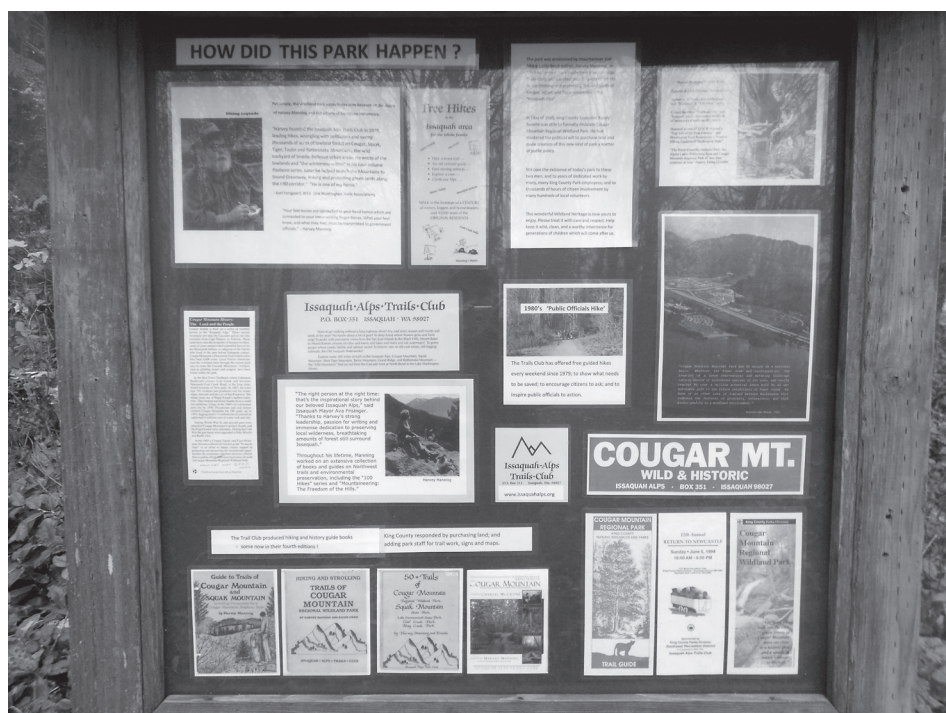




January ♦ February ♦ March 2014

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

MANNING GETS RECOGNIZED



A new interpretive panel has been installed at Cougar Mountain's "million-dollar" viewpoint. It highlights the roles that the Issaquah Alps Trails Club, and Harvey Manning in particular, had in establishing the park. These quotes are from the sign:

PUT SIMPLY, THE WILDLAND PARK EXISTS TODAY ONLY BECAUSE OF THE VISION OF HARVEY MANNING AND THE EFFORTS OF CITIZEN VOLUNTEERS.

"Harvey founded the Issaquah Alps Trails Club in 1979, leading hikes,

wrangling with politicians and saving thousands of acres of lowland forest on Cougar, Squak, Tiger, Taylor and Rattlesnake Mountains, the wild backyard of Seattle-Bellevue urban areas.

"He wrote of the lowlands and 'wilderness within' in his four-volume *Footsore* series. Later he helped launch the Mountains to Sound Greenway, linking and protecting green lands along the I-90 corridor. He is one of my heroes." --Karl Forsgaard, Washington Trails Association

continued on page 9

ELECTRONIC ALPINER?

Media options are changing. At IATC, we want to go greener, and some of the money we spend on paper, printing and postage for the Alpiner is better spent elsewhere. We can do that by expanding the number of people who opt out of the paper copy.

All past issues of the Alpiner, including schedule inserts, are available to all website visitors at <http://Issaquahalps.org/Articles/Alpiner>. The current issue of the Alpiner schedule insert is only being emailed to members who have chosen not to receive the paper copy.

If you wish to help us grow green and accept electronic delivery instead of paper by mail, please send an email to treasurer@issaquahalps.org with your name, mailing address and email address. Include "Electronic Alpiner" on the subject line.



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

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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.simpson6191@gmail.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 David Kappler

We begin a new year and finish up some of the projects from the past. The acquisition of the 216 acres on southwest Squak Mountain is moving along, and the soon planned Trust for Public Land acquisition should then be followed by a structured buyout over time by King County. The City of Issaquah has recently made a key purchase along Issaquah Creek near Gilman Village, and a park bond was passed that has some open space/park land acquisition designated funds.

The Washington Trails Association has been busy in the Alps with major trail projects on Tiger and Cougar mountains. You may have noticed that we now regularly list on our website both WTA and Mountains to Sound work parties taking place in the Issaquah Alps. We continue to have members that do significant trail maintenance and reroutes in cooperation with our land managers. Ideally we would have a person or two that wanted to lead scheduled trail work crews under our own banner. We have the tools and our land manager partners have plenty of ideas for maintenance and restoration projects.

