



October ♦ November ♦ December 2015

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

BOARD MEETS WITH SCHOLARSHIP WINNERS

Time with the scholarship winners and various committee reports took up most of the two-hour meeting of the Issaquah Alps Trails Club board meeting on July 23.

Anne Robertson, first place scholarship winner, Tali Magidson, second place, and Steven Tuttle, third, were introduced to the board. Their awards were based on their observations of outings on a club hike and a day of trailwork with WTA or the Greenway.

Robertson, an Issaquah high grad bound for California Berkeley, said that even though she had volunteered for Mountains to Sound Greenway for years, she was unaware before her hike of IATC and all it has done over the years.

She was taught on a Dave Kappler outing that a hike could be about more than just getting to a destination, thus learning about the geology, the flora and the history of the area along the way.

Magidson, also from IHS, and Tuttle, a Liberty High grad, both agreed that their IATC hike was “more interesting in all categories.” They are bound for the University of Washington.

Asked about what the club could



IATC's Scholarship Winners – Anne Robertson (left of Harvey), Tali Magidson & Steven Tuttle. (Photo by Kirt Lenard.)

do to advertise itself, the students suggested contacting the Issaquah Youth Advisory Board, providing a report to Issaquah High I-Vision presentation, and distributing flyers at fitness centers and coffee shops.

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In other board business: It was noted that the Mountains to Sound Greenway Trek in July had 350 participants, with a hundred covering all 133 miles from Ellensburg to Seattle. (See stories on the Greenway Trek pages 4&5).

Ed Vervoort reported that logging on Tiger Mountain had been put on hold due to the extremely dry conditions. Even a random spark from a machine could start a forest fire.

Also discussed were the club's mission statement, being prepared by Ken Konigsmark, an October visit from WTA's Executive Director Karen Daubert, the planned “Go Ape” canopy project for the recently acquired

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MOUNTAINS TO SOUND GREENWAY

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

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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

The new acquisition by King County Parks on west Squak continues to be improved and discovered. The county crews as well as volunteers have been working on trail improvements and restoration projects including removal of invasive plants and planting of native ones. Long term planning for the site continues with evaluation of the lodge for environmental education and other public uses. Efforts are also underway to increase use by youth and population groups that traditionally have not much enjoyed park facilities such as the Cougar-Squak Connector.

King County Parks receives most of their maintenance and operation funds through the park levy the citizens of the county have so well supported. KC Parks is also expected, essentially required, to raise significant funds as well. This includes fees for use of athletic fields, building rentals and for events at Marymoor Park.

For the county to purchase the Squak property they met a significant funding challenge and we have to acknowledge that some other great property in the county did not get purchased. The county used a variety of funds to buy the six parcels on Squak. The funds used to purchase the most developed part of the property: lodge, parking areas, tennis court, roads to campsites and over a 100 campsites was purchased with dollars that allow more uses and impacts. Most of the property was purchased with funds that primarily require conservation, restoration and only low impact recreation.

For the part of the property that allows more uses the county is looking at ways to generate some funds. One of the options is working with a private company that builds and operates challenge courses in a forested environment. A company called Go Ape operates such courses internationally and is working on a proposal to King County Parks. Included in the course are a number of different crossings from tree to tree and relatively short zip lines that are used to dismount at the end of a given crossing. Long zip lines are not anticipated.

With less than ten acres of the over 700 county acres now on west Squak being proposed for impact by the course and the club's desire to see additional parcels adjoining and near Squak and significant improvements to the lodge and other facilities on the site it is difficult to just say NO. We will continue to work with the county and the proponent to make sure if a course is created it works up to the expectations that have been established.

Further information on the restoration and planning efforts that are ongoing can be found here:

<http://www.kingcounty.gov/recreation/parks/trails/backcountry/cougarsquak.aspx>



**Issaquah Alps
Trails Club**

IATC GOES DIGITAL

You may have noticed some changes to the IATC website and varied content of the Facebook page. It's all part of reaching out to our members and friends and helping to keep them better informed on issues and activities.

Among the many recent changes and targeted emails on various issues and opportunities, you are encouraged to join the club, renew your membership, contribute to IATC on its website, refer to current or archival editions of IATC's quarterly Alpiner newsletter online and participate in fun activities such as our recent "Picture the Alps" photo contest.

