

The  
Kinnikinnick  
*Summer 2020*



## FALL *KINNIKINNICK* DEADLINE: MIDNIGHT AUGUST 1

- Events are to be entered online and approved by the appropriate committee chair. Deadline is one week before the Kinnikinnick deadline.
- Send items for publication to [editorial@spokanemountaineers.org](mailto:editorial@spokanemountaineers.org).
- You should receive the next Kinnikinnick around September 1, 2020.

The Kinnikinnick is published four times a year (spring, summer, fall, winter) for the use and enjoyment of Spokane Mountaineers members.

Changes of address should be made at [www.spokanemountaineers.org](http://www.spokanemountaineers.org)  
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Promote your business with us! Proceeds from advertisements in the *Kinnikinnick* benefit the Spokane Mountaineers. Restrictions may apply. Full-page ad: \$150; half-page ad: \$90; quarter-page ad \$60. 10% discount for yearlong contract. For more information, contact Merideth Jeffries 928-853-4566 or [editorial@spokanemountaineers.org](mailto:editorial@spokanemountaineers.org).

## SUBMITTING MATERIALS FOR PUBLICATION

### IN THE *KINNIKINNICK*

We welcome all sorts of items for publication in this bulletin. Trip reports, photos, creative writing, drawings, information on schools or special trips, corrections, historical notes, and more are welcome. Events listed in the calendar are taken directly from the online calendar and are not edited for accuracy, so make sure your events are current and correct. Language used in articles should be appropriate for readers of all ages. The editor reserves the right to decline or edit submissions. Substantive editorial changes are always discussed with contributing authors. Photos should be large and include identifying information as well as the name of the photographer. If you have any questions about the suitability of material for publication, or to submit a piece, contact the editor at [editorial@spokanemountaineers.org](mailto:editorial@spokanemountaineers.org). See formatting guidelines elsewhere in this issue.

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The emblem of the

Spokane Mountaineers was

adopted on February 9, 1933 and is described as follows: *“In the form of a circle approximately four inches in diameter, representing the woodman’s compass and symbolic of the completeness of nature, the emblem shall have an outer margin of forest green, carrying the name ‘Spokane Mountaineers’ in white block letters, thus utilizing the Association’s colors, green and white. Within the margin, a white field shall carry in the background the outline of a mountain, in the foreground shall be a spray of kinnikinnick, with green leaves and red berries. There shall be a blazing sun above the mountain, bringing in the name ‘Spokane’ in its Indian interpretation, and symbolizing the Mountaineer’s love for the out-of-doors. To symbolize and include the year-round activities of the organization, there shall be inserted in the white border, a brown ice axe and ski pole crossed on the right, a pair of skis on the left.”*

# Letter from the President

Submitted by Chuck Huber



Greetings Fellow Mountaineers, One has to go back to the club's earliest days to find a scenario such as we are facing now. The 1918 Spanish flu pandemic came about when the club had been in existence for only three years. So, we now face what I hope is a once-in-a-century challenge. Our events have been drastically curtailed as a result of the COVID crisis, but our community continues to cope, and club business continues. As the restrictions begin to lift, we will see our group activities return to their normal levels, but we will adhere to the guidelines set by the state of Washington.

After a heroic effort on the parts of directors and instructors, our Mountain School has now suspended its curriculum for the year. Karen Vielle, Marty Newell-Large and the instructors managed to move online for class instruction, but as the need for hands-on activity prevails, they opted to call it off. Knowing when to call the climb off is a very important skill in mountaineering and our climbers have deemed the conditions unfit to continue.

Backpack School was even less fortunate. After all the preparations were in place, the restrictions on gatherings took effect the week the first class was scheduled. Thanks to Michael Pinter, Sharon Yablon and Ryan Yost and their crew of instructors for all the prep.

Moving forward through the pandemic, we will gradually revive activities as restrictions allow. We will require certain procedures be followed to maintain social distancing protocol. The event leaders may require protocols such as wearing facemasks and maintaining distance. Group size will be limited. Carpooling will be discouraged, as will be sharing gear. Participants on any events are expected to respect the requests of the leaders as well as following state-enforced rules regarding the pandemic. You will certainly see a reduced event listing in this issue of the Kinnikinnick but remember that the Club's website will hold all the latest event information as society begins to return to normalcy. Many leaders are awaiting news which will affect their schedule.

Even though our outdoor activities have suffered this major setback, our business activities still move ahead. The Spokane Mountaineers have completed the last phase of reincorporation and are now a recognized 501(c)3 charitable nonprofit, which opens many doors for interacting with the community at large. Many thanks to Matt Jeffries and his team for completing this two-year endeavor. The Chalet is set to undergo some major sprucing up as a result of the findings of the Chalet Task Force. We expect work to start as soon as the snow clears on the mountain.

Also, it's the time of year when we are recruiting candidates for officers and board members. If you're ready to jump in and give back to the club, we would love to see your name on the ballot. Elections will be held in October for President, Vice-President and Treasurer, as well as several seats on the Board of Directors. If leadership may not be

your aim, please get involved with the activity committees that serve your interest the most. We also always welcome help on our Chalet Committee as well as our service committees, Conservation, Membership and Electronic Communications. Be safe and get out there and enjoy, be a Spokane Mountaineer in spirit on the trail, lake or crag. We'll all be back doing it together soon! -Chuck

## A Note from the Editor

Friends,

The world as we knew it to be has changed in the last two months. While it's not the first time our world has faced sickness, hardship or uncertainty, for many of us this is the first time we've had to rearrange our movements, habits, patterns of travel, work and more for a threat caused by something we can't even see with the naked eye. The complexities of the pandemic of COVID-19 can be daunting to think about, but then I remember; we are mountaineers. We have each done something that required grit, ingenuity, and humor to accomplish. We're even the kind of people that for fun push ourselves into cold and isolated terrain, down wild rivers and up summits that look manageable from the trailhead but are a whole other beast when we're in the middle of the trek with many miles left to go.

A few years ago, I climbed Mount Rainier with a group of 10 members of the club. I thought I understood endurance when at high elevation my head throbbed, and every step I made was slow due to the lack of oxygen at 14,000 feet, but the real test came when I thought, *I've climbed enough for the day... I've earned the right to rest.* Back at camp, I discovered that my tent had blown into the side of a rock and a heavy rainstorm was on its way. We hiked 10 more miles after the longest day I'd ever had and made it out just in time to look up and see the clouds engulfing the peak we had just left. Getting back home was hard in that moment, but knowing the mind and body are capable of more than I often give them credit for has gotten me through many tests of endurance both mental and physical—this 'new normal' is just another opportunity to keep on going.

Over the last two months, I've been continually inspired at seeing what all of you have been up to through posts on Mountaineers' Facebook page, and in conversations via Zoom, email and phone calls with our board and other members. Through your efforts as a club, you have tackled new logistics, cleaned graffiti off of rock walls, encouraged each other from afar and kept going despite the challenges. When I interviewed Karen Vielle about her upcoming book, *Just Walking*, she highlighted how important a sense of gratitude can be in life and how the outdoors cultivates this practice in us. Both the letter from our president, Chuck Huber, and in the moving tribute to the late Diana Roberts, it's clear that resilience and endurance are intrinsic to the outdoor life and those who pursue it. Thank you for sharing your adventures and encouragements in a time when we most need it.

Merideth Jeffries

Editor, Kinnikinnick

Spokane Mountaineers



## Spokane Mountaineers - Know before you go!

As the nice weather comes around we all are excited to get back outside. That being said, just like your 13 essentials, your safety during this health pandemic is paramount.

Moving forward, as a 501c(3) incorporated in Washington, all Spokane Mountaineers' events and activities will follow the Washington State advisory levels introduced by Governor Inslee for any activity, travel, and social distancing.

The guidance listed below is the starting point for activities. Trip leaders are empowered to require additional measures or PPE if they feel it is necessary.

What does Washington's phased approach mean for the operations of the Spokane Mountaineers?

Phase 1 - Any Spokane Mountaineers' events or activities not able to comply with the state guidelines should be either postponed or cancelled.

Phase 2 - Spokane Mountaineer activities of 5 or fewer people are permitted at the discretion of the activity leader.

Phase 3 - Activities of less than 50 people can generally proceed at the discretion of the organizer. Phase 4 - Back to adventures!

Please follow the guidelines on the following page as a supplement to Washington's overall approach (below). Additionally, please respect the regional and local closures across the northwest, including any conditional use requirements of the areas you are hoping to recreate at.

# WASHINGTON'S PHASED APPROACH

## Modifying Physical Distancing Measures as we Reopen the State

**INDIVIDUALS AND BUSINESSES SHOULD FOLLOW ALL REQUIREMENTS LISTED ABOVE DURING ALL PHASES**

	Phase 1	Phase 2	Phase 3	Phase 4
<b>High-Risk Populations*</b>	Continue to Stay Home, Stay Healthy	Continue to Stay Home, Stay Healthy	Continue to Stay Home, Stay Healthy	Resume public interactions, with physical distancing
<b>Recreation</b>	Some outdoor recreation (hunting, fishing, golf, boating, hiking)	Outdoor recreation involving 5 or fewer people outside your household (camping, beaches, etc.)	<ul style="list-style-type: none"> <li>- Outdoor group recreational sports activities (50 or fewer people)</li> <li>- Recreational facilities at &lt;50% capacity (gyms, public pools, etc.)</li> <li>- Professional sports without audience participation (horseracing, baseball, etc.)</li> </ul>	Resume all recreational activity
<b>Gatherings (social, spiritual)</b>	<ul style="list-style-type: none"> <li>- None</li> <li>- Drive-in spiritual service with one household per vehicle</li> </ul>	Gather with no more than 5 people outside your household per week	Allow gatherings with no more than 50 people	Allow gatherings with >50 people
<b>Travel</b>	Essential travel and limited non-essential travel for Phase I permissible activities	Essential travel and limited non-essential travel for Phase I & II permissible activities	Resume non-essential travel	Continue non-essential travel
<b>Business/ Employers</b>	<ul style="list-style-type: none"> <li>- Essential businesses open</li> <li>- Existing construction that meets agency open criteria</li> <li>- Retail (curb-side pick-up orders only)</li> <li>- Auto/RV/Boat/ORV sales</li> <li>- Car washes</li> <li>- Pet walkers</li> </ul>	<ul style="list-style-type: none"> <li>- Remaining manufacturing</li> <li>- Additional construction phases (independent housing/sewing etc.)</li> <li>- Retail (in-store purchases allowed with restrictions)</li> <li>- Real estate</li> <li>- Professional services/office-based businesses (network remains strongly encouraged)</li> <li>- Hair and nail salons/barbers</li> <li>- Pet grooming</li> <li>- Restaurants/cafes &lt;50% capacity table size no larger than 5 (no bar-area seating)</li> </ul>	<ul style="list-style-type: none"> <li>- Restaurants/cafes &lt;75% capacity/ table size no larger than 10</li> <li>- Bar areas in restaurant/cafes at &lt;25% capacity</li> <li>- Movie theaters at &lt;50% capacity</li> <li>- Customer-facing government services (network remains strongly encouraged)</li> <li>- Museums</li> <li>- All other business activities not yet listed except for nightclubs and events with greater than 50 people</li> </ul>	<ul style="list-style-type: none"> <li>- Nightclubs</li> <li>- Concert venues</li> <li>- Large sporting events</li> <li>- Resume unrestricted staffing of workites, but continue to practice physical distancing and good hygiene</li> </ul>