I hope you can make the annual meeting on Thursday, January 23 at 7 p.m. at the Trail House. Feel free to contact me (425-652-2753) about your great ideas, questions and concerns.

“A deserving few should be permitted to live by the water. Money should have nothing to do with the selection, which might be done by essay examination or a group of tests that would include rowing a boat, skipping stones, finding agates, and digging clams.”

--H. Manning



HIKERS CORNER

By Joe Toynbee

HANG IN THERE!

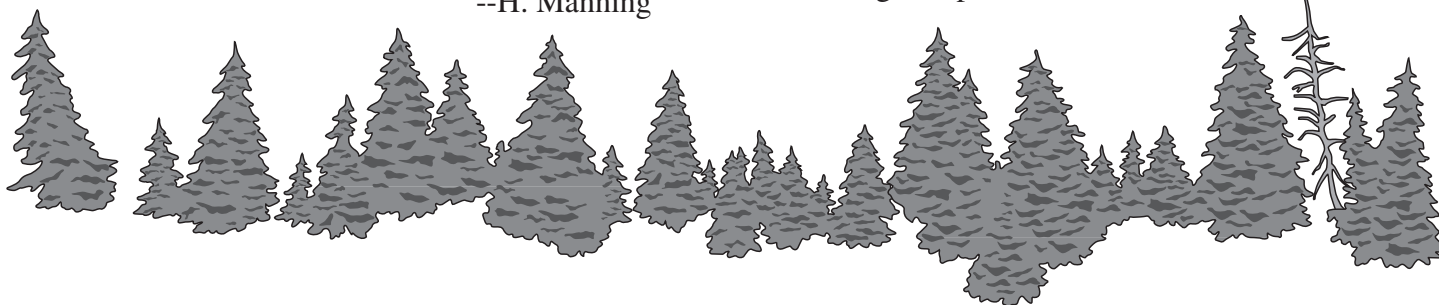
This is the time of the year when many of our IATC hikers go into semi-hibernation. The dark skies and cold drizzle drive them indoors in anticipation of next April. The IATC Hikes Committee strongly urges our hikers to hang in there and do at least some winter hiking.

Beyond the obvious goal of staying in shape, winter hiking can have many rewards. There is nothing prettier than hiking after a light snowfall and seeing the sun reflecting off the snow, with many interesting tracks to ponder. Some of the most interesting pictures I have ever seen have been taken in the winter.

So hang in there do at least some winter hiking.

IATC FACEBOOK

Would you like to share your thoughts and photos with other club members? The IATC is now on Facebook. Friend us at “Issaquah Alps” and tell us who you are. You can also send us an email to webmaster@issaquahalps.org with your name and email address with “Facebook Friend” on the subject line. IATC friends now number 65. Only current IATC members are being accepted.



PARK POINTE TRAILS READY



(A WTA work crew helps clean a new trail in the Park Pointe area. Photo courtesy of Mert Mechler.)

With a three-week flurry of activity, the trails at Park Pointe, above Issaquah High School on Tiger Mountain's west side, are ready for use. The Washington Trails Association undertook the project after months of public input and study and from October 29 to November 17 efficiently did the job.

Two miles of new trails can now be accessed from the Tradition Plateau above or behind Issaquah High via the High School Trail. The IHS Key Club and a boy scout group also made significant contributions to the process, mostly by clearing brush and thus helping to lay the trails.

The trails are in some cases improvements over old trails or roadbeds, but also new trails have been added. Several old steep roads were rerouted and are to be decommissioned, according to

Issaquah Open Space Steward Matt Mechler.

The upper trails are for hikers only, with bike barriers thus installed, though bikers have access to stretches of lower trails.



DAM DONE?

Beset with a myriad of problems, the long-anticipated finish of the Issaquah Creek Dam was finally set to be finished by the end of November. Groundwater, unstable soil and seepage, as well as asbestos disposal, delayed the project.

The Washington Department of Fish & Wildlife now expects completion by December 6.

EAST LAKE TRAIL OPENS

The Issaquah segment of the East Lake Sammamish Trail was opened in June. It is a 2.2-mile segment from SE 43rd Way to NW Gilman Boulevard. The trail was transformed from a crushed rock surface to a 12-foot wide paved trail with two-foot soft-surface shoulders on each side.