The club would love to hear from you about other ways it can keep you informed. In the meantime, visit the website issaquahalps.org or follow it on Facebook.

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PayPal is now available on our website issaquahalps.org. You can join, renew, or make a one time donation using your personal PayPal account.



MOUNTAINS TO SOUND GREENWAY 25TH ANNIVERSARY TREK RENEWS THE SPIRIT!

By Ken Konigsmark

Back in 1990, a bold, perhaps delusional group of dedicated IATC volunteers planned and successfully led what they called, “The Mountains to Sound March”, in hopes of fostering awareness of and support for what might have been the last chance to save a connected, forested, natural corridor along the boundaries of I-90. With population swelling, housing prices booming, and demand to push growth eastward along I-90, it seemed that this interstate could suffer the fate of almost all other urban area highways; that of becoming an avenue for urban sprawl along its entirety, much as we’ve seen I-5 become from Mukilteo to Olympia.

But these visionary IATC zealots, buttressed by their earlier successes in preserving Cougar Mountain Regional Wildland Park, Tiger Mountain State Forest, and other lands, refused to accept that fate. Instead, they dreamed of how preserving a green landscape within and beyond the Issaquah Alps would forever benefit the future residents, wildlife, and environment of this region. So they marched, for five days, from Snoqualmie Pass to the shores of Puget Sound, inviting VIPs such as former Governor Gary Locke, to join forces with them in vowing to preserve this landscape for future generations. The March almost broke the IATC budget, but now, 25 years later, they should all take great joy in seeing that they succeeded beyond their wildest imaginations!

That 1990 “March” spurred the creation of the Mountains to Sound Greenway Trust a year later, led by famed civic leader and founding President Jim Ellis. Backed by a board of strange bedfellows who hadn’t formerly agreed on much (think Weyerhaeuser and Plum Creek Timber sitting across the table from the Sierra Club), Jim masterfully guided consensus planning to focus on the priorities that ALL could agree on; namely the fact that nobody wanted to see I-90 become yet another corridor of urban sprawl. As small accomplishments were realized, new trust was achieved, followed by much larger

accomplishments, all under the banner of a shared, cooperative responsibility to preserve a Greenway corridor, balanced with growth and economic development, that proves that we CAN choose wisely how to develop and grow without destroying the very environment that drew us here in the first place.

The Greenway corridor now stretches from Seattle to Ellensburg, bridging east and west via a landscape of connected public lands and trails that, quite amazingly, has added over 900,000 acres of public land in the Greenway corridor since that original 1990 March. What then were isolated islands of public lands and parks have deliberately, carefully been knitted together into a publicly owned landscape that will be forever protected and enjoyed for the multiple values they provide. These lands simply define the “northwest character” that symbolizes our region: outdoor recreation, forests, clear rivers and streams, wildlife, trails....a lifestyle that craves and loves nature to its core.

And so, that 1990 “March” was reborn and celebrated this summer from July 11-19th, as over 350 participants joined in a “25th Anniversary Mountains to Sound Greenway Trek” to trumpet the enormous success of the Mountains to Sound Greenway’s first quarter century, while reinvigorating the enthusiasm and purpose of this effort for the next 25 years. This time the trek started in Ellensburg, with three days of biking on the John Wayne Trail to North Bend, followed by five days of hiking across Rattlesnake, Tiger, and Cougar mountains, down Coal Creek Park to the edge of I-405, and across the floating bridge into Seattle. Several participants from the 1990 March joined in the 25th Anniversary Trek to relive that memorable time years ago. Of note, Doug, Kristi, and Jacob McClelland have participated in every Greenway trek, from the first IATC-led



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MOUNTAINS TO SOUND *continued from page 4*

March in 1990, and on the 10th, 20th, and now 25th Anniversary Treks.