# 100 Years Ago

Submitted by Chic Burg

1. The Spokane Walking Club voted to change its name to the Spokane Mountaineers Club and had only 34 members.
2. Spokane Shriner's Hospital began treating children.
3. By 1920 the Spanish Flu, which started in 1918, had just started to wane with 506 deaths in Spokane by March 1st. A total of 670,000 Americans died of the Spanish Flu over two years in the U.S. To make things worse, the temperatures dropped to -40 degrees on December 15, and -18 degrees on February 16<sup>th</sup>. During the epidemic, coal was in short supply, and back in 1920, the 18th Amendment was put into effect Jan. 17<sup>th</sup>. which prohibited the manufacturing, transportation and sale of alcohol within the United States, a step Washington State had taken for residents as early as 1914. And so, our club's members had no way to drink during the flu epidemic.

In comparison to the current pandemic, as of June 2, 2020 thus far we have lost about 107,000 people in the U.S. from the Coronavirus and about 376,000 worldwide.

## **Climbing Committee Report April 2020**

At the April Climbing Committee meeting, held by Zoom, the committee decided to end Mountain School 2020 after the Wednesday, May 6, 2020 Mountain Medicine Zoom lecture. This decision was based on the exhaustion of indoor lectures that we've been able to complete via Zoom and the continuing unknown of when we will be able to get together outdoors - even if we decided to postpone, we'd be challenged with finding enough instructors to support the outdoor sessions as we move into summer. The Committee agreed as a whole that the bonding experiences shared together are really the most valuable part of the course and we are unable to provide that this year. So, we agreed that all students from this year will be automatically accepted into Mountain School 2021 at no charge.

The 2020 Mountain School students can still participate in all club activities this year; instructors at the Tuesday/Thursday Climbs will offer climbing and belaying support. At this time, we've planned for them to run from Memorial Day through Labor Day – this will vary based on Washington State Governor COVID-19 Guidelines.

As for Rock School, the new dates have been set for early July 2020. We need at least 5-6 students to put the class on, and we have that many commitments willing to wait until mid-July.

Other schools and seminars are on hold at this time.

Respectfully Submitted,

Rich Bennett, Climbing Chair

## In memory of Diana Roberts – Spokane Mountaineer

Submitted by Doug Orr

When Diana Roberts and I stood up at the October 1999 Spokane Mountaineers annual meeting to say why we wanted to serve on the board, I thought, "This is someone I have nothing in common with." Yet, over the next 20+ years, until her death on March 18, 2020 at the age of 62, she became one of my closest and dearest friends. It was not just because we shared many activities together - it was that spending time with her and experiencing her ability to achieve whatever goal she set, her determination to do good deeds for all creatures great and small, and her warm and caring spirit, that allowed the friendship to grow. Let me tell you more about her.

First, about her British accent. Some immigrants never lose their accent because they don't hear the difference between theirs and others. Others keep it because it is one thing that reminds them of where they grew up. I think that was true for Diana. She grew up in rural Rhodesia where her father managed a timber estate. She had hoped to become a plant biologist, but that was not an occupational path open to a woman in that country once it became Zimbabwe. She came to the U.S. to get a master's degree in plant biology at North Dakota State in 1984 and then earned her Ph.D. in agronomy at WSU in 1988.

To decompress from the process of writing her dissertation, she decided to ride her bike, solo, across the entire U.S. It might seem surprising to some who knew her that she often struck up acquaintances with people in small towns along the way. They shared a meal with her and gave her a place to stay. Other times, she camped in campgrounds or just by the side of the road.

While always a serious road bicyclist, Diana had to overcome the fear of speed and falling to take up mountain biking. She mastered this sport and served on the Mountaineers' mountain bike committee from 2003 on. Being an excellent seamstress, she made her own cycling clothes "because color coordination matters!"

She participated in many of the fall mountain bike retreats at Hills Resort and helped with the organization of many of the mountain bike clinics. After the first clinic, which we both attended, she wrote a skit and song that the students performed at the annual banquet. That song included a line containing one of the most important rules of trail riding: "Don't look where you don't want to go." Her love of trail riding took her to Moab, Utah almost every year.



Diana was an amazing animal trainer, who taught three of her dogs and one cat to become certified hospice service animals. She and her 75-pound dog, Murungu, spent many hours helping people through their last days of life, and her dogs Rufaro and Shamwari were at her side when she died.

While on the Spokane Mountaineers board, Diana had to overcome resistance of some board members to develop the club's dog

policy, which allows event leaders to post “dog friendly” events. Years later, a Nordic and telemark skier as well, she had to overcome resistance of the Nordic ski club leadership to allow skijoring on some of the Mt. Spokane groomed Nordic trails. Skijoring is a sport where dogs in harnesses pull a skier, much like sled dogs pull a sled.

At first, skijoring was allowed for only a couple of hours each month. Diana knew that for



more time to be allowed, dog owners had to act responsibly. When she started teaching skijoring clinics, she saw the need to train the people as much as the dogs. Over time, more trails were opened for more hours and now many dozens of people and their dogs enjoy the trails every winter. Ultimately, in 2018, the Nordic club incorporated skijoring races, BarkerBeiner, into their annual WinterFest.

Diana never took up kayaking, but when stand-up paddle boards came on the scene, it was another thing she could do with her dogs and she took to it quickly. She would paddle her board, with the 120 pounds of two dogs in PFDs on board, for miles on Lake Coeur d’Alene. When she lost the use of her right arm, first as a result of a mountain biking accident and then by cancer, she invented a new sport, SUPjoring, with the dogs in PFDs now pulling her on the lake.

In her role as a WSU extension agronomist, Diana worked with farmers in eastern and central Washington. She believed fervently in conservation and organic or low-impact farming. This view was met with much resistance by farmers until she discovered a way to fight the Cereal Leaf Beetle that was ravaging wheat fields. Through her research, she found a tiny wasp in Canada that is a natural predator of the Leaf Beetle. She then had to convince the FDA to allow the predator to be imported for use in WA.

The use of the wasp started slowly to ensure that the wasp itself would not become a problem. Then their use became more widespread, saving farmers millions of dollars not spent on pesticides and preventing thousands of pounds of those pesticides from leaching into the groundwater and rivers of eastern WA. After that, many of the farmers became much more open to her ideas which led to many more innovations. That “tall woman with the British accent” became the go-to resource for many eastern WA farmers.

Diana loved to hike with her dogs on the South Hill Bluffs, but she saw several threats to the future of the bluffs. The trails were not being well maintained and poorly designed biking trails were being put in. A new development below 57<sup>th</sup> and Hatch threatened to close many of the existing trails. Invasive weeds were displacing native plants and, given her background in forest management, she



saw a serious fire hazard in the “dog hair” stands of trees.

Diana was not one to see a problem and expect someone else to fix it. She created the Friends of the Bluffs (FOB) organization. It started as a small group of volunteers, but with Diana serving as its president, it grew into an institution. Once that happened, Diana stepped aside to let others lead, but she was always there to help.

At the start, Diana held trainings to teach which plants were invasive and organized work parties to pull the weeds. She brought in a professional trail builder to teach proper trail maintenance and trail building. The FOB hired a professional arborist to guide the thinning of the forests and Diana wrote grants to fund the cost of the thinning. The FOB were part of a coalition that blocked further developments on the bluffs and brought part of the land into the Conservation Futures program. Over many years, Diana organized work parties to haul tons of trash, debris, weeds and trees off the bluff, and that work continues today.



She saw one other threat to the bluffs – irresponsible dog walkers. Diana tried to lead by example in always picking up after her dogs, but would also gently chide those who didn't. Ultimately, as the FOB grew, she developed a system of poop bag dispensers and buckets to hold the “blue bags.” Although she posted signs encouraging people to take the bags home to the trash, she also organized a group of volunteers to empty the buckets on a regular basis. For all that she did to ensure the bluffs would remain a resource for all in Spokane to enjoy, there is an effort underway to name one of the bluff trailheads

after one of Diana's beloved dogs.

Diana's ability to work with and inspire people who come from different perspectives was one of her greatest strengths. She was a vegan and an animal rights activist, yet she developed a working relationship and friendship with Rich Landers, an avid hunter. Rich wrote several stories about Diana and the FOB for the Spokesman Review. In a search of the Spokesman archives, Diana is mentioned 76 times!

Diana's love of animals led her to foster dozens of animals that had been abandoned at SCRAPS. Before she would release them to their forever home, she would use her dog training skills to help the dogs overcome their previous abuse, and she would always make certain the people adopting the dogs could provide a safe and suitable home.