The trail, which has safety upgrades as well, follows an historic railroad route along the eastern shore of Lake Sammamish and connects Issaquah, Sammamish and Redmond. The trail is part of a larger King county goal to add to its existing 125 miles of trails. The Redmond link had been finished earlier, so only the middle Sammamish link remains in the 11-mile span. Work on the missing link will begin next February, but isn't expected to be finished until 2018.

"Our trails are essential components of our communities," said County Parks Director Kevin Brown. "This project makes the trail safer and more accessible for all."

Funding for the 2.7 million project was provided by the voter-approved 2008-2013 King County Open Space and Trails Levy, Washington Wildlife and Recreation Program, and the Federal Highway Administration.



IATC BOARD CONFRONTS ISSUES

The fall meeting of the Issaquah Alps Trails Club Board of Directors covered a variety of issues including funding projects, to by-laws revision, to trail maintenance, and to preparations for the January 23rd board meeting and election. (See story on page 1.)

Treasurer Dick Amidei, pointing out that Alpiner printing costs are among the club's greatest expenses, suggested that IATC could save costs if some members opted to get the Alpiner via the club website.

The club committed \$5000 at the summer meeting to join matching funds for Middle Fork projects. Mark Boyar, the Greenway's overseer of Middle Fork rejuvenation, informed the board that the grant was not accepted. Hearing the need for funds nevertheless, the board approved that the funds be directed to the Greenway for Middle Fork efforts.

Jim Hilton, IATC's legal advisor, after scrutinizing the club's by-laws, recommended that two amendments were necessary. The club voted to vote on the proposals at the January annual meeting.

Tiger Mountain steward Ed Vervoort pointed out that the excessive brush growth after the warm summer has created trail maintenance problems for him and his helpers. Also, DNR is working on the Fifteen Mile Railroad Grade bridge, and that designated bike trail development in east Tiger is progressing well.

George Potter spoke to website access for hikers wishing to submit pictures. He suggested that pictures should only be accepted from club members.

In the aftermath of Cougar Mountain trails being named for Everest climber Jim Whittaker and his Sherpa, club members expressed concern that there has never been proper acknowledgement of club founder Harvey Manning, the man most responsible for saving Cougar from developers and persuading King County to create the Cougar Mountain Regional Wildland Park. Kiosks at SR900 and at Radar

Peak were suggested as appropriate sites for such recognition. (See separate story on page 1.)

Seeking to be more "with it" via social websites, the club has initiated Facebook and Twitter accounts. According to Potter, 28 people (4% of the membership) would like to be our "friend." The club must have more friends than that!



GREENWAY ADDS ECHO LAKE ACREAGE

Adjacent to the I-90-Highway 18 intersection, 100 acres of forest above Echo Lake will soon be part of the Mountains to Sound Greenway, providing an important link between Tiger Mountain and the Cedar River watershed. Thus the forested hillside will be saved from developers who had plans for it.

"We've wanted this property for 18 years," said Doug Schindler, Deputy Director for the Greenway. "It is costing \$2 million, giving the owners fair market value."

Washington State provided \$1.3 million in funds that must be used for forest land purchase. The balance comes from King County, which purchased a conservation easement and development rights. The acreage will be managed by the State Department of Natural Resources.

"The more we set aside for open space," Schindler explained, "the less we will see of sprawling developments." Developers can still make use of acreage on Snoqualmie Ridge and Issaquah Highlands, he pointed out.

"We won't see many more sprawling developments like we saw in the 70's and 80's," Schindler explained. "We'll see more multi-purpose development like what is happening in Issaquah now."

CHAPTER 2

IATC: THE FIRST YEAR

By Doug Simpson

(Ed. Note: This is the third in a series of articles tracing the history of the Issaquah Alps Trails Club.)

What an enormous achievement it was for Harvey Manning and a handful of supporters to initiate a hiking club, build it to at least 150 members, and then offer 42 hikes in a three-month period. All this in less than a calendar year!

The club held its first meeting on May 19, 1979 at the Issaquah Sportsmen's Clubhouse. It discussed land use policies with representatives from the State Department of Natural Resources, Weyerhaeuser and Burlington Northern. It set up a committee to prepare by-laws and articles of incorporation, required for non-profit corporations.

In addition, a list of fourteen purposes of the club were enumerated. And the club planned eight hikes for the months of June and July. Dues were set at \$3 for individuals or \$5 for families.

IATC's first ever hike was led by **Bill Longwell** on June 6, a three-mile ramble on Squak Mountain from 6:30 p.m. – 9:30 p.m. The hikers met at the Park 'n Ride lot at Goode's Corner, the most frequented starting point for hikes in the early years.