As in the original March and past Treks, the camaraderie and enthusiasm of participants was infectious, each person recognizing new places, sights, parks, or experiences in the Greenway that they'd never known before. New Greenway Executive Director John Hoekstra joined the Trek for four days, seeing and hearing about the Greenway from the best sources possible, those who biked and walked its entirety for a purpose. Despite one broken leg along the way and a nasty attack by hornets on Tiger Mountain that ambushed 15 trekkers (one of whom required evacuation), the endurance and enthusiasm of the trekkers carried us forward to the end as a bonded group of Greenway lovers.

IATC was proud to provide key sponsorship for the 25th Anniversary Trek, contributing \$5000 towards trek expenses and support for a team of youth from the YMCA BOLD/GOLD programs (Boys and Girls Outdoor Leadership Development), youth who brought fun and energy to the Trek and who will carry the Greenway banner forward into the future.

What IATC started 25 years ago was a dream; today it is a magnificent reality. All of us in IATC should be proud of what we began in 1990 and what we continue on today; leaving a lasting legacy of mountains, forests, and trails for future generations. Those who participated in the 25th Anniversary Trek now have it in their blood and soul. Let's carry it forward for the next 25 years!

BLOGGER TALKS TREK

By Dale Hoff

The 25th Anniversary Greenway Trek was an adventure not soon to be forgotten. With backpacks loaded with enthusiasm and perseverance, we pedaled and hiked our way along 133 miles of the Mountains to Sound Greenway from Ellensburg to Seattle. Showing off biking and hiking skills ranging anywhere from avid to atrocious, and ages ranging from kids to retirees, we trekked. Undaunted by blisters, bees, or badly graveled bike paths, we

BOARD MEETS *continued from page 1*

Squak acreage (with concerns about parking and traffic), and the annual Salmon Days participation the first weekend of October.

SOCIAL MEDIA

Kirt Lenard reported for Scott Prueter on his committee's work on social media. The initial strategy is to utilize Facebook primarily, as Twitter and Instagram don't lend themselves to group activities.

Facebook matches IATC's target audience, and it provides access to content management tools and metrics, and it operates in both on-line and mobile device environments. According to Prueter, the club needs more involvement, an audience broader than the usual 50-100 people. The board voted a budget of \$500 to pay for "boosts" on Facebook and other expenses.

Prueter was appointed chairman of a new Public Outreach Committee to deepen public engagement for the club. Konigsmark and Kappler volunteered to assist by preparing an outreach presentation. Prueter will also work with Rachel Hopkins to set up a meeting with the Snoqualmie Ridge Homeowners Association.

In a short-handed board meeting, those in attendance were Kappler, Konigsmark, Vervoort, Kirt Lenard, Steve Williams, Kathleen Petty and legal advisor Jim Hilton.

journeyed along railroad grades, dense forest trails and urban walkways.

For eight days we became the metaphorical connectors that the Mountains to Sound Greenway Trust has envisioned for this amazing landscape over the past twenty-five years. How can we not feel good about this accomplishment?

We were well-fed, safe from harm, and continually supported with encouragement and enthusiasm every step of the way. From the cowboy coffee-

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CHAPTER 9: IATC HISTORY MID 1987–THRU MID 1988

MANNING VS HILL CONTINUES

By Doug Simpson

In his 32nd report, Harvey Manning announced that the Return to Newcastle V was another triumph, with good weather, smooth execution of activities, countless “happy hikers,” and a Big top “thronged with students of history.” And the Newcastle food booth cranked out plentiful hot dogs and corn on the cob. The event was highlighted by the publication of “Coals of Newcastle: A Century of Hidden History,” written by Dick and Lucille McDonald.

Acquired recently by King County was the “Million Dollar View.” It was wrapped around Anti-Aircraft Peak to the “brink that gives the panorama.” And Russ Cahill, director of King County Parks, had affirmed the forthcoming acquisition of 800 acres of Burlington-Northern property of Marshall’s Hill and the Wilderness Peak-Claypit Peak areas on Cougar. Still, Manning asserted, “the park is not done.”

The next event involving the Issaquah Alps Trails Club was the “Spotlight on Snoqualmie” on August 16, 1987. Activities included riding the steam train, walking from the train depot to Snoqualmie Falls, cycling from Snoqualmie to Mount Si’s Conservation Area, kayaking from North Bend to Snoqualmie, taking a guided bird walk, and descending to the bottom of the falls.