Many Mountaineers may not know that Diana was an accomplished watercolor artist and photographer. She did paintings of many of her hospice clients, in addition to portraits and landscapes, and, of course, paintings of her animals. When she lost the use of her right arm, she taught herself how to paint with her left hand. Many of those painting have been donated to WSU and to SCRAPS. Several of her paintings will be available at the River Wish Animal Sanctuary fundraising virtual auction on July 10 via their website [www.riverswishanimalsanctuary.org](http://www.riverswishanimalsanctuary.org).



*Watercolor, Diana Roberts*

Diana never let adversity get in her way. She adapted, organized and pushed forward to the end. A month before she died, she did a three-mile hike on the bluffs with her two dogs and her cat. Yes, she had trained her cat to walk on a leash! She had hoped to make one final trip to Moab, but that was not to be. She was a strong and private person and very few of her friends knew of her illness before the end. Before she died, Diana found homes for her two dogs and her cat, and established trust funds to cover any expenses of their care.

Diana was an amazing human being and those who knew and loved her will miss her deeply. She died much too young and ended our friendship much too early. There were many more things she wanted to do and goals she wanted to achieve. Many in the eastern WA community who never met her will benefit from her work for many years to come. A celebration of her life is planned for October 10, 2020, 2 to 4 pm at River's Wish Animal Sanctuary.

I am asking that anyone who has stories or anecdotes about, and especially pictures of, Diana, to get them to me as soon as possible at [dougorr16@gmail.com](mailto:dougorr16@gmail.com).

Postscript: There is one final indicator of how unique Diana was. Two young film makers were searching the country for someone who had a special relationship with his or her animals, and somehow they found Diana. In the months before her death, they created a film, which includes Diana singing in the Shona language of her birth country. That language is the source of the names of her animals. This is a link to the film, which is their gift to all of us who knew and loved her: Pet Therapy <https://vimeo.com/401533767>. I encourage everyone who knew her, and those who never had the chance to meet her, to watch and remember a very special Spokane Mountaineer.

*Watercolor, Diana Roberts*



# Just Walking, an interview with Karen Vielle

Submitted by Merideth Jeffries

*Just Walking*, the upcoming book by club member and author, Karen Vielle, is a mix of autobiography, adventure log, memoir, and personal reflection on the meditative space created through movement in the outdoors. The compact volume delivers stories and descriptions from the author's many travels to places like Mount Rainier, Machu Pichu, the 100-mile Highland Way trail in the Highlands of Scotland, and the habitual hikes closer to home in the Northwest. But it's draw for readers may be in the relatable reflections about how the act of 'just walking' in nature can help us tackle life's important questions.

"I really didn't want it to be just a travel log, or just an adventure log. I wanted it to be about the joy and benefits of just putting one foot in front of the other. My sister and I...our parents passed away a couple of years ago and we have Scottish heritage on both sides of our family, so I'm weaving in a lot of stories from our childhood...but I've also weaved in the more adventure-type trips that I've done—Rainier, trekking the Inca Trail to Machu Pichu and trekking in Tibet. So, it's got a range of levels and adventure to the story with hopefully an overarching theme about how it doesn't matter if you're climbing a mountain or just going down the road."



Vielle has been active in outdoor sports as a climber, hiker, cyclist, skier, occasional kayaker and yoga teacher for many years, but says her interest in outdoor sports has recently narrowed. "[I'm] finding that all I want to do is walk and hike. It's really honing in on more of that than spreading out and doing a wide variety of things."

Karen has worked on other writing projects over the years, but this is the first time she's attempted a book.

The idea of the book started to form when Karen took a trip with her twin sister to hike the Highland West Way, a trail spanning 100 miles across the Scottish Highlands. "When I came home, I found myself wanting to remember all the details and I sat down and I wrote out a little story for every day of the six days of the trips. I thought, well, this isn't a book, but maybe I have some other things that I could add..."

"I helped my husband to self-publish two books in the last two years. Then, people kept asking me, 'Now that you know how to do that, when are you going to write a book?' Which... I didn't think I had any intention of doing—I enjoy writing poetry—small things—not something that would be big enough to be a book!"

Vielle explains that to her, the appeal and importance of hiking and simple pleasures in a world that is ever more complicated are moments of "knowing exactly what you're going to do next. You're not taking phone calls, you're not responding to emails, you're not managing all the other tasks that happen during the day. It's a time that you can be really

observant of nature and your surroundings and even if you take the same walk every day it can be completely different in different lightings and different seasons...just noticing."

*Just Walking* will be published by the end of the year and will be available through Amazon.com in print and e-book format. If you want an early start, Karen has published weekly excerpts on her Facebook page.



MOUNT RAINIER, 2015 SUBMITTED BY MATT JEFFRIES

# STYLE GUIDELINES FOR *KINNIKINICK* SUBMISSIONS

Files may be submitted in any form, but editable Word documents are preferred. Photos should be large format (do not compress for sending), color or black and white, and sent as separate files (not embedded in text) or downloadable links. Please limit trip reports to no more than 2,000 words unless specified by the editor. If you are submitting print-ready files, use these parameters:

- Page size 5.5"x 8.5";
- Half-inch margins all sides;
- Font = Corbel 8.5-pt regular for text, Corbel 12-pt bold for titles, Corbel 10-pt regular for "submitted by" and Corbel 8-pt italic for picture captions.

Page numbers will be inserted into your text as needed. If you have any questions, please do not hesitate to contact the editor at [editorial@spokanemountaineers.org](mailto:editorial@spokanemountaineers.org). The editor can work with most file types and assist with formatting.

## THIRTEEN (OR MORE) ESSENTIALS

These are the selections of essential outdoor gear, which the Spokane Mountaineers refer to as the Thirteen Essentials and promote as critical and essential items, which belong in your pack as insurance against the unexpected. Although you may not use all the essentials every day, they can be lifesavers in an emergency.

Never forget the ultimate essential not on the list—COMMON SENSE.

And consider Jason Luthy's recommendation for a 14th essential—compassion.

1. EXTRA FOOD & WATER: Emergency packet of high-energy food and minimum of one quart of water
2. EXTRA CLOTHING
3. MATCHES in a waterproof container with striker
4. FIRE STARTER: candle or other commercial starter
5. MAP: topographic map of current area
6. COMPASS with 2° markings and base plate
7. HEADLAMP or flashlight with extra bulb and batteries
8. SIGNALING DEVICE: whistle and/or mirror
9. POCKET KNIFE
10. EMERGENCY SHELTER: tarp, space blanket, or bivy
11. FIRST AID KIT
12. TOILET PAPER & TROWEL
13. SUN PROTECTION: Sunglasses with 98-100% UV protection, sunscreen with 15+SPF, lip balm

# ARE YOU MISSING FROM THE PICTURE? DID YOU GET YOUR ***KINNIKINNICK***? SOMETHING AMISS?

If you need help, first check the FAQ on our web page: [www.spokanemountaineers.org](http://www.spokanemountaineers.org), then contact the following individuals:

- Login problems: [ecomm\\_chair@spokanemountaineers.org](mailto:ecomm_chair@spokanemountaineers.org)
- No *Kinnikinnick*, or multiple copies: [membership@spokanemountaineers.org](mailto:membership@spokanemountaineers.org)
- Committee list changes (back of this book): [editorial@spokanemountaineers.org](mailto:editorial@spokanemountaineers.org)

For other problems, try a leader of the activity in question, a board member, or an officer (see inside cover or back pages). We will get your problem solved or your question answered!

## CLUB VOICEMAIL

The club phone number is 509-838-4974. When you connect, you will be given options to leave a message in one of the committee voicemail boxes. These messages will then be forwarded to the appropriate chairperson or person responsible for these areas. We do not have mailboxes for all committees at this time, so when in doubt, use the general mailbox and it will be recorded and routed as needed. An extension number can be pressed at any time to bypass the message.

If you do not choose an extension, the message will be left in the general voice mailbox. To leave a message, choose from the following:

- General mailbox or if you are not sure who should receive the message .... Press 0
- Membership ..... Press 1
- Centennial Celebration and Historian ..... Press 2
- Club President and Officers ..... Press 3
- Chalet ..... Press 4
- Conservation ..... Press 5
- Climbing..... Press 6
- Hiking ..... Press 7
- Mountain Biking ..... Press 8
- Skiing ..... Press 9

## EVENTS AT A GLANCE

### BACKPACK

Chelan	Mon	June 1
Idaho Selkirks	Fri	June 26
Beehive Lakes	Fri	July 17
Selkirk Crest	Tues	July 21
Kettle Crest	Fri	July 31
BPS Grad Trip	Sat	Sep 5

### CHALET

Deck Staining	Sat	June 13
BSA Troop 400 overnight	Fri	June 19

### CLIMB

Tuesday Drop-In Climbing (John Shields Park)	Tues	June 2-Sep 22
Thursday Drop-in Climbing (O'emlin Park Post Falls)	Thurs	June 4-Sep 24
Lead Trad School Indoor Session	Wed	June 3
Lead Trad School Outdoor	Sat	June 6
Lead Trad School Outdoor	Sun	June 7
Lead Trad School Weekend	Sat	June 13

### CLUB-WIDE

Monthly Board and Leadership Meeting	Mon	June 1
Monthly Board and Leadership Meeting	Mon	July 6
BBQ for Members	Mon	July 20
Monthly Board and Leadership Meeting	Mon	Aug 3
Monthly Board and Leadership Meeting	Mon	Sep 5
Annual Business Meeting	Mon	Oct 5

### CONSERVATION

Conservation Committee Meeting	Mon	June 15
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### HIKE

Advance Notice: New England Autumn Spectacular	Fri	June 1
Fishtrap Recreation area	Wed	June 3
Wednesday Night Hike	Wed	June 10
Iller Creek	Wed	June 17
Stubblefield Lake Loop	Tues	June 23
Bitterroot Nat. Forest	Thurs	July 2
Mica Peak Conservation Area	Wed	July 8
Caribou Ridge	Wed	July 15
Selkirk Crest Loop	Sun	July 19
Slavin Wetlands	Wed	July 22
Wednesday Night Hike	Wed	Aug 12
Ward & Eagle Peaks Fall Colors hike	Sun	Oct 4