On June 16, **Tim O'Brian** led a morning hike to Middle Tiger, for the "very best viewpoints," meeting at the Puget Power substation off the South Tiger Mountain Road. On the 20th, **Dave Kappler** met at the Coalfield school for a 6:30 p.m. hike in the Licorice Fern area of Cougar Mountain for a "May Valley vista."

On the 27th, the fourth hike in first three weeks, **Harvey Manning** led yet another 6:30 p.m. hike up Cougar Mountain's Stagecoach Road across to the Newcastle mines. Kappler, meeting at the Issaquah fish hatchery on July 14, led an 8-mile hike on Squak to "explore the wild east face."

In the second *Alpiner* issue, which listed eight hikes for July and August, Manning stated: "The IATC is well on its way. Our weekend hikes have been especially well-attended. Our membership is building quickly, and new people are continually becoming involved."

Besides the original four hike leaders, **Tom Mechler** joined the group, leading a hike on south Cougar and the Licorice Wall. Hikes were offered at Lake Tradition, Coal Creek County Park, the Lakemont Gorge, a piece of the developing Tiger Mountain Trail, and Jordan Creek (part of the north fork of Issaquah Creek).

In the third *Alpiner* issue, September 18, Manning called for the first general membership meeting on the 27th at the Community Hall on East Sunset Way at 7:30 p.m. "We will discuss directions for the club, plan future hikes and arrange committee chairmen and committee assignments. We urge all members as well as prospective members to attend this important meeting," he wrote.

Plans for an informational booth at Salmon Days October 6-7 were made. **Barbara Johnson** led her first hike from Preston to Issaquah, and new hikes were scheduled for the Grand Canyon of Fifteen Mile Creek on Tiger, an expanded (10.5 miles) Tiger Mountain Trail outing, and another from Preston to Snoqualmie Falls.

At the end of October, Manning penned his first "President's Report," claiming the club was "progressing into the era of bureaucracy" presumably meaning the club was becoming better organized with more people in decision-making positions.

By that time temporary board members had been selected: Dave Kappler, Barbara Johnson, Bill Longwell, Tom Mechler, Tim O'Brien and **Steve Smith**, with as president. . . Harvey Manning.

Manning was showing his frustration and desire for action when he promised at the next meeting to get into the advocacy portion of the club. "Something **can** be done aside from what we're doing now—

continued on page 8

HYPOTHERMIA— POTENTIALLY DEADLY

By Scott Prueter

Many people have the misconception that hypothermia occurs most frequently in extremely cold weather where temperatures plunge to minus 25 degrees Fahrenheit. I grew up in Minnesota where those conditions are quite common during the winter months. However, the reality is hypothermia is more likely to occur here in our Pacific Northwest climate where temperatures are relatively moderate by Midwest standards. Here in the Northwest, the combination of cool damp weather and occasional windy conditions is a “made to order” recipe for hypothermia.

What Exactly Is Hypothermia?

Hypothermia is a medical emergency that occurs when one’s body loses heat faster than it can produce heat, therefore causing a dangerously low body temperature. Our normal body temp is around 98.6 degrees Fahrenheit. Hypothermia occurs as one’s body temperature goes below 95 degrees. This condition occurs as blood is drawn away from the skin surface, and from its extremities as one’s body attempts to preserve a core temperature. Wet clothing and exposure to wind greatly increases the risk of excessive heat loss. Dehydration also can be a large risk factor.

Usually hypothermia occurs after prolonged exposure to chilly conditions rather than being the result of extreme cold. A drizzly day with the temperature around 50 degrees Fahrenheit and a strong breeze is more typically the setting for hypothermia than an obvious situation such as exposure to a minus 30 degree cold snap. When one’s body temperature drops, one’s heart, nervous system and other organs can’t work correctly. Left untreated, hypothermia can eventually lead to a complete failure of one’s heart and respiratory system - and eventually to death.

continued on page 10

MIDDLE FORK PROGRESS SEEN

Under the guidance of Mark Boyar, the Greenway’s “Mr. Middle Fork,” results from his twenty years of toil in the Snoqualmie River Middle Fork are nearing fruition. With the Snoqualmie Forest Service woefully short of on manpower, 22 projects have been approved along the 12-mile stretch for volunteer groups such as Greenway.

Most important for access, of course, is an improved roadway, now that Boyar and associates have excised all the garbage, dumped cars, meth labs and shooting sprees. Retired forest service employee Doug Schrenk has been invaluable to Greenway and Doug McClellan of the Department of Natural Resources in facilitating the badly needed projects in the Middle Fork.

Already at the road’s terminus an expanded trailhead has been built, with parking spaces more than doubled and toilets constructed.