In August, Manning noted that Burlington-Northern property had not yet been purchased and urged members to write to County Exec Tim Hill and local councilpersons to urge that it get done. Manning himself was named as the co-Grand Marshal of the Salmon Days parade the first weekend in October.

A lawsuit was in the works to protect the birds of Lake Sammamish State Park from being totally evicted by the construction of soccer fields.

The Snoqualmie Rails and Trails event August 16 was a big success, with the Snoqualmie tribe selling 700 salmon dinners. Manning called the friends of Snoqualmie event “surely the most spectacular event in the history of Snoqualmie.”

Planned efforts to “whack out a stretch of trail”—and to put the people’s feet on it—and “thus frustrate the knavish tricks and confound the politics of the land-eaters” was made for October 10 on the TMT and November 15 on the Cougar access trails.

Tim O’Brian led a number of history hikes in the 80’s, including downtown Seattle and the Georgetown district. Whatever happened to those history hikes outside of the Alps area?

In Manning’s 34th report to members he revisited the Cougar properties that County Exec Tim Hill had been dragging his feet about. “Fortunately, before we demounted and killed Tim with a broadside of letters, he raised the white paper. The Cougar acquisitions were promised to be forthcoming. He also cited improved relations elsewhere as well. “Government-wise, Issaquah is looking better than it has in a while. Bellevue is trying to annex me (his home area, that is), and golly knows what that might lead to.”

Members of IATC were urged to also join the Washington Trails Association, whose dues were \$10 per year, \$25 to include its magazine.

In October the TMT work party was a huge success, organized by Gail Palm and Bob Knutson. Also involved were supervisor Bill Longwell, Bev and Joe Toynbee, Frank Hagan, George Mischler, Tom and Yvonne Mechler, R.D. Hunt, Doug Cole, Don Reider, Tom Palm, Dave and Yaki Blawn, Phil Melton, Tom Abrahamson, John Johnson, Joanne Howe and Margaritte Affman. What a turnout for a day’s work party!

At the January board meeting, Bernie Dionne replaced Darla O’Brian as treasurer and Jack Price stepped down from his board position, with Mary Cadigan and Steve Cavit taking board seats.

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In efforts to stop logging projects in the Pratt River area, a coalition of IATC, the Sierra Club, the Mountaineers and the Washington Native Plant Society in February 1988 rafted the Middle Fork and hiked the Pratt River Trail “to focus attention on a wild and primitive area that we may lose if we do nothing to save it.” A letter-writing campaign was used to seek “wild river status” for the area.

(In an editorial aside, I note that *Alpiner* editor Connie Fair had a staff of Donna Jackman, Sandy Flanagan, Patti Arthur, Lori Buckley and, of course, Manning himself. I--Doug Simpson--have been editing the *Alpiner* for over ten years, and I’ve never had staff, though Jackie Hughes helps with proofreading. Where’s my staff?)

In his 36th report in June, Manning noted: “Squak is moving off the backburner, thanks very largely to a new recruit, Jack Hornung, who came storming in from Philadelphia, where he has lengthy experience in exactly our sort of urban area trail system, and addressed himself to turning up the heat.”

Future Return to Newcastle events (VI and on) will now come under the umbrella of King County Parks, which formerly worked with IATC on all the planning and execution.

After the City of Issaquah engaged a consulting firm to develop a master plan for city-owned lands around Tradition Lake, Manning expected hellish options from “build out to do nothing.”

Perhaps the first stirring of the hiker-biker controversy arose on Tiger Mountain. “There is no room for the off-pavement bicycle on the trails of Tiger Mountain State Forest,” Manning stated. The beauty of Tiger or Cougar (where there were also issues) “is that even the roads are trails—for feet and horses.”

New hike leaders in the past year were Gil and Marlene Bortleson, Dave Blawn, Bernie Dionne, Don DeWitt, Kate Gross, Bob Gross, Jack Hornung, Bob Knutson, Carol Meyer, George Mischler, Maury Muzzy, Gail Palm, Phil Pridmore, John Schuy and Doug Welti.



HIKERS CORNER

By Joe Toynbee

Some years ago an Issaquah Alps hike group was coming down the Chybinski

Trail on Squak Mountain. Near the end of the hike a distraught hiker ran up to hike leader Fred Zeitler and accused him of stomping a bunny to death.

