, Ptarmigans, Varied Thrushes and others simply fly to lower elevations as winter approaches. We hear Varied Thrushes in

summer high on Tiger, but are greeted with them in our back meadow at home as the snows come. We think that possibly our Tiger Mountain Ptarmigan had spent the summer on the rocky slopes of Mt. Rainier National Park.

Later that winter we hiked the East Tiger Road to the East Tiger summit and saw more of the tiny snowshoe tracks (made by feathered feet) at the spring area just before the last climb to the summit. Peeking above the snow were willow shoots, a favorite food of Ptarmigans, which turn white in winter for camouflage protection.

Although we walk and hike in our Alps and think we know them, who knows what other secrets are hiding and waiting to be discovered?



Wildland Quotes

John Muir (in “Our National Parks” 1901) - “Thousands of tired, nerve shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wilderness is a necessity; and that the mountain parks and reservations are useful not only as fountains of lumber and irrigating rivers, but as fountains of life.” “Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their freshness into you, and storms their energy, while cares will drop off like autumn leaves.”

Robert Marshall (“Wilderness Character: A National Framework”) - “For me, and for thousands with similar inclinations, the most important passion of life is the overpowering desire to escape periodically from the clutches of a mechanistic civilization. To us the enjoyment of solitude, complete independence, and the beauty of undefiled panoramas is absolutely essential to happiness.”

Hiking Information

Hike Leaders

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

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

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

Hike Classifications

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

Hiking Time

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

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

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

Degree of Difficulty

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

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

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

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

Hike Description Modifiers

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

Trail party: Trail maintenance work party.

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

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



continued on page 10

Hike Information *continued from page 9*

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

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

Meeting Place

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

Clothing

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

Trail Maintenance

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

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

✓ Checklist:

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

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

Don't leave the trailhead without them!

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

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



Issaquah Alps Trails Club Publications Order Form

Return this completed form along with your check to:

Issaquah Alps Trails Club Publications, P.O. Box 466, Issaquah, WA 98027

Name: _____ Address: _____

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

*All prices include shipping and handling.

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

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

Total: _____

Issaquah Alps Trails Club Foundation and Membership Request Form



Name: _____

Address: _____

Telephone: _____ E-mail: _____

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

Annual donation levels:

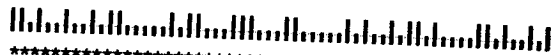
p The basic hiker.....\$15 p The project supporter.....\$25
p The IATC sponsor.....\$50 p The visionary.....\$100 and above

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

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

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

Address Service Requested



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

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MEMBERSHIP 8/8/2008

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Issaquah Alps Trails Club

Issaquah Alps Trails Club Publications

See page 11 for the publications order form.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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