It is expected that completion of these projects with the improved roadway will make the scenic Middle Fork a recreational paradise for area outdoors enthusiasts. The Middle Fork, an area that encompasses 110,000 acres, is reached from Exit 34 off Interstate 90. Boyar expects the projects to be completed by 2016.

MEETING SET FOR JANUARY 23

The Issaquah Alps Trails club will hold its annual meeting on Thursday, January 23 at 7 p.m. at the Trail Center. Elections of board members will be held, and two amendments are being proposed for adoption to the club’s bylaws.

One of the bylaws proposals is to establish the manner for calling special meetings of the board. The other is to enable the board, as well as the membership, to enact amendments to the bylaws, thereby enabling the board to act as necessary between annual meetings of the membership.

All club members are welcome to attend.

IATC: THE FIRST YEAR *continued from page 6*

walking around the countryside saying goodbye to all the beautiful places,” he wrote.

By this time, the *Alpiner*, Hikes and Membership committees were functioning, and plans were afoot for active publicity, bicycle-riding, horse-riding and history committees.

The club’s first action on public affairs was a letter to State DNR requesting postponement of a planned timber sale on Cougar Mountain. “It is known,” Manning wrote, “that a developer intends to try to get that state land once the trees are cut. Lying in the heart of the Cougar Mountain Wilderness, the parcel is of more than minor concern to us.”

With a membership of 150 (400 counting families), the types and sizes of hikes were being studied. As Manning suggested, “We feel a trip doesn’t need to have 70 participants to be a success. . . In our view, a dozen people, or three or four, can have fun in the woods too.”

The club made it clear that beginners were welcome (always a key philosophy for IATC) and no age limit was necessary (but under 13 would need adult companionship). Non-members were welcome, but would not receive the *Alpiner*. The importance of keeping hikers together with no lone hikers was stressed. With the philosophical attachment to hiking off the 210 bus, cars were not required for hikers.

Hike leaders needed to use a sign-up sheet, appoint a rear guard, stress having “buddy groups” without loners, hold party separations, and have periodic rest stops. Four hike classifications, from “toddler specials” to longer more vigorous hikes, were being defined.

The club’s exponential growth was evidenced by fourteen new hike leaders: **Buz Moore, Evelyn Rudolph, Virginia Gallagher, Steve Smith, Ted and Ann Leber, Bob Lynette, A.J. Culver** (future Issaquah mayor), **John Bartels, Leslie Lund, Stan Unger, Buzz Kahn, Virginia Cuykendall, Sue Mozer** and **George Heiser**.

And the hikes were going to many diverse sites such as Poo Poo Point, the Cedar River Trail, Grand Ridge, the Raging River, the Sammamish River Trail, High Point Creek and Marymoor Park.

Meanwhile, the club was trying to establish a bicycle committee. “IATC is devoted to all no-engine, no-hydrocarbon, no-racket uses of trails from slow and easy to 10-speeders and 40-mile rides.” It was hoped to initiate such outings by February 1980. (*Ed. Note: How times have changed!*) Also, IATC was an early advocate of the East Lake Sammamish Trail when the idea was pretty much thought of as impossible.



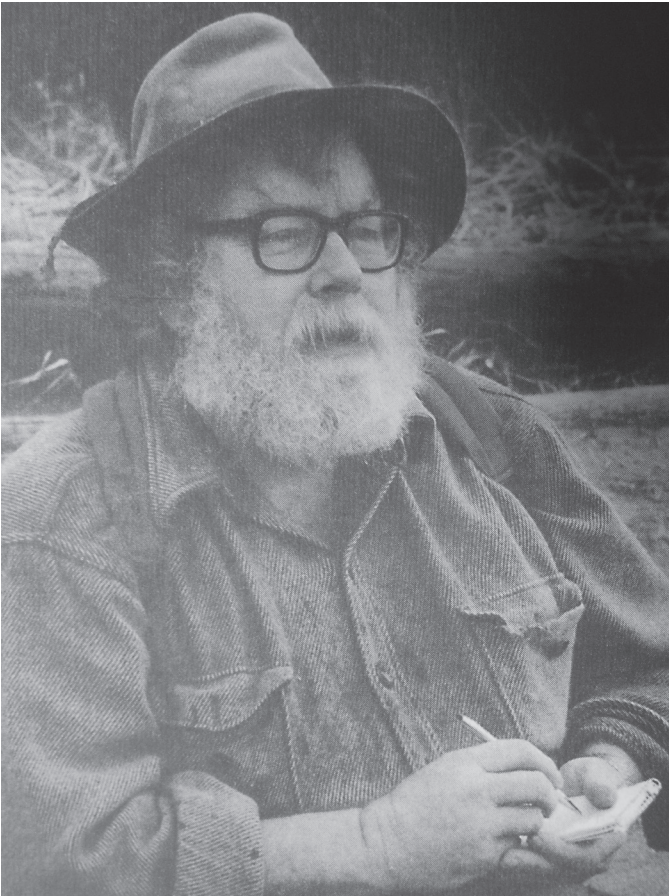
MORE OPEN SPACE FROM PARK BOND

Issaquah voters passed the \$10 million park bond in November by a 77% margin, thus providing more benefits to the city and surrounding area.