**MOUNTAIN BIKE**

Beacon Hill From Esmeralda Golf Course	Thurs	June 4
Liberty Lake County Park	Thurs	June 11
Mount Spokane From Selkirk Lodge	Thurs	June 18
Tower Mountain (Iller Creek)	Thurs	June 25
Leavenworth Weekend	Fri	June 26
Hood River Weekend	Fri	July 24

**ROAD BIKE**

Newman-Hauser Lake Loop	Tues	June 2
Valley Chapel-Mount Hope Loop	Sat	June 6
Children of the Sun Trail	Tues	June 9
Going to the Sun Road	Fri	June 12
Dave's Birthday Ride and BBQ	Tues	June 16
Cheney Williams Lake Loop	Tues	June 23
Liberty Lake/Saltese Flats	Tues	June 30
22 <sup>nd</sup> Annual Eight Lakes Leg Aches Bike Ride	Sat	July 18
Palisades Park Ride	Tues	July 21
Liberty Lake/Post Falls	Tues	Aug 11
Eloika Lake	Sat	Sep 12
Green Bluff Sunset Road Bike and Party	Tue	Sep 15
2020 RIM Ride (25, 50 or 100 miles)		
Crater Lake Loop	Sat	Sep 19

# CALENDAR

**EVENT:** Backpack **TYPE:** Hiking - Backpacks  
**DATE:** June 1, 2020 **DAY:** Monday  
**TIME:** 8:00 AM - 08:00 PM **COST:** Free  
**MEET:** Chelan, WA, USA  
**LEADER(S):** Galen Chamberlain 509-230-1372

May 31 drive down to car camp at Coulee City campground or get up early June 1 to drive and meet at the Apple Cup Cafe in Chelan at 7:00 AM. Be at the boat dock at 8:00 as it leaves at 8:30 sharp! Either get off at Prince Creek and hike 11 miles to Moore Point, or get off at Moore Point with me to set up camp and do a short hike. Hang out, read, drink wine. June 2 day hike up Fish creek to Round Lake, 2000' gain and 8-mile RT. June 3 break camp and hike 9 miles to camp at FS CG at Stehekin. Get a shower if you need one and eat out at the restaurant. June 4 break camp and rent mt bikes to go to the bakery for breakfast. Ride up to High Bridge or the falls and catch the fast boat to Chelan at 12:00 to drive home. Still a lot of things have to fall in order so I will let all know as soon as I can find out.

**EVENT:** Advance Notice: New England Autumn Spectacular **TYPE:** Hiking - Day Hike  
**DATE:** June 1, 2020 **DAY:** Monday  
**TIME:** 12:00 PM - 03:00 PM **COST:** \$220  
**MEET:** TBD  
**LEADER(S):** Chuck Huber 509-939-2644

Join our sister group, The Appalachian Mountain Club's Worcester Chapter, for an adventure in the New England Autumn foliage. Trip dates Friday, October 9 thru Monday, Oct 12, 2020. After 26 years in western Maine, we're moving to North Central Vermont this year. Spend three nights on a working farm and venture out into the surrounding mountains among the blazing autumn leaves. Trip includes three nights lodging and all meals. Price approx. \$220 per person. Hikes of varying abilities, bike rides and opportunities for paddling will be offered each day. Rainy day? Tour Ben & Jerry's or Cabot Cheese. Make a week or more of the trip by exploring New England with tips from Chuck & Wendy.

**EVENT:** Board of Directors and Leaders Meeting **TYPE:** Club-wide  
**DATE:** June 1, 2020 **DAY:** Monday  
**TIME:** 06:00 PM - 07:40 PM **COST:** Free  
**MEET:**  
**LEADER(S):** Club President 509-939-2644

The Spokane Mountaineers' Board of Directors meet the first Monday of each month to conduct club business. Committee chairs to report on activity within committees. All club members are welcome to attend and are encouraged to learn and participate.

**EVENT:** Tuesday Climbs **TYPE:** Climbing - Top Rope  
**DATE:** June 2, 2020 **DAY:** Tuesday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA

**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

**EVENT:** Newman-Hauser lake loop  
**DATE:** June 2, 2020  
**TIME:** 06:00 PM - 08:30 AM  
**MEET:** Old fire station on West Newman Lake Dr  
**LEADER(S):** Martin Ward 509-991-1221, Club Road Bike Co-Chair1 509-991-1221

**TYPE:** Road Bike  
**DAY:** Tuesday  
**COST:** Free

Ride the loop road around Newman Lake and Hauser Lake back to our starting point, approx. 30 miles

**EVENT:** Fishtrap Recreation Area Hike  
**DATE:** June 3, 2020  
**TIME:** 05:40 PM - 10:00 PM  
**MEET:** Fishtrap Recreation Area  
**LEADER(S):** Holly Weiler 509-921-8928

**TYPE:** Hiking - Day Hike  
**DAY:** Wednesday  
**COST:** Free

Fishtrap Recreation Area is a fantastic spot for spring hikes & wildflower viewing. We'll meet at the farthest west TH on Miller Ranch Road (large parking lot with CXT, approximately a mile west of the old Miller Ranch house). We'll hike a large clockwise loop that will take us past several of the Recreation Area's highlights, including seasonal wetlands and the kolk. I intend to have us facing west around sunset for the best views. The route has very little elevation change, but we will cover 6-7 miles total. Be sure to pack a headlamp with the 10 essentials in the event we are lingering past dusk. Dog-friendly with leash + LNT pick-up required. There may be ticks so please prepare accordingly.

**EVENT:** Trad School Indoor  
**DATE:** June 3, 2020  
**TIME:** 06:00 PM - 08:00 PM  
**MEET:** TBD  
**LEADER(S):** Sara Schmelzer 509-270-8867

**TYPE:** Climbing - Lead Rock  
**DAY:** Wednesday  
**COST:** Free

This course is designed for those who have taken Rock School or Mountain School and have experience with sport leading in the gym or outside. The focus of this course will be an introduction to Traditional, a.k.a. Trad, climbing, which focuses on the skills needed to ascend vertical rock while placing and removing protection. Topics will include, but not be limited to, traditional gear use and placements, multi-pitch climbing and efficiency, and building trad anchors. School Director - Brett Barna, brettjbarna@gmail.com School Assistant Directors - Andrew Ratcliff & Ted Rupp Dates/Times/Locations Indoor - Wednesday, June 3, 6-8pm, Location TBD Outdoor - Saturday/Sunday, June 6/7, 8am-4pm, Spokane Area Crags Outdoor - Saturday/Sunday, June 13/14, Leavenworth Area or



**EVENT:** Valley Chapel - Mount Hope bike ride/ potluck **TYPE:** Road Bike  
**DATE:** June 6, 2020 **DAY:** Saturday  
**TIME:** 10:00 AM - 03:00 PM **COST:** Free  
**MEET:** Beardslee's house  
**LEADER(S):** Denise Beardslee 509-981-4123

This ride will start at my house close to Moran Prairie elementary school (please call for directions) and will head south on the Palouse towards Valley Chapel. We will have two turn around points, one at the bottom of Latah Creek and the other, for those wanting more of a challenge, at Mount Hope church. Both will be out-and-backs with an option to join us for a potluck afterwards. Questions and comments call Denise at 509 981-4123

**EVENT:** Trad Lead School Outdoor Day 2 **TYPE:** Climbing - Top Roped Ice Climb  
**DATE:** June 7, 2020 **DAY:** Sunday  
**TIME:** 10:00 AM - 01:00 PM **COST:** Free  
**MEET:** Spokane Area Crags  
**LEADER(S):** Brett Barna 208-773-5474

2nd Outdoor Weekend day see write up under our schools and clinics pages  
<https://www.spokanemountaineers.org/page/trad-lead-school>

**EVENT:** Tuesday Climbs **TYPE:** Climbing - Top Rope  
**DATE:** June 9, 2020 **DAY:** Tuesday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

**EVENT:** Children of the Sun Trail **TYPE:** Road Bike  
**DATE:** June 9, 2020 **DAY:** Tuesday  
**TIME:** 06:00 PM - 08:00 PM **COST:** Free  
**MEET:**  
**LEADER(S):** Brittany Garwood 509-999-0944

Ride to south end of trail and return. About 15 miles with about 800' of elevation gain. Optional ride up to Mount Saint Michael's.

**EVENT:** Wed Night Hike  
**DATE:** June 10, 2020  
**TIME:** 05:50 PM - 09:00 PM  
**MEET:** Hairpin Curve, Mt. Spokane  
**LEADER(S):** Galen Chamberlain 509-230-1372

**TYPE:** Day Hike  
**DAY:** Wednesday  
**COST:** Free

This hike is a 7-mile loop with 2000 ft gain and loss. We take trail 110 to Saddle Junction then 160 to Kit Carson. Return by trail 140 to Kit Carson Rd to the cars. We will take a break on top for a snack. Dress for the weather, maybe wind on top. 13 essentials including headlamp, water. Poles your choice. Discover Pass required at TH. We start hiking at 6:00 so if you are late, head up 110 trail.

**EVENT:** Thursday Climbs in Post Falls  
**DATE:** June 11, 2020  
**TIME:** 05:00 PM - 08:00 PM  
**MEET:** Q'emlin Park, West Parkway Drive, Post Falls, ID, USA  
**LEADER(S):** Club Climbing Committee

**TYPE:** Climbing - Top Rope  
**DAY:** Thursday  
**COST:** Free

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Liberty Lake County Park  
**DATE:** June 11, 2020  
**TIME:** 06:30 PM - 08:30 PM  
**MEET:**  
**LEADER(S):** Club MtnB Chair (Jeff Mergler) 201 981 8179

**TYPE:** Mountain Bike - Day Ride  
**DAY:** Thursday  
**COST:** Free

Lots of aerobic climbing for the Upper Int and Adv folks but there is also an easier loop through the cedar forest for casuals and intermediates. We split into different groups based on ability/aerobic capacity. The organizer will assign ride leaders based on turnout. All riders must wear a helmet and sign a waiver. No Discover Pass is required but there may be a \$2/person parking fee (it's not always collected on weekdays). Location: 3707 S Zephyr Rd, Liberty Lake, WA 99019. Take I-90 to Liberty Lake exit, head south for approx. 1.2 miles, go left on Sprague and follow it for 1 mile, bear right and follow Neyland Ave, bear right at junction with Lakeside Rd. It's then approx. 1 mile to Zephyr Rd, then look for the Liberty Lake County Park sign. Park in the second lot on the right after the pavilion.