Zeitler was not conscious of having done any such thing, but he went back and looked. Sure enough, there was a dead bunny. We buried bunny with proper ceremony and, sometime later on, one of our hike members made a cross for the grave.

The incident brings up the larger issue of wild animals in the Alps. They are not numerous, or at least not normally visible. In thirty years of hiking the Alps I have seen two deer and never a cougar or bear. Why this is I am not sure. It behooves us who hike the Alps to treat the animals that we do see with respect. Large animals such as cougar or bear should be reported to the proper authorities.

BLOGGER *continued from page 5*

making ritual at 5:30 in the morning to the late-night enthusiastic teaching of the “dive for the clam,” we kept going. Like some sort of caffeinated elixir, the joke of the day became our kick-starter.

As our bikes and boots connected the diversity of communities from Ellensburg to Seattle, we ourselves made connections and created a community that hopefully will remain memorable and sustained. Hailing from Auburn to Bellingham, Lynnwood to Thorp, Maple Leaf to West Seattle, we were, and are, as diverse and yet as symbiotic as the environment in which we roamed. The level of care for each other shown by this trekking community was admirable.



OCTOGENARIANS REMAIN ACTIVE

By Doug Simpson

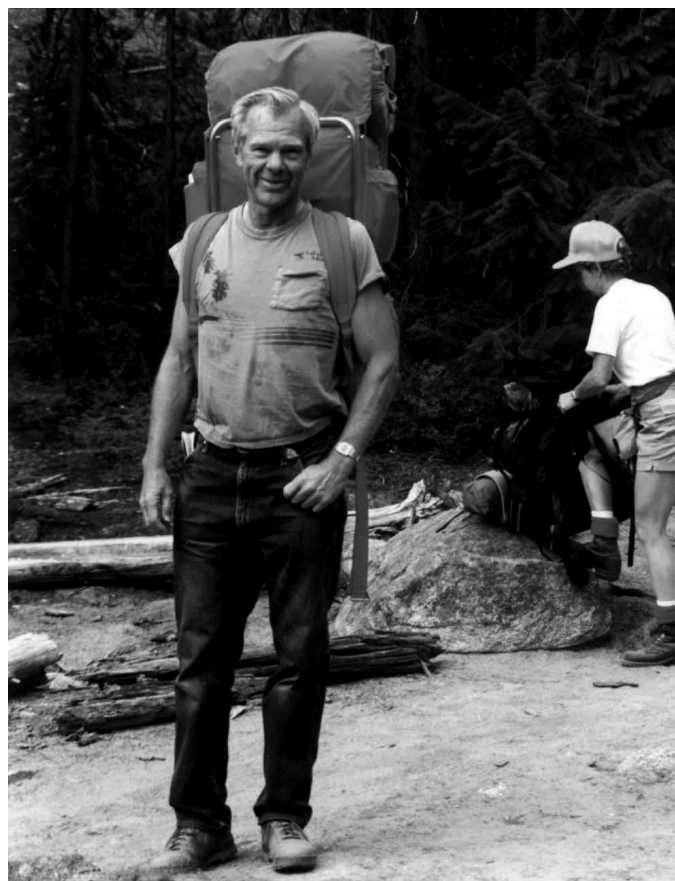
Age is relative. Even those who reach retirement age often become TV addicts, and with nothing to motivate them they often sit and die a few years later. Others, who believe you're only as old as you feel, keep active and live into their 80's and beyond. This article is about four of those people who are active members of the Issaquah Alps Trails Club while well into their ninth decade of life.

Bob Gross just turned 88, Lena Cushing and Joe Toynbee are 87 and Richard Mann is a sprightly 85. Cushing has been an active hiker since her youth growing up in Switzerland. Gross has been an avid hiker for 58 years, since 1957. Toynbee has been hiking for 49 years, since 1966. And Mann since 1973 has hit the trails for 42 years. Cushing says Toynbee teases her because she is a month older than he.

Cushing was one of IATC's earliest hikers in 1979. Toynbee has been a member of IATC since 1980, just one year after the club was founded. Gross joined up two years later in 1982. Mann, a California transplant, has been with IATC since 2003.