Half the amount will go to refurbishment of the Julius Boehm pool. Two million will be utilized for open space purchases, most likely to add acreage to the city’s “green necklace” of connected park space of creekside properties.

Another \$900,000 is allocated for Phase 2 of Confluence Park, for which matching funds will be sought. “It’s amazing to see this continued support (note: a \$6.5 million park bond was passed in 2006) from our community,” City Communications Manager Autumn Monahan said.

Parks and Recreation Manager Anne McGill expects pool improvements in 2014, and she will be contacting property owners who are potential sellers whose property fits within the city’s “green necklace.”

MANNING SIGN *continued from page 1*

(Note that this photo was the model for the Manning Statue adjacent to the Trails Center.)

“The North Cascades National Park, the Alpine Lakes Wilderness, and Cougar Mountain Regional Wildland Park all owe their existence to him.” -- *The Seattle Times* (11/16/06)

The panel also includes trails club flyers, guide book covers, and a photograph of a 1980’s “Public Officials Hike.” The caption notes that **“The trails club has offered free guided hikes every weekend since 1979 to show what needs to be saved, to encourage citizens to ask, and to inspire public officials to act.”**

King County’s role, and especially then county executive Randy Revelle’s leadership, also are acknowledged: “King County responded by purchasing land and adding park staff for trail work, signs and maps.” A key quote found on his sign (and at the renamed SR-900 Jim Whitaker Wilderness Creek trailhead) is as follows:

“The Park was envisioned by hiking guide-book author Harvey Manning. In 1979 he formed the all-volunteer Issaquah Alps Trails Club, and devoted over 30 years of his life to establishing and protecting the wild lands of Cougar, Squak and Tiger Mountains—the ‘Issaquah Alps.’ In May of 1985, King County Executive Randy Revelle was able to formally dedicate Cougar Mountain Regional Wildland Park. He had mustered the political will to purchase land and make creation of this new kind of park a matter of public policy. We owe the existence of today’s park to these two men, and to years of dedicated work by many, many King Country Park employees, and to thousands of hours of citizen involvement my many hundreds of local volunteers.”

The panels, like nearly all of the other interpretive signs within the park, were produced by past IATC president and 20-year Cougar Mountain Park Manager Steve Williams. He hopes that they will help convince management to install a permanent commemorative sign by the park’s 30th anniversary in May of 2015. (See story on page 1).

The “million-dollar” viewpoint can be found just north of the gravel parking lot at the very end of SE Cougar Mountain Drive. Here is the Anti-Aircraft Peak Trailhead, at the northern corner of the park, overlooking Lake Sammamish, at elevation 1,430 feet.

SQUAK PARK GETS TREES

Issaquah’s Squak Valley Park is steadily getting new trees to add greenery to the pleasant site south of Issaquah on the Hobart Road. The city has owned the property for twenty years, and after years of gradual restoration it has become a nice gathering place.

Trails are but two-thirds of a mile, but are flat and graveled with some boardwalk and feature a bridge across Kees Creek and an overlook. The tree grove is enhanced with volunteer efforts to plant a variety of trees.

Matt Mechler Issaquah’s Open Space Steward, oversaw the projects, though he credits local Eagle scouts with valuable assistance.

HYPOTHERMIA *continued from page 7*

How Do Our Bodies Lose Heat?

- **Radiated heat.** Most heat lost is lost due to heat radiated from unprotected surfaces of your body.
- **Direct contact.** If you're in direct contact with something very cold, such as cold water or the cold ground, heat is conducted away from your body. Body heat is lost much faster in cold water than in cold air. Similarly, heat loss from your body is much faster if your clothes are wet, as when you're caught out in the rain.
- **Wind.** Wind removes body heat from your body by carrying away the thin layer of warm air at the surface of your skin. Wind chill has even a more dramatic impact in causing heat loss.