**EVENT:** Going to the Sun Road  
**DATE:** June 12, 2020  
**TIME:** 05:00 PM - 08:00 PM  
**MEET:** Glacier Nat. Park  
**LEADER(S):** Martin Ward 509-991-1221

**TYPE:** Road Bike  
**DAY:** Friday  
**COST:** Free

Caravanto Glacier on Friday return on Monday. Date may change, depending on road plowing.

**EVENT:** Chalet Deck Staining  
**DATE:** June 13, 2020  
**TIME:** 07:00 AM - 03:00 PM

**TYPE:** Chalet - Work Party  
**DAY:** Saturday  
**COST:** Free

**MEET:** Mt Spokane Chalet  
**LEADER(S):** CJ Bouchard 208-691-3602

Hello, Club. It's that time of year for maintenance of the Chalet's with a deck staining project. I have volunteered to lead this. I think five volunteers and myself could knock this out and make the deck look amazing. I have picked June 13/14, 2020 to start the project, providing there are no restrictions due to the Covid-19 The scope of work is to prep the deck starting Saturday morning 6/13. I haven't been able to access the Mountain since the Covid-19 and also waiting for the snow to go to inspect the deck to make a punch list of work that needs to be done before we can actually start staining. This should be a lot of fun! Might I also add there will be fresh coffee and cookies. Feel free to reach out to me for any questions about volunteering. CJ Bouchard, project lead (208) 691-3602

**EVENT:** Trad Lead School Outdoor Weekend      **TYPE:** Climbing - Lead Rock  
**DATE:** June 13, 2020      **DAY:** Saturday  
**TIME:** 08:00 AM - 04:00 PM      **COST:** 125.00  
**MEET:** TBD Leavenworth, WA  
**LEADER(S):** Brett Barna 208-773-5474

Outdoor Weekend Trip Leaders will have details. See write up under our schools and clinics pages <https://www.spokanemountaineers.org/page/trad-lead-school>

**EVENT:** Conservation Committee meeting      **TYPE:** Conservation  
**DATE:** June 15, 2020      **DAY:** Monday  
**TIME:** 06:00 PM - 07:00 PM      **COST:** Free  
**MEET:** 8304 E Buckeye Ave, Millwood, WA 99212  
**LEADER(S):** Club Conservation Chair 509-838-4974

Monthly meeting of the Conservation Committee. Email [conservation\\_chair@spokanemountaineers.org](mailto:conservation_chair@spokanemountaineers.org) to be added to the email list to receive the meeting agenda, minutes, etc.

**EVENT:** Tuesday Climbs      **TYPE:** Climbing - Top Rope  
**DATE:** June 16, 2020      **DAY:** Tuesday  
**TIME:** 05:00 PM - 08:00 PM      **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

**EVENT:** Dave's Birthday Ride & BBQ      **TYPE:** Road Bike  
**DATE:** June 16, 2020      **DAY:** Tuesday  
**TIME:** 06:00 PM - 09:00 PM      **COST:** Free  
**MEET:** 12414 E. 25th Avenue, Spokane Valley WA 99216

**LEADER(S):** Dave Sorg 509-868-5984

Meet at Dave and Stacey's house at 12414 E. 25th Avenue at 6:00 pm, not 6:30 pm. South on Pines, around the old golf course to Dishman Mica and out to Hwy 27. South to the Palouse Hwy where we'll jog west to Madison Rd and head for home to complete a total of about 21 miles. Dave's birthday is the next day so stay and enjoy some burgers and brats with a game of horseshoes in the back yard. Please bring a chair if you have one.

**EVENT:** Iller Creek from Stevens Creek Trailhead

**TYPE:** Day Hike

**DATE:** June 17, 2020

**DAY:** Wednesday

**TIME:** 05:50 PM - 08:30 PM

**COST:** Free

**MEET:** Iller Creek Conservation Area

**LEADER(S):** Elin Zander 509-981-9695

Hike of about 5 miles and 800 feet elevation gain/loss. From the trailhead we will hike up past the Rocks of Sharon, then loop around the mid-valley trail and back up past the rocks and back down to the trailhead. From Spokane's south hill, take the Palouse Highway South about 6 miles to Stevens Creek Rd. Take a left (north) on Stevens Creek Rd and follow ~ 2 miles to the trailhead parking lot. This is a dog friendly hike. All dogs must be well socialized and on leash - please, be prepared to pick up any poop.

**EVENT:** Thursday Climbs in Post Falls

**TYPE:** Climbing – Top Rope

**DATE:** June 18, 2020

**DAY:** Thursday

**TIME:** 05:00 PM - 08:00 PM

**COST:** Free

**MEET:** Q'emiln Park, West Parkway Drive, Post Falls, ID, USA

**LEADER(S):** Club Climbing Committee

Weekly Climbing at Q'emiln Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Mount Spokane from Selkirk Lodge

**TYPE:** Mountain Bike - Day Ride

**DATE:** June 18, 2020

**DAY:** Thursday

**TIME:** 06:30 PM - 09:30 PM

**COST:** Free

**MEET:**

**LEADER(S):** Club MtnB Chair (Jeff Mergler) 2019818179

We park at Selkirk Lodge to give beginners and advanced riders plenty of options. The cross-country ski area provides energetic beginners and intermediates with ample terrain while the trails on the summit provide intermediate to expert terrain. We split into different groups based on ability/aerobic capacity and ride until dusk. The organizer will organize ride leaders based on turnout. All riders must wear a helmet and sign a waiver. Discover pass is required. Location: Selkirk Lodge 25211 N Mt Spokane Park Dr, Mead, WA 99021

**EVENT:** BSA Troop 400 Campout

**TYPE:** Chalet - Overnight Stay

**DATE:** June 19, 2020

**DAY:** Friday

**TIME:** 06:00 PM - 01:00 PM

**COST:** Free

**MEET:** Mt Spokane State Park

**LEADER(S):** Todd Dunfield 509-979-6401

Spokane Valley Boy Scout Troop 400 will be having a hammocking campout at the Chalet and participating in some brush thinning around the Chalet itself. Exact numbers won't be known until the week of the event, but a safe estimate would be between 25-35 adults and scouts present.

**EVENT:** Tuesday Climbs **TYPE:** Climbing - Top Rope  
**DATE:** June 23, 2020 **DAY:** Tuesday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

**EVENT:** Cheney Williams Lake Loop **TYPE:** Road Bike  
**DATE:** June 23, 2020 **DAY:** Tuesday  
**TIME:** 06:00 PM - 09:00 PM **COST:** Free  
**MEET:** Mitchells Harvest Foods 116 W 1st St, Cheney, WA 99004  
**LEADER(S):** Bonnie Mandel 404-441-8564

28-mile loop, one short but very steep hill, one moderate but long climb on Mullinix Road.

**EVENT:** Stubblefield Lake Loop **TYPE:** Hiking - Day Hike  
**DATE:** June 24, 2020 **DAY:** Wednesday  
**TIME:** 05:50 PM - 08:00 PM **COST:** Free  
**MEET:** Turnbull Visitor Center  
**LEADER(S):** Brean Nieman 509-869-8094

This is a 5.9-mile loop trail with 219 ft of elevation gain. This is a considered an easy hike and hopeful for some spring flowers. There is a small parking fee to enter. Please call or text me with any questions - Brean Nieman 509-869-8094

**EVENT:** Thursday Climbs in Post Falls **TYPE:** Climbing - Top Rope  
**DATE:** June 25, 2020 **DAY:** Thursday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** Q'emiln Park, West Parkway Drive, Post Falls, ID, USA  
**LEADER(S):** Club Climbing Committee

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Tower Mountain (Iller Creek) **TYPE:** Mountain Bike - Day Ride

**DATE:** June 25, 2020  
**TIME:** 06:30 PM - 09:30 PM  
**MEET:**  
**LEADER(S):** Club MtnB Chair (Jeff Mergler) 2019818179

**DAY:** Thursday  
**COST:** Free

We'll ride the trails of Iller Creek and Dishman Hills aka Tower Mountain. There are spectacular views of both the Spokane Valley and the Palouse. LOTS of climbing and some technical downhill sections, so adventurous intermediate riders and above, please. We split into different groups based on ability/aerobic capacity. The organizer will organize ride leaders based on turnout. All riders must wear a helmet and sign a waiver. No Discover Pass required. Meet at 10507 E. Ferret Drive, the Giegel house. Take Dishman-Mica south to Shafer Rd. (just past 32nd). Right onto Shafer to 44th. Left on 44th to Van Marter. Right on Van Marter and up hill to Ferret on the Right. RIGHT on Ferret to 10507.

**EVENT:** Leavenworth Weekend  
**DATE:** June 26, 2020  
**TIME:** 09:00 AM - 09:00 PM  
**MEET:**  
**LEADER(S):** Club MtnB Chair (Jeff Mergler) 2019818179

**TYPE:** Mountain Bike - Multi-Day Outing  
**DAY:** Friday  
**COST:** Free

We're going to spend a weekend riding the trails of Leavenworth! We will camp at the Alpine View RV Park & Campgrounds, which gives us riding access to the Ski Area trails and a short drive to other gems in the area. The trip is still being organized as of this writing, but the basics are we will leave Spokane on Friday and camp two nights and ride Saturday and Sunday. On Saturday night we have the option of going into town for a meal and some adult beverages at one of the breweries. We will be staying at the Alpine View RV park <https://www.alpineviewrvpark.com>.

**EVENT:** Backpack  
**DATE:** June 26, 2020  
**TIME:** 10:00 AM - 08:00 PM  
**MEET:** Idaho Selkirks  
**LEADER(S):** Galen Chamberlain 509-230-1372

**TYPE:** Hiking - Backpacks  
**DAY:** Friday  
**COST:** Free

Meet at 22515 N. Orchard Bluff Rd at 10:00 June 26. We can caravan from here. Drive to Sandpoint for lunch. Drive to the TH and hike to and camp at Harrison Lake. Saturday day hike from camp. Sunday break camp and return home. No parking or trail fee.