It didn't take any of the men long to become hike leaders: Toynbee in 1980, his rookie year with the club, Gross in 1985 and Mann in 2004. Toynbee and Gross haven't led any hikes for a few months now, whereas the 125-pound dynamo that is Mann is still an active leader, with three hikes offered in the July to September quarter. And without question, in the past ten years Mann has led more hikes and participated in more than anyone else in IATC. Both Toynbee and Gross led hikes for Mountaineers in the past, Toynbee as long ago as 1960. Cushing has never led an IATC hike, but she did lead for the Renton Ladies.

Asked who in IATC inspired them, Toynbee picked Harvey Manning, the club founder. "He was the right man at the right time. Without Harvey there would be no Cougar Mountain Park and no North Cascades National Park. It was an inspiration just to hear him tell the board of his plans and the club needs," Toynbee recalled. Cushing also liked Manning



Bob Gross

hikes, but she says Ralph and Peggy Owen are her heroes.

Mann cited Fred Zeitler, who took him early on to Annette Lake to size him up and give him experience, and for helping steer him to a leadership role in the club. Mann admired Zeitler's courage in continuing to hike with his knee and back problems.

Gross chose three guys—Toynbee for his organizational skills, Charles McCrone for getting him hooked on trail-building, and Warren Jones for his encyclopedic knowledge of the trails.

Mann served for six years on the IATC Board, from 2005-2010, and Toynbee was on the board for five, from 1990 to 1994. Toynbee, since Zeitler's retirement, has been active for years now as an important hikes coordinator. He can tell you how many people hiked with the club in a given month and how the average number of hikers measures up to past years. He also writes the "Hikers Corner" column in the *Alpiner*, which was a former Zeitler

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OCTOGENARIANS *continued from page 8*

project. Gross was active for years in the club's trail work projects.

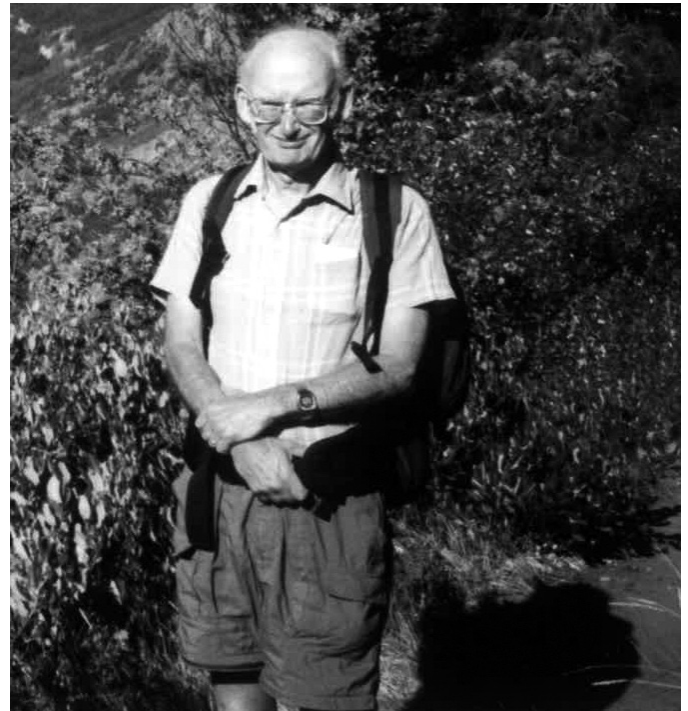
All have their favorite hikes. Mann likes Squak Mountain. "It's interesting because it has so many different trails, and it's not so busy compared to other areas." Gross names four outings—to Little Si, Twin Falls, the Rattlesnake ledges and, out of the Alps, the Enchantment Lakes. Toynbee also cited Little Si because "for a small effort on a nice trail, you get marvelous views." Cushing says she has loved all the hikes.

The longest hike for Bob Gross was a 19-mile loop to Talapus Lake, Malakwa Lake and Denny Creek. Joe Toynbee once trekked from Snoqualmie Pass to Stevens Pass, a distance of 72 miles that took seven days. Lena Cushing says 13 miles on the Pacific Crest Trails was her longest outing. "Joe and I are tree huggers. We always found a tree to hug on hikes together."