Symptoms of Hypothermia

One's body shivers as an automatic defense against cold temperatures — an attempt to warm itself. Constant shivering is a critical sign of hypothermia. Signs and symptoms of moderate to severe hypothermia include:

- Shivering
- Clumsiness or lack of coordination
- Slurred speech or mumbling
- Stumbling
- Confusion or difficulty thinking
- Poor decision making, such as trying to remove warm clothes
- Drowsiness or very low energy
- Apathy or lack of concern about one's condition
- Progressive loss of consciousness
- Weak pulse
- Slow, shallow breathing

Please keep in mind, a person with hypothermia usually is not aware of his or her condition, because the symptoms often begin gradually and because the confused thinking associated with hypothermia prevents self-awareness.

Prevention

To avoid hypothermia think of the simple acronym COLD — Cover, Overexertion, Layers, Dry

- **Cover.** Wear a hat or other protective covering to prevent body heat from escaping from your head, face and neck. Cover your hands with mittens instead of gloves. Mittens are more effective than gloves because mittens keep your fingers in closer contact with one another.
- **Overexertion.** Do whatever you can to avoid sweating. The combination of wet clothing and cold weather can cause you to lose body heat more quickly. Perhaps you can slow your pace or take off a layer of clothing as two possible options.
- **Layers.** Wear loose fitting, layered, lightweight clothing. Use an outer layer of clothing that will shed water and provide wind protection. If possible, use a waterproof and breathable outer layer, such as Gortex, to protect you from the rain/wind, but at the same time help move sweat and moisture away from the body and into the outside air. Wool, silk or polypropylene inner layers hold body heat better than cotton. In fact, cotton is not good at all for hypothermia prevention since it retains moisture and has a cooling effect on the body. As an added protection and safety precaution, bring an insulating layer such as a fleece jacket in your pack to provide additional warmth in the event your inner layers and outer layers are not enough to withstand the cold conditions.
- **Dry.** Stay as dry as possible. Carry extra clothing and get out of wet clothing as soon as possible. Be especially careful to keep your hands and feet dry.

Last but not least, bring plenty of water to stay hydrated. The lack of adequate hydration can have a dramatic effect on one's ability to fight hypothermia.

Wrap-Up

More than anything else, pay attention to preventing hypothermia before your hike as you pack for your trip. Having the right gear with you, and having it available in a time of need will go a long ways toward keeping you safe from this potentially deadly

continued on page 11



MORE TUNNELS OPEN NEAR SNOQUALMIE PASS

(Reprinted from the Mountains to Sound Greenway "Connections.")

Riders through the cool, dark Snoqualmie Tunnel just west of Snoqualmie Pass experience a piece of Washington's railroad history.

And now equestrians, bicyclists, wagon riders and hikers can travel the John Wayne Pioneer Trail east of the pass as well. This summer, Washington State Parks reopened two tunnels near Easton that had been closed to public use since 2009. And additional two tunnels near Thorp are also open to users who sign a waiver before they travel through.

"Fully reconnecting this cross-state trail is a wonderful improvement to recreation and tourism in nearby communities," says Cynthia Welti, Greenway Trust Executive Director.

This rail-to-trail follows the Milwaukee Road rail line. The railway ran through the Cascades at Snoqualmie Pass, and was once billed as the longest electrified railroad in the country. Railroad builders had to contend with steep slopes, rock outcroppings and severe winter weather when designing the route, leaving a legacy of tunnels, trestles and snow sheds. While these historic structures create a wonderfully unique trail experience, their maintenance presents a challenge.

Today, thousands of visitors walk, bike, cross-country ski, ride a horse or mule, or otherwise find their way between North Bend and Central Washington on the backbone of the regional trails system in the Greenway, bringing economic revenue to towns and communities along the way.

The Greenway Trust strongly supports efforts to completely repair the Thorp tunnels, and will encourage Washington State Parks and the State Legislature to fully fund this magnificent trail.

RAINIER TRAIL HAS BIG ISSUES

The Rainier Trail, which covers perhaps a mile from just west of Issaquah High School to the Community Center, has been a popular link from hikes off Tiger Mountain's west slope. In recent months, it has become unsafe and offensive to many area residents.

The skate board park, in its unsupervised locale, has spurred drug use that has snowballed in recent years, especially alarming with its proximity to both Issaquah High and Issaquah Middle School, which of course decry drug use in their environs.

Besides drug-related issues, homeless camps and even bonfires have exacerbated the problems. Families are afraid to venture onto the trail, female joggers have been harassed, and drug-use odors have even permeated the neighborhood. Residents at the Windsong Apartments on Front Street have filed complaints, and many locals have made their concerns known not only to Issaquah police, but also to the city council.

Issaquah Police Chief Paul Ayers, well aware of the problems, has increased police presence around the trail, which appears to be improving the problems. In the meantime, local hikers might want to avoid the trail or stay in large groups at least until the problems are eradicated.