**EVENT:** Leigh Lake Double Triathlon  
**DATE:** June 27, 2020  
**TIME:** 09:40 AM - 06:00 PM  
**MEET:** C.M.W.  
**LEADER(S):** Chic Burge 208-659-8183

**TYPE:** Day Hike  
**DAY:** Saturday  
**COST:** Free

Thirty-four years ago, I made my first paddle trip to Leigh Lake because so little shoreline is accessible. I estimate that I've paddled Leigh well over 60 times. Of all the trips I've led for the Spokane Mountaineers and friends, this one trip is my favorite. This trip has a three-person limit, besides me. We will meet at the Super 1 in Athol at 8:45 am and leave at 9 am sharp. Our first stop will be at the Clark Fork Pantry. They make excellent peanut butter cookies, amongst other delights. Then it's on to Ross Creek Cedars for a two-hour

walk among giant Western Red Cedars, some as old as 1500 years. Up near the top of the loop, we will head up Trail #142 away from the loop, to enjoy the cedars without the crowds. A cool new feature at the Cedars parking area is the thousands of trail cairns people have built on the creek bed. The next stop on this sight-seeing tour is Kootenai Falls. We will spend about 1.5 hours here before heading to Libby. In Libby, we will have dinner at Henry's. It's like going back into the 50's. After dinner, there is a Rosauers nearby to pick up last-minute supplies. Then, it's off to the "campsite" or the trailhead for the night. Wake up time will be at 6:30am so we can be on the trail by 8am. The hike to Leigh Lake is only 1.65 miles but gains 900' verts. About 2/3 the way in is our first stop at Leigh Creek Falls. After splashing ice cold water on the face, the next 200 vertical feet is the crux of the hike. It's steep but well protected, and once above, the walk out to the lake is a very scenic 1/4 of a mile. We will inflate the rafts, organize our gear and load the rafts for the paddle. The number one thing all paddlers need to know is if during the inflating and loading stage, you cannot let go of your raft. A small gust of wind can blow it into the bushes and pop it. You will be responsible to replace the raft. Once in the water, the paddle is as comfortable as sitting on your recliner, watching an IMAX movie. As we paddle only one side of the raft, it spins, giving you a 360° IMAX movie effect. Spinning is addictive, however. Lunch will be on the SE side of the lake, up in the "amphitheater." For those who wish to explore this incredible area, there's a nice walk up further into the amphitheater. The views from there are well worth the effort. Soon we will all meet up at the rafts for the paddle back to the put in-take out spot. After deflating the rafts, and packing up, the hike out is easy and very scenic. THINGS I WILL SUPPLY: Rafts, kayak paddles, PFD's, two air pumps, dry bags, map, and all the fun you can have. THINGS YOU MUST HAVE WITH YOU: 13 essentials, breakfast, lunch/trail snacks/libations, hiking poles, sun protections (lotion, hat, clothing), sturdy boots, clothing for all weather conditions. If you have any of the gear needed, please feel free to bring your own equipment. The longer the paddle the better. The paddle portion may be postponed if the winds are up too high. And if the weather shows high winds the days before, I may postpone it for a week, for better conditions. Please call me at 208.659.8183 with your interest in attending. If by chance you need to cancel, please call me as soon as possible so I can pick another from the waiting list. For more images of past trips to Leigh Lake, log onto...inlandnroutes.com

<b>EVENT:</b> Tuesday Climbs	<b>TYPE:</b> Climbing - Top Rope
<b>DATE:</b> June 30, 2020	<b>DAY:</b> Tuesday
<b>TIME:</b> 05:00 PM - 08:00 PM	<b>COST:</b> Free
<b>MEET:</b> John H. Shields Park, East Upriver Drive, Spokane, WA	
<b>LEADER(S):</b> Brian Hoots 509-868-4048	

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

<b>EVENT:</b> Liberty Lake / Saltese Flats	<b>TYPE:</b> Road Bike
<b>DATE:</b> June 30, 2020	<b>DAY:</b> Tuesday

**TIME:** 06:00 PM - 08:00 PM  
**MEET:** Liberty Lake / Starbucks Lot  
**LEADER(S):** Dan Robisch 208-651-2016

**COST:** Free

Ride the back roads south from Liberty Lake and then return via Saltese Flats. This ride starts with a long steep climb (20-25 mins), then drops down on winding roads to Saltese Flats. Length is only 13.5 miles, but it is a great workout. We will eat at Liberty Lake afterwards, the group will choose location. Must call to reserve your spot. Leader: Dan Robisch - 208.651.2016 Mileage: 14 miles Pace: 12-16 mi/hr Level: Strenuous (1 big hill)

**EVENT:** Bitterroot National Forest Weekend Getaway!  
**DATE:** July 2, 2020  
**TIME:** 04:00 PM - 08:00 PM  
**MEET:**  
**LEADER(S):** Wendy Huber 509-939-3717

**TYPE:** Day Hike  
**DAY:** Thursday  
**COST:** \$10-\$17

Join us for a long weekend of day hiking in the Montana Bitterroots! We'll do Blodgett Canyon, Mill Creek Falls, and, if time, Blodgett Canyon Overlook. We have the Larry Creek Group Campground for the three nights of July 2, 3, and 4, arriving Thursday evening and departing Sunday. Blodgett is described as the showpiece of the Bitterroot Canyons! Cost is minimal, depending if the trip fills up, so from \$10-\$17 pp. Group size limit of 12. Moderate hikes, ranging from 6 to possibly 14 miles, under 2000' of elevation gain. Leaders Wendy & Chuck Huber; wend@chuckmatic.com, chuck@chuckmatic.com, 939-3717, 939-2644.

**EVENT:** Thursday Climbs in Post Falls  
**DATE:** July 2, 2020  
**TIME:** 05:00 PM - 08:00 PM  
**MEET:** Q'emiln Park, West Parkway Drive, Post Falls, ID, USA  
**LEADER(S):** Club Climbing Committee

**TYPE:** Climbing - Top Rope  
**DAY:** Thursday  
**COST:** Free

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Board of Directors and Leaders Meeting  
**DATE:** July 6, 2020  
**TIME:** 06:00 PM - 07:40 PM  
**MEET:**  
**LEADER(S):** Club President 509-939-2644

**TYPE:** Club-wide  
**DAY:** Monday  
**COST:** Free

The Spokane Mountaineers Board of Directors meet the first Monday of each month to conduct club business. Committee chairs to report on activity within committees. All club members are welcome to attend and are encouraged to learn and participate.

**EVENT:** Tuesday Climbs  
**DATE:** July 7, 2020  
**TIME:** 05:00 PM - 08:00 PM  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

**TYPE:** Climbing - Top Rope  
**DAY:** Tuesday  
**COST:** Free

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

**EVENT:** Loop in Mica Peak Conservation Area **TYPE:** Day Hike  
**DATE:** July 8, 202 **DAY:** Wednesday  
**TIME:** 05:50 PM - 08:00 PM **COST:** Free  
**MEET:**  
**LEADER(S):** Chris Baldini 509-924-4608 / 993-8971 (c)

This will be a 4 mile-ish loop in the Mica Peak Conservation area; we'll enjoy some newly built WTA trails, and loop back to the parking lot. Relatively flat - well behaved, four legged friends invited, must be leashed and be sure to clean up after them. Take Hwy 27 (Pines) to the town of Mica (Belmont Rd); left till the road ends by the parking lot. Questions: Call Chris 509-993-8971.

**EVENT:** Thursday Climbs in Post Falls **TYPE:** Climbing - Top Rope  
**DATE:** July 9, 2020 **DAY:** Thursday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** Q'emiln Park, West Parkway Drive, Post Falls, ID, USA  
**LEADER(S):** Club Climbing Committee

Weekly Climbing at Q'emiln Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Tuesday Climbs **TYPE:** Climbing - Top Rope  
**DATE:** July 14, 2020 **DAY:** Tuesday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

**EVENT:** Liberty Lake / Saltese Flats **TYPE:** Road Bike  
**DATE:** July 14, 2020 **DAY:** Tuesday  
**TIME:** 06:00 PM - 08:00 PM **COST:** Free  
**MEET:** Liberty Lake / Starbucks Lot

**LEADER(S):** Dan Robisch 208-651-2016

Ride the back roads south from Liberty Lake and then return via Saltese Flats. This ride starts with a long steep climb (20-25 mins), then drops down on winding roads to Saltese Flats. Length is only 13.5 miles, but it is a great workout. We will eat at Liberty Lake afterwards, the group will choose location. Must call to reserve your spot. Leader: Dan Robisch - 208.651.2016 Mileage: 14 miles Pace: 12-16 mi/hr Level: Strenuous (1 big hill)

**EVENT:** Caribou Ridge

**TYPE:** Day Hike

**DATE:** July 15, 2020

**DAY:** Wednesday

**TIME:** 05:30 PM - 09:00 PM

**COST:** Free

**MEET:**

**LEADER(S):** Wendy Huber 509-939-3717

PLEASE NOTE START TIME OF 5:30. Get your green fix with this often steep but pretty hike with views of Lake CdA. This is an out and back, so we'll hike as far as we can then turn around at about 7:15. Park at the Mineral Ridge trailhead parking lot to carpool/caravan to the tiny parking area for our hike. Take Wolf Lodge Bay Exit 22, then go south on Highway 97 for three miles. Leaders Wendy & Chuck Huber; 939-3717 & 939-2644; wend@chuckmatic.com & chuck@chuckmatic.com

**EVENT:** Thursday Climbs in Post Falls

**TYPE:** Climbing - Top Rope

**DATE:** July 16, 2020

**DAY:** Thursday

**TIME:** 05:00 PM - 08:00 PM

**COST:** Free

**MEET:** Q'emiln Park, West Parkway Drive, Post Falls, ID, USA

**LEADER(S):** Club Climbing Committee

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Beehive Lakes Backpack

**TYPE:** Hiking Backpacks

**DATE:** July 17, 2020

**DAY:** Friday

**TIME:** 09:30 AM - 05:00 PM

**COST:** Free

**MEET:** Beehive Lakes, Idaho Selkirks

**LEADER(S):** Michael Pinter (509) 590-6502

High in the Idaho Selkirk range resides the beautiful alpine Beehive Lakes. Bordered by rugged granite cirque, this lake lies along the Selkirk crest. The hike is 3.6 miles in with 2050' of elevation gain. Must be in good shape for this one. Saturday will be free time, laze about, swim, or climb the ridgeline with me. Plan on a 2.5 hour drive from Spokane. Carpool/convoy options: Mead Yokes @ 7 am and Sandpoint Safeway a 8:30 am.