Gross' hardest hike was in the Copper Canyon in Mexico, and the most unusual was the Paradise and Big Four ice caves. Mann chose hiking to Kendall Catwalk, a steep 11-12 mile trek that required exercising great care because of the rocky terrain. He also recalled a scary hike on Taylor Mountain that lasted until after dark and they had to cope with heavy snowfall. Toynbee named the Snoqualmie Pass Tunnel because "It is in almost total darkness. It's a claustrophobic 2.2 miles, hard on the nerves." Cushing says scrambling down from Mount Si's Haystack Rock was her scariest hike. "If you slip. . ."

Are these inspirational marvels still active? All acknowledge slowing down. Toynbee still gets out once a week. "About every day it isn't raining," Gross said. "But I just go for a mile or two on a trail I built behind my condo on the side of Cougar Mountain." Richard Mann, of course, remains very active on club hikes. Cushing tries to walk every day, from short outings and sometimes up to four miles.

How long can they keep it up? Gross, who has "slowed dramatically in the last three years," fears that his legs are getting weaker and will soon have to end his hiking days. Toynbee expects to be able



Joe Toynbee

to continue, but on level hikes only. "Uphill is difficult," he said. "Serious hiking is over for me now," says Cushing. "My knees and back complain if I do too much." The wiry Mann says, "I've slowed down some in the last two or three years, and I'm not doing the longer hikes anymore." But he is optimistic that he can continue hiking for some time to come.

The Issaquah Alps Trails Club is known for its marathon hikers, who often keep records of their hikes. Bill Longwell was famous for his meticulous records; before passing, he reached his goal of 50,000 miles! Fred Zeitler kept a log of his hikes. Who knows how many miles Gross and Mann have racked up over the years. Toynbee emulated Longwell. Joe claims that since 1960 he has been on 3,643 hikes (and counting) and has amassed a grand total of 25,800 miles. "I figured if Bill could do 50,000, I could do 25,000."

Lena Cushing says that IATC has been "wonderful for me. I love the people and all the good times." We all feel great admiration for these hiking marvels. They set goals that all of us might aspire to.

(Note: Warren Jones, a fabled hiker referred to by Gross, is in his mid-eighties, but is sidelined with serious health issues and has not hiked for several years.)

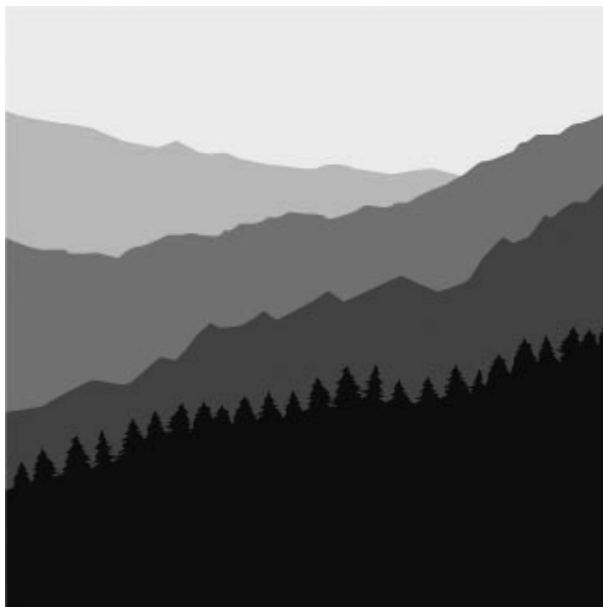
Hiking Information

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, 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.

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.

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HIKING INFORMATION

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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!



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

Address Service Requested

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Issaquah, WA
Permit #70

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Issaquah Alps Trails Club

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:

- | | |
|---|---|
| <input type="checkbox"/> The basic hiker.....\$25 | <input type="checkbox"/> The visionary.....\$100 and above |
| <input type="checkbox"/> The project supporter.....\$50 | <input type="checkbox"/> The adventurer.....\$250 and above |
| <input type="checkbox"/> The IATC sponsor.....\$75 | |

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