(Note: The skate board park is in the process of being dismantled and relocated in a more public area.)



HYPOTHERMIA *continued from page 10*

condition. For this very reason, I have a full range of clothing with me on every hike just in case the weather conditions make a change that is unexpected. It adds some additional weight, but the risk of not having that additional equipment is not worth it relative to its value in saving your own life.



NEW BOARDWALK FOR LAKE PARK

(This article is reprinted from the Mountains to Sound "Connections.")

Lake Sammamish State Park boasts a new 500-foot boardwalk from Sunset Beach to the mouth of Issaquah Creek where it flows into Lake Sammamish.

"The new trail and boardwalk represent another step in our vision to revitalize this park," says Nikki Fields, Washington State Parks Trails Coordinator. "Lake Sammamish is a natural oasis within a city. We're building the infrastructure for people to easily connect with nature here."

The new boardwalk provides a view back toward the popular beach park, as well as an accessible and scenic trail addition to this urban state park. In the fall, salmon return to the Issaquah Salmon Hatchery, swimming upstream from Lake Sammamish, presenting an opportunity to view salmon, birds and other wildlife along the shoreline.

The Greenway Trust and Washington State Parks are doing major multi-year, ecological restoration and planting tens of thousands of native trees and shrubs at this unique, 512-acre state park.



MY THREE FAVORITE HIKES

By Joe Toynbee

Time was when my favorite hike would have included the likes of Mount Si and Granite Mountain, aggressive peaks closer to the Snoqualmie summit. Now that I am in my 80's, I have had to scale back. The following are now my favorite (as in doable) hikes.

RATTLESNAKE MOUNTAIN: Above North Bend off exit 32 of I-90 and beside its namesake lake, the trail climbs 1160 feet in the two miles to a great view of Rattlesnake below, the Seattle watershed and the valleys of the three forks of the Snoqualmie River. Two other viewpoints are available a ways up the trail, which can be taken all the way to Snoqualmie Point some 10-11 miles in the distance.

WEST TIGER MOUNTAIN 3: This is accessed just off I-90 at the first exit past Issaquah. The large parking area is often filled, especially on weekends, so usually there are an abundance of hikers on this and other trails emanating from the trailhead. The round trip from trailhead to summit is 5.5 miles with a gain of 2000 feet. Don't expect solitude on this one, but the views from the top are great.

TAYLOR MOUNTAIN: This once neglected area is a work in progress. The primary access is off the Issaquah-Hobart Road, just past the Highway 18 overpass. The roundtrip is about four miles with a gain of 1200 feet. The trail system in this recently acquired King County parcel is still evolving, but the views are very nice.



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, dogs only on designated dog hikes.



Degree of Difficulty

Very Easy: up to 4 miles and 600 feet of elevation gain – for beginners.

Easy: up to 6 miles and 1200 feet gain – not difficult for occasional hikers.

Moderate: up to 10 miles with 1200 to 2500 feet gain – usually not difficult for regular hikers.

Strenuous: up to 12 miles and 3500 feet gain – for experienced hikers in good condition.

Very Strenuous: over 12 miles and/or over 3500 feet gain – only for experienced hikers in very good physical and aerobic condition.

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 14

WEBSITE HELP NEEDED

IATC wants to update its website and could use help. If you are knowledgeable and can help, please contact George Potter at 425-557-6554.

HIKING INFORMATION

continued from page 13

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

NOTE: Group hikes do not lend themselves to dogs unless on designated dog hikes.

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 351, 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 with Map	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, 2010 revision	3.00		
Book: Squak Mountain: An Island in the Sky	15.00		
Book: 55 Hikes Around Snoqualmie Pass	10.00		
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	(List 12.00) 11.00		
Green Trails Map: Cougar & Squak Mountains, Map 203S	(List 12.00) 11.00		
Green Trails Map: Rattlesnake Mountain & Upper Snoqualmie Valley Map 205S	(List 12.00) 11.00		
Green Trails Map: Mount Si NRCA & Snoqualmie Corridor, Map 206S	(List 12.00) 11.00		
*All prices include shipping and handling.			

**One (1) IATC Cougar 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.

Suggested donation levels:

☐ The basic hiker.....\$15

☐ The project supporter.....\$25

☐ The IATC sponsor.....\$50

☐ 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

Address Service Requested

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

Issaquah Alps Trails Club Publications

See page 15 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.

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

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

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.

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.

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

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

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

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

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

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

o ***IATC Cougar Mountain map***. 2001 revised.

o ***55 Hikes Around Snoqualmie Pass*** By Harvey Manning.