**EVENT:** 22nd Annual Eight Lakes Leg Aches bike ride

**TYPE:** Road Bike

**DATE:** July 18, 2020

**DAY:** Saturday

**TIME:** 07:00 AM - 02:00 PM

**COST:** Free

**MEET:** 5615 W Sunset Highway (top of Sunset Hill, across from Diamond Storage)

**LEADER(S):** Denise Beardslee 509-981-4123

This is the 22nd annual Eight Lakes Leg Aches bike ride put on by Lutheran Community Services Northwest Spokane. There are three distances to choose from (30, 45, and 75) to

suit all riding abilities. Food stops with medical and mechanical support and the finish line offers Ben and Jerry's ice cream, Roast House Coffee - iced and hot Americanos and David's Pizza. There is a fee involved as this is a fundraising event for Lutheran Community Services so to avoid a late fee it's best to pre-register with LCS (at the time of this entry I do not have prices). Questions, call Denise at 509 981-4123

**EVENT:** SELKIRK CREST LOOP HIKE & SCRAMBLE

**TYPE:** Day Hike

**DATE:** July 19, 2020

**DAY:** Sunday

**TIME:** 07:00 AM - 06:00 PM

**COST:** Free

**MEET:** American Selkirks, Idaho

**LEADER(S):** Chic Burge 208-659-8183

Probably my second most favorite outing I lead for the SMI is this Crest Loop. It's beautiful, strenuous, challenging, and so much fun. PLEASE plan on being out all day. Several of these have expanded till after dark. We will meet at the Super 1 in Athol at 5am, and leave at 5:15 sharp. For those wishing to stay at the trailhead, we will meet up with you at about 6:45. The first leg is an easy 2.5- mile hike to Harrison Lake. After a snack at the lake, we will head around the south side of the lake to start our scramble to the crest. Once on the crest, we will hike south to the summit of Peak 7171' for our first lunch with a view. Then it's off to a few more Seven Sisters summits. When the group is ready, we will drop down to the high alpine meadows between Harrison Lake and Little Harrison Lake. This meadow is a dream walk out to L.H.L. After enjoying one of my most favorite lakes, we will scramble up the ridge between L.H.L. and Beehive Lake. On the ridge top, with incredible views of the American Selkirks, the Cabinet Mountain Wilderness, Northwest Peaks Scenic Area, and the Pack River drainage, we will have our second lunch and a nap, before heading down to Beehive Lake and the trail back to the cars. THINGS EACH PERSON MUST HAVE WITH THEM: 13 essentials, two lunches, trail snacks, very sturdy boots, hiking poles, clothing for all weather conditions including rain gear. This hike/scramble is limited to 8 very hardy scramblers. If you need to pull out of this hike, please let me know as soon as possible so I can offer your slot to the next person on the waiting list. PLEASE CALL ME AT 208.659.8183 WITH YOUR INTEREST TO ATTEND. For more images of past trips to the Selkirk Crest...log onto.. inlandroutes.com

**EVENT:** BBQ for members

**TYPE:** Club-wide

**DATE:** July 20, 2020

**DAY:** Monday

**TIME:** 05:00 PM - 08:00 AM

**COST:** Free

**MEET:** Mirabeau Meadows, Mirabeau Parkway, Spokane Valley, WA, USA

**LEADER(S):** Chris Baldini 509-924-4608 / 993-8971 (c)

We had to re-schedule the BBQ from June because of the Coronavirus. Let's make this a special event by getting together with fellow mountaineers for some camaraderie and food! We'll provide burgers, sausages (veggie burgers too) as well as soft drinks and water. Sorry, no alcoholic beverages allowed in the park. Bring a favorite side dish/dessert to share. Any help with setup/cleanup is appreciated! Questions? Call Chris 509-993-8971. See you then and there!

**EVENT:** Backpack

**TYPE:** Hiking - Backpacks

**DATE:** July 21, 2020

**DAY:** Tuesday

**TIME:** 08:00 AM - 08:00 PM

**COST:** Free

**MEET:** Selkirk Crest

**LEADER(S):** Galen Chamberlain 509-230-1372

Meet at my house to carpool/caravan to the TH. We can meet in Sandpoint at Safeway also. Stop in Bonners Ferry at the Gathering Place for lunch. Hike to and camp at West Fork Lake. July 22 day hike to West Fork Mt and maybe Caribou Lake. July 23 break camp and hike out for the drive home. This is Griz country so bear spray is not an option. 13 essentials and poles also. Galen 230 1372

**EVENT:** Tuesday Climbs

**TYPE:** Climbing - Top Rope

**DATE:** July 21, 2020

**DAY:** Tuesday

**TIME:** 05:00 PM - 08:00 PM

**COST:** Free

**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA

**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

**EVENT:** Palisades Park ride

**TYPE:** Road Bike

**DATE:** July 21, 2020

**DAY:** Tuesday

**TIME:** 06:00 PM - 08:00 PM

**COST:** Free

**MEET:** Palisades Park, Spokane, WA, USA

**LEADER(S):** Martin Ward 509-991-1221, Club Road Bike CoChair1

Meet at the parking area at the corner of Greenwood Dr. and Rimrock Dr. 17mi figure 8 will pass through Finch Arboretum, Fish Lake Trail, take a break at the waterfall in Palisades Park before returning to the start.

**EVENT:** Slavin Wetlands Hike

**TYPE:** Day Hike

**DATE:** July 22, 2020

**DAY:** Wednesday

**TIME:** 06:00 PM - 08:30 PM

**COST:** Free

**MEET:** 12900 S Keeney Rd

**LEADER(S):** Elin Zander 509-981-9695

The Slavin Wetlands is an ~600 acre conservation area which is home to a number of water fowl as well as elk and moose. This hike will be a relatively flat out and back of ~5 miles which loosely follows the shoreline of the pond. Hikers will be limited to the group number allowed by current pandemic restrictions and guidelines for physical distancing will be followed. This is a dog friendly hike but all dogs must be on leash and any poop picked up and packed out.

**EVENT:** Thursday Climbs in Post Falls

**TYPE:** Climbing - Top Rope

**DATE:** July 23, 2020 **DAY:** Thursday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** Q'emiln Park, West Parkway Drive, Post Falls, ID, USA  
**LEADER(S):** Club Climbing Committee

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Hood River Weekend **TYPE:** Mountain Bike - Multi-Day  
**DATE:** July 24, 2020 **DAY:** Friday  
**TIME:** 09:00 AM - 09:00 PM **COST:** Free  
**MEET:** Hood River, OR  
**LEADER(S):** Club MtnB Chair (Jeff Mergler) 2019818179

Save the date. Details to be announced.

**EVENT:** Cycle Oregon Weekend Ride **TYPE:** Road Bike  
**DATE:** July 24, 2020 **DAY:** Friday  
**TIME:** 05:00 PM - 12:00 PM **COST:** Free  
**MEET:** Corvallis, Oregon  
**LEADER(S):** Denise Beardslee 509-981-4123

**THIS EVENT HAS BEEN CANCELLED / CYCLE OREGON HAS CANCELLED ALL RIDES FOR 2020 DUE TO COVID-19**

**EVENT:** Tuesday Climbs **TYPE:** Climbing - Top Rope  
**DATE:** July 28, 2020 **DAY:** Tuesday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

**EVENT:** Thursday Climbs in Post Falls **TYPE:** Climbing - Top Rope  
**DATE:** July 30, 2020 **DAY:** Thursday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** Q'emiln Park, West Parkway Drive, Post Falls, ID, USA  
**LEADER(S):** Club Climbing Committee

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Kettle Crest Cake Walk

**TYPE:** Hiking - Backpacks

**DATE:** July 31, 2020

**DAY:** Friday

**TIME:** 07:00 PM - 10:00 PM

**COST:** Free

**MEET:**

**LEADER(S):** Holly Weiler 509-921-8928

The annual Kettle Crest Cake Walk weekend is an unofficial ultramarathon on the Kettle Crest paired with car camping and excessive eating. We usually meet near the starting trailhead after work on Friday night, and the ultra-starts at dawn on Saturday. There are a few different versions of the route, and we haven't decided what it might look like yet for this year. Coordinate with the leaders if you have a preference (the hike can be either N to S or S to N; the full Kettle Crest distance is 43 miles, Kettle Crest North is 30 miles, and individual hikers who are interested in helping with the shuttle but would prefer to hike something shorter in the area are encouraged to call to discuss ideas). On Sunday there will be an optional hike, and some years we extend the trip to Monday for an additional longer hike (around 20 miles). Please call or email to discuss if you are interested. Limited of 8 participants.

**EVENT:** Board of Directors and Leaders Meeting

**TYPE:** Club-wide

**DATE:** August 3, 2020

**DAY:** Monday

**TIME:** 06:00 PM - 07:40 PM

**COST:** Free

**MEET:**

**LEADER(S):** Club President 509-939-2644

The Spokane Mountaineers Board of Directors meet the first Monday of each month to conduct club business. Committee chairs to report on activity within committees. All club members are welcome to attend and are encouraged to learn and participate.

**EVENT:** Tuesday Climbs

**TYPE:** Climbing - Top Rope

**DATE:** August 4, 2020

**DAY:** Tuesday

**TIME:** 05:00 PM - 08:00 PM

**COST:** Free

**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA

**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

**EVENT:** Thursday Climbs in Post Falls

**TYPE:** Climbing - Top Rope

**DATE:** August 6, 2020

**DAY:** Thursday

**TIME:** 05:00 PM - 08:00 PM

**COST:** Free

**MEET:** O'emiln Park, West Parkway Drive, Post Falls, ID, USA

**LEADER(S):** Club Climbing Committee

Weekly Climbing at O'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Tuesday Climbs **TYPE:** Climbing - Top Rope  
**DATE:** August 11, 2020 **DAY:** Tuesday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

**EVENT:** Liberty Lake / Post Falls **TYPE:** Road Bike  
**DATE:** August 11, 2020 **DAY:** Tuesday  
**TIME:** 06:00 PM - 08:30 PM **COST:** Free  
**MEET:** Liberty Lake Centennial Trail Head  
**LEADER(S):** Dan Robisch 208-651-2016

Ride to Post Falls on the hilly Riverside Drive and return on the flat Centennial Trail. Eat at the Liberty Lake Shopping Center afterwards, group will choose location. Must call to reserve your spot. Leader: Dan Robisch - 208.651.2016 Length: Approx. 18.5 miles. Moderate 12-16 mi/hr. Level: Intermediate

**EVENT:** Wednesday Night Hike **TYPE:** Hike  
**DATE:** August 12, 2020 **DAY:** Wednesday  
**TIME:** 05:50 PM - 08:30 PM **COST:** Free  
**MEET:** Belmont Rd Trailhead  
**LEADER(S):** Elin Zander 509-981-9695

The Mica Peak Conservation Area is home to moose, elk, and bear as well as a plethora of hiking options and scenic views. This will be an out and back hike on old logging roads of a total distance of 5 to 5.5 miles with an elevation gain/loss of ~1,000 feet. The hike will be limited to the number of participants currently allowed by the state. Physical distancing guidelines will be followed. This is a dog friendly hike. All dogs must be leashed and poop picked up!

**EVENT:** Thursday Climbs in Post Falls **TYPE:** Climbing - Top Rope  
**DATE:** August 13, 2020 **DAY:** Thursday  
**TIME:** 06:00 PM - 08:00 PM **COST:** Free  
**MEET:** O'emlin Park, West Parkway Drive, Post Falls, ID, USA  
**LEADER(S):** Club Climbing Committee

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Tuesday Climbs **TYPE:** Climbing - Top Rope  
**DATE:** August 18, 2020 **DAY:** Tuesday  
**TIME:** 05:50 PM - 08:50 PM **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

**EVENT:** Thursday Climbs in Post Falls **TYPE:** Climbing - Top Rope  
**DATE:** August 20, 2020 **DAY:** Thursday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** Q'emlin Park, West Parkway Drive, Post Falls, ID, USA  
**LEADER(S):** Club Climbing Committee

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Tuesday Climbs **TYPE:** Climbing - Top Rope  
**DATE:** August 25, 2020 **DAY:** Tuesday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

**EVENT:** Thursday Climbs in Post Falls **TYPE:** Climbing - Top Rope  
**DATE:** August 27, 2020 **DAY:** Thursday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** Q'emlin Park, West Parkway Drive, Post Falls, ID, USA  
**LEADER(S):** Club Climbing Committee

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Tuesday Climbs **TYPE:** Climbing - Top Rope  
**DATE:** September 1, 2020 **DAY:** Tuesday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

**EVENT:** Thursday Climbs in Post Falls **TYPE:** Climbing - Top Rope  
**DATE:** September 3, 2020 **DAY:** Thursday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** Q'emlin Park, West Parkway Drive, Post Falls, ID, USA  
**LEADER(S):** Club Climbing Committee

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Trout-Big Fisher Lakes **TYPE:** Hiking – Backpacks  
**DATE:** September 5, 2020 **DAY:** Saturday  
**TIME:** 08:00 AM - 06:00 PM **COST:** Free  
**MEET:** Selkirks  
**LEADER(S):** Caitlin Stevens 301-641-0729

We will do a mini through hike in the Selkirk mountain range. We will hike to Trout Lake and spend the night. The next day we will pack up and move camp to Big Fisher Lake. 12 miles round trip for the whole trip, but we may decide to do some day ridge hikes as well. This is a moderate hike and grizzly country. Please be prepared for bear safety and for a decent climb with full pack each day. More details such as carpooling/caravanning and meeting times and places will be discussed via email two weeks prior to trip. If you have questions please feel free to email. Group size limit is firm at this time.

**EVENT:** Board of Directors and Leaders Meeting **TYPE:** Club-wide  
**DATE:** September 7, 2020 **DAY:** Monday  
**TIME:** 06:00 PM - 07:40 PM **COST:** Free  
**MEET:**  
**LEADER(S):** Club President 509-939-2644

The Spokane Mountaineers Board of Directors meet the first Monday of each month to conduct club business. Committee chairs to report on activity within committees. All club members are welcome to attend and are encouraged to learn and participate.

**EVENT:** Tuesday Climbs **TYPE:** Climbing - Top Rope  
**DATE:** September 8, 2020 **DAY:** Tuesday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors. Bring Headlamp to pull ropes, days are getting shorter.

**EVENT:** Elioka Lake **TYPE:** Road Bike  
**DATE:** September 12, 2020 **DAY:** Saturday  
**TIME:** 10:00 AM - 01:00 PM **COST:** Free  
**MEET:**  
**LEADER(S):** Club Road Bike CoChair1 509-991-1221

Rick Haney will select a ride of about 15-30 miles. Call Rick for details 509 434-6693.

**EVENT:** Tuesday Climbs **TYPE:** Climbing -Top Rope  
**DATE:** September 15, 2020 **DAY:** Tuesday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors. Bring Headlamp to pull ropes, days are getting shorter.

**EVENT:** Green Bluff Sunset Road Bike and Party **TYPE:** Road Bike  
**DATE:** September 15, 2020 **DAY:** Tuesday  
**TIME:** 06:00 PM - 09:00 PM **COST:** Free  
**MEET:** 17827 North Sands Road on Green Bluff  
**LEADER(S):** Paul Eichen 509-238-2300

A short ride on top of Green Bluff to watch the sun set on the Tuesday evening rides. After the ride we will have a potluck with main dish compliments of the Promised Land Hazelnut Orchard and Farm. Call Paul to reserve your place at the table. 509 238-2300

**EVENT:** Thursday Climbs in Post Falls **TYPE:** Climbing - Top Rope  
**DATE:** September 17, 2020 **DAY:** Thursday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** Q'emiln Park, West Parkway Drive, Post Falls, ID, USA  
**LEADER(S):** Club Climbing Committee

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Crater Lake Loop **TYPE:** Road Bike  
**DATE:** September 19, 2020 **DAY:** Saturday  
**TIME:** 08:00 AM - 05:00 PM **COST:** Free  
**MEET:** Crater Lake Oregon  
**LEADER(S):** Martin Ward 509-991-1221

Ride the rim road 33 miles around Crater Lake. Road will be closed to vehicle traffic except for 5 miles between the north entrance and Steel visitor center. We will carpool/caravan from Spokane on Friday, return Sunday or Monday. Lodging and camping is available both in the park or nearby - must book early it will fill up.

**EVENT:** Tuesday Climbs **TYPE:** Climbing - Top Rope  
**DATE:** September 22, 2020 **DAY:** Tuesday  
**TIME:** 05:00 PM - 08:00 PM **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors. Bring Headlamp to pull ropes, days are getting shorter.

**EVENT:** Thursday Climbs in Post Falls (last night of season) **TYPE:** Climbing - Top Rope  
**DATE:** September 24, 2020 **DAY:** Thursday  
**TIME:** 05:00 PM - 07:00 PM **COST:** Free  
**MEET:** Q'emiln Park, West Parkway Drive, Post Falls, ID, USA  
**LEADER(S):** Club Climbing Committee

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

**EVENT:** Tuesday Climbs (Last night this year)      **TYPE:** Climbing - Top Rope  
**DATE:** September 29, 2020      **DAY:** Tuesday  
**TIME:** 05:00 PM - 08:00 PM      **COST:** Free  
**MEET:** John H. Shields Park, East Upriver Drive, Spokane, WA, USA  
**LEADER(S):** Brian Hoots 509-868-4048

Last night of the season. Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID-19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors. Bring Headlamp to pull ropes, days are getting shorter.

**EVENT:** Ward & Eagle Peaks Fall Colors Hike      **TYPE:** Day Hike  
**DATE:** October 4, 2020      **DAY:** Sunday  
**TIME:** 07:00 AM - 06:00 PM      **COST:** Free  
**MEET:** Bitterroots  
**LEADER(S):** Chic Burge 208-659-8183

If you have never been to Ward & Eagle Peaks, you are missing out on a spectacular hike and area. They are located SW of St. Regis, MT, on the Idaho/Montana boarder. The fall colors here are extra colorful. From the trailhead, Ward Peak is a mile walk with 912' verts. Once on the summit, after stopping for a view of the Unnamed Double Lake, we will hike NW then N down to the saddle above Hub Lake. From the saddle, we will hike up to Eagle Peak about 833' verts. Lunch will be on Eagle Peak. After lunch we will hike Trail #250 back towards Ward Peak but follow it along its south face on the main trail, back to the cars. THINGS TO BRING: 13 essentials, 3 quarts of water, clothing for all weather conditions to include rain gear, lunch/trail snacks/libations, and don't forget your camera. We will meet at the ALBERTSONS on Ironwood and Lincoln Way (95) in CDA at 7am by the hospital, and carpool/caravan from there. The usual meeting area may have freeway construction by it. Please call me at 208.659.8183 if you are interested in attending. For more images of past trips to Ward & Eagle Peaks, log onto inlandnwroutes.com

**EVENT:** Annual Business Meeting      **TYPE:** Club-wide  
**DATE:** October 5, 2020      **DAY:** Monday  
**TIME:** 06:30 PM - 09:00 PM      **COST:** Free  
**MEET:**  
**LEADER(S):** Club President 509-939-2644

The Club's Annual Business Meeting will include election of officers and board of directors. Annual committee reports will be submitted and reviewed. Amendments to bylaws, if any, will be discussed by the membership and voted on. Check back to the web page for exact time and location.



*Jean Shelley paddling in Leigh Lake, Montana 2018*

## OFFICERS & BOARD OF DIRECTORS

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[board@spokanemountaineers.org](mailto:board@spokanemountaineers.org)

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